

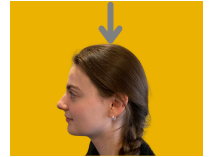
Acupressure Checklist

Press down on these pressure points for 2-3 minutes to experience relief in the areas listed below.

Du 20

Location: The top of your head

Helps with: Awakening the mind, headache concentrated at the top of the head, headache from staring at a screen too long, dizziness, insomnia, nasal congestion



LI 4

Location: On your hand, between your thumb and pointer finger

Helps with: Headache, body ache, stomach pain, dizziness, eye pain, bloody nose, toothache, jaw pain, diarrhea



LV 3

Location: On the top of your foot

Helps with: Frustration, anger, dizziness, throbbing headache, eye pain, balance, poor circulation, premenstrual syndrome



PC 6

Location: On the inside of your forearm

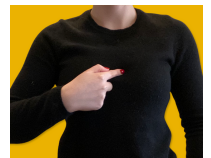
Helps with: Nausea, anxiety, chest congestion, chest pain, irregular heart beat



CV 17

Location: The center of your chest

Helps with: Hiccups, chest pain, acid reflux, anxiety, heart palpitations, respiratory issues



KI 1

Location: The bottom of your foot

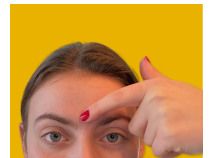
Helps with: Neck pain, nausea, sore throat, dizziness



Yin Tong

Location: In between your eyebrows

Helps with: Nasal congestion, dizziness, headache



LU 1

Location: On your chest, three fingers-width below your clavicle

Helps with: Coughing, asthma, chest pain, shoulder pain, back pain, chest congestion

