

# Love Acupuncture

## Acupressure for fertility



1. CV4 & St29  
Nourish prenatal energy  
Bring blood to uterus



2. Pericardium 6  
Calm anxiety & distress  
Resolve insomnia  
Build blood



3. Stomach 36  
Support fatigue  
Build blood  
Support anemia



4. Spleen 6  
Build blood  
Nourish yin  
Calm anxiety



5. Kidney 3  
Nourish prenatal energy  
Support fatigue



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## Acupressure for fertility

- 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.

