

Love Acupuncture

Acupressure for digestive support



1. Ren 12

Support and strengthen digestion
Reduce bloating, indigestion and heartburn
Resolve diarrhea and constipation



2. Pericardium 6
Calm anxiety and
de-stress digestion
Reduce nausea



3. Stomach 36
Support and strengthen digestion
Reduce bloating and indigestion
Resolve reflux



4. Stomach 34
Reduce pain in the abdomen
and digestive organs
Resolve a stressed stomach



5. Spleen 3
Support and strengthen digestion
Strengthen absorption of nutrients
Resolve digestive pain
Reduce bloating



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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.

