

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:

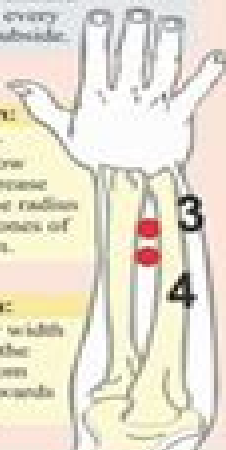
1. Massage with tip of your thumb or finger in a circular motion on each point for approximately one minute.
2. Repeat the massage every hour until symptoms subside.

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. Zullinqi:

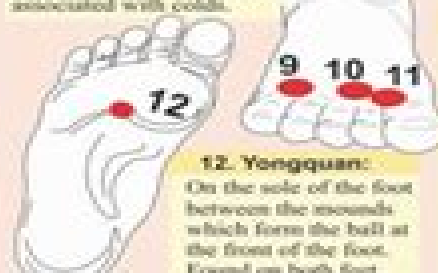
In the webbing between the bones of the little toe and the fourth toe. Found on both feet.

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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