

The video and all its materials

- Are for educational and informational purposes only.
- It's a self-help tool for your own use.
- In this video and handout, I'm not providing you with direct medical, psychological, or nutrition therapy advice at any time.
- This course is not a substitute for seeking professional advice, diagnosis or treatment.
- If you have any questions or concerns about whether acupressure is right for you, consult your health care practitioner about your specific health condition and before starting any exercise or health program.
- If you're pregnant or think you may be pregnant, consult a licensed health professional before starting any acupressure program. There are some points that are contraindicated in pregnancy.
- If you experience any discomfort, dizziness or other unusual symptoms, stop the acupressure immediately.

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Spleen 6 acupressure point also called "Three Yin Intersection"

Located on the inner side of your lower leg, four finger-widths above the middle of the ankle bone.

Spleen 6 is one of the most important and commonly used points to treat digestion, gynecological, urinary and emotional conditions.



Contraindications:
Should not be used on pregnant women.

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Sp 4 – Gongsun – Grandfather Grandson

Location: on the inside of the foot, place the pad of your thumb under the first bone and slide it along the side of the foot until you feel the second bone

Functions:

- Regulates menstruation
- Supports healthy digestion
- Can help with morning sickness.



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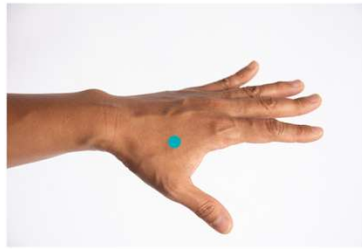
Location: Between the thumb and index finger, the point is at the highest point of the bulge of the muscle.

Common Functions:

- Alleviates headaches, any pain in the body
- Induces labor
- Supports the immune system.

Contraindications: Should not be used on pregnant women because it can induce labor.

LI 4 - He Gu - Joining Valley



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Liver 3 – Taichong – Great Rushing

Location: On the top of the foot, between the first and second toe, in the depression between the first and second metatarsal bone.

Functions:

- Relieves stress
- Regulates menstruation and hormones
- Headaches, migraines, dizziness, nausea
- Eye conditions
- Insomnia



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How to get
optimal
benefit from
acupressure

Step 1

Take three deep breaths before starting.
Continue deep breathing during acupressure

Step 2

Apply pressure for 2-5 minutes,
2-3 times per day

Step 3

Practice Daily

I'd love to hear from you.
Contact me at

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