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GENERAL DIRECTIONS

General Directions

- ❑ Use deep firm pressure to massage every point.
- ❑ Usually acupressure points are more sensitive than surrounding area.
- ❑ The massage duration indicated with point description is only an approximation. Massage every point until numbing feeling is produced.
- ❑ You do not need to massage all active points included in the exercise. Some active points produce stronger effect than others. You may choose to limit the exercise to massaging these high potency points only.
- ❑ You can repeat active points massage as often as you want. There is no limit on number of exercises per day.
- ❑ When applying deep pressure the active point is expected hurt initially. In this case reduce the pressure to a “comfortably” painful level and persist with massaging the active point. Increase the pressure as the initial painful sensation begins to subside. Continue the massage until numbing feeling is produced
- ❑ When massaging acupressure points sit comfortably or lie down, close your eyes and breath deeply.
- ❑ It is not necessary to massage points on your own, you can ask somebody else to massage your active points.
- ❑ An example of stimulation of active point Li4 is shown below. Point Li4 is located between thumb and index finger. Apply firm deep strokes of pressure in upward direction:



Warning

GENERAL DIRECTIONS

This acupressure guide is not a substitution for a qualified medical advice. If you do not know what is causing the pain or other symptom consult a medical doctor before you start treating yourself.

HOW ACCUPRESSURE WORKS

How Acupressure Works

Acupressure and acupuncture share the same active points (also called trigger points). The ancient Chinese developed system of active points stimulation over 5,000 years ago. The active points are located on imaginary lines called meridians. Accordingly, the points are referred to by the meridian they are located on and consecutive number of point on that meridian.

Commonly used meridian names and abbreviations

Meridian Names	Abbreviations Used In This Book	Other Abbreviations
Urinary Bladder	B	BL
Conception Vessel (also Ren Meridian)	CV	RN
Gall Bladder	GB	GB
Governor Vessel (also Du Meridian)	GV	DU
Heart	H	HT
Kidney	K	K
Large Intestine	LI	LI
Liver	Liv	LR
Lung	Lu	
Pericardium	P	PC
Small Intestine	SI	SI
Stomach	St	ST
Spleen	Sp	SP
Triplewarmer (also Sanjiao Meridian)	TW	SJ

The ancient Chinese believed that life energy chi (pronounced *chee*) flows through these meridians. In a healthy person the energy flow through meridians is unobstructed. The blockade of chi flow results in an illness. The Chinese believed that active points stimulation clears the meridians and improves the flow of energy.

The western medical science only begins to understand the mechanisms responsible for positive effects of active points stimulation. Stimulation of active points is thought to lead to increased release of endorphins. Endorphin is a natural body painkiller. Endorphin and morphine are

HOW ACCUPRESSURE WORKS

chemically different molecules but, by coincidence, they have very similar 3-dimensional shape. This similarity in shape allows morphine to bind the endorphin receptor, reduce pain, and induce feeling of happiness. Thus endorphin released by acupressure stimulation may lead to relaxation and normalization of body functions.

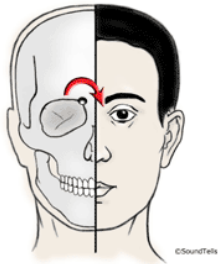
HEADACHE AND MIGRAINE: *Frontal Headache*

Headache And Migraine: Frontal Headache

Headache is often due to build-up of stress and tension. Acupressure is an effective way to relieve painful sensation associated these conditions. Treat as soon as first sign of headache appear. Do not wait for full blown headache.

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point B2 - *Start with a less painful side*

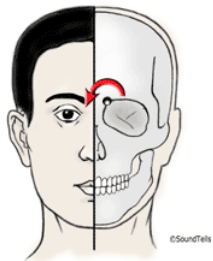


Location: with the tip of your thumb or index finger probe the area where the bridge of the nose meets the ridge of the eyebrows until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 2: Acupressure point B2 - *Switch to a more painful side*



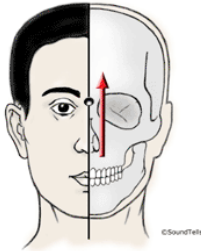
Location: with the tip of your thumb or index finger probe the area where the bridge of the nose meets the ridge of the eyebrows until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

HEADACHE AND MIGRANE: *Frontal Headache*

STEP 3: Acupressure Point Yin Tang

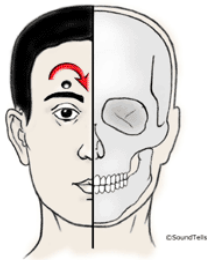


Location: with the tip of your thumb or index finger probe the area midway between the medial end of the two eyebrows as indicated on the picture until you feel a slight dip.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 4: Acupressure Point GB14 - *Start with a less painful side*

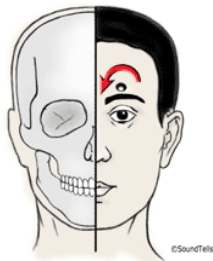


Location: with the tip of your index finger probe the area directly up from the pupil of the eye when looking straight ahead, approximately one finger-width above the eyebrow, until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 5: Acupressure Point GB14 - *Switch to a more painful side*



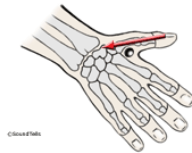
Location: with the tip of your index finger probe the area directly up from the pupil of the eye when looking straight ahead, approximately one finger-width above the eyebrow, until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

HEADACHE AND MIGRANE: *Frontal Headache*

STEP 6: Acupressure Point Li4 - This point is forbidden for pregnant women - Start with a less painful side

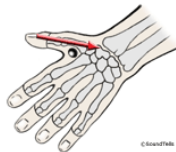


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 7: Acupressure Point Li4 - This point is forbidden for pregnant women - Switch to a more painful side



Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 8: Acupressure Point St36 - This point is forbidden for pregnant women - Start with a less painful side



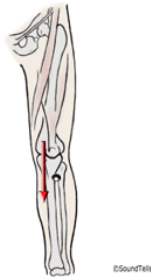
Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

HEADACHE AND MIGRANE: *Frontal Headache*

STEP 9: Acupressure Point St36 - This point is forbidden for pregnant women - Switch to a more painful side

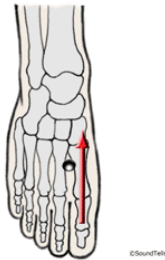


Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 10: Acupressure Point Liv3 - Start with a less painful side

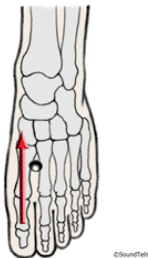


Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 11: Acupressure Point Liv3 - Switch to a more painful side



Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

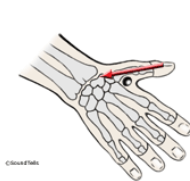
HEADACHE: *Headache In The Back Of The Head*

Headache In The Back Of The Head

Headache is often due to build-up of stress and tension. Acupressure is an effective way to relieve painful sensation associated these conditions. Treat as soon as first sign of headache appear. Do not wait for full blown headache.

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point Li4 - This point is forbidden for pregnant women - Start with a less painful side

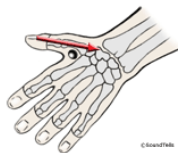


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 2: Acupressure Point Li4 - This point is forbidden for pregnant women - Switch to a more painful side



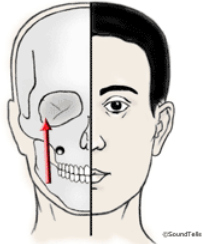
Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

HEADACHE: *Headache In The Back Of The Head*

STEP 3: Acupressure Point St3 - *Start with a less painful side*

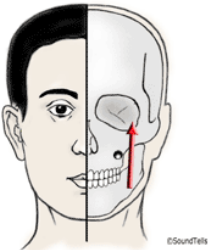


Location: below the cheekbone, directly down from the pupil of the eye.

Direction: apply firm deep strokes of pressure in upward direction against the bottom edge of the cheekbone. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 4: Acupressure Point St3 - *Switch to a more painful side*

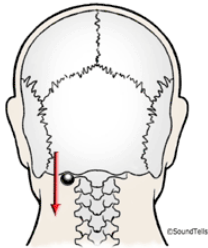


Location: below the cheekbone, directly down from the pupil of the eye.

Direction: apply firm deep strokes of pressure in upward direction against the bottom edge of the cheekbone. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 5: Acupressure Point GB20 - *Start with a less painful side*



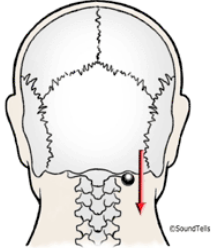
Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

HEADACHE: *Headache In The Back Of The Head*

STEP 6: Acupressure Point GB20 - *Switch to a more painful side*

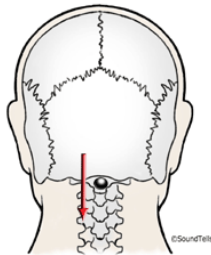


Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

STEP 7: Acupressure Point GV16

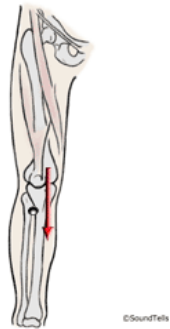


Location: in the back of the head, in the large depression under the base of the skull.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 8: Acupressure Point St36 - *This point is forbidden for pregnant women - Start with a less painful side*



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

HEADACHE: *Headache In The Back Of The Head*

STEP 9: Acupressure Point St36 - This point is forbidden for pregnant women - *Switch to a more painful side*



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Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

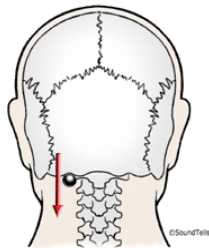
HEADACHE: *Headache On The Side Of The Head*

Headache On The Side Of The Head

Headache is often due to build-up of stress and tension. Acupressure is an effective way to relieve painful sensation associated these conditions. Treat as soon as first sign of headache appear. Do not wait for full blown headache.

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point GB20 - *Start with a less painful side*

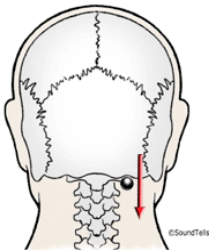


Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

STEP 2: Acupressure Point GB20 - *Switch to a more painful side*



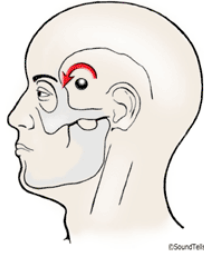
Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

HEADACHE: *Headache On The Side Of The Head*

STEP 3: Acupressure Point Tai Yang - *Start with a less painful side*

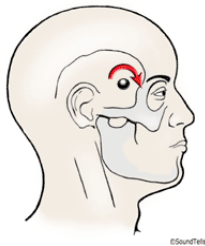


Location: in the large depression on the side of the head about 1 inch away from the end of the eyebrow.

Direction: massage in circular motions back to front. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 4: Acupressure Point Tai Yang - *Switch to a more painful side*

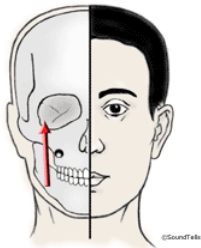


Location: in the large depression on the side of the head about 1 inch away from the end of the eyebrow.

Direction: massage in circular motions back to front. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 5: Acupressure Point St3 - *Start with a less painful side*



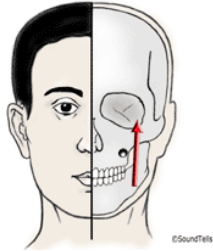
Location: below the cheekbone, directly down from the pupil of the eye.

Direction: apply firm deep strokes of pressure in upward direction against the bottom edge of the cheekbone. The initial painful sensation will soon begin to subside.

Duration: 1 min

HEADACHE: *Headache On The Side Of The Head*

STEP 6: Acupressure Point St3 - *Switch to a more painful side*

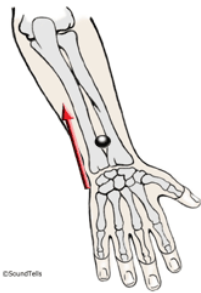


Location: below the cheekbone, directly down from the pupil of the eye.

Direction: apply firm deep strokes of pressure in upward direction against the bottom edge of the cheekbone. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 7: Acupressure Point TW5 - *Start with a less painful side*

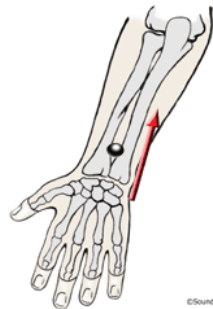


Location: on the back of the arm, in the depression between the two bones, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 2 min

STEP 8: Acupressure Point TW5 - *Switch to a more painful side*



Location: on the back of the arm, in the depression between the two bones, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 2 min

HEADACHE: *Headache On The Side Of The Head*

STEP 9: Acupressure Point St36 - This point is forbidden for pregnant women - *Start with a less painful side*



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 10: Acupressure Point St36 - This point is forbidden for pregnant women - *Switch to a more painful side*



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 11: Acupressure Point GB34 - *Start with a less painful side*



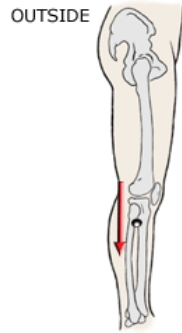
Location: bend your leg. With the tip of your index finger probe the area in front of and below the head of the outer leg bone until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

HEADACHE: *Headache On The Side Of The Head*

STEP 12: Acupressure Point GB34 - *Switch to a more painful side*



Location: bend your leg. With the tip of your index finger probe the area in front of and below the head of the outer leg bone until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

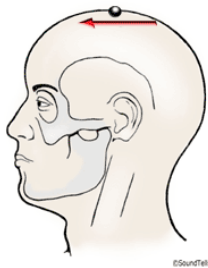
HEADACHE: *Headache On The Top Of The Head*

Headache On The Top Of The Head

Headache is often due to build-up of stress and tension. Acupressure is an effective way to relieve painful sensation associated these conditions. Treat as soon as first sign of headache appear. Do not wait for full blown headache.

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point GV20

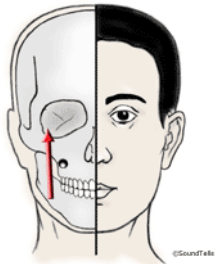


Location: with the tip of your index finger probe the area on the top of the head, where the line connecting the high points of your ears crosses the body midline until you feel a slight dip.

Direction: apply firm deep circular strokes of pressure in the forward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 2: Acupressure Point St3 - *Start with a less painful side*



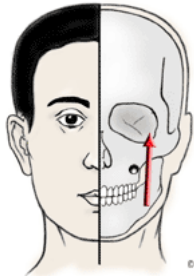
Location: below the cheekbone, directly down from the pupil of the eye.

Direction: apply firm deep strokes of pressure in upward direction against the bottom edge of the cheekbone. The initial painful sensation will soon begin to subside.

Duration: 1 min

HEADACHE: *Headache On The Top Of The Head*

STEP 3: Acupressure Point St3 - *Switch to a more painful side*



Location: below the cheekbone, directly down from the pupil of the eye.

Direction: apply firm deep strokes of pressure in upward direction against the bottom edge of the cheekbone. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 4: Acupressure Point St36 - *This point is forbidden for pregnant women - Start with a less painful side*



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 5: Acupressure Point St36 - *This point is forbidden for pregnant women - Switch to a more painful side*



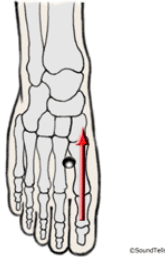
Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

HEADACHE: *Headache On The Top Of The Head*

STEP 6: Acupressure Point Liv3 - *Start with a less painful side*

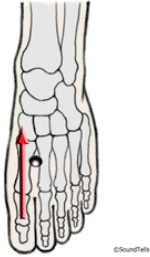


Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 7: Acupressure Point Liv3 - *Switch to a more painful side*



Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

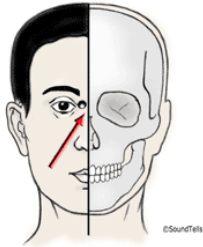
HEADACHE AND MIGRAINE: *Pain In The Eye*

Headache Behind The Eye

Headache is often due to build-up of stress and tension. Acupressure is an effective way to relieve painful sensation associated these conditions. Treat as soon as first sign of headache appear. Do not wait for full blown headache.

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point B1 - *Start with a less painful side*

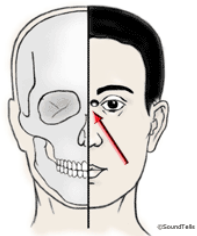


Location: just inside the inner corner of the eye.

Direction: press toward the bridge of the nose in upward strokes. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 2: Acupressure Point B1 - *Switch to a more painful side*



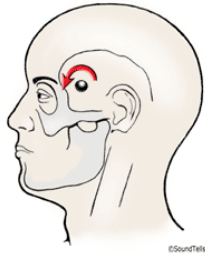
Location: just inside the inner corner of the eye.

Direction: press toward the bridge of the nose in upward strokes. The initial painful sensation will soon begin to subside

Duration: 1 min

HEADACHE AND MIGRAINE: *Pain In The Eye*

STEP 3: Acupressure Point Tai Yang - *Start with a less painful side*

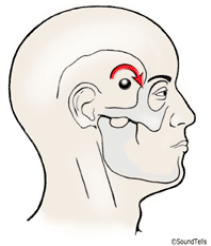


Location: in the large depression on the side of the head about 1 inch away from the end of the eyebrow.

Direction: massage in circular motions back to front. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP4: Acupressure Point Tai Yang - *Switch to a more painful side*

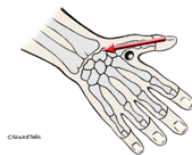


Location: in the large depression on the side of the head about 1 inch away from the end of the eyebrow.

Direction: massage in circular motions back to front. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 5: Acupressure Point Li4 - **This point is forbidden for pregnant women** - *Start with a less painful side*



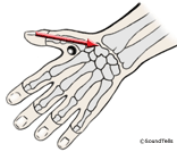
Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

HEADACHE AND MIGRAINE: *Pain In The Eye*

STEP 6: Acupressure Point Li4 - This point is forbidden for pregnant women - Switch to a more painful side

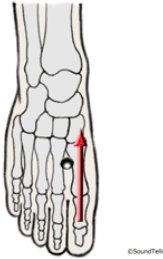


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 7: Acupressure Point Liv3 - Start with a less painful side

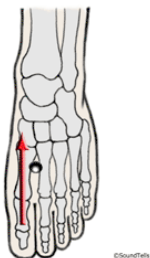


Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 8: Acupressure Point Liv3 - Switch to a more painful side



Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

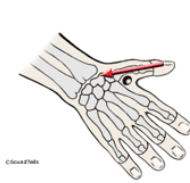
Duration: 1 min

LOCAL PAIN: *Pain In The Jaw*

Local Pain: Pain In The Jaw

Acupressure is often successful in relieving jaw pain. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point Li4 - This point is forbidden for pregnant women - Start with a less painful side

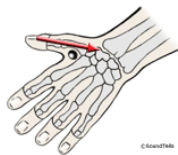


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 2: Acupressure Point Li4 - This point is forbidden for pregnant women - Switch to a more painful side



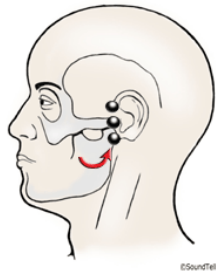
Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

LOCAL PAIN: *Pain In The Jaw*

STEP 3: Ear Point Si19, GB2, TW21 - *Start with a less painful side*

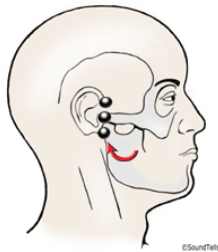


Location: Si9 is in the front of the ear hole in the hollow that becomes deeper when the mouth is open. GB2 is in the depression half finger-width below Si9. TW21 is in the depression half finger-width above Si9.

Direction: apply firm deep strokes of pressure. The initial painful sensation will soon begin to subside.

Duration: massage every point for about 1 min.

STEP 4: Ear Point Si19, GB2, TW21 - *Switch to a more painful side*

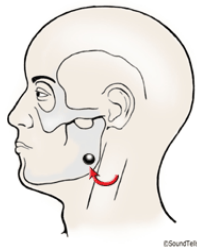


Location: Si9 is in the front of the ear hole in the hollow that becomes deeper when the mouth is open. GB2 is in the depression half finger-width below Si9. TW21 is in the depression half finger-width above Si9.

Direction: apply firm deep strokes of pressure. The initial painful sensation will soon begin to subside.

Duration: massage every point for about 1 min.

STEP 5: Acupressure Point St6 - *Start with a less painful side*



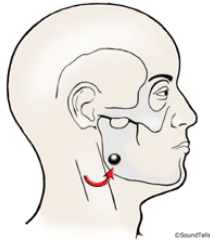
Location: on the muscle that bulges the teeth are clenched.

Direction: apply firm deep strokes of pressure into the jaw. The initial painful sensation will soon begin to subside.

Duration: 1 min

LOCAL PAIN: *Pain In The Jaw*

STEP 6: Acupressure Point St6 - *Switch to a more painful side*



Location: on the muscle that bulges the teeth are clenched.

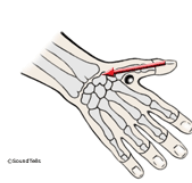
Direction: apply firm deep strokes of pressure into the jaw. The initial painful sensation will soon begin to subside.

Duration: 1 min

LOCAL PAIN: *Toothache*

Toothache

STEP 1: Acupressure Point Li4 - This point is forbidden for pregnant women - Start with a less painful side

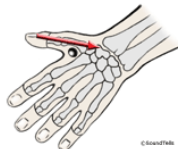


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 2: Acupressure Point Li4 - This point is forbidden for pregnant women - Switch to a more painful side

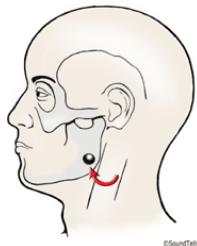


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 3: Acupressure Point St6 - Start with a less painful side



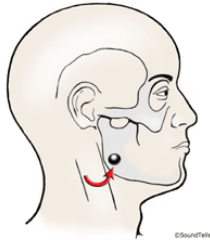
Location: on the muscle that bulges the teeth are clenched.

Direction: apply firm deep strokes of pressure into the jaw. The initial painful sensation will soon begin to subside.

Duration: 1 min

LOCAL PAIN: *Toothache*

STEP 4: Acupressure Point St6 - *Switch to a more painful side*

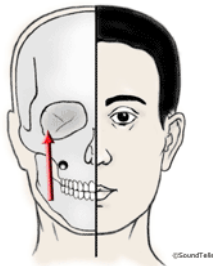


Location: on the muscle that bulges the teeth are clenched.

Direction: apply firm deep strokes of pressure into the jaw. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 5: Acupressure Point St3 - *Start with a less painful side*

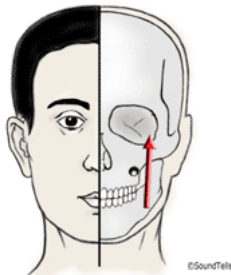


Location: below the cheekbone, directly down from the pupil of the eye.

Direction: apply firm deep strokes of pressure in upward direction against the bottom edge of the cheekbone. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 6: Acupressure Point St3 - *Switch to a more painful side*



Location: below the cheekbone, directly down from the pupil of the eye.

Direction: apply firm deep strokes of pressure in upward direction against the bottom edge of the cheekbone. The initial painful sensation will soon begin to subside.

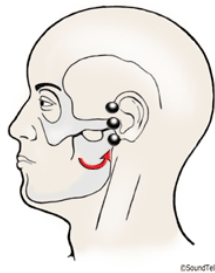
Duration: 1 min

LOCAL PAIN: *Ear Pain*

Ear Pain

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Ear Point Si9, GB2, TW21 - *Start with a less painful side*

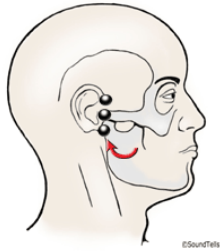


Location: Si9 is in the front of the ear hole in the hollow that becomes deeper when the mouth is open. GB2 is in the depression half finger-width below Si9. TW21 is in the depression half finger-width above Si9.

Direction: apply firm deep strokes of pressure. The initial painful sensation will soon begin to subside.

Duration: massage every point for about 1 min.

STEP 2: Ear Point Si9, GB2, TW21 - *Switch to a more painful side*



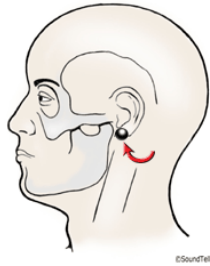
Location: Si9 is in the front of the ear hole in the hollow that becomes deeper when the mouth is open. GB2 is in the depression half finger-width below Si9. TW21 is in the depression half finger-width above Si9.

Direction: apply firm deep strokes of pressure. The initial painful sensation will soon begin to subside.

Duration: massage every point for about 1 min.

LOCAL PAIN: *Ear Pain*

STEP 3: Acupressure Point TW17 - *Start with a less painful side*

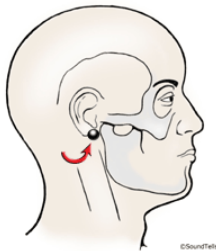


Location: in the hollow behind the ear lobe.

Direction: take a deep breath and slowly breath out while holding this point.

Duration: 2 min

STEP 4: Acupressure Point TW17 - *Switch to a more painful side*

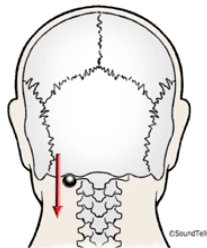


Location: in the hollow behind the ear lobe.

Direction: take a deep breath and slowly breath out while holding this point.

Duration: 2 min

STEP 5: Acupressure Point GB20 - *Start with a less painful side*



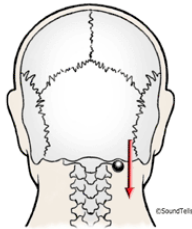
Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

LOCAL PAIN: *Ear Pain*

STEP 6: Acupressure Point GB20 - *Switch to a more painful side*

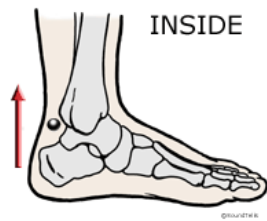


Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

STEP 7: Acupressure Points K3 - **This point is forbidden for pregnant women** - *Start with a less painful side*

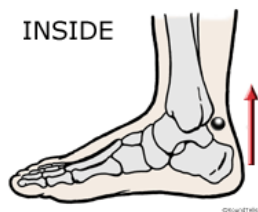


Location: in the hollow midway between inside anklebone and the Achilles tendon.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 8: Acupressure Point K3 - **This point is forbidden for pregnant women** - *Switch to a more painful side*



Location: in the hollow midway between inside anklebone and the Achilles tendon.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

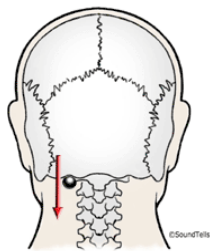
Duration: 1 min

LOCAL PAIN: Neck Pain And Tension

Neck Pain And Tension

Neck pain is commonly due to muscle tension. Acupressure is often successful in relieving neck pain. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point GB20 - *Start with a less painful side*

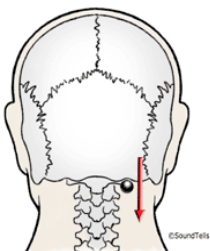


Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

STEP 2: Acupressure Point GB20 - *Switch to a more painful side*

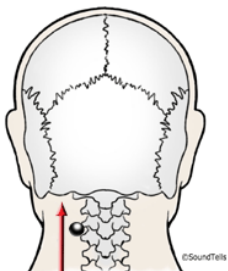


Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

STEP 3: Acupressure Point B10 - *Start with a less painful side*



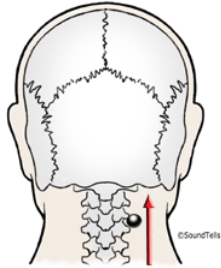
Location: halfway between the base of the skull and the base of the neck, on the edge of the trapezoid muscles.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

LOCAL PAIN: Neck Pain And Tension

STEP 4: Acupressure Point B10 - *Switch to a more painful side*

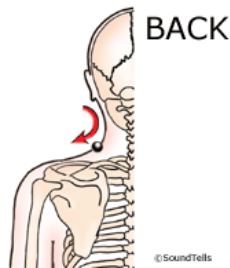


Location: halfway between the base of the skull and the base of the neck, on the edge of the trapezoid muscles.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 5: Acupressure Point GB21 - *Start with a less painful side*

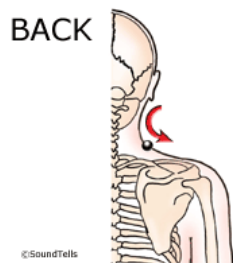


Location: on the top of the trapezoid muscle, directly up from the nipple.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 6: Acupressure Point GB21 - *Switch to a more painful side*



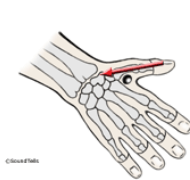
Location: on the top of the trapezoid muscle, directly up from the nipple.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

LOCAL PAIN: Neck Pain And Tension

STEP 7: Acupressure Point Li4 - This point is forbidden for pregnant women - Start with a less painful side

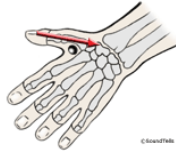


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 8: Acupressure Point Li4 - This point is forbidden for pregnant women - Switch to a more painful side

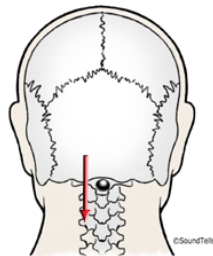


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 9: Acupressure Point GV16



Location: in the back of the head, in the large depression under the base of the skull.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

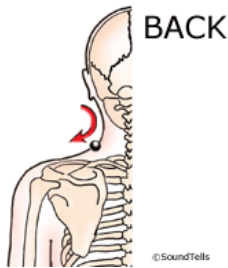
Duration: 2 min

LOCAL PAIN: *Shoulder Pain And Tension*

Shoulder Pain And Tension

Shoulder pain is a common problem. Acupressure is often successful in relieving shoulder pain. Sit comfortably or lie down, close your eyes and breath deeply when massaging the local active points.

STEP 1: Acupressure Point GB21

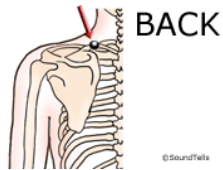


Location: on the top of the trapezoid muscle, directly up from the nipple.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 2: Acupressure Point TW15

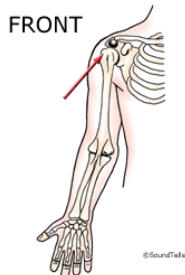


Location: on the top of the shoulder blade. To find the point go directly up from the nipple, around the top of the trapezoid muscle, and down to the top of the shoulder blade.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 3: Acupressure Point TW14



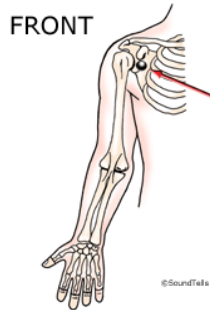
Location: in the front, in the hollow below the scapular bone and directly above the arm joint.

Direction: apply firm deep strokes of pressure in the direction of the scapular. The initial painful sensation will soon begin to subside.

Duration: 1 min

LOCAL PAIN: *Shoulder Pain And Tension*

STEP 4: Acupressure Point Li15

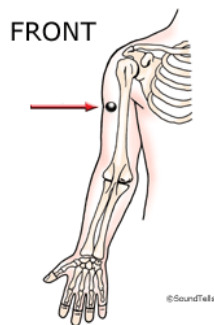


Location: in the front part of arm joint, in the anterior hollow formed when the arm is raised above the head. Lower the arm when massaging the point.

Direction: apply firm deep strokes of pressure in the direction of the joint. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 5: Acupressure Point Li14



Location: on the outside of the arm, in the hollow where deltoid muscle is inserted into the humerus bone (the bone of the upper arm), about one third distance from the top of the shoulder to the elbow.

Direction: press directly into the humerus bone. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 6: Acupressure Point Li11



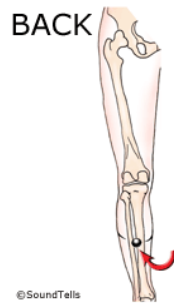
Location: bend your arm, press your thumb into the hollow located on the outer side of the arm, directly above the elbow, between the elbow joint (below) and the muscle (above).

Direction: apply firm deep strokes of pressure in the direction of the elbow joint. The initial painful sensation will soon begin to subside.

Duration: 1 min

LOCAL PAIN: *Shoulder Pain And Tension*

STEP 7: Acupressure Point B57



Location: in the back of the leg, midway between the knee and the heel, at the bottom edge and between the two heads of the gastrocnemius muscle.

Direction: apply firm deep strokes of pressure in the direction of the bone. The initial painful sensation will soon begin to subside.

Duration: 1 min

LOCAL PAIN: *Wrist Treatment*

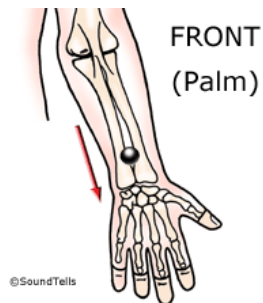
Wrist Treatment

Wrist pain is often due to repetitive stress imposed on the wrist by computer related activity such as typing. Sometimes wrist pain is due to carpal tunnel syndrome. In this condition the inflamed tissue compresses the nerve inside the wrist (medial nerve). The nerve, in turn, releases chemical substances that inflame the tissue further. When treating this condition your goal is to stop the inflammation/compression cycle. Active points massage is an effective way to treat wrist pain. Often single 30 minutes treatment is sufficient to eliminate the pain for good. Treat active points for as long as you can or until numbing feeling is produced, as often as you can during the day.

Straitening the wrist at night facilitates healing by reducing pressure on the nerve. Some patients find it helpful to stabilize the wrist in straitened position by wearing the wrist splint.

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point P6



Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

STEP 2: Acupressure Point P7



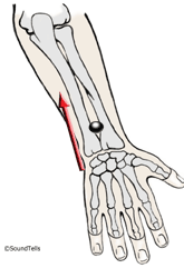
Location: in the wrist, in the hollow between the bones of the forearm.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 3 min or more

LOCAL PAIN: *Wrist Treatment*

STEP 3: Acupressure Point TW5

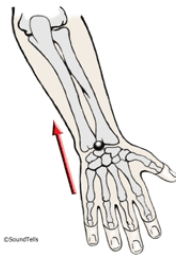


Location: on the back of the arm, in the depression between the two bones, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 2 min

STEP 4: Acupressure Point TW4

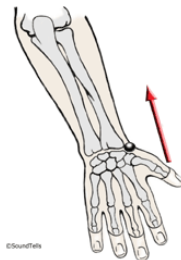


Location: on the back of the arm, in the center of the wrist crease.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 5: Acupressure Point Li5



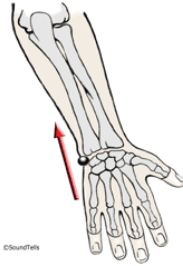
Location: in the wrist crease, near the thumb tendon. Move the thumb to feel the tendon movement.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

LOCAL PAIN: *Wrist Treatment*

STEP 6: Acupressure Point Si5



Location: in the wrist crease, in the hollow on the side of the wrist.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

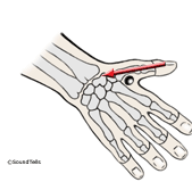
Duration: 2 min

LOCAL PAIN: *Hand Treatment*

Hand Treatment

Acupressure is often successful in relieving hand pain. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point Li4 - This point is forbidden for pregnant women - Start with a less painful side

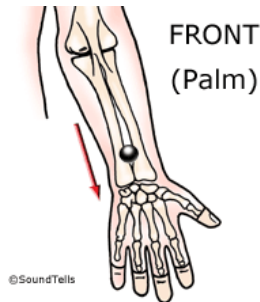


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 2: Acupressure Point P6



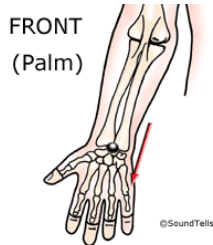
Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

LOCAL PAIN: *Hand Treatment*

STEP 3: Acupressure Point P7

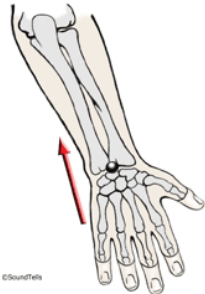


Location: in the wrist, in the hollow between the bones of the forearm.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 3 min

STEP 4: Acupressure Point TW4

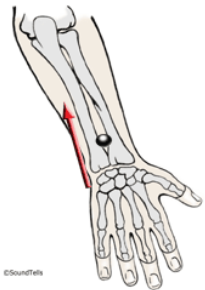


Location: on the back of the arm, in the center of the wrist crease.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 5: Acupressure Point TW5



Location: on the back of the arm, in the depression between the two bones, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

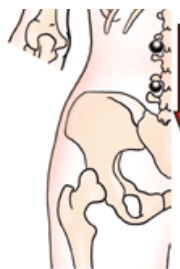
Duration: 2 min

LOCAL PAIN: *Lower Back Pain*

Lower Back Pain

Acupressure is often successful in relieving lower back pain. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Points B23-B25 - *Start with a less painful side*



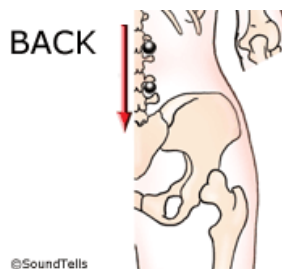
Location: B23 (top) - in the lower back, on the waist level, two finger-width away from the spine, in the hollow between vertebra.

B25 (bottom) - in the lower back, four finger-width below the waist level, two finger-width away from the spine, in the hollow between vertebra.

Direction: apply firm deep strokes of pressure in downward direction. If you are massaging these points yourself and cannot reach these points, lie back on a hard surface and position the tennis ball under the active points.

Duration: 1 min each point

STEP 2: Acupressure Point B23-25 - *Switch to a more painful side*



Location: B23 (top) - in the lower back, on the waist level, two finger-width away from the spine, in the hollow between vertebra.

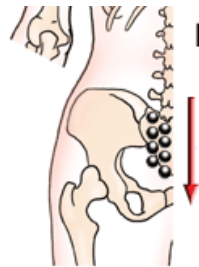
B25 (bottom) - in the lower back, four finger-width below the waist level, two finger-width away from the spine, in the hollow between vertebra.

Direction: apply firm deep strokes of pressure in downward direction. If you are massaging these points yourself and cannot reach these points, lie back on a hard surface and position the tennis ball under the active points.

Duration: 1 min each point

LOCAL PAIN: *Lower Back Pain*

STEP 3: Acupressure Points B27 to B34 - *Start with a less painful side*

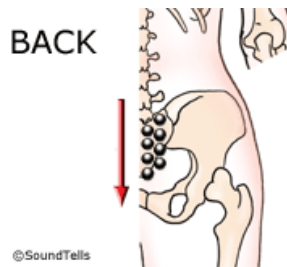


BACK **Location:** on the base of the spine.

Direction: if you are massaging these points yourself and cannot reach these points, lie back on a hard surface and position the tennis ball under the active points.

Duration: 2 min

STEP 4: Acupressure Points B27 to B34 - *Switch to a more painful side*

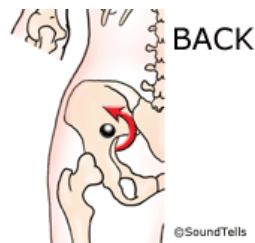


BACK **Location:** on the base of the spine.

Direction: if you are massaging these points yourself and cannot reach these points, lie back on a hard surface and position the tennis ball under the active points.

Duration: 2 min

STEP 5: Acupressure Point B48 - *Start with a less painful side*



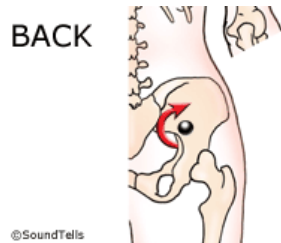
BACK **Location:** in the middle of each buttock.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

LOCAL PAIN: *Lower Back Pain*

STEP 6: Acupressure Point B48 - *Switch to a more painful side*

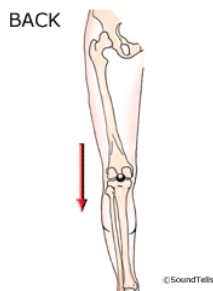


Location: in the middle of each buttock.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 7: Acupressure Point B54 - *Start with a less painful side*

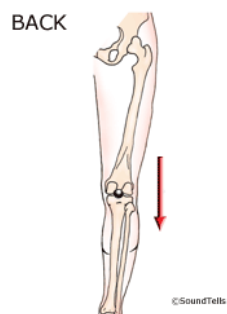


Location: in the hollow behind the knee.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 8: Acupressure Point B54 - *Switch to a more painful side*



Location: in the hollow behind the knee.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside

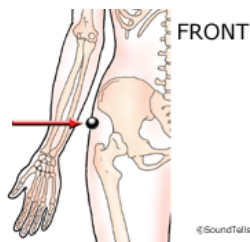
Duration: 1 min

LOCAL PAIN: *Hip Pain*

Hip Pain

Sit comfortably or lie down, close your eyes and breath deeply when massaging the local active points.

STEP 1: Acupressure Point GB29

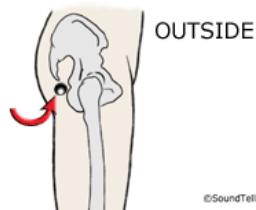


Location: on the side of the hip, in the hollow midway between the top of the hip and the top of the femur bone.

Direction: apply firm deep strokes of pressure. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 2: Acupressure Point GB30

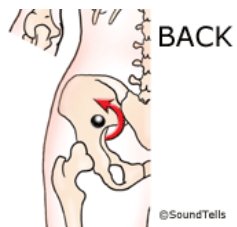


Location: in the hollow behind the top of the femur bone.

Direction: apply firm deep strokes of pressure. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 3: Acupressure Point B48



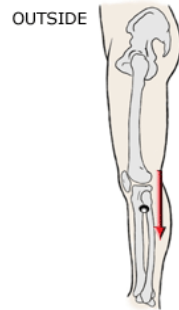
Location: in the middle of each buttock.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

LOCAL PAIN: *Hip Pain*

STEP 4: Acupressure Point GB34



Location: bend your leg. With the tip of your index finger probe the area in front of and below the head of the outer leg bone until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

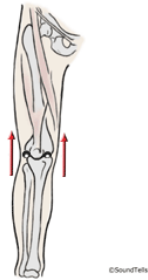
Duration: 1 min

LOCAL PAIN: *Points For Knee Treatment*

Knee Treatment

Acupressure is often successful in relieving knee pain. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Kneecap Points

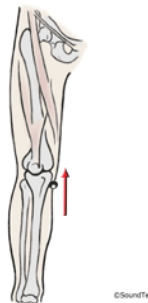


Location: in the hollow below the kneecap, on both sides of the kneecap.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min each point

STEP 2: Acupressure Point SP9

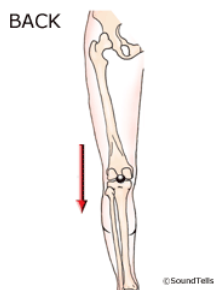


Location: on the inside of the leg, under the kneecap in the hollow just below the bulge.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 3: Acupressure Point B54 - *Start with a less painful side*



Location: in the hollow behind the knee.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

LOCAL PAIN: Points For Ankle Treatment

Ankle Treatment

Acupressure is often successful in relieving ankle pain. Sit comfortably or lie down, close your eyes and breath deeply when massaging the local active points.

STEP 1: Acupressure Point GB40



Location: in the hollow, in front of and below the outer anklebone.

Direction: apply firm deep strokes of pressure. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 2: Acupressure Point B60

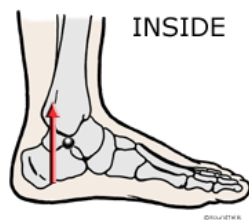


Location: in the depression between the outer anklebone and the Achilles tendon.

Direction: apply firm deep strokes of pressure. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 3: Acupressure Points K6



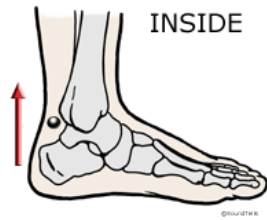
Location: in the depression directly below inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

LOCAL PAIN: *Points For Ankle Treatment*

STEP 4: Acupressure Points K3 - This point is forbidden for pregnant women



Location: in the hollow midway between inside anklebone and the Achilles tendon.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

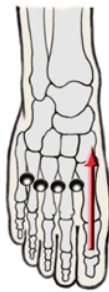
Duration: 1 min

LOCAL PAIN: *Points For Foot Treatment*

Foot Treatment

Acupressure is often successful in relieving foot pain. Sit comfortably or lie down, close your eyes and breath deeply when massaging the local active points.

Foot Points



©Sound



Location: on the top of the foot in the webbing between toes.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

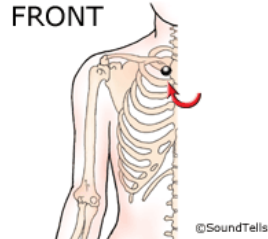
Duration: massage every point for 2 min or until numbing feeling is produced.

COLD AND FLU: Sore Throat

Cold And Flu: Sore Throat (tonsillitis)

Sore throat is commonly due to an infection. Acupressure is often successful in alleviating the symptoms and speeding up full recovery by improving the function of immune system. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point K27 - *Start with a less painful side*

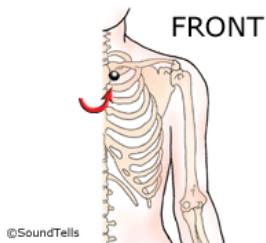


Location: in the hollow under the clavicle, next to the breastbone. To find the point follow the clavicle until it connects to the breastbone. If you have difficulty following the clavicle bone, move shoulder back and forth.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

STEP 2: Acupressure Point K27 - *Switch to a more painful side*



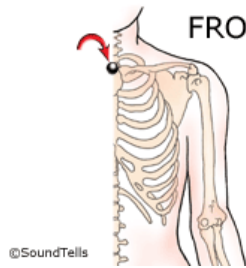
Location: in the hollow under the clavicle, next to the breastbone. To find the point follow the clavicle until it connects to the breastbone. If you have difficulty following the clavicle bone, move shoulder back and forth.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

COLD AND FLU: Sore Throat

STEP 3: Acupressure Point CV22

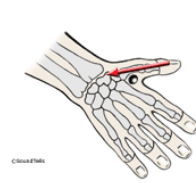


Location: in the hollow directly below the Adam's apple.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 4: Acupressure Point Li4 - This point is forbidden for pregnant women - Start with a less painful side

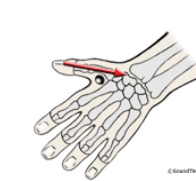


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 5: Acupressure Point Li4 - This point is forbidden for pregnant women - Switch to a more painful side



Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

COLD AND FLU: Sore Throat

STEP 6: Acupressure Point St36 - This point is forbidden for pregnant women - Start with a less painful side



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 7: Acupressure Point St36 - This point is forbidden for pregnant women - Switch to a more painful side



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

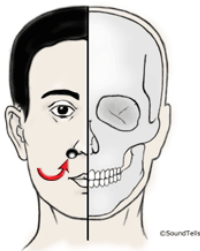
COLD AND FLU: *Sinusitis*

Sinusitis (both acute and chronic)

Sinusitis is inflammation of the mucous membranes that line the inside of the nose and sinuses. Acupressure is often successful in improving the function of immune system and clearing the sinuses.

In addition to acupressure, you can use warm salt water nasal washes. Dissolve half tea spoon of table salt in a glass of warm water. Pour some solution into the palm of your hand, close one nostril, and sniff the solution into the other nostril. The saline wash should go through the nose into the mouth. Repeat several times per day.

STEP 1: Acupressure Points Li20 - *Start with a less painful side*

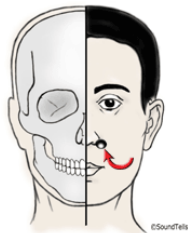


Location: in the hollow just outside each nostril.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 2: Acupressure Point Li20 - *Switch to a more painful side*



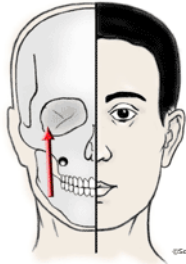
Location: in the hollow just outside each nostril.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

COLD AND FLU: *Sinusitis*

STEP 3: Acupressure Point St3 - *Start with a less painful side*

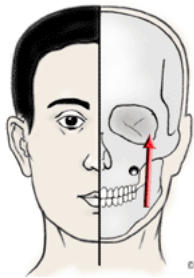


Location: below the cheekbone, directly down from the pupil of the eye.

Direction: apply firm deep strokes of pressure in upward direction against the bottom edge of the cheekbone. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 4: Acupressure Point St3 - *Switch to a more painful side*

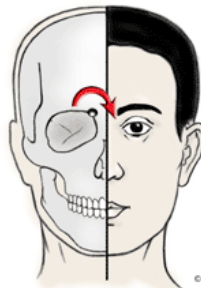


Location: below the cheekbone, directly down from the pupil of the eye.

Direction: apply firm deep strokes of pressure in upward direction against the bottom edge of the cheekbone. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 5: Acupressure Point B2 - *Start with a less painful side*



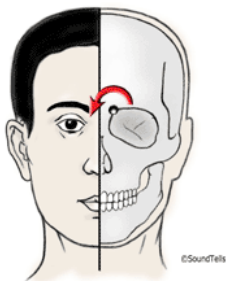
Location: with the tip of your thumb or index finger probe the area where the bridge of the nose meets the ridge of the eyebrows until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

COLD AND FLU: *Sinusitis*

STEP 6: Acupressure Point B2 - *Switch to a more painful side*

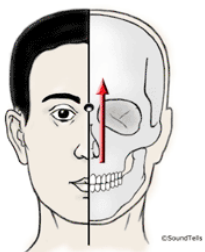


Location: with the tip of your thumb or index finger probe the area where the bridge of the nose meets the ridge of the eyebrows until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 7: Acupressure Point Yin Tang

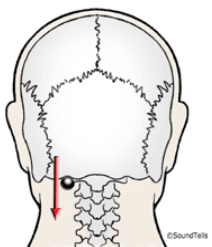


Location: with the tip of your thumb or index finger probe the area midway between the medial end of the two eyebrows as indicated on the picture until you feel a slight dip.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 8: Acupressure Point GB20 - *Start with a less painful side*



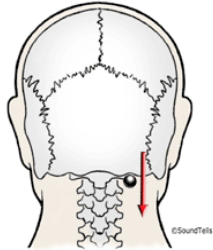
Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

COLD AND FLU: *Sinusitis*

STEP 9: Acupressure Point GB20 - *Switch to a more painful side*

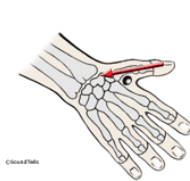


Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

STEP 10: Acupressure Point Li4 - *This point is forbidden for pregnant women - Start with a less painful side*

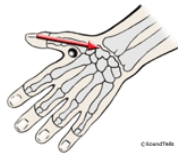


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 11: Acupressure Point Li4 - *This point is forbidden for pregnant women - Switch to a more painful side*



Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

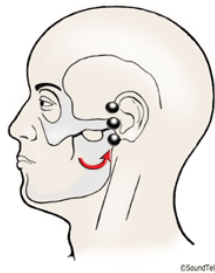
Duration: 2 min

COLD AND FLU: *Earache*

Earache

The most common cause of earache is infection of the middle ear (otitis media). Most ear infections will resolve on their own. Occasionally antibiotics are prescribed to treat the infection. Acupressure speeds up recovery as well as relieves symptoms of earache. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Ear Point Si9, GB2, TW21 - *Start with a less painful side*

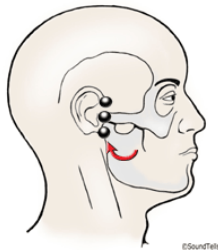


Location: Si9 is in the front of the ear hole in the hollow that becomes deeper when the mouth is open. GB2 is in the depression half finger-width below Si9. TW21 is in the depression half finger-width above Si9.

Direction: apply firm deep strokes of pressure. The initial painful sensation will soon begin to subside.

Duration: massage every point for about 1 min.

STEP 2: Ear Point Si9, GB2, TW21 - *Switch to a more painful side*



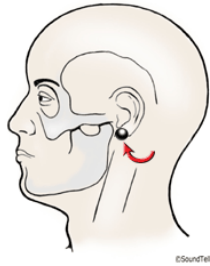
Location: Si9 is in the front of the ear hole in the hollow that becomes deeper when the mouth is open. GB2 is in the depression half finger-width below Si9. TW21 is in the depression half finger-width above Si9.

Direction: apply firm deep strokes of pressure. The initial painful sensation will soon begin to subside.

Duration: massage every point for about 1 min.

COLD AND FLU: *Earache*

STEP 3: Acupressure Point TW17 - *Start with a less painful side*

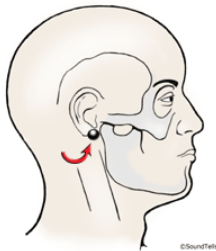


Location: in the hollow behind the ear lobe.

Direction: take a deep breath and slowly breath out while holding this point.

Duration: 2 min

STEP 4: Acupressure Point TW17 - *Switch to a more painful side*

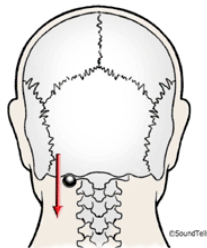


Location: in the hollow behind the ear lobe.

Direction: take a deep breath and slowly breath out while holding this point.

Duration: 2 min

STEP 5: Acupressure Point GB20 - *Start with a less painful side*



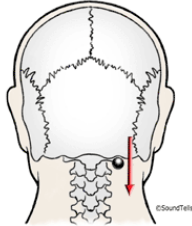
Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

COLD AND FLU: *Earache*

STEP 6: Acupressure Point GB20 - *Switch to a more painful side*

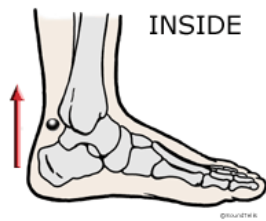


Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

STEP 7: Acupressure Points K3 - **This point is forbidden for pregnant women** - *Start with a less painful side*

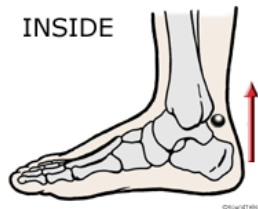


Location: in the hollow midway between inside anklebone and the Achilles tendon.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 8: Acupressure Point K3 - **This point is forbidden for pregnant women** - *Switch to a more painful side*



Location: in the hollow midway between inside anklebone and the Achilles tendon.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

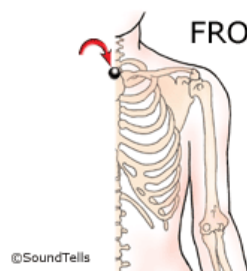
Duration: 1 min

COLD AND FLU: *Loss Of Voice*

Loss Of Voice (laryngitis)

Loss of voice is often due to inflammation of the larynx. Acupressure is often successful in speeding up the recovery. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point CV22

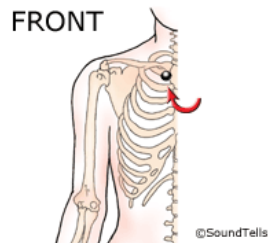


Location: in the hollow directly below the Adam's apple.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 2: Acupressure Point K27 - *Start with a less painful side*



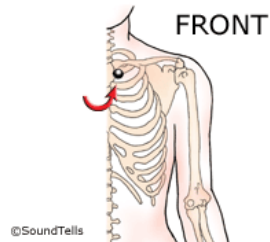
Location: in the hollow under the clavicle, next to the breastbone. To find the point follow the clavicle until it connects to the breastbone. If you have difficulty following the clavicle bone, move shoulder back and forth.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

COLD AND FLU: *Loss Of Voice*

STEP 3: Acupressure Point K27 - *Switch to a more painful side*

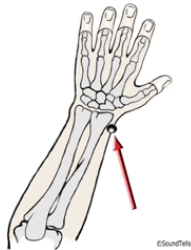


Location: in the hollow under the clavicle, next to the breastbone. To find the point follow the clavicle until it connects to the breastbone. If you have difficulty following the clavicle bone, move shoulder back and forth.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

STEP 4: Acupressure Point Lu7 - *Start with a less painful side*

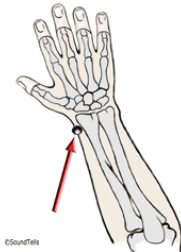


Location: on the side of the arm, one thumb-width away from the wrist crease.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 5: Acupressure Point Lu7 - *Switch to a more painful side*



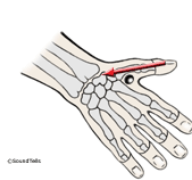
Location: on the side of the arm, one thumb-width away from the wrist crease.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

COLD AND FLU: *Loss Of Voice*

STEP 6: Acupressure Point Li4 - This point is forbidden for pregnant women - *Start with a less painful side*

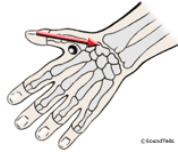


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 7: Acupressure Point Li4 - This point is forbidden for pregnant women - *Switch to a more painful side*



Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

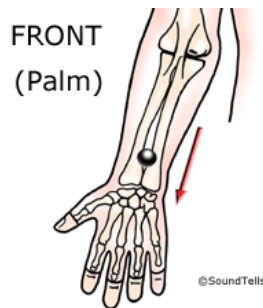
NERVOUS SYSTEM: Anxiety Attacks, Nervousness

Nervous System: Anxiety Attacks And Nervousness

As scary as they are, periods of nervousness and occasional anxiety attacks are NORMAL. I have yet to meet a person who have never experienced these problems. Combination treatment usually works best. Exercise for at least 30 consecutive minutes every day. Exclude caffeinated drinks such as tea and coffee from your diet until the symptoms disappear. Treat active points for as long as you can or until numbing feeling is produced. Repeat the treatment as often as you can during the day.

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point P6 - *Start with a less painful side*

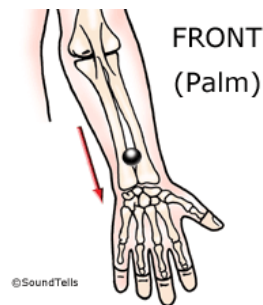


Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

STEP 2: Acupressure Point P6 - *Switch to a more painful side*



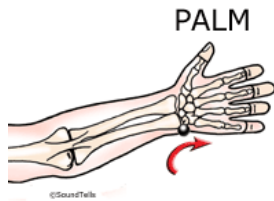
Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

NERVOUS SYSTEM: Anxiety Attacks, Nervousness

STEP 3: Acupressure Point H7 - *Start with a less painful side*

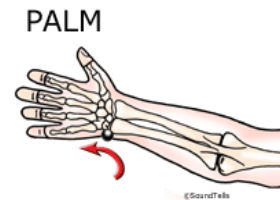


Location: on the inside of the arm; in the hollow formed by the wrist, inside bone of the arm, and the tendon. To find the point: 1. straiten the wrist; 2. slide your thumb along the wrist crease until the thumb falls into a hollow formed by the tendon, inside bone of the arm, and the wrist.

Direction: apply firm deep strokes of pressure in direction of the palm. The initial painful sensation will soon begin to subside

Duration: 1 min or more

STEP 4: Acupressure Point H7 - *Switch to a more painful side*

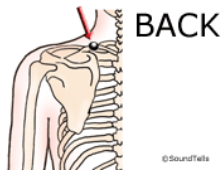


Location: on the inside of the arm; in the hollow formed by the wrist, inside bone of the arm, and the tendon. To find the point: 1. straiten the wrist; 2. slide your thumb along the wrist crease until the thumb falls into a hollow formed by the tendon, inside bone of the arm, and the wrist.

Direction: apply firm deep strokes of pressure in direction of the palm. The initial painful sensation will soon begin to subside

Duration: 1 min or more

STEP 5: Acupressure Point TW15 - *Start with a less painful side*



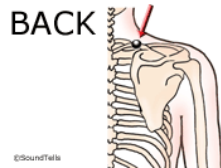
Location: on the top of the shoulder blade. To find the point go directly up from the nipple, around the top of the trapezoid muscle, and down to the top of the shoulder blade.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min or more

NERVOUS SYSTEM: Anxiety Attacks, Nervousness

STEP 6: Acupressure Point TW15 - Switch to a more painful side

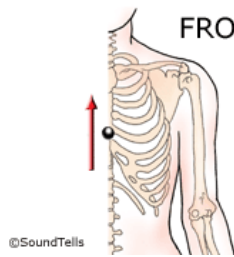


Location: on the top of the shoulder blade. To find the point go directly up from the nipple, around the top of the trapezoid muscle, and down to the top of the shoulder blade.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min or more

STEP 7: Acupressure Point CV17

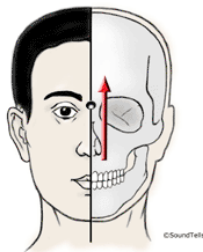


Location: in the center of the breastbone, midway between nipples.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min or more

STEP 8: Acupressure Point Yin Tang



Location: with the tip of your thumb or index finger probe the area midway between the medial end of the two eyebrows as indicated on the picture until you feel a slight dip.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min or more

NERVOUS SYSTEM: *Depression*

Depression

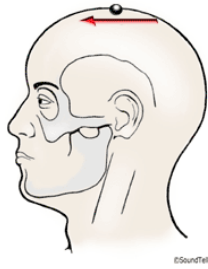
Use the combination of exercise, diet, change in the attitude, and acupressure treatment for best results:

- ❑ Exercise for at least 30 consecutive minutes every day. The exercise must be repetitive such as swimming or jogging. Do not interrupt the exercise. After consecutive 30 minutes of exercise endorphin is released into the blood stream. 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, reduce pain, and induce feeling of euphoria. The endorphin released by exercise and acupressure treatment will improve your mood and will eventually lead to complete disappearance of depression.
- ❑ In most people caffeine tends to increase nervousness and agitation. Therefore exclude tea, coffee, and other caffeinated beverages from your diet.
- ❑ Change your attitude – you CANNOT be guilty for everything you blame yourself.
- ❑ Start a diary – write down a list of problems and possible solutions.

When massaging active points lie comfortably in bed, close your eyes and breath deeply. Treat active points until numbing feeling is produced.

NERVOUS SYSTEM: *Depression*

STEP 1: Acupressure Point GV20

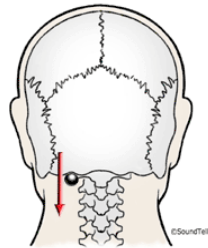


Location: with the tip of your index finger probe the area on the top of the head, where the line connecting the high points of your ears crosses the body midline until you feel a slight dip.

Direction: apply firm deep circular strokes of pressure in the forward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 2: Acupressure Point GB20 - *Start with a less painful side*

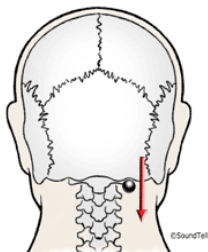


Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

STEP 3: Acupressure Point GB20 - *Switch to a more painful side*



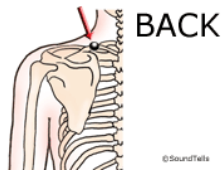
Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

NERVOUS SYSTEM: *Depression*

STEP 4: Acupressure Point TW15 - *Start with a less painful side*

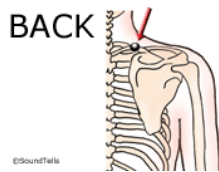


Location: on the top of the shoulder blade. To find the point go directly up from the nipple, around the top of the trapezoid muscle, and down to the top of the shoulder blade.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 5: Acupressure Point TW15 - *Switch to a more painful side*

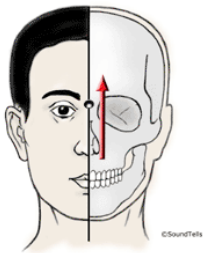


Location: on the top of the shoulder blade. To find the point go directly up from the nipple, around the top of the trapezoid muscle, and down to the top of the shoulder blade.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 6: Acupressure Point Yin Tang



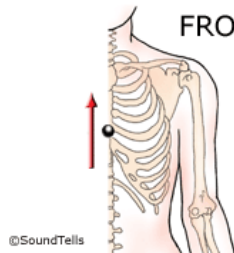
Location: with the tip of your thumb or index finger probe the area midway between the medial end of the two eyebrows as indicated on the picture until you feel a slight dip.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

NERVOUS SYSTEM: *Depression*

STEP 7: Acupressure Point CV17

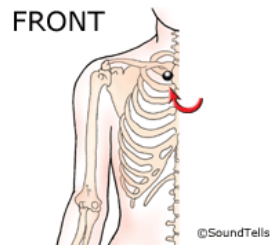


Location: in the center of the breastbone, midway between nipples.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 8: Acupressure Point K27 - *Start with a less painful side*

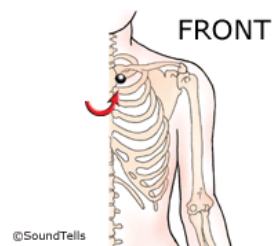


Location: in the hollow under the clavicle, next to the breastbone. To find the point follow the clavicle until it connects to the breastbone. If you have difficulty following the clavicle bone, move shoulder back and forth.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

STEP 9: Acupressure Point K27 - *Switch to a more painful side*



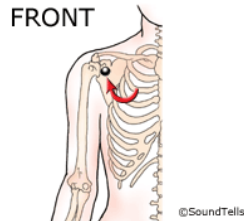
Location: in the hollow under the clavicle, next to the breastbone. To find the point follow the clavicle until it connects to the breastbone. If you have difficulty following the clavicle bone, move shoulder back and forth.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

NERVOUS SYSTEM: *Depression*

STEP 10: Acupressure Point Lu1 - *Start with a less painful side*

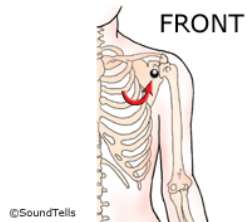


Location: on the outside edge of the rib cage, three finger-width below the clavicle.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

STEP 11: Acupressure Point Lu1 - *Switch to a more painful side*

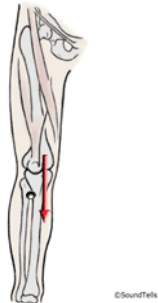


Location: on the outside edge of the rib cage, three finger-width below the clavicle.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

STEP 12: Acupressure Point St36 - **This point is forbidden for pregnant women** - *Start with a less painful side*



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

NERVOUS SYSTEM: *Depression*

STEP 13: Acupressure Point St36 - This point is forbidden for pregnant women - *Switch to a more painful side*



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

NERVOUS SYSTEM: *Relieving Insomnia*

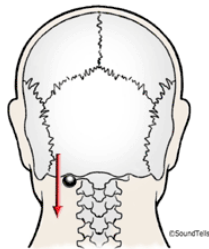
Relieving Insomnia

Everyone experiences insomnia from time to time. Combination of exercise, diet, and acupressure treatment usually shows the best results:

- ❑ Exercise for at least 30 consecutive minutes every day.
- ❑ Do not drink tea, coffee, or any other caffeinated beverages for at least 6 hours before going to bed.
- ❑ Get up at the same time every morning.
- ❑ Avoid taking naps during the day.
- ❑ Use your bed for sleep only, not for reading during the day or TV.
- ❑ Do not tense up at the thought that you won't get a full eight hours of sleep – occasional lack of sleep has no effect on your health. Many people including Napoleon and Churchill were able to get by on 3 to 5 hours of sleep.
- ❑ Before going to bed write down everything you are thinking about on a piece of paper.
- ❑ Neither work on your PC nor watch TV for at least 30 minutes before going to bed, you may want to read a book instead.

When massaging active points lie comfortably in bed, close your eyes and breath deeply. Pour Peace, Love, and Kindness on walls and ceiling of your room. Treat active points until numbing feeling is produced or until you fall asleep. You do not need to treat all points.

STEP 1: Acupressure Point GB20 - *Start with a less painful side*



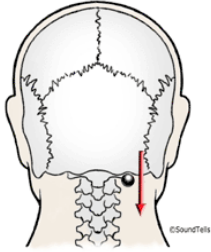
Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min or more

STEP 2: Acupressure Point GB20 - *Switch to a more painful side*

NERVOUS SYSTEM: *Relieving Insomnia*



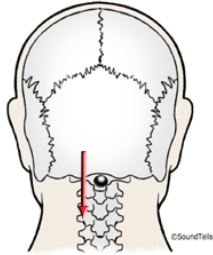
Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min or more

NERVOUS SYSTEM: *Relieving Insomnia*

STEP 3: Acupressure Point GV16

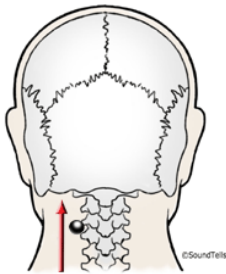


Location: in the back of the head, in the large depression under the base of the skull.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min or more

STEP 4: Acupressure Point B10 - *Start with a less painful side*

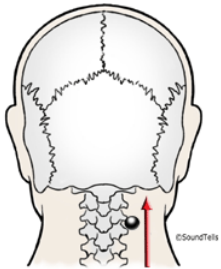


Location: halfway between the base of the skull and the base of the neck, on the edge of the trapezoid muscles.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min or more

STEP 5: Acupressure Point B10 - *Switch to a more painful side*



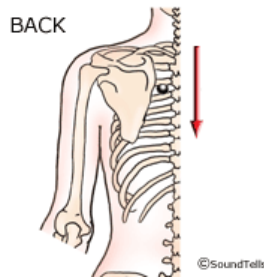
Location: halfway between the base of the skull and the base of the neck, on the edge of the trapezoid muscles.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min or more

NERVOUS SYSTEM: *Relieving Insomnia*

STEP 6: Acupressure Point B38 - *Start with a less painful side*

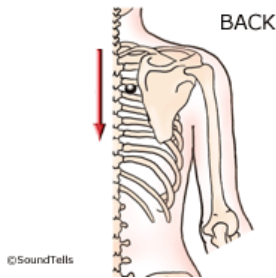


Location: four finger's width out from the spine, half way between the top and bottom of the shoulder blade, between the 4th and 5th ribs.

Direction: if you have difficulty reaching this point lie back on a hard surface and position the tennis ball under the active point. Apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min or more

STEP 7: Acupressure Point B38 - *Switch to a more painful side*

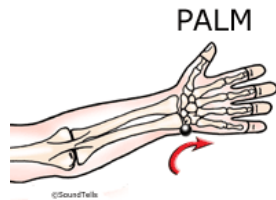


Location: four finger's width out from the spine, half way between the top and bottom of the shoulder blade, between the 4th and 5th ribs.

Direction: if you have difficulty reaching this point lie back on a hard surface and position the tennis ball under the active point. Apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min or more

STEP 8: Acupressure Point H7 - *Start with a less painful side*



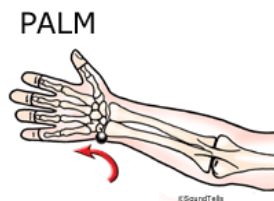
Location: on the inside of the arm; in the hollow formed by the wrist, inside bone of the arm, and the tendon. To find the point: 1. straiten the wrist; 2. slide your thumb along the wrist crease until the thumb falls into a hollow formed by the tendon, inside bone of the arm, and the wrist.

Direction: apply firm deep strokes of pressure in direction of the palm.

Duration: 1 min or more

NERVOUS SYSTEM: *Relieving Insomnia*

STEP 9: Acupressure Point H7 - *Switch to a more painful side*



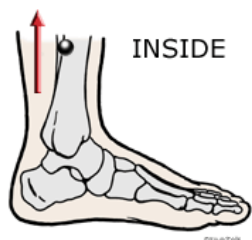
Location: on the inside of the arm; in the hollow formed by the wrist, inside bone of the arm, and the tendon. To find the point:

1. straiten the wrist; 2. slide your thumb along the wrist crease until the thumb falls into a hollow formed by the tendon, inside bone of the arm, and the wrist.

Direction: apply firm deep strokes of pressure in direction of the palm. The initial painful sensation will soon begin to subside

Duration: 1 min or more

STEP 10: Acupressure Point SP6 - **This point is forbidden for pregnant women** - *Start with a less painful side*

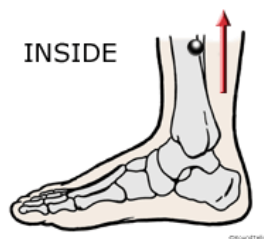


Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min or more

STEP 11: Acupressure Point SP6 - **This point is forbidden for pregnant women** - *Switch to a more painful side*



Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min or more

NERVOUS SYSTEM: *Relieving Insomnia*

STEP 12: Acupressure Points K6 - *Start with a less painful side*

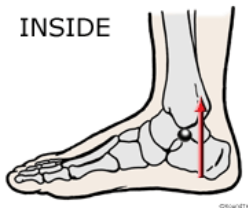


Location: in the depression directly below inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min or more

STEP 13: Acupressure Points K6 - *Switch to a more painful side*



Location: in the depression directly below inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min or more

STEP 14: Acupressure Points K3 - **This point is forbidden for pregnant women** - *Start with a less painful side*



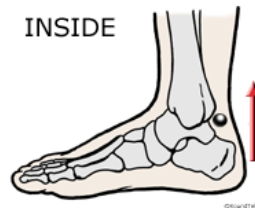
Location: in the hollow midway between inside anklebone and the Achilles tendon.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

NERVOUS SYSTEM: *Relieving Insomnia*

STEP 15: Acupressure Point K3 - This point is forbidden for pregnant women - Switch to a more painful side

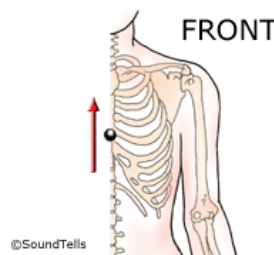


Location: in the hollow midway between inside anklebone and the Achilles tendon.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 16: Acupressure Point CV17

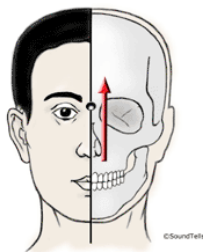


Location: in the center of the breastbone, midway between nipples.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min or more

STEP 17: Acupressure Point Yin Tang



Location: with the tip of your thumb or index finger probe the area midway between the medial end of the two eyebrows as indicated on the picture until you feel a slight dip.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min or more

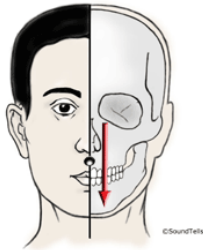
NERVOUS SYSTEM: *Fainting*

Fainting

Avoid situations that provoke fainting. For example, you may need to eat regularly to avoid low blood sugar. You may need to get up from a bed very gradually to give vascular system enough time to adjust the blood pressure. You may need to learn to control the breathing to avoid hyperventilation when you feel worried.

Start treatment as soon as first warning signs such as dizziness, nausea, and sweaty palms appear. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point GV26

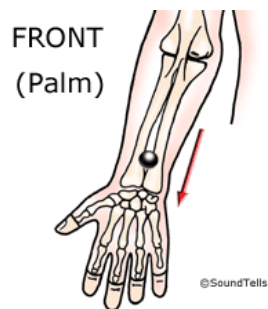


Location: in the hollow between the upper lip and the nose.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: this is the most effective active point. Massage it for 3 min or until numbing feeling is produced.

STEP 2: Acupressure Point P6 - *Start with a less painful side*



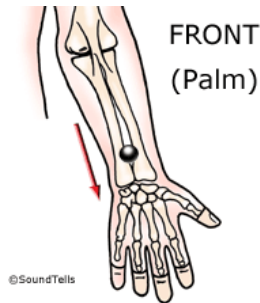
Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-widths above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

NERVOUS SYSTEM: *Fainting*

STEP 3: Acupressure Point P6 - *Switch to a more painful side*

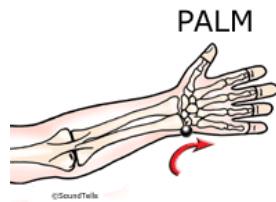


Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

STEP 4: Acupressure Point H7 - *Start with a less painful side*

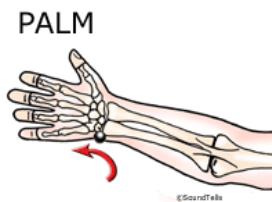


Location: on the inside of the arm; in the hollow formed by the wrist, inside bone of the arm, and the tendon. To find the point: 1. straiten the wrist; 2. slide your thumb along the wrist crease until the thumb falls into a hollow formed by the tendon, inside bone of the arm, and the wrist.

Direction: apply firm deep strokes of pressure in direction of the palm. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 5: Acupressure Point H7 - *Switch to a more painful side*



Location: on the inside of the arm; in the hollow formed by the wrist, inside bone of the arm, and the tendon. To find the point: 1. straiten the wrist; 2. slide your thumb along the wrist crease until the thumb falls into a hollow formed by the tendon, inside bone of the arm, and the wrist.

Direction: apply firm deep strokes of pressure in direction of the palm. The initial painful sensation will soon begin to subside

Duration: 1 min

NERVOUS SYSTEM: *Fainting*

STEP 6: Acupressure Point K1 - *Start with a less painful side*



Location: in the center of the sole of the foot in the depression between the two pads.

Direction: if you are massaging this point yourself and cannot reach it, stand up with one foot on a tennis ball. Apply firm deep strokes of pressure in upward direction.

Duration: 1 min

STEP 7: Acupressure Point K1 - *Switch to a more painful side*



Location: in the center of the sole of the foot in the depression between the two pads.

Direction: if you are massaging this point yourself and cannot reach it, stand up with one foot on a tennis ball. Apply firm deep strokes of pressure in upward direction.

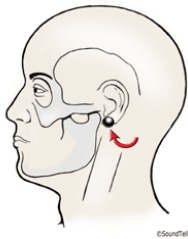
Duration: 1 min

NERVOUS SYSTEM: *Hiccoughs*

Hiccoughs

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points. Also close your nose and drink a glass of water with no interruption (in order to hold the breath).

STEP 1: Acupressure Point TW17 - *Start with a less painful side*

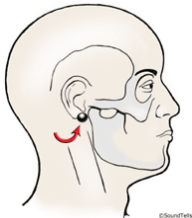


Location: in the hollow behind the ear lobe.

Direction: take a deep breath and slowly breath out while holding this point.

Duration: 2 min

STEP 2: Acupressure Point TW17 - *Switch to a more painful side*

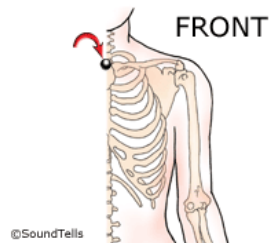


Location: in the hollow behind the ear lobe.

Direction: take a deep breath and slowly breath out while holding this point.

Duration: 2 min

STEP 3: Acupressure Point CV22



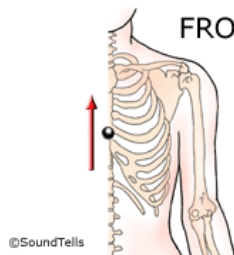
Location: in the hollow directly below the Adam's apple.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

NERVOUS SYSTEM: *Hiccoughs*

STEP 4: Acupressure Point CV17

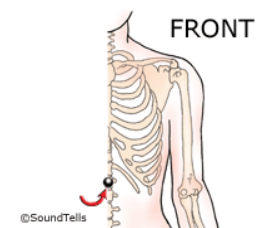


Location: in the center of the breastbone, midway between nipples.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 5: Acupressure Point CV12

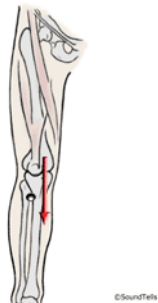


Location: midway between the belly button and the bottom of the breastbone.

Direction: apply firm deep strokes of pressure into the abdomen.

Duration: 2 min

STEP 6: Acupressure Point St36 - This point is forbidden for pregnant women - Start with a less painful side



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

NERVOUS SYSTEM: *Hiccoughs*

STEP 7: Acupressure Point St36 - This point is forbidden for pregnant women - Switch to a more painful side



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

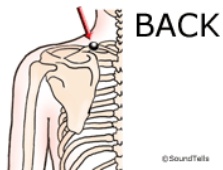
Duration: 1 min

NERVOUS SYSTEM: *Memory And Concentration*

Memory And Concentration Improvement

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point TW15 - *Start with a less painful side*

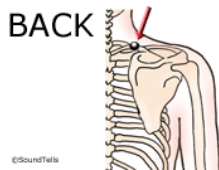


Location: on the top of the shoulder blade. To find the point go directly up from the nipple, around the top of the trapezoid muscle, and down to the top of the shoulder blade.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 2: Acupressure Point TW15 - *Switch to a more painful side*

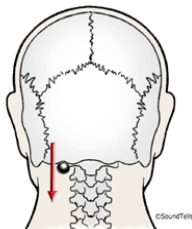


Location: on the top of the shoulder blade. To find the point go directly up from the nipple, around the top of the trapezoid muscle, and down to the top of the shoulder blade.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 3: Acupressure Point GB20 - *Start with a less painful side*



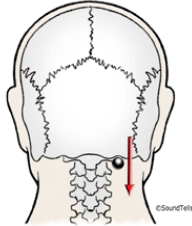
Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

NERVOUS SYSTEM: *Memory And Concentration*

STEP 4: Acupressure Point GB20 - *Switch to a more painful side*

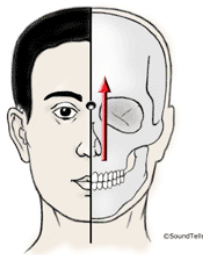


Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

STEP 5: Acupressure Point Yin Tang

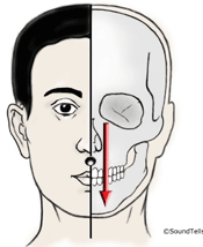


Location: with the tip of your thumb or index finger probe the area midway between the medial end of the two eyebrows as indicated on the picture until you feel a slight dip.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 6: Acupressure Point GV26



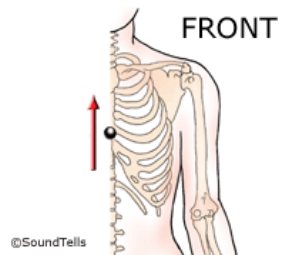
Location: in the hollow between the upper lip and the nose.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

NERVOUS SYSTEM: *Memory And Concentration*

STEP 7: Acupressure Point CV17



Location: in the center of the breastbone, midway between nipples.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

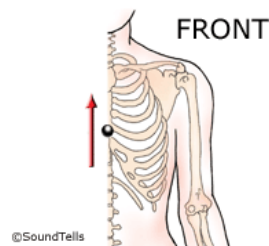
Duration: 2 min

CARDIOVASCULAR SYSTEM: *Angina Treatment*

Cardiovascular System: Angina Treatment

Acupressure offers only symptomatic relief to angina and palpitations. Patients with these conditions should seek a qualified medical advice.

STEP 1: Acupressure Point CV17

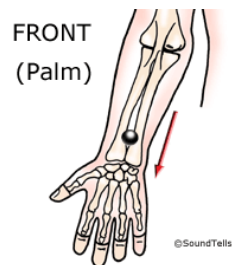


Location: in the center of the breastbone, midway between nipples.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 2: Acupressure Point P6 - *Start with a less painful side*

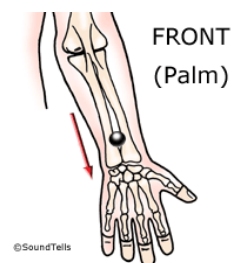


Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

STEP 3: Acupressure Point P6 - *Switch to a more painful side*



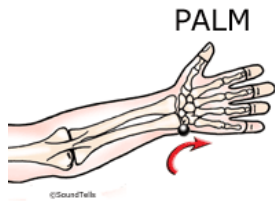
Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

CARDIOVASCULAR SYSTEM: Angina Treatment

STEP 4: Acupressure Point H7 - *Start with a less painful side*

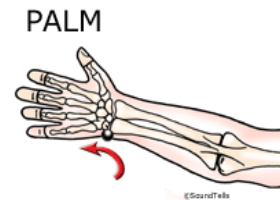


Location: on the inside of the arm; in the hollow formed by the wrist, inside bone of the arm, and the tendon. To find the point: 1. straiten the wrist; 2. slide your thumb along the wrist crease until the thumb falls into a hollow formed by the tendon, inside bone of the arm, and the wrist.

Direction: apply firm deep strokes of pressure in direction of the palm. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 5: Acupressure Point H7 - *Switch to a more painful side*

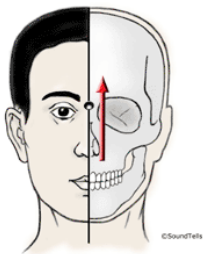


Location: on the inside of the arm; in the hollow formed by the wrist, inside bone of the arm, and the tendon. To find the point: 1. straiten the wrist; 2. slide your thumb along the wrist crease until the thumb falls into a hollow formed by the tendon, inside bone of the arm, and the wrist.

Direction: apply firm deep strokes of pressure in direction of the palm. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 6: Acupressure Point Yin Tang



Location: with the tip of your thumb or index finger probe the area midway between the medial end of the two eyebrows as indicated on the picture until you feel a slight dip.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

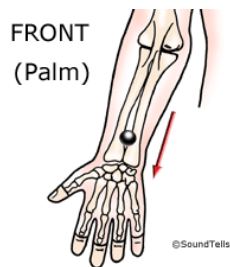
CARDIOVASCULAR SYSTEM: *Palpitations*

Palpitations Treatment

Acupressure offers only symptomatic relief to angina and palpitations. Patients with these conditions should seek a qualified medical advice.

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point P6 - *Start with a less painful side*

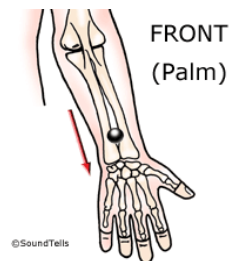


Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

STEP 2: Acupressure Point P6 - *Switch to a more painful side*



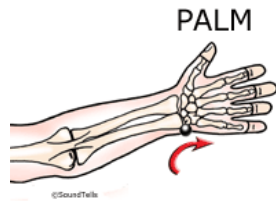
Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

CARDIOVASCULAR SYSTEM: *Palpitations*

STEP 3: Acupressure Point H7 - *Start with a less painful side*

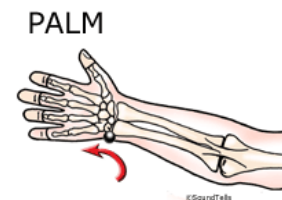


Location: on the inside of the arm; in the hollow formed by the wrist, inside bone of the arm, and the tendon. To find the point: 1. straiten the wrist; 2. slide your thumb along the wrist crease until the thumb falls into a hollow formed by the tendon, inside bone of the arm, and the wrist.

Direction: apply firm deep strokes of pressure in direction of the palm. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 4: Acupressure Point H7 - *Switch to a more painful side*

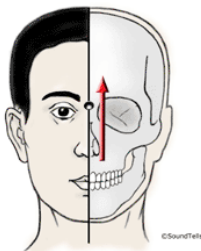


Location: on the inside of the arm; in the hollow formed by the wrist, inside bone of the arm, and the tendon. To find the point: 1. straiten the wrist; 2. slide your thumb along the wrist crease until the thumb falls into a hollow formed by the tendon, inside bone of the arm, and the wrist.

Direction: apply firm deep strokes of pressure in direction of the palm. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 5: Acupressure Point Yin Tang



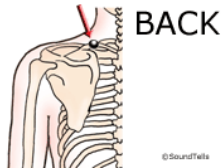
Location: with the tip of your thumb or index finger probe the area midway between the medial end of the two eyebrows as indicated on the picture until you feel a slight dip.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

CARDIOVASCULAR SYSTEM: *Palpitations*

STEP 6: Acupressure Point TW15 - *Start with a less painful side*

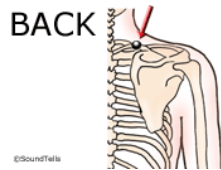


Location: on the top of the shoulder blade. To find the point go directly up from the nipple, around the top of the trapezoid muscle, and down to the top of the shoulder blade.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 7: Acupressure Point TW15 - *Switch to a more painful side*



Location: on the top of the shoulder blade. To find the point go directly up from the nipple, around the top of the trapezoid muscle, and down to the top of the shoulder blade.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

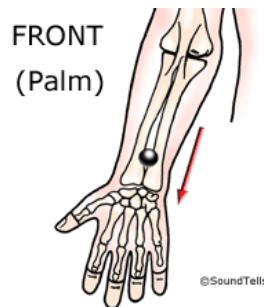
Duration: 1 min

CARDIOVASCULAR: *High Blood Pressure*

High Blood Pressure Treatment

High blood pressure is a common condition. Acupressure is often an effective method to control high blood pressure. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point P6 - *Start with a less painful side*

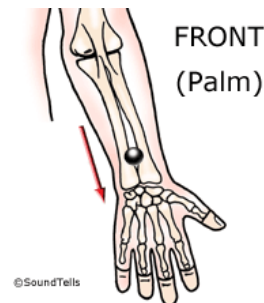


Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

STEP 2: Acupressure Point P6 - *Switch to a more painful side*



Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

CARDIOVASCULAR: *High Blood Pressure*

STEP 3: Acupressure Point St36 - This point is forbidden for pregnant women - Start with a less painful side



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 4: Acupressure Point St36 - This point is forbidden for pregnant women - Switch to a more painful side

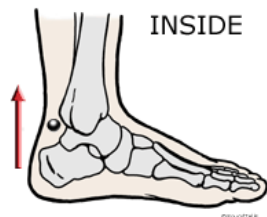


Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 5: Acupressure Points K3 - This point is forbidden for pregnant women - Start with a less painful side



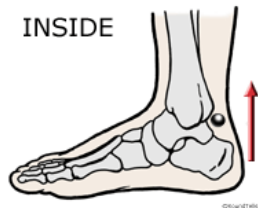
Location: in the hollow midway between inside anklebone and the Achilles tendon.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

CARDIOVASCULAR: *High Blood Pressure*

STEP 6: Acupressure Point K3 - This point is forbidden for pregnant women - Switch to a more painful side

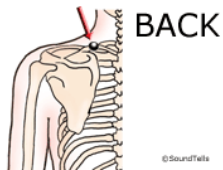


Location: in the hollow midway between inside anklebone and the Achilles tendon.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 7: Acupressure Point TW15 - Start with a less painful side

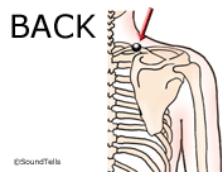


Location: on the top of the shoulder blade. To find the point go directly up from the nipple, around the top of the trapezoid muscle, and down to the top of the shoulder blade.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 8: Acupressure Point TW15 - Switch to a more painful side



Location: on the top of the shoulder blade. To find the point go directly up from the nipple, around the top of the trapezoid muscle, and down to the top of the shoulder blade.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

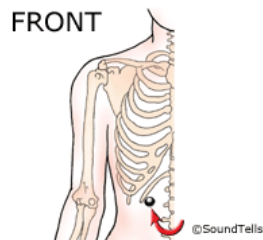
Duration: 1 min

ABDOMINAL DISCOMFORT: *Constipation*

Abdominal Discomfort: Constipation

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point SP15 - *Start with a less painful side*

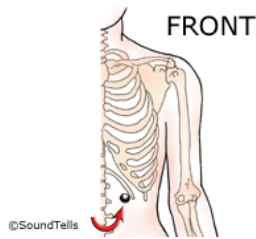


Location: on the intersection of nipple line and belly button line.

Direction: apply firm deep strokes of pressure into the abdomen. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 2: Acupressure Point SP15 - *Switch to a more painful side*

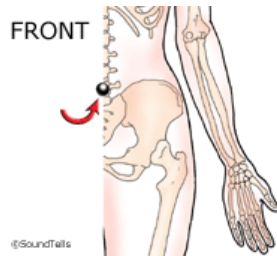


Location: on the intersection of nipple line and belly button line.

Direction: apply firm deep strokes of pressure into the abdomen. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 3: Acupressure Point CV6



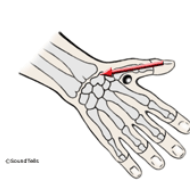
Location: two fingers-width below the belly button.

Direction: apply firm deep strokes of pressure into the abdomen. The initial painful sensation will soon begin to subside.

Duration: 1 min

ABDOMINAL DISCOMFORT: *Constipation*

STEP 4: Acupressure Point Li4 - This point is forbidden for pregnant women - Start with a less painful side

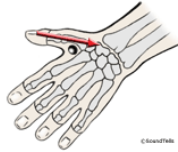


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 5: Acupressure Point Li4 - This point is forbidden for pregnant women - Switch to a more painful side



Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 6: Acupressure Point St36 - This point is forbidden for pregnant women - Start with a less painful side



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

ABDOMINAL DISCOMFORT: *Constipation*

STEP 7: Acupressure Point St36 - This point is forbidden for pregnant women - Switch to a more painful side

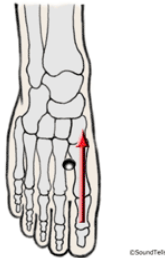


Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 8: Acupressure Point Liv3 - Start with a less painful side

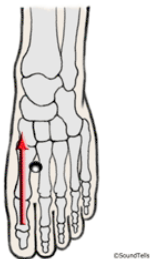


Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 9: Acupressure Point Liv3 - Switch to a more painful side



Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

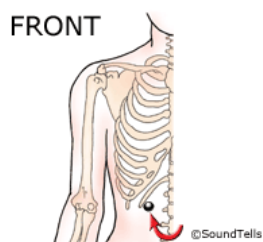
Duration: 1 min

ABDOMINAL DISCOMFORT: *Diarrhea*

Diarrhea

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point SP15 - *Start with a less painful side*

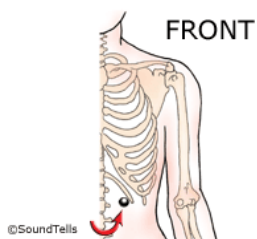


Location: on the intersection of nipple line and belly button line.

Direction: apply firm deep strokes of pressure into the abdomen. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 2: Acupressure Point SP15 - *Switch to a more painful side*

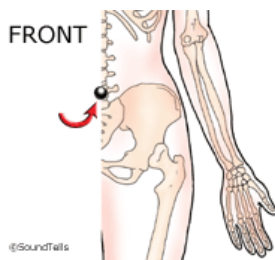


Location: on the intersection of nipple line and belly button line.

Direction: apply firm deep strokes of pressure into the abdomen. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 3: Acupressure Point CV6



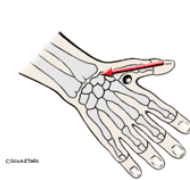
Location: two fingers-width below the belly button.

Direction: apply firm deep strokes of pressure into the abdomen. The initial painful sensation will soon begin to subside.

Duration: 1 min

ABDOMINAL DISCOMFORT: *Diarrhea*

STEP 4: Acupressure Point Li4 - This point is forbidden for pregnant women - Start with a less painful side

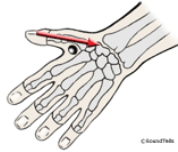


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 5: Acupressure Point Li4 - This point is forbidden for pregnant women - Switch to a more painful side



Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 6: Acupressure Point St36 - This point is forbidden for pregnant women - Start with a less painful side



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

ABDOMINAL DISCOMFORT: *Diarrhea*

STEP 7: Acupressure Point St36 - This point is forbidden for pregnant women - Switch to a more painful side

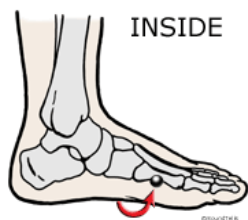


Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 8: Acupressure Point SP4 - Start with a less painful side

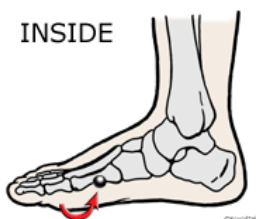


Location: on the arch of the foot, in the hollow two finger-width away from the ball of the foot, above the tendon of the big toe (move the big toe up and down to feel the tendon).

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 9: Acupressure Point SP4 - Switch to a more painful side



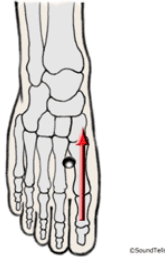
Location: on the arch of the foot, in the hollow two finger-width away from the ball of the foot, above the tendon of the big toe (move the big toe up and down to feel the tendon).

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

ABDOMINAL DISCOMFORT: *Diarrhea*

STEP 10: Acupressure Point Liv3 - *Start with a less painful side*

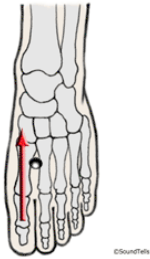


Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 11: Acupressure Point Liv3 - *Switch to a more painful side*



Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

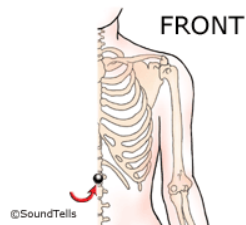
ABDOMINAL: Heartburn And Stomachache

Heartburn And Stomachache

People with heartburns and stomachaches should pay attention to their diet. As a rule of thumb avoid sweets and sweet drink and eat lots of raw vegetables and fruits. Note which particular food triggers the problem and avoid this food in the future.

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point CV12

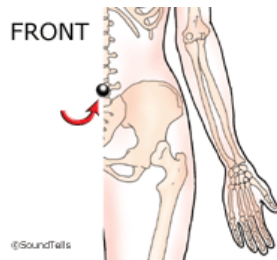


Location: midway between the belly button and the bottom of the breastbone.

Direction: apply firm deep strokes of pressure into the abdomen.

Duration: 2 min

STEP 2: Acupressure Point CV6



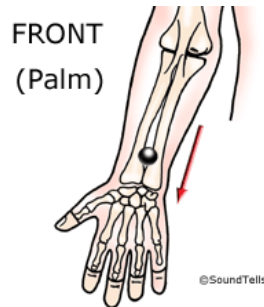
Location: two fingers-width below the belly button.

Direction: apply firm deep strokes of pressure into the abdomen. The initial painful sensation will soon begin to subside.

Duration: 1 min

ABDOMINAL: Heartburn And Stomachache

STEP 3: Acupressure Point P6 - *Start with a less painful side*

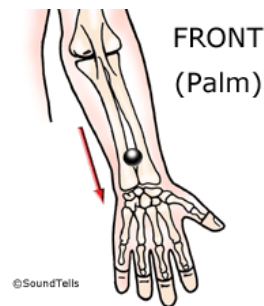


Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

STEP 4: Acupressure Point P6 - *Switch to a more painful side*

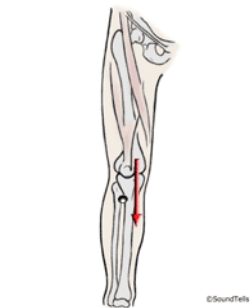


Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

STEP 5: Acupressure Point St36 - **This point is forbidden for pregnant women** - *Start with a less painful side*



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

ABDOMINAL: Heartburn And Stomachache

STEP 6: Acupressure Point St36 - This point is forbidden for pregnant women - Switch to a more painful side

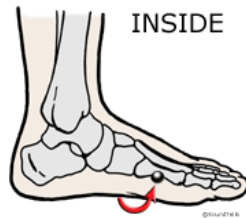


Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 7: Acupressure Point SP4 - Start with a less painful side

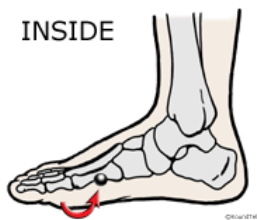


Location: on the arch of the foot, in the hollow two finger-width away from the ball of the foot, above the tendon of the big toe (move the big toe up and down to feel the tendon).

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 8: Acupressure Point SP4 - Switch to a more painful side



Location: on the arch of the foot, in the hollow two finger-width away from the ball of the foot, above the tendon of the big toe (move the big toe up and down to feel the tendon).

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

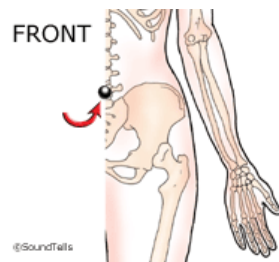
Duration: 1 min

WOMEN ONLY: PMS And Painful Periods

Women Only: PMS And Painful Periods

PMS is due to hormonal imbalance that may start as early as two weeks before menstruation (at the time of ovulation). Acupressure is often successful in alleviating PMS symptoms. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point CV6

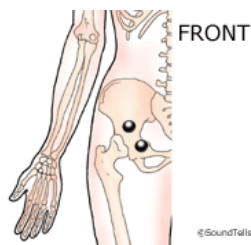


Location: two fingers-width below the belly button.

Direction: apply firm deep strokes of pressure into the abdomen. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 2: Points SP12 and SP13 - *Start with a less painful side*



Location: SP13 (top) in the middle of the crease where leg joins the body (groin line), one finger-width up from the top of the pubic bone, four finger-width out of the midline.

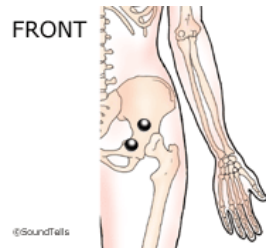
SP12 (bottom) in the middle of the crease where leg joins the body (groin line), on the top of the pubic bone, three finger-width out of the midline.

Direction: apply firm deep pressure. The initial painful sensation will soon begin to subside.

Duration: 2 min each point.

WOMEN ONLY: PMS And Painful Periods

STEP 3: Points SP12 and SP13 - *Switch to a more painful side*



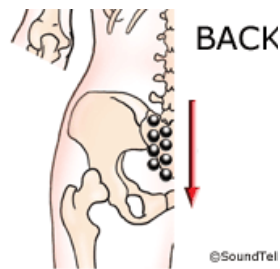
Location: SP13 (top) in the middle of the crease where leg joins the body (groin line), one finger-width up from the top of the pubic bone, four finger-width out of the midline.

SP12 (bottom) in the middle of the crease where leg joins the body (groin line), on the top of the pubic bone, three finger-width out of the midline.

Direction: apply firm deep pressure. The initial painful sensation will soon begin to subside.

Duration: 2 min each point.

STEP 4: Acupressure Points B27 to B34 - *Start with a less painful side*

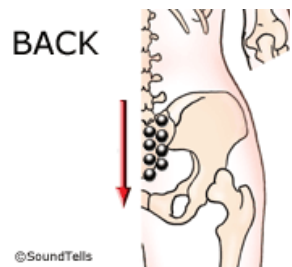


Location: on the base of the spine.

Direction: if you are massaging these points yourself and cannot reach these points, lay back on a hard surface and position the tennis ball under the active points.

Duration: 2 min

STEP 5: Acupressure Points B27 to B34 - *Switch to a more painful side*



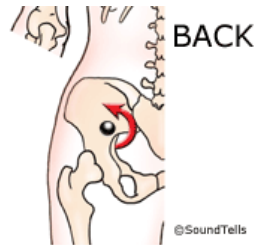
Location: on the base of the spine.

Direction: if you are massaging these points yourself and cannot reach these points, lay back on a hard surface and position the tennis ball under the active points.

Duration: 2 min

WOMEN ONLY: PMS And Painful Periods

STEP 6: Acupressure Point B48 - *Start with a less painful side*

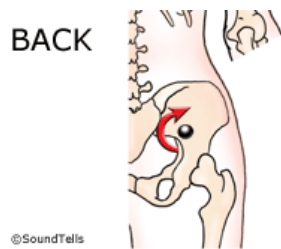


Location: in the middle of each buttock.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 7: Acupressure Point B48 - *Switch to a more painful side*

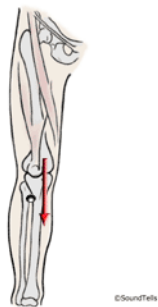


Location: in the middle of each buttock.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 8: Acupressure Point St36 - **This point is forbidden for pregnant women** - *Start with a less painful side*



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

WOMEN ONLY: PMS And Painful Periods

STEP 9: Acupressure Point St36 - This point is forbidden for pregnant women - Switch to a more painful side



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 10: Acupressure Point SP6 - This point is forbidden for pregnant women - Start with a less painful side

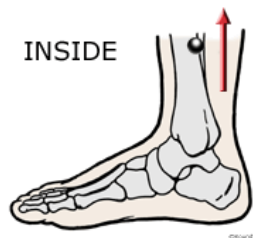


Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 11: Acupressure Point SP6 - This point is forbidden for pregnant women - Switch to a more painful side



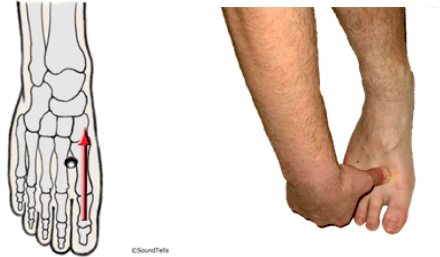
Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

WOMEN ONLY: PMS And Painful Periods

STEP 12: Acupressure Point Liv3 - *Start with a less painful side*

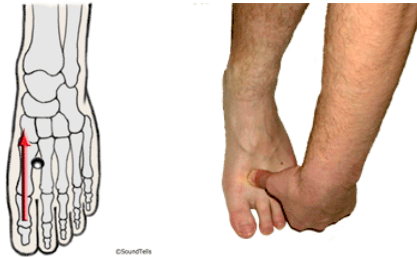


Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 13: Acupressure Point Liv3 - *Switch to a more painful side*



Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

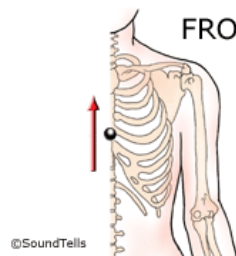
Duration: 1 min

WOMEN ONLY: *Hot Flashes*

Hot Flashes

Hot flashes are normal part of going through menopause. They are due to hormonal imbalance that occur at this time. Regular acupressure treatments, even when no hot flashes are occurring, are most helpful. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point CV17

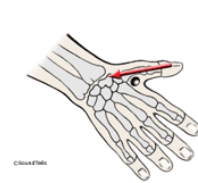


Location: in the center of the breastbone, midway between nipples.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 2: Acupressure Point Li4 - This point is forbidden for pregnant women - *Start with a less painful side*



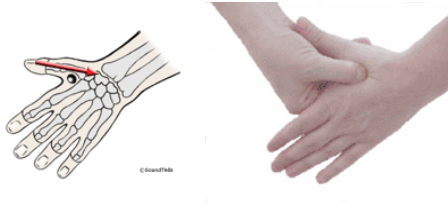
Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

WOMEN ONLY: *Hot Flashes*

STEP 3: Acupressure Point Li4 - This point is forbidden for pregnant women - Switch to a more painful side

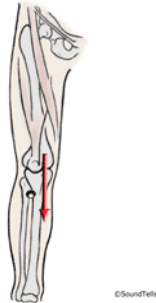


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 4: Acupressure Point St36 - This point is forbidden for pregnant women - Start with a less painful side

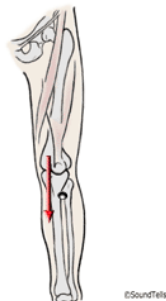


Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 5: Acupressure Point St36 - This point is forbidden for pregnant women - Switch to a more painful side



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

WOMEN ONLY: *Hot Flashes*

STEP 6: Acupressure Point SP6 - This point is forbidden for pregnant women - Start with a less painful side

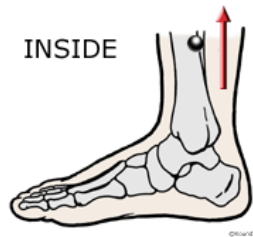


Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 7: Acupressure Point SP6 - This point is forbidden for pregnant women - Switch to a more painful side



Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 8: Acupressure Point K1 - Start with a less painful side



Location: in the center of the sole of the foot in the depression between the two pads.

Direction: if you are massaging this point yourself and cannot reach it, stand up with one foot on a tennis ball. Apply firm deep strokes of pressure in upward direction.

Duration: 1 min

WOMEN ONLY: *Hot Flashes*

STEP 9: Acupressure Point K1 - *Switch to a more painful side*

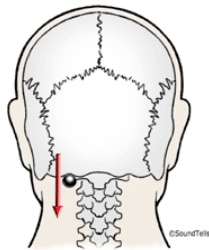
Location: in the center of the sole of the foot in the depression between the two pads.



Direction: if you are massaging this point yourself and cannot reach it, stand up with one foot on a tennis ball. Apply firm deep strokes of pressure in upward direction.

Duration: 1 min

STEP 10: Acupressure Point GB20 - *Start with a less painful side*

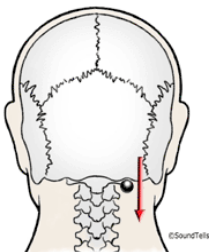


Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

STEP 11: Acupressure Point GB20 - *Switch to a more painful side*



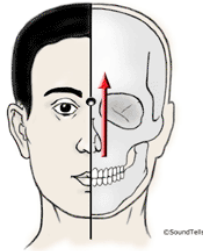
Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

WOMEN ONLY: *Hot Flashes*

STEP 12: Acupressure Point Yin Tang

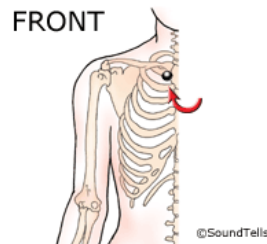


Location: with the tip of your thumb or index finger probe the area midway between the medial end of the two eyebrows as indicated on the picture until you feel a slight dip.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 13: Acupressure Point K27 - *Start with a less painful side*

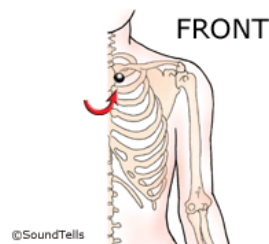


Location: in the hollow under the clavicle, next to the breastbone. To find the point follow the clavicle until it connects to the breastbone. If you have difficulty following the clavicle bone, move shoulder back and forth.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

STEP 14: Acupressure Point K27 - *Switch to a more painful side*



Location: in the hollow under the clavicle, next to the breastbone. To find the point follow the clavicle until it connects to the breastbone. If you have difficulty following the clavicle bone, move shoulder back and forth.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

WOMEN ONLY: Acupressure During Pregnancy

Acupressure During Pregnancy

Morning sickness is likely due to hormones released by your body (estrogens). The symptoms include nausea and vomiting. These tend to be worst in the morning but can occur at any time of the day or night. Morning sickness is limited to the first trimester in the majority of women. Acupressure is often very effective method to relieve morning sickness.

Diet

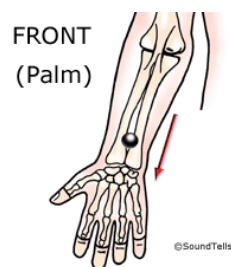
Ginger is effective remedy for morning sickness. You can take ground ginger in capsules, use ginger as a tea, or take ginger chunks covered with sugar.

General advise for reducing morning sickness symptoms

- ❑ Get lots of sleep.
- ❑ An empty stomach usually worsens nausea. Eating several small meals will keep your stomach full and reduce nausea.
- ❑ To avoid vomiting in the morning eat something while in the bed.
- ❑ Avoid iron supplements, which may worsen nausea. Iron supplements are not necessary during the first trimester.
- ❑ Reduce fatty food intake.

To relieve morning sickness, motion sickness, and nausea, massage point P6 for as long as you can:

Acupressure Point P6 - *Start with a less painful side*



Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

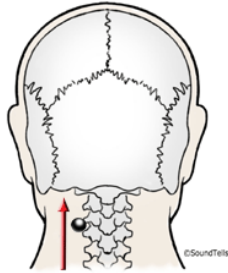
Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more on each hand

WOMEN ONLY: Acupressure During Pregnancy

To relieve insomnia, nervousness and anxiety massage these points:

STEP 1: Acupressure Point B10 - Both left and right

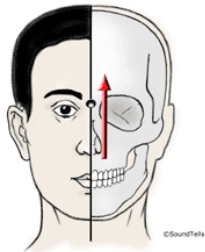


Location: halfway between the base of the skull and the base of the neck, on the edge of the trapezoid muscles.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min on each side

STEP 2: Acupressure Point Yin Tang

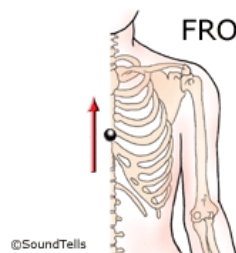


Location: with the tip of your thumb or index finger probe the area midway between the medial end of the two eyebrows as indicated on the picture until you feel a slight dip.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 2 min

STEP 3: Acupressure Point CV17



Location: in the center of the breastbone, midway between nipples.

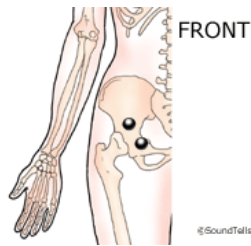
Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 3 min

WOMEN ONLY: Acupressure During Pregnancy

To relieve abdominal discomfort massage these points:

STEP 1: Points SP12 and SP13 - Start with a less painful side



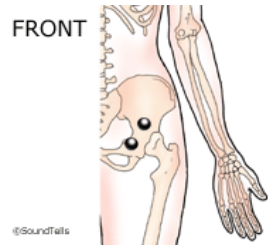
Location: SP13 (top) in the middle of the crease where leg joins the body (groin line), one finger-width up from the top of the pubic bone, four finger-width out of the midline.

SP12 (bottom) in the middle of the crease where leg joins the body (groin line), on the top of the pubic bone, three finger-width out of the midline.

Direction: apply firm deep pressure. The initial painful sensation will soon begin to subside.

Duration: 2 min each point.

STEP 2: Points SP12 and SP13 - Switch to a more painful side



Location: SP13 (top) in the middle of the crease where leg joins the body (groin line), one finger-width up from the top of the pubic bone, four finger-width out of the midline.

SP12 (bottom) in the middle of the crease where leg joins the body (groin line), on the top of the pubic bone, three finger-width out of the midline.

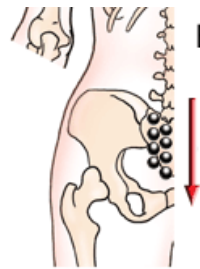
Direction: apply firm deep pressure. The initial painful sensation will soon begin to subside.

Duration: 2 min each point.

WOMEN ONLY: Acupressure During Pregnancy

To relieve lower back pain massage these points:

STEP 1: Acupressure Points B27 to B34 - Both left and right



BACK **Location:** on the base of the spine.

Direction: if you are massaging these points yourself and cannot reach these points, lay back on a hard surface and position the tennis ball under the active points.

Duration: 2 min

STEP 2: Acupressure Point B48 - Start with a less painful side

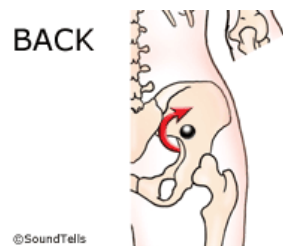


BACK **Location:** in the middle of each buttock.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 3: Acupressure Point B48 - Switch to a more painful side



BACK **Location:** in the middle of each buttock.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

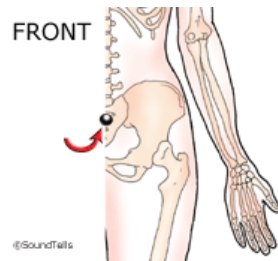
Duration: 1 min

URINARY PROBLEMS: *Bed-wetting*

Urinary Problems: Bed-wetting

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point CV4

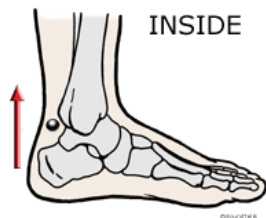


Location: four fingers-width below the belly button.

Direction: apply firm deep strokes of pressure into the abdomen. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 2: Acupressure Points K3 - This point is forbidden for pregnant women - Start with a less painful side

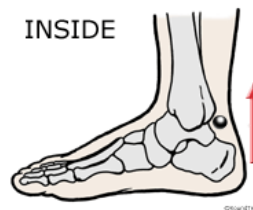


Location: in the hollow midway between inside anklebone and the Achilles tendon.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 3: Acupressure Point K3 - This point is forbidden for pregnant women - Switch to a more painful side



Location: in the hollow midway between inside anklebone and the Achilles tendon.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

URINARY PROBLEMS: *Bed-wetting*

URINARY PROBLEMS: *Bed-wetting*

STEP 4: Acupressure Point SP6 - This point is forbidden for pregnant women - Start with a less painful side

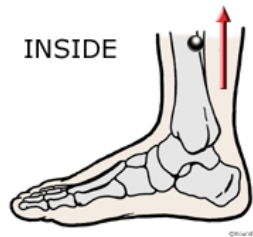


Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 5: Acupressure Point SP6 - This point is forbidden for pregnant women - Switch to a more painful side

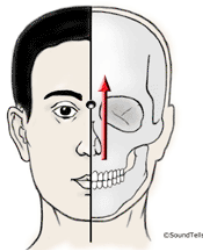


Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 6: Acupressure Point Yin Tang



Location: with the tip of your thumb or index finger probe the area midway between the medial end of the two eyebrows as indicated on the picture until you feel a slight dip.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

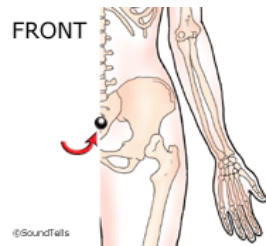
Duration: 1 min

URINARY PROBLEMS: *Incontinence*

Incontinence

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point CV2

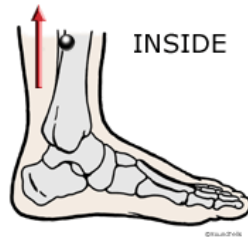


Location: palm-width below the belly button.

Direction: apply firm deep strokes of pressure into the abdomen. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 2: Acupressure Point SP6 - This point is forbidden for pregnant women - Start with a less painful side

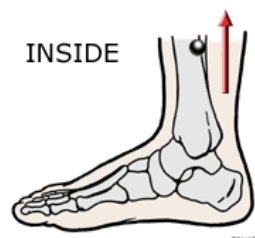


Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 3: Acupressure Point SP6 - This point is forbidden for pregnant women - Switch to a more painful side



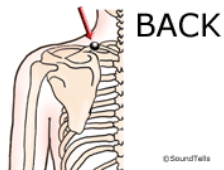
Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

URINARY PROBLEMS: *Incontinence*

STEP 4: Acupressure Point TW15 - *Start with a less painful side*

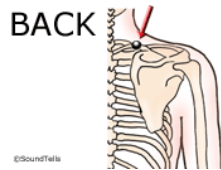


Location: on the top of the shoulder blade. To find the point go directly up from the nipple, around the top of the trapezoid muscle, and down to the top of the shoulder blade.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 5: Acupressure Point TW15 - *Switch to a more painful side*

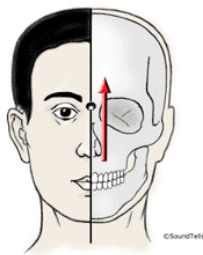


Location: on the top of the shoulder blade. To find the point go directly up from the nipple, around the top of the trapezoid muscle, and down to the top of the shoulder blade.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 6: Acupressure Point Yin Tang



Location: with the tip of your thumb or index finger probe the area midway between the medial end of the two eyebrows as indicated on the picture until you feel a slight dip.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

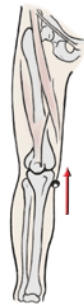
Duration: 1 min

URINARY PROBLEMS: *Urinary Retention*

Urinary Retention

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point SP9 - *both left and right*



Location: on the inside of the leg, under the kneecap in the hollow just below the bulge.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 2: Acupressure Point SP6 - **This point is forbidden for pregnant women** - *Start with a less painful side*

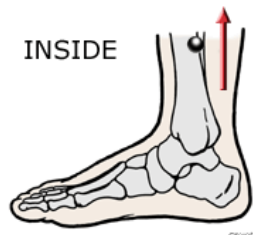


Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 3: Acupressure Point SP6 - **This point is forbidden for pregnant women** - *Switch to a more painful side*



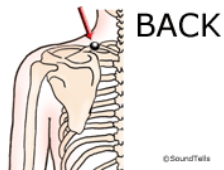
Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

URINARY PROBLEMS: *Urinary Retention*

STEP 4: Acupressure Point TW15 - *Start with a less painful side*

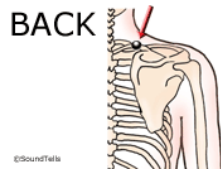


Location: on the top of the shoulder blade. To find the point go directly up from the nipple, around the top of the trapezoid muscle, and down to the top of the shoulder blade.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 5: Acupressure Point TW15 - *Switch to a more painful side*

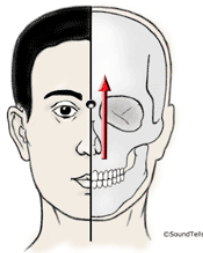


Location: on the top of the shoulder blade. To find the point go directly up from the nipple, around the top of the trapezoid muscle, and down to the top of the shoulder blade.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 6: Acupressure Point Yin Tang



Location: with the tip of your thumb or index finger probe the area midway between the medial end of the two eyebrows as indicated on the picture until you feel a slight dip.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

OTHER: *Nose Bleeding*

Other: Nose Bleeding

Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point GV26

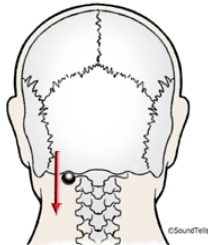


Location: in the hollow between the upper lip and the nose.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 2: Acupressure Point GB20 - *Start with a less painful side*

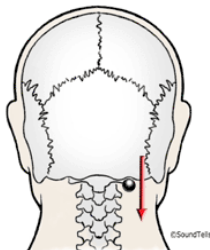


Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

STEP 3: Acupressure Point GB20 - *Switch to a more painful side*



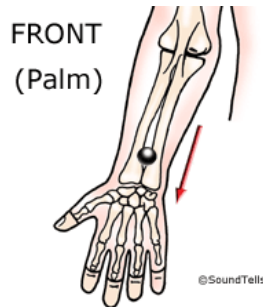
Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

OTHER: *Nose Bleeding*

STEP 4: Acupressure Point P6 - *Start with a less painful side*

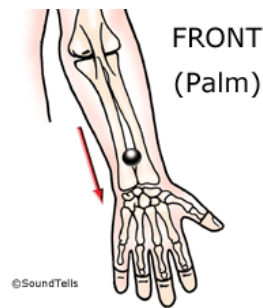


Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

STEP 5: Acupressure Point P6 - *Switch to a more painful side*

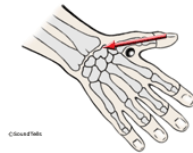


Location: on the interior side of the arm, in the hollow between the bones of the forearm, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in the direction of the palm. The initial painful sensation will soon begin to subside

Duration: 3 min or more

STEP 6: Acupressure Point Li4 - **This point is forbidden for pregnant women** - *Start with a less painful side*



Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction.

Duration: 2 min on the left hand and 2 min on the right hand

OTHER: *Itching*

Itching

Acupressure is often successful in reducing itching. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point Li11 - *Start with a less painful side*



Location: bend your arm, press your thumb into the hollow located on the outer side of the arm, directly above the elbow, between the elbow joint (below) and the muscle (above).

Direction: apply firm deep strokes of pressure in the direction of the elbow joint. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 2: Acupressure Point Li11 - *Switch to a more painful side*



Location: bend your arm, press your thumb into the hollow located on the outer side of the arm, directly above the elbow, between the elbow joint (below) and the muscle (above).

Direction: apply firm deep strokes of pressure in the direction of the elbow joint. The initial painful sensation will soon begin to subside.

Duration: 1 min

OTHER: *Itching*

STEP 3: Acupressure Point SP6 - This point is forbidden for pregnant women - Start with a less painful side

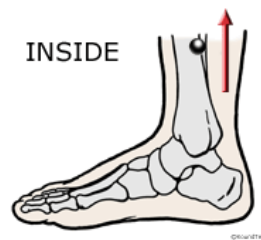


Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 4: Acupressure Point SP6 - This point is forbidden for pregnant women - Switch to a more painful side



Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 5: Acupressure Point St36 - This point is forbidden for pregnant women - Start with a less painful side



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

OTHER: *Itching*

STEP 6: Acupressure Point St36 - This point is forbidden for pregnant women - Switch to a more painful side

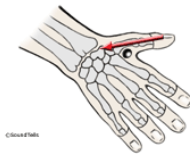


Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 7: Acupressure Point Li4 - This point is forbidden for pregnant women - Start with a less painful side

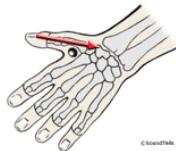


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 8: Acupressure Point Li4 - This point is forbidden for pregnant women - Switch to a more painful side



Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

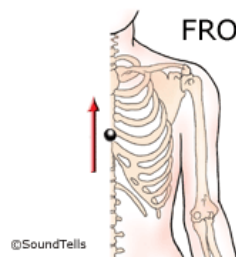
Duration: 2 min

OTHER: Asthma

Asthma

Asthma occurs when smooth muscles covering bronchial tubes contract increasing air flow resistance. Smooth muscles are controlled by hormones and autonomic nervous system. Acupressure is often a useful approach to asthma. Active points massage can be used during and between asthma episodes. Acupressure can be used in conjunction with bronchodilators.

STEP 1: Acupressure Point CV17

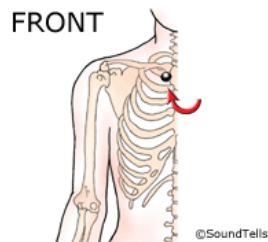


Location: in the center of the breastbone, midway between nipples.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 2: Acupressure Point K27 - *Start with a less painful side*

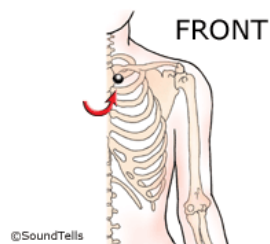


Location: in the hollow under the clavicle, next to the breastbone. To find the point follow the clavicle until it connects to the breastbone. If you have difficulty following the clavicle bone, move shoulder back and forth.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

STEP 3: Acupressure Point K27 - *Switch to a more painful side*



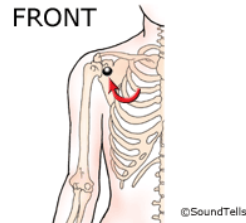
Location: in the hollow under the clavicle, next to the breastbone. To find the point follow the clavicle until it connects to the breastbone. If you have difficulty following the clavicle bone, move shoulder back and forth.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

OTHER: Asthma

STEP 4: Acupressure Point Lu1 - *Start with a less painful side*

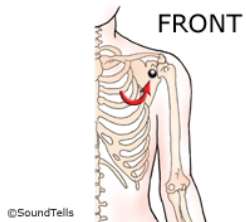


Location: on the outside edge of the rib cage, three finger-width below the clavicle.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

STEP 5: Acupressure Point Lu1 - *Switch to a more painful side*

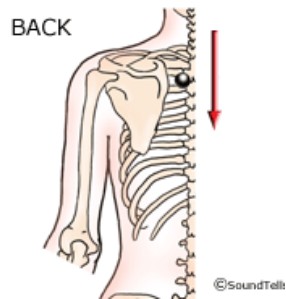


Location: on the outside edge of the rib cage, three finger-width below the clavicle.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

STEP 6: Acupressure Point B13 - *Start with a less painful side*



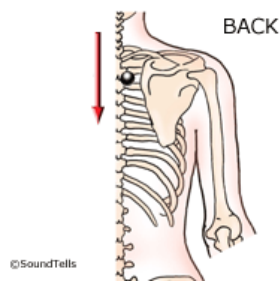
Location: between the spine and the shoulder blade, one finger-width below the top of shoulder blade.

Direction: apply firm deep strokes of pressure in downward direction. If you have difficulty reaching this point lay back on a hard surface and position a tennis ball under the active point.

Duration: 2 min

OTHER: Asthma

STEP 7: Acupressure Point B13 - *Switch to a more painful side*

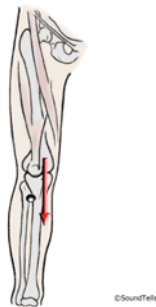


Location: between the spine and the shoulder blade, one finger-width below the top of shoulder blade.

Direction: apply firm deep strokes of pressure in downward direction. If you have difficulty reaching this point lay back on a hard surface and position a tennis ball under the active point.

Duration: 2 min

STEP 8: Acupressure Point St36 - This point is forbidden for pregnant women - *Start with a less painful side*

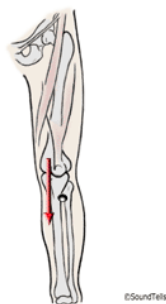


Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 9: Acupressure Point St36 - This point is forbidden for pregnant women - *Switch to a more painful side*



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

OTHER: Allergy

Allergy

Allergies are due to overreaction of the immune system to environmental allergens such as pollen and dust. Acupressure treatment is often successful in reducing the symptoms. Treat as soon as first symptoms appear. Do not wait for full blown attack. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point St36 - This point is forbidden for pregnant women - Start with a less painful side



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 2: Acupressure Point St36 - This point is forbidden for pregnant women - Switch to a more painful side



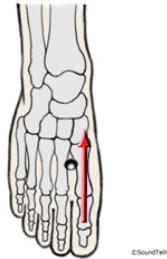
Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

OTHER: Allergy

STEP 3: Acupressure Point Liv3 - *Start with a less painful side*

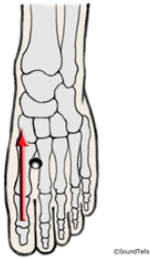


Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 4: Acupressure Point Liv3 - *Switch to a more painful side*



Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 5: Acupressure Point Li11 - *Start with a less painful side*



Location: bend your arm, press your thumb into the hollow located on the outer side of the arm, directly above the elbow, between the elbow joint (below) and the muscle (above).

Direction: apply firm deep strokes of pressure in the direction of the elbow joint. The initial painful sensation will soon begin to subside.

Duration: 1 min

OTHER: Allergy

STEP 6: Acupressure Point Li11 - *Switch to a more painful side*

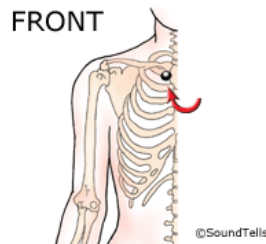


Location: bend your arm, press your thumb into the hollow located on the outer side of the arm, directly above the elbow, between the elbow joint (below) and the muscle (above).

Direction: apply firm deep strokes of pressure in the direction of the elbow joint. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 7: Acupressure Point K27 - *Start with a less painful side*

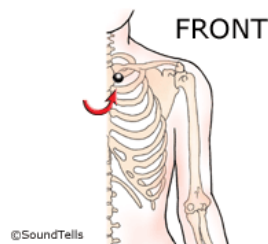


Location: in the hollow under the clavicle, next to the breastbone. To find the point follow the clavicle until it connects to the breastbone. If you have difficulty following the clavicle bone, move shoulder back and forth.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

STEP 8: Acupressure Point K27 - *Switch to a more painful side*



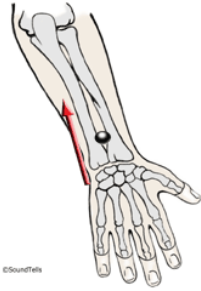
Location: in the hollow under the clavicle, next to the breastbone. To find the point follow the clavicle until it connects to the breastbone. If you have difficulty following the clavicle bone, move shoulder back and forth.

Direction: apply firm deep strokes of pressure into the chest.

Duration: 1 min

OTHER: Allergy

STEP 9: Acupressure Point TW5 - *Start with a less painful side*

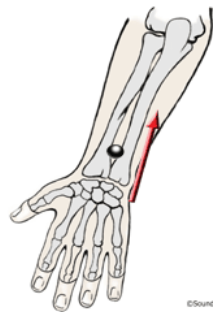


Location: on the back of the arm, in the depression between the two bones, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 2 min

STEP 10: Acupressure Point TW5 - *Switch to a more painful side*



Location: on the back of the arm, in the depression between the two bones, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

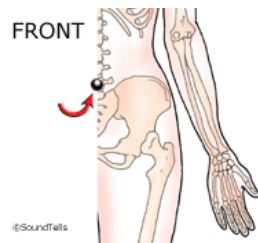
Duration: 2 min

OTHER: *Decreased Libido Treatment*

Decreased Libido Treatment

Decreased libido and impotency are commonly due to imbalance of autonomic nervous system. Acupressure can often be a useful approach to man's and woman's decreased libido treatment. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point CV6

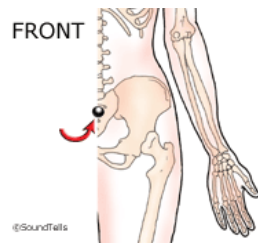


Location: two fingers-width below the belly button.

Direction: apply firm deep strokes of pressure into the abdomen. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 2: Acupressure Point CV4

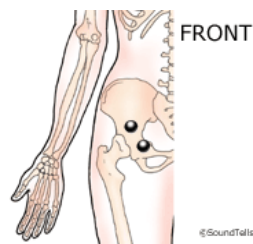


Location: four fingers-width below the belly button.

Direction: apply firm deep strokes of pressure into the abdomen. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 3: Points SP12 and SP13 - *Start with a less painful side*



Location: SP13 (top) in the middle of the crease where leg joins the body (groin line), one finger-width up from the top of the pubic bone, four finger-width out of the midline.

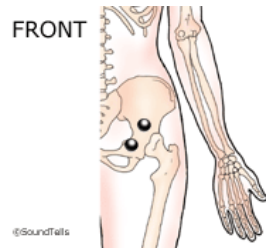
SP12 (bottom) in the middle of the crease where leg joins the body (groin line), on the top of the pubic bone, three finger-width out of the midline.

Direction: apply firm deep pressure.

Duration: 2 min each point.

OTHER: *Decreased Libido Treatment*

STEP 4: Points SP12 and SP13 - *Switch to a more painful side*



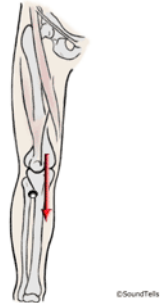
Location: SP13 (top) in the middle of the crease where leg joins the body (groin line), one finger-width up from the top of the pubic bone, four finger-width out of the midline.

SP12 (bottom) in the middle of the crease where leg joins the body (groin line), on the top of the pubic bone, three finger-width out of the midline.

Direction: apply firm deep pressure. The initial painful sensation will soon begin to subside.

Duration: 2 min each point.

STEP 5: Acupressure Point St36 - *This point is forbidden for pregnant women - Start with a less painful side*



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 6: Acupressure Point St36 - *This point is forbidden for pregnant women - Switch to a more painful side*



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

OTHER: *Decreased Libido Treatment*

STEP 7: Acupressure Point SP6 - This point is forbidden for pregnant women - Start with a less painful side

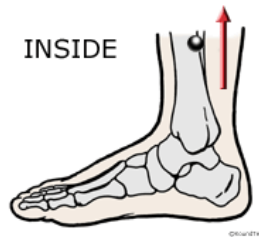


Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 8: Acupressure Point SP6 - This point is forbidden for pregnant women - Switch to a more painful side



Location: on the inside surface of the leg, four fingers-width above the inner anklebone.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 9: Acupressure Point K1 - Start with a less painful side



Location: in the center of the sole of the foot in the depression between the two pads.

Direction: if you are massaging this point yourself and cannot reach it, stand up with one foot on a tennis ball. Apply firm deep strokes of pressure in upward direction.

Duration: 1 min

OTHER: *Decreased Libido Treatment*

STEP 10: Acupressure Point K1 - *Switch to a more painful side*



Location: in the center of the sole of the foot in the depression between the two pads.

Direction: if you are massaging this point yourself and cannot reach it, stand up with one foot on a tennis ball. Apply firm deep strokes of pressure in upward direction.

Duration: 1 min

STEP 11: Acupressure Points B27 to B34 - *Start with a less painful side*



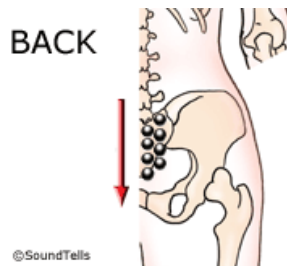
BACK

Location: on the base of the spine.

Direction: if you are massaging these points yourself and cannot reach these points, lay back on a hard surface and position the tennis ball under the active points.

Duration: 2 min

STEP 12: Acupressure Points B27 to B34 - *Switch to a more painful side*



BACK

Location: on the base of the spine.

Direction: if you are massaging these points yourself and cannot reach these points, lay back on a hard surface and position the tennis ball under the active points.

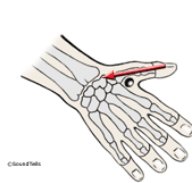
Duration: 2 min

OTHER: Hangover Treatment

Hangover Treatment

Acupressure is an effective way to relieve painful sensation associated with hangover. Sit comfortably or lie down, close your eyes and breath deeply when massaging the active points.

STEP 1: Acupressure Point Li4 - This point is forbidden for pregnant women - Start with a less painful side

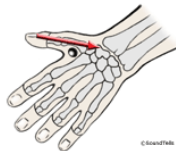


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction.

Duration: 2 min

STEP 2: Acupressure Point Li4 - This point is forbidden for pregnant women - Switch to a more painful side

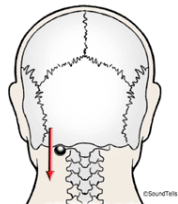


Location: between thumb and index finger as indicated on the picture.

Direction: apply firm deep strokes of pressure in upward direction.

Duration: 2 min

STEP 3: Acupressure Point GB20 - Start with a less painful side



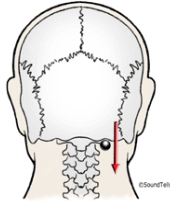
Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

OTHER: Hangover Treatment

STEP 4: Acupressure Point GB20 - *Switch to a more painful side*

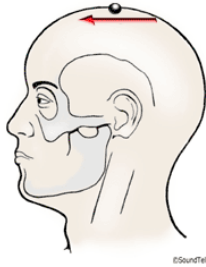


Location: just below the base of the skull, in the depression between the two major neck muscles.

Direction: apply firm deep strokes of pressure in downward direction.

Duration: 1 min

STEP 5: Acupressure Point GV20

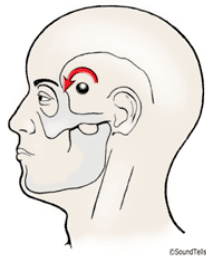


Location: with the tip of your index finger probe the area on the top of the head, where the line connecting the high points of your ears crosses the body midline until you feel a slight dip.

Direction: apply firm deep circular strokes of pressure in the forward direction. The initial painful sensation will soon begin to subside.

Duration: 2 min

STEP 6: Acupressure Point Tai Yang - *Start with a less painful side*



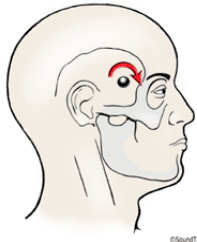
Location: in the large depression on the side of the head about 1 inch away from the end of the eyebrow.

Direction: massage in circular motions back to front. The initial painful sensation will soon begin to subside

Duration: 1 min

OTHER: Hangover Treatment

STEP 7: Acupressure Point Tai Yang - *Switch to a more painful side*

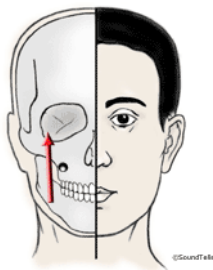


Location: in the large depression on the side of the head about 1 inch away from the end of the eyebrow.

Direction: massage in circular motions back to front. The initial painful sensation will soon begin to subside

Duration: 1 min

STEP 8: Acupressure Point St3 - *Start with a less painful side*

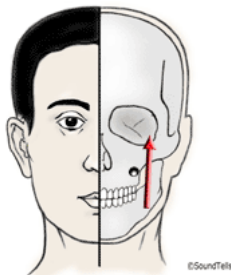


Location: below the cheekbone, directly down from the pupil of the eye.

Direction: apply firm deep strokes of pressure in upward direction against the bottom edge of the cheekbone. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 9: Acupressure Point St3 - *Switch to a more painful side*



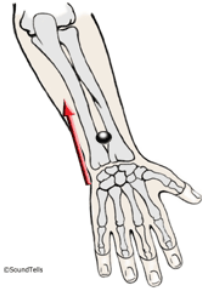
Location: below the cheekbone, directly down from the pupil of the eye.

Direction: apply firm deep strokes of pressure in upward direction against the bottom edge of the cheekbone. The initial painful sensation will soon begin to subside.

Duration: 1 min

OTHER: Hangover Treatment

STEP 10: Acupressure Point TW5 - *Start with a less painful side*

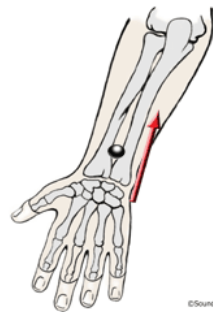


Location: on the back of the arm, in the depression between the two bones, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 2 min

STEP 11: Acupressure Point TW5 - *Switch to a more painful side*

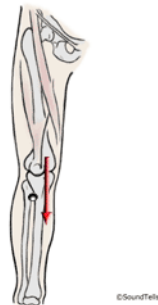


Location: on the back of the arm, in the depression between the two bones, three finger-width above the wrist crease.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside

Duration: 2 min

STEP 12: Acupressure Point St36 - **This point is forbidden for pregnant women** - *Start with a less painful side*



Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

OTHER: *Hangover Treatment*

STEP 13: Acupressure Point St36 - This point is forbidden for pregnant women - Switch to a more painful side

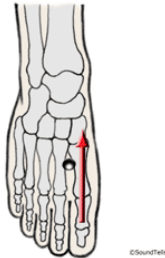


Location: with the tip of your index finger probe the area on the front side of a leg below the knee until you feel a slight dip.

Direction: apply firm deep strokes of pressure in downward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 14: Acupressure Point Liv3 - Start with a less painful side

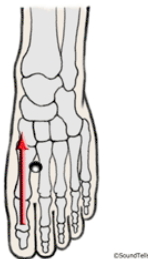


Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

STEP 15: Acupressure Point Liv3 - Switch to a more painful side



Location: on the top of the foot in the webbing between the big toe and the second toe.

Direction: apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

Duration: 1 min

REVIEWS

Reviews

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

"Excellent book! The major strength of the book are its crisp illustrations, thorough description of acupressure points location, and step-by-step explanations. I have never tried acupressure before. I found this book very easy to use and very helpful in relieving my migraine."

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 have read many different acupressure guides before. This one by far is the easiest to use. Finally, I can understand the location of points and duration of necessary massage. Thank you for this nice book."

I am no longer afraid of the headache!

Marie Wilson from LA, CA, February 27, 2004

"I usually don't write reviews, but in this case I feel obliged to share my experience. I sometimes have this dull pain on the top of my head. Until recently I just had to survive until the bed time. Well, during one of those episodes I have downloaded the acupressure headache guide. Now I have used the guide on 3 separate occasions and I am no longer afraid of the headache. I had no previous experience with acupressure. So if this guide worked for me it can also help other people."

Good acupressure guide indeed!

Roger Green from London, UK, July 8, 2004

"Good acupressure guide indeed! ... Active point descriptions are easy to follow. I am using acupressure to treat my own and my son's migraines. I have also used acupressure to treat my neck pain."

REVIEWS

It sounds like magic, but the wrist pain ... disappeared after two treatments!

Barbara from Charlotte, SC, June 2, 2004

"... I bought it to treat my carpal tunnel syndrome. It sounds like magic, but the wrist pain that bothered me for over 9 months disappeared after two treatments."

Good product!

Paul Bauer from Cambridge, UK, June 20, 2004

"Good product! I am using this acupressure guide to treat my wife's headaches - she tells that it really helps her."

Very well thought through collection of exercises!

Alex from LA, CA, June 20, 2004

"Very well thought through collection of exercises! Very good artwork too. I was able to locate points with ease and my bad knee seems to be better."

Very comprehensive guide, good verbal description, great artwork!

Steve Shane from Washington, DC, April 13, 2004

"I want to thank the developers of this software! Very comprehensive guide, good verbal description, great artwork, installs and runs seamlessly. I only wish this types of guides be available for other disorders."

Better than Advil and still gentle on your stomach

Geka from Marblehead, MA, April 30, 2004

"Great, easy to use software. Based on proven medical science."

*Reviews are quotes from actual users of the Acupressure Guide published in electronic format for Desktop PC, Pocket PC, and Palm Devices.

Handheld Devices

To see all Acupressure, Yoga, Diet, and other Health-related software for mobile devices please visit WWW.SOUNDTELLS.COM

At SoundTells® we understand the difficulties imposed on men by modern society. These difficulties often lead to stress, nervousness, insomnia, and, sometimes, physical pain. To make things worse modern men rarely have time to stop and relax. At SoundTells® we concluded that modern men need modern tools to help them overcome these problems. Accordingly, we have created software that can be downloaded to you desktop or taken with you on the handheld. Visit us at www.soundtells.com, choose the health condition that concerns you, and see a list of products that were developed to help you overcome the problem.

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- Quit Smoking Calculator
- Sleep Well - Audio Relaxation Sequence
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- many more...

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