

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:

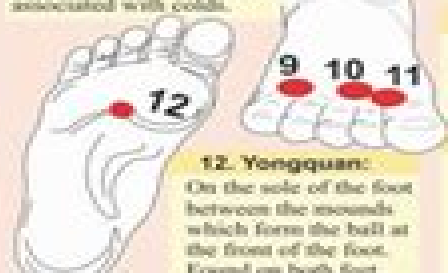
In the webbing between the bones of the little toe and the fourth toe. Found on both feet.

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

David Sollars



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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](http://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](http://www.soundtells.com)

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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**

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 Aaron Stein,2008 *The Complete Guide to Acupuncture and Acupressure* Masaru

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Guide to Acupuncture and Acupressure ,1992-03 *A Complete Guide to Acupressure* Iona Teeguarden,Pierluigi Duina,2003 *The Layman's Guide to Acupuncture* Yoshio Manaka,Ian A. Urquhart,1980 **The Complete Guide to Acupuncture and Acupressure** Masaru Toguchi, Frank Z. Warren,1985 Compendium of information on the history practice and technique and scientific basis of the ancient Chinese practices of acupuncture and acupressure Reliable Acupressure Guide Jimmy S. Roland,2019-04-21 Reliable Acupressure Guide Comprehensive Guide on Everything You Need to Know About Acupressure Plus Other Useful Tips That Do the Real Wonders Do you need a quick reliable and permanent approach that will assist you to understand how acupressure works Are you looking for a way to live a longer stronger and smarter life by permanently getting rid of negative energy and replacing it with positive energy Are your experiencing general body

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

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Table of Contents Soundtells Acupressure Guide

1. Understanding the eBook Soundtells Acupressure Guide
 - The Rise of Digital Reading Soundtells Acupressure Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Soundtells Acupressure Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Soundtells Acupressure Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Soundtells Acupressure Guide
 - Personalized Recommendations
 - Soundtells Acupressure Guide User Reviews and Ratings
 - Soundtells Acupressure Guide and Bestseller Lists
5. Accessing Soundtells Acupressure Guide Free and Paid eBooks

- Soundtells Acupressure Guide Public Domain eBooks
- Soundtells Acupressure Guide eBook Subscription Services
- Soundtells Acupressure Guide Budget-Friendly Options
- 6. Navigating Soundtells Acupressure Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Soundtells Acupressure Guide Compatibility with Devices
 - Soundtells Acupressure Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Soundtells Acupressure Guide
 - Highlighting and Note-Taking Soundtells Acupressure Guide
 - Interactive Elements Soundtells Acupressure Guide
- 8. Staying Engaged with Soundtells Acupressure Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Soundtells Acupressure Guide
- 9. Balancing eBooks and Physical Books Soundtells Acupressure Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Soundtells Acupressure Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Soundtells Acupressure Guide
 - Setting Reading Goals Soundtells Acupressure Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Soundtells Acupressure Guide
 - Fact-Checking eBook Content of Soundtells Acupressure Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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