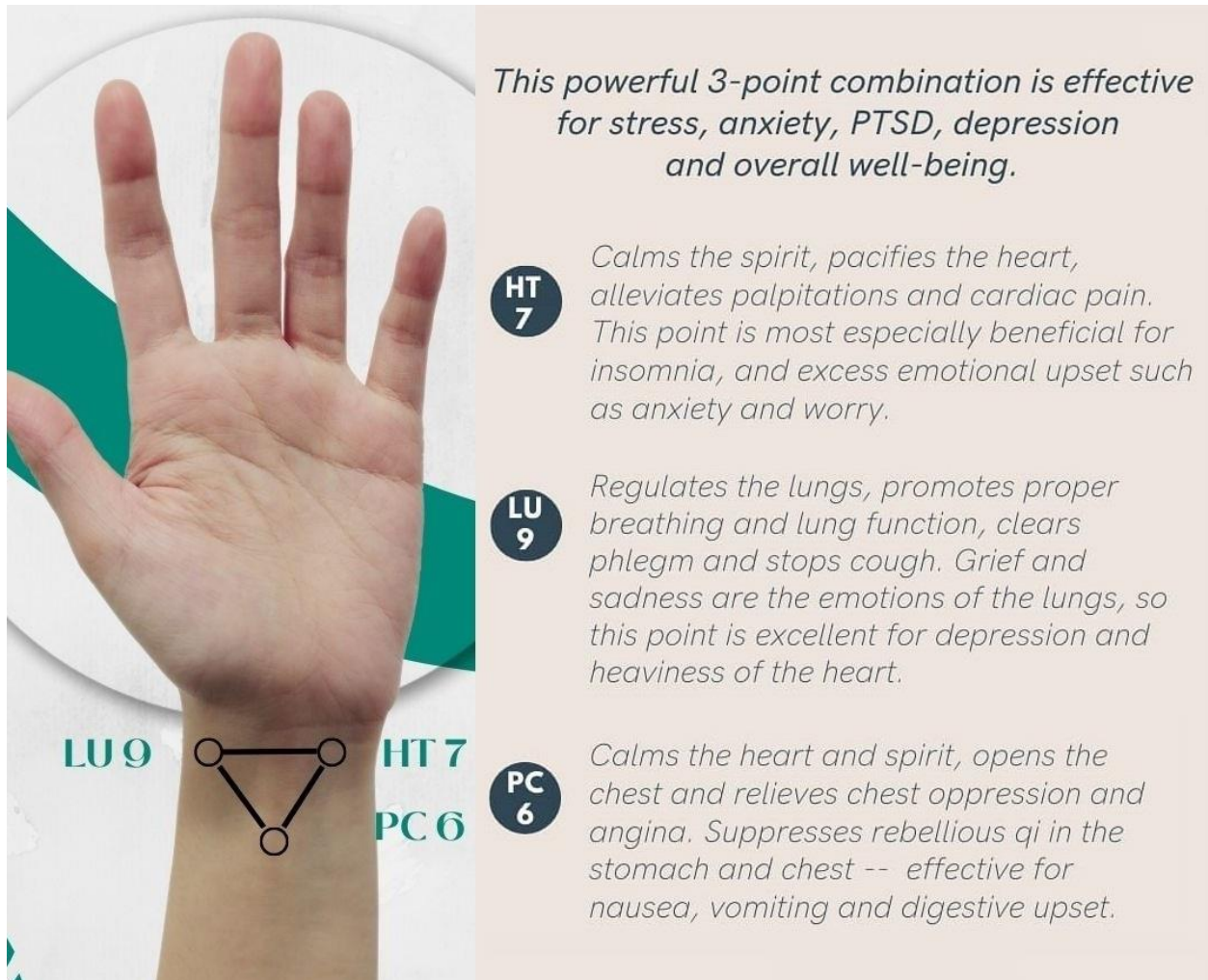




When combined, these three acupoints have a strong calming effect to reduce anxiety and increase a sense of well-being.

Designed to optimize your natural positive energy.

Our bracelet is specifically designed to stimulate these three acupoints simultaneously using our powerful acupuncture magnets. Acupuncture is believed to help with stress relief through various mechanisms. Here are a few ways in which acupuncture may contribute to stress reduction:

1. Regulation of the nervous system: Acupuncture is thought to influence the autonomic nervous system, which plays a role in the body's stress response. By stimulating specific acupuncture points, it may help regulate the sympathetic (fight-or-flight) and parasympathetic (rest-and-digest) branches of the nervous system, promoting a state of relaxation and reducing stress.

2. Endorphin release: Acupuncture is believed to stimulate the release of endorphins, which are natural pain-relieving and mood-enhancing chemicals in the body. These endorphins can induce a sense of relaxation, reduce pain perception, and improve mood, potentially alleviating stress.

3. Hormonal balance: Acupuncture may help regulate the production and release of various hormones, including cortisol (the stress hormone) and serotonin (a neurotransmitter associated with mood regulation). By promoting hormonal balance, acupuncture may help reduce stress levels and improve overall well-being.

4. Improved sleep quality: Stress can often disrupt sleep patterns, leading to further stress and fatigue. Acupuncture has been suggested to help improve sleep quality by promoting relaxation, reducing anxiety, and addressing underlying imbalances that may contribute to sleep disturbances

How does it work?

The wellness triangle in acupuncture refers to a specific set of acupuncture points that are believed to have a calming and relaxing effect on the body and mind. These points are often used to help reduce stress and anxiety and promote a sense of well-being. The wellness triangle consists of three acupuncture points:

1. Heart/Shenmen (HT7): Located on the wrist crease, on the radial side of the flexor carpi ulnaris tendon. It is believed to calm the mind and promote relaxation.

2. Pericardium/Neiguan (PC6): Located approximately two finger-widths above the wrist crease, between the tendons. It is commonly used to alleviate anxiety and nausea.

3. Lung/Taiyuan (LU9): In traditional Chinese medicine the lung meridian is believed to be associated with the respiratory system, immune function, and the regulation of Qi (energy) in the body. LU9 is specifically located on the wrist, in the depression on the radial side of the radial artery and is commonly used in acupuncture treatments for various respiratory conditions such as cough, asthma, and bronchitis. It is believed to have a calming effect on the mind and can be used to address emotional imbalances such as anxiety and grief.

With the help of our powerful acupuncture magnets, the Relief Bracelet is made to be wide enough to stimulate these three acupoints at once. These three powerful acupoints - when combined - may calm your central nervous system during times of stress, help you relax, and guide you to find strength from within to overcome hardships.