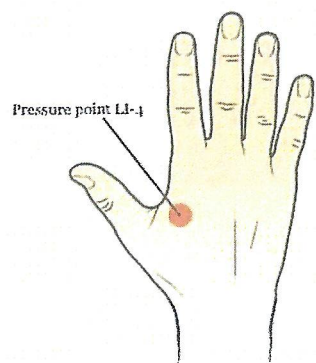


Pressure Points for Relaxation

Large Intestine 4, LI4 “Our Great Eliminator” allows change to let go of things that no longer support us. Known as Hegu translated as Union Valley. Acupuncture point used for pain relief especially for conditions affecting the head and face. Beneficial in easing headaches, toothaches and sinus congestion. Pressure on this point helps to relieve stress, promote relaxation, regulate elimination and aid detoxification. The LI4 acupressure point is located on the back of your hand, in the fleshy web between the base of your thumb and index finger. To locate it, squeeze your thumb and index finger together, it is at the highest point of the muscle that bulges out. Relax your hand and press down on this point with your thumb using firm steady pressure. Move your thumb in clockwise or counterclockwise circles while applying pressure. Alternately you can press with your thumb on one side and your index finger on the other while applying circular pressure.



Shen Men (Wrist)

Acupressure point for insomnia, palpitations, stress and anxiety. Master it for calming the mind and regulating emotions.

Massage the point with your thumb for 15-20 seconds.



Shen Men "Spirit Gate" Acupressure on this point can help relieve energy blockages of our spirit, mind and emotion. There are two Shen Men points that belong to the heart meridian, one on the ear and one on the wrist. The Shen Men acupressure point is located at the wrist crease, down from the space between the index and pinky finger. You will feel an indent between the ulna and pisiform bones. With the thumb massage this point using circular motions.

Shen Men is a very good point for the mind, emotion, and heart-related issues such as stress, anxiety, insomnia and palpitations. This point can also help with alcohol or nicotine withdrawal symptoms.

Solar Plexus “Breathing Point” believed to be a center of energy and vitality.

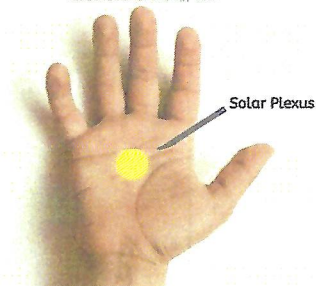
The solar plexus is the body’s emotional powerhouse and influences emotions, self-confidence, and personal power. Working on this acupressure point can bring a sense of calm and emotional release helping to relieve stress and anxiety.

The Solar Plexus point is located in the soft slightly indented center of the palm below the knuckle bones. Close your hand and find the point between where the 3rd and 4th finger touch the palm.

Apply gently to moderate pressure and hold steady or rotate in small circles. Breathe in slowly and deeply for a count of four and release the pressure as you breath out slowly for count of four. Repeat for 5-10 breaths on each hand.

REFLEX POINT FOR STRESS & ANXIETY

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- For general wellness, perform hand acupressure 1-3 times a day holding each point for 1-2 minutes
- Clockwise circles build energy to fight fatigue and boost immune function
- Counterclockwise circles reduce excess energy to relieve pain and release tension
- Apply firm steady pressure that stimulates the area and feels slightly achy but not painful
- Repeat on each hand to balance energy flow
- For nausea, headaches, or stress you can stimulate LI4 point as often as needed throughout the day when symptoms arise
- Avoid LI4 if pregnant as it is traditionally known to stimulate uterine contractions
- Avoid working on any single point longer than 15 minutes, as releasing too much energy can trigger headaches and nausea
- Avoid damaged skin areas with rashes, bruises, blisters or open wounds