

Love Acupuncture

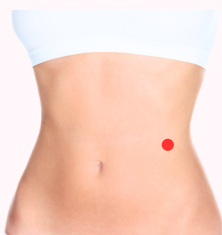
Acupressure for stress



1. Tai yang
Calm stress
Aid in temple headaches



2. Pericardium 6
Calm stress and anxiety
Aid in insomnia



3. Liver 13
Resolve stressed stomach
Resolve pain the abdomen
Suport healthy appetite



4. Gall Bladder 34
Destress the whole body
especially side body
Relax muscles and tendons



5. Liver 3
Destress the body
Relieve stress in the head/eyes

Dr Rebecca Vomackova
www.loveacupuncture.com.au

0491 371 189



Love Acupuncture

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.

