

Love Acupuncture

Acupressure during pregnancy



1. Yin Tang
Calm anxiety and de-stress
Aid in insomnia



2. Pericardium 6
Calm anxiety and de-stress
Aid in insomnia
Resolve morning sickness



3. Stomach 36
Resolve morning sickness
Stop reflux
Support fatigue
Resolve anemia



4. Heart 7
Calm anxiety and de-stress
Aid in insomnia



5. Kidney 3
Support LBP
Support fatigue
Fetal support



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Acupressure during pregnancy

- In acupressure, you simply stimulate the points by applying pressure with your finger or fingers.
- Choose 3-4 points according to your symptoms.
- You can press the point with gentle to hard pressure, alternatively you can use a circular motion to massage the point.
- Stimulating each point for about 1-5 minutes daily is a nice way to help harmonise your imbalance.
- The more you stimulate a point on a regular basis, it will have a stronger effect in creating proper circulation and harmony.
- If the point is painful, it means there is a blockage and it needs to be released, this is done by massaging the point.
- If the point feels empty or soggy, this means it needs to be tonified or topped-up. You can do this via visualisation of a golden light filling the point up.

