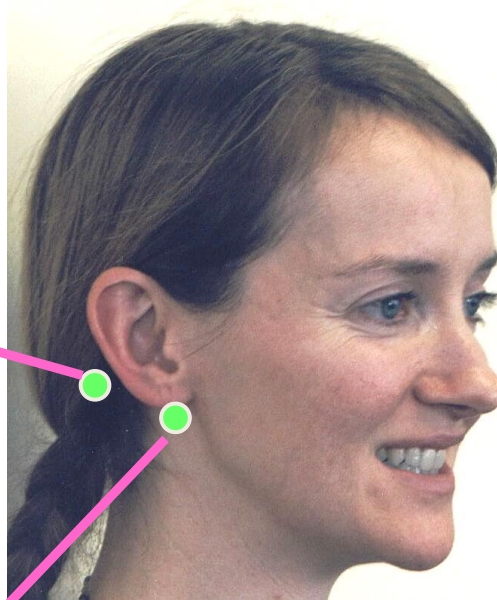


Acupressure Cautions

- Never be abrupt, forceful or jarring
- Use abdominal points cautiously, especially with pregnancy or disease
- Don't press heavily on lymph areas
- Do not massage burns, infections, ulcers or new scars
- Use moderate, circular pressure for 5 minutes

Dizziness

GB20 – CLEARS WIND
AND HEAT (In central
depression beneath occiput)

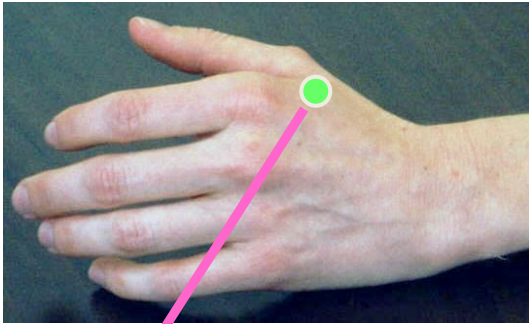


SJ17 – STOPS PAIN,
Clears Wind & Heat
(behind ear lobe)

GV20 – CLEARS
SENSES, REGULATES
ENERGY (at top of head
 $\frac{1}{2}$ way between ears)



Headaches



LI4 – RELEASES EXTERIOR
Middle of 2nd Metacarpal bone.
Press towards base of smallest finger

**GV20 – CLEARS SENSES,
CALMS SPIRIT** (at top of
head ½ way between ears



**UB10 – RELIEVES
HA/CONGESTION**
2 fingers to the side of
posterior hair line

Nausea & Indigestion



P6 – DESCENDS QI, OPENS CHEST, CALMS MIND
(2 thumbs up from dorsal side of wrist)

ST36 – REGULATES STOM.
(4 fingers below eye of knee, 1 thumb outside of Tibial ridge)



CV12 – REGULATES STOMACH
(Halfway between notch at end of sternum and navel)

