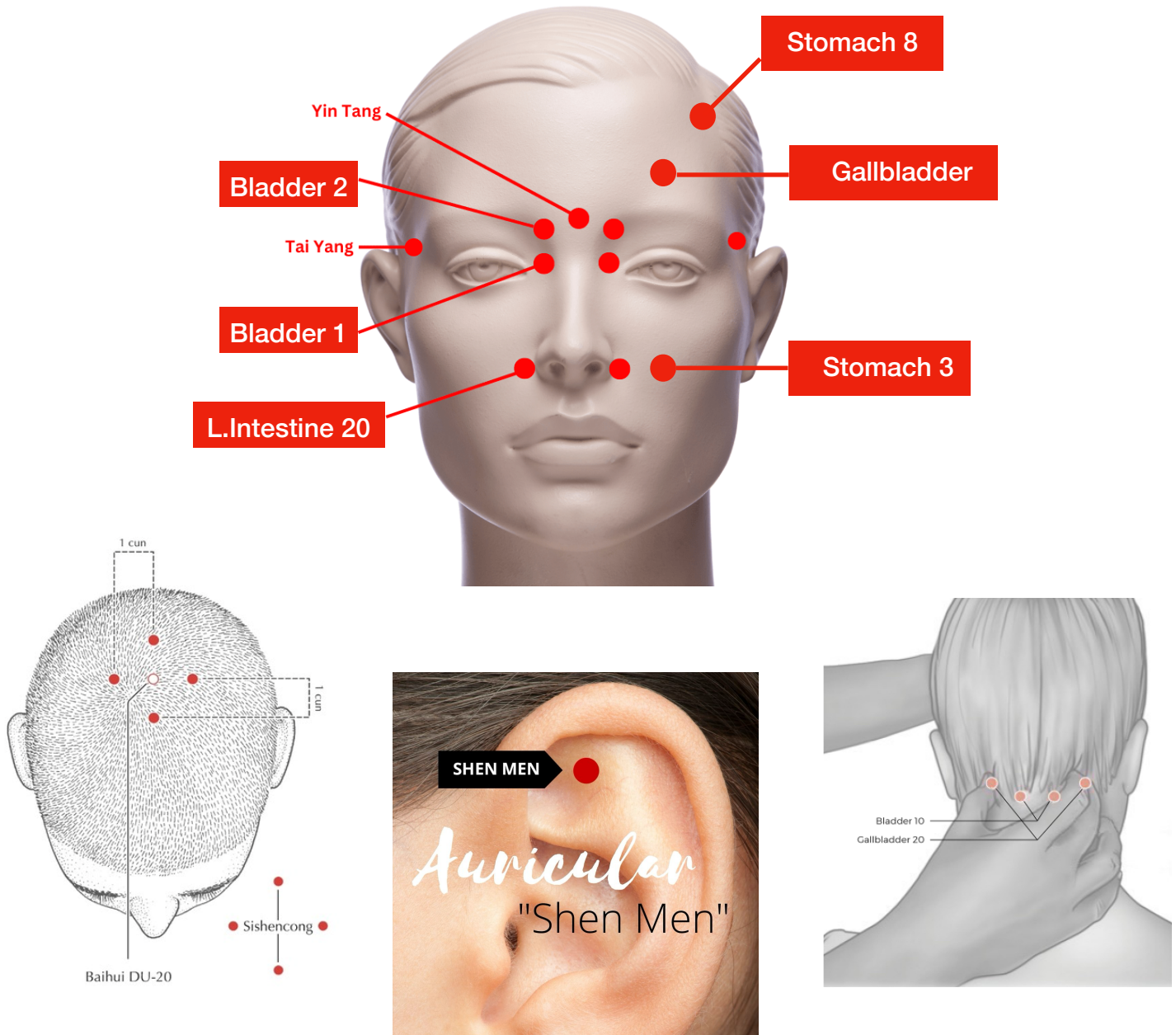


Common Acupressure Points



Yintang - Calms Spirit, anxiety/worry, activates intuition, encourages grounding & presence

Taiyang - relieves headaches, stress, eye strain/tension, promotes relaxation & circulation

Governing Vessel/Du 20 - raises energy, relieves depression

Si Shen Cong - insomnia, panic attacks/anxiety, opens brain fog, promotes mental clarity

Large Intestine 20 - nasal congestion, clear heat & wind

Stomach 3 - sinus congestion and swelling

Stomach 8 - headache, dizziness, mental turmoil

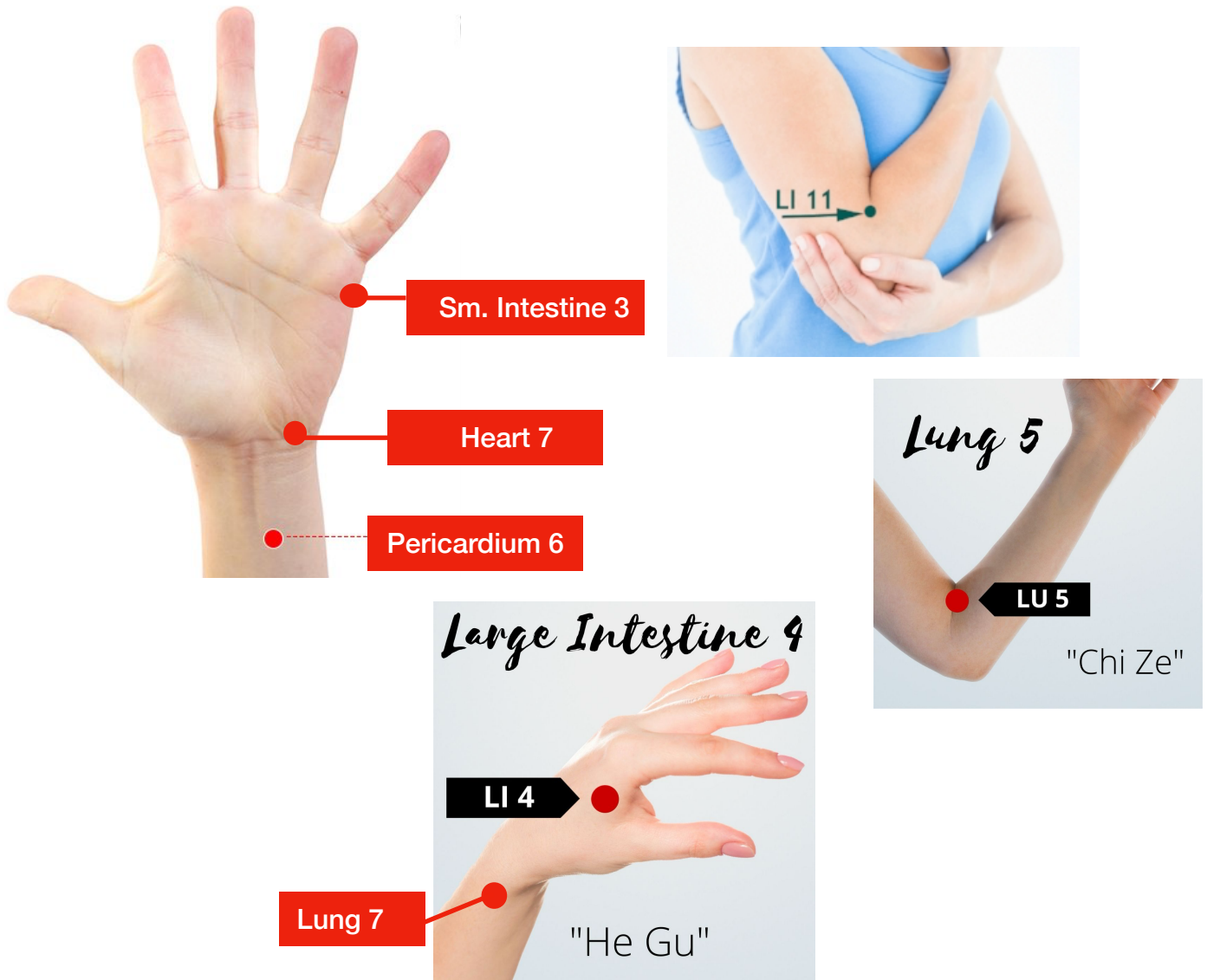
Bladder 2 - headache, sinus pressure, eye strain

Bladder 10 - neck pain/stiffness and headaches

Gallbladder 14 - sinus pressure/pain, headache

Gallbladder 20 - "Wind gate" - stiff neck, tinnitus, blurry vision, headaches, cold/flu

Common Acupressure Points



Large Intestine 4 - headache, toothache, facial/neck pain, stress

Large Intestine 11 - fever, cold/flu, tennis elbow pain

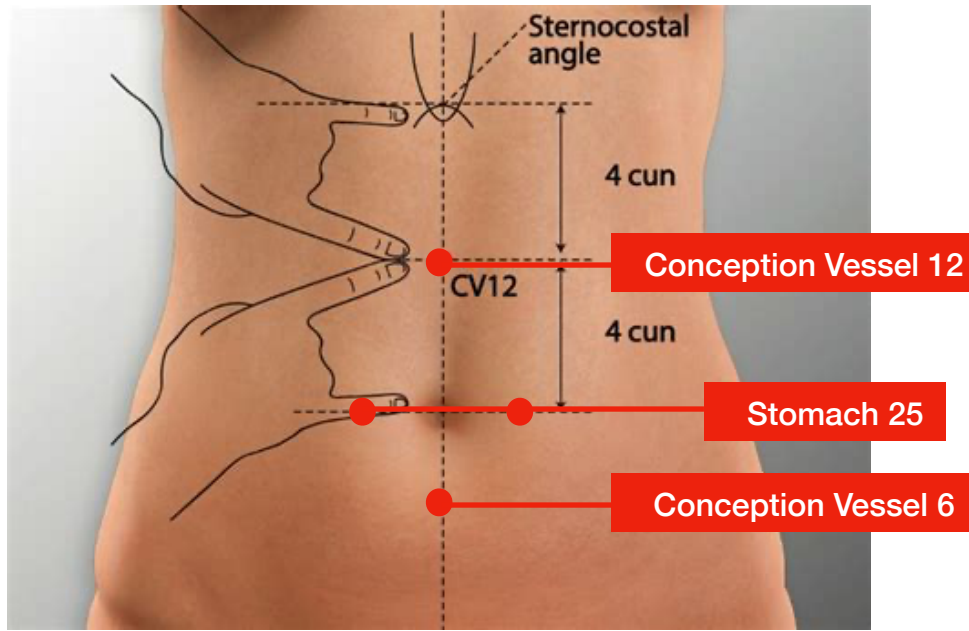
Lung 5 - hot rashes, cough with yellow phlegm, tennis elbow pain

Lung 7 - cough, asthma, chest tightness/pain, sore throat, hayfever, hiccups

Heart 7 - insomnia, stress/anxiety, palpitations (hold and take slow, deep breath)

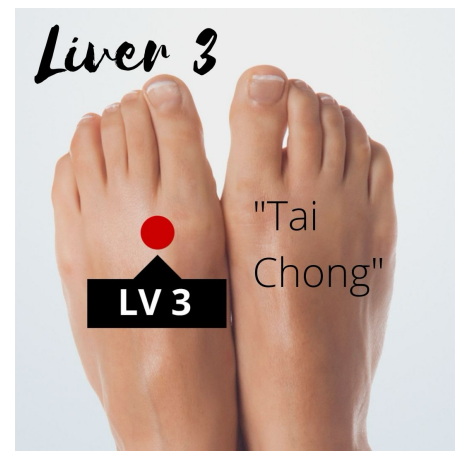
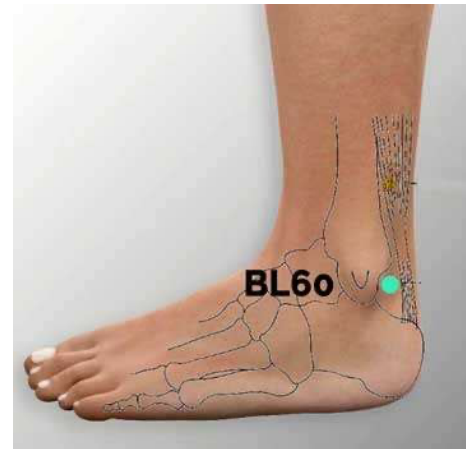
Pericardium 6 - stress/anxiety, irritability, nausea/vomit

Common Acupressure Points



- Conception Vessel/Ren 12** - stomach pain, nausea/vomit, hiccup, heartburn, bloat, diarrhea
- Conception Vessel/Ren 6** - abdominal pain, edema, diarrhea/constipation, menstrual pain
- ST25** - abdominal pain, gurgling, constipation/diarrhea, gassiness, bloat, distention irregular menstruation
- Urinary Bladder 23** - low back pain, dizziness, knee pain, urinary issues, supports Kidneys

Common Acupressure Points



Urinary Bladder 40 - acute/chronic low back pain/weakness, knee pain, cools blood

Urinary Bladder 60 - acute low back pain, heel pain, headache, dizziness

Stomach 36 - Strong Qi booster! Treats all digestive issues, stomach pain, gas, diarrhea, constipation, fatigue poor appetite, cough, depression

Liver 3 - headache, dizziness, depression, painful periods, stress, dry eyes