

HEADACHE & SINUS RELIEF with ACUPRESSURE

Beginners Guide to Self Help Therapy

The ancient therapy known as acupressure works by treating imbalances in the flow of the body's energy, called Chi or Qi, using finger pressure on the same points as acupuncture. Instead of needles, pressure is applied by fingers or thumb. Twelve readily accessible points on the body are shown here. The Chinese names are included for your information.

Pressure Points on Hands & Feet

1. Hegu:

Located in the web between the thumb and the index (first) finger in the fleshy muscle on the back of the hand.



2. Neiguan:

Located between the two main tendons on the inner forearm, about two finger widths below the wrist crease.

DIRECTIONS:

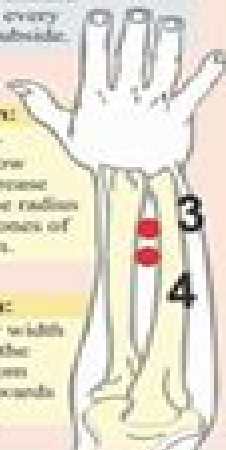
1. Massage with tip of your thumb or finger in a circular motion on each point for approximately one minute.
2. Repeat the massage every hour until symptoms subside.

3. Waiguan:

Two finger widths below the wrist crease between the radius and ulna bones of the forearm.

4. Zhigou:

One finger width further up the forearm from Waiguan towards the elbow.



Pressure Points on Head & Face

5. Taiyan:

In the hollow on both temples. This point is good for tension headaches, especially in the forehead, and eyestrain.

6. Fengchi:

In the hollow at the base of the skull approx. halfway between the ear and the spine on both sides of the head. This point is especially good for headaches associated with colds.



7. Yintang:

In the hollow where the nose joins the forehead, between the eyebrows.

8. Yingxiang:

In the small hollow next the nostril, on both sides of the nose.

9. Zullingqi:

In the webbing between the bones of the little toe and the fourth toe. Found on both feet.

10. Neiting:

In the webbing between the bones of the second and the third toes. Found on both feet.

11. Taichong:

In the webbing between the bones of the big toe and the second toe on both feet. Good for headaches associated with eyestrain and dizziness.



12. Yongquan:

On the sole of the foot between the mounds which form the ball at the front of the foot. Found on both feet.

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Soundtells Acupressure Guide

Zhe Xu



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frontal headache In the back of the head occipital headache On the side of the head temporal headache On the top of the head vertex headache Pain in the eye headache behind the eye Every step explains point location direction of force and duration of massage No previous experience necessary Total treatment duration 10 to 15 minutes How acupressure works Nobody knows how acupressure works Very often pain is caused by a self perpetuating mechanism pain causes the mind to be attentive to pain that in turn causes more pain and even more attention and so on Most likely acupressure works by interrupting this vicious circle How does acupressure interrupt the cycle Stimulation of active points is thought to lead to increased release of endorphins Endorphin is a natural body painkiller Endorphin and morphine are chemically different molecules but by coincidence they have very similar 3 dimensional shape This similarity in shape allows morphine to bind the endorphin receptor and reduce pain Thus endorphin released by acupressure stimulation may lead to temporal reduction of mind s attention to pain interruption of pain cycle and following complete cessation of pain **The Energy that Heals**

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The Healing Power of Acupressure and Acupuncture Matthew D. Bauer, 2005

Pressure points : do it yourself acupuncture without needles Keith Kenyon, Paul Winchell, 1974

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