

# HEADACHE & SINUS RELIEF with ACUPRESSURE

## Beginners Guide to Self Help Therapy

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

### Pressure Points on Hands & Feet

#### 1. Hegu:

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



#### 2. Neiguan:

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

### DIRECTIONS:

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

#### 3. Waiguan:

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

#### 4. Zhigou:

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



### Pressure Points on Head & Face

#### 5. Taiyan:

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

#### 6. Fengchi:

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



#### 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

**JE Gale**



## **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)

**Acupressure Guide: Alleviate Headaches, Neck and Joint Pain, Anxiety Attacks, and Other Ailments** Aaron Stein, 2005 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 Ailments Covered by the Acupressure Guide Headache and Migraine Frontal Headache Back of the head Side of the head Top of the head Pain in the eye Migraine behind the eye Local Pain Jaw Toothache Ear Neck Shoulder Wrist Hand Backache Hip Knee Ankle Foot Cold and Flu Sore throat Sinusitis Loss of Voice Earaches Allergy Nervous System Anxiety Attacks and Nervousness Depression Insomnia Fainting Hiccoughs Memory and Concentration Improvement Cardiovascular Angina Palpitations High Blood Pressure Abdominal Discomfort Constipation Diarrhea Heartburn and Stomachache Women only PMS and Painful Periods Hot Flashes Pregnancy Urinary Problems Bed wetting Incontinence Urinary retention Other Nose bleeding Allergy Itching Asthma Decreased Libido Hangover FEATURES Practical and fully illustrated Step by step guide to treatment of every condition Every step explains active point location direction of massage and exercise duration 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 *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

**The Energy that Heals the Complete Acupressure Guide** Jacques Staehle,2003 *Acupressure Guide* Dr. Satish Goel,200? [The Complete Guide to Acupuncture and Acupressure](#) Masaru Toguchi,1976 *The Complete Idiot's Guide to Acupuncture & Acupressure* David Sollars,2000-08-09 You re no idiot of course You know that for centuries acupuncture and acupressure have been among the most effective alternative medical treatments available Now you ve decided to try one of them but before you volunteer to be a human pincushion you have just a few questions So let s get to the point The Complete Idiot s Guide to Acupuncture and Acupressure offers a comprehensive look at these effective solutions in their various forms and functions In this Complete Idiot s Guide you get An introduction to the tools of the trade including needles magnets and exercise The lowdown on what to expect at your first treatment and how to relax and enjoy it Treatments for everything from acne to menopause Words of wisdom plus warnings and definitions to make the acu path easy to follow [22 Healing Acupressure Points](#) Karl Swope,Karl Swope DC,2014-06-05 22 Healing Acupressure Points Fast Easy Guide to Natural Healing is for everyone Young and old this book can help you on your path to wellness This is a practical guide that is safe and easy to use Natural healing is at your fingertips literally This guide will help you with a whole range of issues from an emergency acute pain to chronic symptoms this book will help you find a holistic approach to managing your pain without the use of medications There is hope you can find healing This book will help you find a better way to live a pain free life Whenever I start to get a headache I will immediately follow the headache prodigal I find myself reaching for this book instead of the medicine cabinet This book really has helped me find alternatives to traditional western medications L Monroe **Acupressure Techniques** Julian N. Kenyon,1996 **Acupressure Guide** Aaron Stein,1968-05 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 PhD distills acupressure into simple exercises that can be used to alleviate wide range of medical conditions Since its release in 2003 over 1 000 000 people purchased the guide AILMENTS COVERED BY THE GUIDE HEADACHE AND MIGRAINE

Frontal Headache Back of the head Side of the head Top of the head Pain in the eye LOCAL PAIN Jaw Toothache Ear Neck  
 Shoulder Wrist Hand Backache Hip Knee Ankle Foot COLD AND FLU Sore throat Sinusitis Loss of Voice Earaches Allergy  
 NERVOUS SYSTEM Anxiety Attacks and Nervousness Depression Insomnia Fainting Hiccoughs Memory and Concentration  
 Improvement CARDIOVASCULAR Angina Palpitations High Blood Pressure ABDOMINAL DISCOMFORT Constipation  
 Diarrhea Heartburn and Stomachache WOMEN ONLY PMS and Painful Periods Hot Flashes Pregnancy URINARY  
 PROBLEMS Bed wetting Incontinence Urinary retention OTHER Nose bleeding Allergy Itching Asthma Decreased Libido  
 Hangover 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 Total treatment duration for most  
 conditions is 10 to 15 minutes HOW ACUPRESSURE WORKS 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  
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 Kenyon,Paul Winchell,1974

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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Soundtells Acupressure Guide** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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