

# HEADACHE & SINUS RELIEF with ACUPRESSURE

## Beginners Guide to Self Help Therapy

The ancient therapy known as acupressure works by treating imbalances in the flow of the body's energy, called Chi or Qi, using finger pressure on the same points as acupuncture. Instead of needles, pressure is applied by fingers or thumb. Twelve readily accessible points on the body are shown here. The Chinese names are included for your information.

### Pressure Points on Hands & Arms

#### 1. Hegu:

Located in the web between the thumb and the index (first) finger in the fleshy muscle on the back of the hand.



#### 2. Neiguan:

Located between the two main tendons on the inner forearm, about two finger widths below the wrist crease.



### DIRECTIONS:

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

#### 3. Waiguan:

Two finger widths below the wrist crease between the radius and ulna bones of the forearm.

#### 4. Zhigou:

One finger width further up the forearm from Waiguan towards the elbow.



### Pressure Points on Head & Face

#### 5. Taiyan:

In the hollow on both temples. This point is good for tension headaches, especially in the forehead, and eyestrain.

#### 6. Fengchi:

In the hollow at the base of the skull approx. halfway between the ear and the spine on both sides of the head. This point is especially good for headaches associated with colds.



#### 12. Yongquan:

On the sole of the foot between the mounds which form the ball at the front of the foot. Found on both feet.



#### 7. Yintang:

In the hollow where the nose joins the forehead, between the eyebrows.

#### 8. Yingxiang:

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

#### 9. Zulling:

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

#### 10. Neiting:

In the webbing between the bones of the second and the third toes. Found on both feet.

#### 11. Taichong:

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



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# Soundtells Acupressure Guide

**David Kirk**



## **Soundtells Acupressure Guide:**

**Acupressure Guide** Aaron Stein, 2005-01-01 You have the potential to relieve most ailments with your hands Acupressure is an ancient art practiced by Chinese for over 5 000 years This fully illustrated guide by Aaron Stein Ph D distills acupressure into simple exercises that can be used to alleviate wide range of medical condition Features Practical and fully illustrated Step by step guide to treatment of every condition Every step explains point location direction of force and duration of massage No previous experience necessary It is not necessary to massage active points on your own you can ask somebody else to massage points for you Total treatment duration for most conditions is 10 to 15 minutes PC Palm and Pocket PC Users This book is available in electronic format for Desktop PC Pocket PC and Palm Devices For more information please visit [www soundtells com](http://www.soundtells.com) Excellent book The major strength of the book are its crisp illustrations thorough description of acupressure points location and step by step explanations Andrew Sharp from Austin TX April 22 2004 I have read many different acupressure guides before This one by far is the easiest to use Paul Stanley from Minneapolis MI June 1 2004 I am no longer afraid of the headache Marie Wilson from LA CA February 27 2004 PC Palm and Pocket PC Users This book is available in electronic format for Desktop PC Pocket PC and Palm Devices For more information please visit [www soundtells com](http://www.soundtells.com)

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**Acupressure Guide For Headache and Migraine Treatment** MobileReference, 2007 Headache is often due to build up of stress and tension Acupressure is an effective way to relieve painful sensation associated these conditions This guide by Aaron Stein PhD is based on over 5 000 years of Chinese practice of self acupressure Features Step by step guide to relieving headaches and migraines at 5 locations In the frontal region of the head frontal headache In the back of the head occipital

headache On the side of the head temporal headache On the top of the head vertex headache Pain in the eye headache behind the eye Every step explains point location direction of force and duration of massage No previous experience necessary Total treatment duration 10 to 15 minutes How acupressure works Nobody knows how acupressure works Very often pain is caused by a self perpetuating mechanism pain causes the mind to be attentive to pain that in turn causes more pain and even more attention and so on Most likely acupressure works by interrupting this vicious circle How does acupressure interrupt the cycle Stimulation of active points is thought to lead to increased release of endorphins Endorphin is a natural body painkiller Endorphin and morphine are chemically different molecules but by coincidence they have very similar 3 dimensional shape This similarity in shape allows morphine to bind the endorphin receptor and reduce pain Thus endorphin released by acupressure stimulation may lead to temporal reduction of mind s attention to pain interruption of pain cycle and following complete cessation of pain

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