HEADACHE & SINUS RELIEF with ACUPRESSURE

Beginners Guide to Self Help Therapy

The assisted therapy known as acupersoure works by treating inhalances in the flow of the hody's energy, called Chi or QL using finger pressure on the same points as acupementon. Instead of headles, pressure is applied by fingers or thumb. Twelve readily accombine points on the heady are shown here. The Chinase names are included for your information.

Property County of

1. Hegu:

Located in the webhetween the thumb and the index (first) finger in the fleshy reserce on the back of the band.

10

2. Neiguan:

Located between the two main tendors on the inner forcarm, about two finger widths below the wrist crease.

DIRECTIONS:

 Massage with tip of your thumb or finger in a circular motion on each point for approximately one minute.

Repeat the massage every hour until symptoms subside.

3. Waigan: Two finger

Two finger widths below the wrist crease between the radius and alna bones of the forcorm.

4. Zhigou:

One finger width further up the forearm from Waigan towards the obow.

Processor Provide on Head & Page

5. Talyan:

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.

9 10 11

12. Yongquan:

On the sole of the foot between the reconds which form the ball at the front of the foot. Found on both fort.

7. Yintang:

In the hollow where the none joins the forehead, between the evelouses.

8. Yingxiang:

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

9. Zulkright

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. Talchong:

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

Soundtells Acupressure Guide

Yoshio Manaka, lan A. Urquhart

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Acupressure Guide Aaron Stein, 2005-01-01 You have the potential to relieve most ailments with your hands Acupressure is an ancient art practiced by Chinese for over 5 000 years This fully illustrated guide by Aaron Stein Ph D distills acupressure into simple exercises that can be used to alleviate wide range of medical condition Features Practical and fully illustrated Step by step guide to treatment of every condition Every step explains point location direction of force and duration of massage No previous experience necessary It is not necessary to massage active points on your own you can ask somebody else to massage points for you Total treatment duration for most conditions is 10 to 15 minutes PC Palm and Pocket PC Users This book is available in electronic format for Desktop PC Pocket PC and Palm Devices For more information please visit www soundtells com Excellent book The major strength of the book are its crisp illustrations thorough description of acupressure points location and step by step explanations Andrew Sharp from Austin TX April 22 2004 I have read many different acupressure guides before This one by far is the easiest to use Paul Stanley from Minneapolis MI June 1 2004 I am no longer afraid of the headache Marie Wilson from LA CA February 27 2004 PC Palm and Pocket PC Users This book is available in electronic format for Desktop PC Pocket PC and Palm Devices For more information please visit www soundtells com Acupressure Guide: Alleviate Headaches, Neck and Joint Pain, Anxiety Attacks, and Other Ailments Aaron Stein, 2005 You have the potential to relieve most ailments with your hands Acupressure is an ancient art practiced by Chinese for over 5 000 years This fully illustrated guide by Aaron Stein Ph D distills acupressure into simple exercises that can be used to alleviate wide range of medical condition Ailments Covered by the Acupressure Guide Headache and Migraine Frontal Headache Back of the head Side of the head Top of the head Pain in the eye Migraine behind the eye Local Pain Jaw Toothache Ear Neck Shoulder Wrist Hand Backache Hip Knee Ankle Foot Cold and Flu Sore throat Sinusitis Loss of Voice Earaches Allergy Nervous System Anxiety Attacks and Nervousness Depression Insomnia Fainting Hiccoughs Memory and Concentration Improvement Cardiovascular Angina Palpitations High Blood Pressure Abdominal Discomfort Constipation Diarrhea Heartburn and Stomachache Women only PMS and Painful Periods Hot Flashes Pregnancy Urinary Problems Bed wetting Incontinence Urinary retention Other Nose bleeding Allergy Itching Asthma Decreased Libido Hangover FEATURES Practical and fully illustrated Step by step guide to treatment of every condition Every step explains active point location direction of massage and exercise duration No previous experience necessary It is not necessary to massage active points on your own you can ask somebody else to massage points for you Total treatment duration for most conditions is 10 to 15 minutes Acupressure Guide For Headache and Migraine Treatment MobileReference, 2007 Headache is often due to build up of stress and tension Acupressure is an effective way to relieve painful sensation associated these conditions This guide by Aaron Stein PhD is based on over 5 000 years of Chinese practice of self acupressure Features Step by step guide to relieving headaches and migraines at 5 locations In the frontal region of the head 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 Jacques Staehle,1995

Acupressure Guide Dr. Satish Goel,200? Acupressure's Potent Points Michael Reed Gach, PhD, 2011-11-09 With your hands you have potential to relieve everyday aches pains and ailments without taking drugs to improve your health and to increase your vitality Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that in turn activate the body s natural self healing processes With this book it is a skill you can learn now and use in your own home In Acupressure's Potent Points Michael Reed Gach founder and director of the Acupressure Institute of America reveals simple techniques that enable you to relieve headaches arthritis colds and flu insomnia backaches hiccups leg pain hot flashes depression and more using the power and sensitivity of your own hands This practical guide covers more than forty ailments and symptoms from allergies to wrist pain providing pressure point maps and exercises to relieve pain and restore function Acupressure complements conventional medical care and enables you to take a vital role in becoming well and staying well With this book you can turn your hands into healing tools and start feeling good now **Acupressure Guide** The Complete Idiot's Aaron Stein, 2008 The Complete Guide to Acupuncture and Acupressure Masaru Toquchi, 1976 Guide to Acupuncture & Acupressure David Sollars, 2000-08-09 You re no idiot of course You know that for centuries acupuncture and acupressure have been among the most effective alternative medical treatments available Now you ve decided to try one of them but before you volunteer to be a human pincushion you have just a few questions So let's get to the point The Complete Idiot's Guide to Acupuncture and Acupressure offers a comprehensive look at these effective solutions in their various forms and functions In this Complete Idiot's Guide you get An introduction to the tools of the trade including needles magnets and exercise The lowdown on what to expect at your first treatment and how to relax and enjoy it Treatments for everything from acne to menopause Words of wisdom plus warnings and definitions to make the acu path easy to follow Acupressure Techniques Julian N. Kenyon, 1996 **22 Healing Acupressure Points** Karl Swope, Karl Swope DC, 2014-06-05 22 Healing Acupressure Points Fast Easy Guide to Natural Healing is for everyone Young and old this

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