

# ACUPRESSURE

## **Acupressure Basics:**

You may use one point, or a combination of them. Some points are easy to reach on yourself. Some are easier when someone does them for you. You may also use your fingers, or a pen cap (Sharpie works best,) or any tool with a slightly rounded end. Find the point first. Don't worry, they are not really tiny pin points, but rather "zones." Feel around for the most tender point, and use that. If it is not exactly right, it will still be effective, so do your best.

After locating the point, use prolonged pressure directly on the point; gradual, steady, penetrating pressure for approximately three minutes is ideal. Each point will feel somewhat different when you press it; some points feel tense, while others are often sore or ache when pressed.

How much pressure to apply to any point depends on how you feel. A general guideline to follow is that the pressure should be firm enough so that it "hurts good" - in other words, something between pleasant, firm pressure and outright pain. For children, holding the points with little or no pressure works best.

You may do them once or even a few times a day depending on your symptoms.

## **Hegu- Large Intestine 4:**

This point is great for ANY pain, anywhere. It is especially good for headache, sore throat, toothache and relieving tension. It is on the hand, so it is easy to use at any time.



## **Kidney 3:**

This point is great for longevity & vitality. It also helps with back pain, frequent urination, diabetes and dizziness.



## **Pericardium 6:**

This point is great for motion sickness, nausea, anxiety, insomnia and shortness of breath.

