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1 Study the body's meridians to understand the flow of energy. Acupressure is based on the idea that your body's energy, known as chi, flows along certain pathways in the body, called meridians, and that stimulating pressure points along these meridians will balance your chi. There are 12 primary meridians running throughout the body — 6 in the
arms, and 6 in the legs. Although there is no physiological proof that these meridians exist, they seem to follow the paths of nerves throughout the body. For example, the lung meridian, often referred to as L, connects the lungs and intestines to nerves in the wrist (acupressure point L7) and the back of the hand (acupressure point L14).[1] The
stomach median, referred to as S, starts in the brain and runs down into the foot, and contains acupressure points S36 and S37, which are just below the knee. 2 Find a quiet, relaxing place to sit or lie down. Since acupressure works by balancing the body's energy, these techniques work best when you are completely relaxed. If you are performing
acupressure on someone else, have them lie down and let them relax completely before you begin.[2] You may want to play soft music or diffuse scents like lavender to help create a relaxing environment. Advertisement 3 Choose the acupressure points, and each
one is linked to a particular part of the body. Research the different acupressure points and find the ones which most closely match the symptoms you are experiencing. Familiarize yourself with the anatomy of the area you'll be working on if you're planning on doing acupressure on yourself. [3] Examples of conditions which may be relieved by
acupressure include headaches, nausea, back pain, and more. 4 Use your fingertips to apply pressure to the chosen point for 30 seconds. Press down firmly for about 30 seconds, moving your fingers in a circular or up-and-down motion. [4] Acupressurists sometimes use their palms, knuckles, elbows, or even their feet to apply pressure to their clients.
Acupressure techniques may include firm pressure, kneading, brisk rubbing, or tapping on the pressure points. 5 Repeat the technique as often as you like. Acupressure is considered extremely safe, and there is no limit to the number of times per day that you can practice these techniques.[5] If you find that acupressure relieves a headache, for
instance, but that it returns after a few minutes, just apply more pressure whenever the headache returns until it's gone completely. Advertisement 1 Pinch your shoulder muscle to relieve stress and neck pain. This acupressure point is known as GB21, or Jian Jing. Locate the area about halfway between your rotator cuff and your spine, then use your
thumb and middle finger to firmly pinch this muscle for about 30 seconds.[6] This method is also thought to relieve headaches, toothaches, and facial pain. Jian Jing is said to induce labor, so use this technique with caution if you are pregnant. 2 Relieve headaches by pressing where your neck muscles join your skull. To find this spot, feel for the bone
behind your ear, then follow the groove backwards to where your neck muscles attach to your skull. This is acupressure point GB20, also known as Feng Chi. Use your thumbs to press gently yet firmly.[7] You can rotate your thumbs to press gently yet firmly.[7] You can rotate your thumbs slightly or rock them in an up-and-down motion to increase the effect. Other conditions affected by Feng Chi include
eye blurriness, fatigue, migraines, and cold or flu symptoms. 3 Ease nausea by pressing between the tendons on your inner forearm. Hold your arm out with the palm facing up, then measure about 3 finger widths toward your elbow, starting at your wrist. This is acupressure point P6 or Nei Guan. Press down firmly between the 2 tendons and
massage the area.[8] Nei Guan is often used to relieve motion sickness and upset stomach. 4 Relieve leg and hip pain by pressing inwards at the back of the knee is thought to help with hip impairment, muscular atrophy, and abdominal pain. Press firmly inwards at the center of your knee.[9] If you can't reach this
spot yourself, you may want to ask someone to help you with this. 5 Massage between your thumb and index finger meet. Massage the area with a deep, firm pressure point is known as He Gu, or LI4. It is one of the
most commonly used acupressure points, and can also be used to treat facial pain, toothache, and neck pain. 6 Massage between your fourth and fifth fingers to relieve neck tension. This acupressure point is known as Zhong Zhu or Triple Energizer 3 (TE3). Find the groove between your fourth and fifth fingers, or your ring finger and your pinky
finger, then massage this spot firmly for up to 30 seconds.[10] TE3 is often used to treat temporal headaches, shoulder and neck tension, and upper back pain. 7 Find the depression between your first and second toes to ease anxiety. Start in the groove where your big toe and second toe are joined, then slide your finger towards you. The acupressure
point LV3, or Tai Chong, is located just before you reach the next bone. Massage this area firmly.[11] Tai Chong is also said to relieve menstrual cramps by finding acupressure point SP6 on your leg. This point is on the inside of your leg about 4 finger widths above your
ankle. Using your thumb, apply deep pressure just behind your tibia and massage the muscle on your outer shin bone to ease fatigue. This spot, known as ST36 or Zu San Li, can be found by measuring 4 finger widths
down from the bottom of your knee cap along the outside of your shin bone. Using a downward pressure, massage the area.[13] To check if you're in the right place, move your foot up and down. You should feel a muscle move in and out as your foot moves. Zu San Li is also used to treat nausea and vomiting and to promote longevity. Advertisement
Add New Question Question Where should you not apply pressure? Peter D'Aquino, L.Ac, MS, NCCAOM Licensed Acupuncturist and Diplomate in Oriental Medicine based in New York City. Peter is licensed to practice in New York State and holds board certification by the National Certification Commission for
Acupuncture (NCCAOM) and Oriental Medicine in acupuncture and Chinese herbal medicine. He has 10 years of experience practicing holistic pain management and sports medicine. He specializes in treating pain and orthopedic conditions along with rehab, fitness, weight loss, and digestive issues. He is also certified as a Personal Trainer by The
National Academy of Sports Medicine (NASM) and certified in Functional Range Conditioning (FRC) and Functional Range Release (FRR) movement therapy. He holds an MA in Acupuncture and Herbal Medicine from Pacific College of Oriental Medicine in New York (PCOM). Avoid applying intense pressure to any delicate areas, including nerves,
veins, cuts, burns, wounds, tumors, and the area around your throat. Question What are some safety tips to know before I use pressure points? Peter D'Aquino, L.Ac, MS, NCCAOM Licensed Acupuncturist Peter D'Aquino is an Acupuncturist and Diplomate in Oriental Medicine based in New York City. Peter is licensed to practice in New York State and
holds board certification by the National Certification Commission for Acupuncture (NCCAOM) and Oriental Medicine in acupuncture and Chinese herbal medicine. He specializes in treating pain and orthopedic conditions along with rehab, fitness, weight loss,
and digestive issues. He is also certified as a Personal Trainer by The National Range Release (FRR) movement therapy. He holds an MA in Acupuncture and Herbal Medicine from Pacific College of Oriental Medicine in New York (PCOM). The
two biggest potential issues are applying too much intense pressure to an area and not understanding the anatomy of the area being pressed. Also, if you're pregnant, see a medical professional before you try acupressure. Ask a Question Advertisement Thanks Than
by Peter D'Aquino, L.Ac, MS, NCCAOM and by wikiHow staff writer, Amy Bobinger, BA. Peter D'Aquino is an Acupuncturist and Diplomate in Oriental Medicine based in New York State and holds board certification by the National Certification Commission for Acupuncture (NCCAOM) and Oriental
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(NASM) and certified in Functional Range Conditioning (FRC) and Functional Range Release (FRR) movement therapy. He holds an MA in Acupuncture and Herbal Medicine from Pacific College of Oriental Medicine in New York (PCOM). This article has been viewed 89,237 times. Co-authors: 8 Updated: April 15, 2025 Views: 89,237 Categories:
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to authors Thanks to all authors for creating a page that has been read 89,237 times. "I had a headache. And I wanted to throw up and the pressure Points The present day hectic lifestyle with tight schedules, back to back meetings and deadlines often leads to stress,
annoying pains and aches and the quick option most of us opt for is popping a pain killer, hardly thinking about the negative effects that it can have on our health in the long run. Drugs can provide temporary relief to the body, but ancient therapies like Acupressure strengthens the body from the core by stimulating certain sensitive areas to provide
long term relief from ailments and pains. Prevent your body from relying blindly on drugs and let it bask in the wholesome goodness of Reflexology and Acupressure Which is a therapy in complete harmony with nature. Acupressure Treatment to Get Relief from Most Prevalent Aches and Pains Headache, neck pain, backache and shoulder pain has
become some of the most prevalent, chronic problems in present times and the majority of the population suffers from any one of these pains. It is always better to seek long-term remedy for any disease, even if it's a minor one because it helps in healing the body from within. This can be achieved only by adopting a natural healing process like
Acupressure that revives the entire body and helps in curing diseases and acute pains. Headache: This one of the most common yet intimidating problems that all of us have suffered at some point of time. Although, in most cases, headaches are mild and disappear on their own with time, but in certain cases it can wreak havoc on our health and call
for medical attention. The most common type of headache is known as 'tension headache' that are caused by prolonged working on the computer are also the culprits. Acupressure works wonders in providing relaxation and quick relief to the annoying headaches. The
Acupressure treatment for headache involves 4 pressure points. Point 1- This point lies in the flesh between the 2nd and the outer tip of the eyebrow. Point 4- This point is located one thumb-width above the midpoint of the
eyebrow. Earache: Earache is a very common problem in children, but it may also affect adults and the pain may be sharp, throbbing, burning or dull depending on the cause. There may be several reasons for earache as infection, sore throat, sinus, change in pressure, water in the ear, ear wax buildup. Whatever might be the reason, Acupressure
soothes and heals the pain with its concentration on the concerned pressure points. This point is located near the ear, on a prominent structure called the 'Tragus'. Point 3- This point is located just
above point 2. Point 4- This point is located near the outer corner of the eye. Toothache is poor oral hygiene and tooth decay. Other causes include infected gums, grinding teeth and an abscessed tooth. Tooth ache may be
oblique muscle on the lower part of the cheek. This point lies on the most prominent part of this muscle. Point 3- This point lies in the skin between the 2nd and the 3rd toes. Point 4- This point lies on the most complex parts of the body that consists of bones, muscles, nerves, joints and
ligaments and it holds the head on atop the body, which weighs almost 5 kilograms. Neck pain may arise from the strain and tension that we face while rendering our day-to-day activities like reading or watching television is a wrong position, working on the computer for long hours, falling asleep in an uncomfortable posture, sprain during exercise
Neck pain is often associated with stiffness and soreness of the neck and difficulty in turning it, but with the help of Acupressure, it is possible to get rid of it in an effective and natural way. The Acupressure treatment for Neck Pain involves 5 pressure points. Point 1- This point lies on the outer border of the forearms, 2 finger-widths above the wrist
joint. Point 2- This point lies in the flesh between the thumb and the index finger. Point 3- This point lies on the wrist joint, in a shallow depression between the 2nd and the 3rd toes. Point 5- On bending the head forward, two vertebrae stand out prominently on the neck.
This point is located between these 2 vertebrae. Shoulder Pain: Being one of the most mobile joints of the shoulder problems arise from inflammation of tendons, shoulder instability, arthritis and frozen shoulder. The main problems associated with these ailments are restricted
mobility and extreme pain which can be relieved with the help of Acupressure and Reflexology. The Acupressure treatment for Shoulder Pain involves 5 pressure points. Point 1- This point lies in the flesh between the thumb and the index finger. Point 2-If the arm is bent at right angle, a vertical groove forms on the front of the shoulder. The point lies in the flesh between the thumb and the index finger.
at the centre of this groove. Point 3- This point lies on the skin between the 2nd and the 3rd toes. Point 4- This point lies on the back surface of the shoulder, one thumb width above the end of the shoulder just beside this
pointed bone. Abdominal Pain: Just about all of us must have experienced this problem at some point of our lives. The pain may be sharp or dull, in the form of cramps, frequently recurring. In most cases, the pain is due to no serious reason and can be easily treated with the help of Reflexology. Some of the usual causes of abdominal pain are
constipation, indigestion, gas, food poisoning and menstruation cramps that can be effectively treated with the help of Acupressure treatment for Abdominal Pain involves 7 pressure points. Point 1- This point lies in the flesh between the thumb and the index finger. Point 2- Bend your knee joint by 90 degree, now move three
thumbs-widths downward from the lower end of the knee cap. There you will be able to feel a point is located one finger-width to the outer side of this bone. From the tip of this bone move four
finger-widths upward. The point is at this level, just behind the vertical leg bone. Point 5-This point is located 2 finger-widths above the navel. Point 6- This point is located one thumb-width above the navel. Point 5-This point is located 2 finger-widths above the navel. Point 6- This point is located 2 finger-widths above the navel. Point 7- This point is located 4 thumb-width above the navel. Point 6- This point is located 2 finger-widths above the navel. Point 6- This point is located 2 finger-widths above the navel. Point 6- This point is located 2 finger-widths above the navel. Point 6- This point is located 2 finger-widths above the navel. Point 6- This point is located 4 thumb-width above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above the navel. Point 6- This point is located 9 finger-widths above 10 finger-widths abo
because of our sedentary lifestyle and desk centric work culture, where we hardly get an opportunity to move about and straighten our backbone. Some of the causes of back pain are muscle strain and spasm, ruptures inter-vertebral disc, spondylolisthesis and arthritis that can be treated successfully with Acupressure treatment. The Acupressure
treatment for Back Pain involves 6 pressure points. Point 1- This point lies in the flesh between the 2nd and the index finger. Point 3- This point lies on the back, directly opposite to the navel, 2 finger-widths to either side. Point 4- This point lies 2 thumb-widths vertically below
point 3. Point 5- This point lies at the centre of the crease beneath the buttock. Point 6- This point lies at the centre of the crease at the back of the knee joint. Knee Pain: The problem of knee pain is extremely prevalent among aging adults and the most common reason being injured or torn ligaments, torn cartilage and arthritis. In many cases, knee
pain causes chronic pain and leads to immobility. But all these can be changed with the help of Reflexology that successfully treats knee pains without the use of medicine. The Acupressure treatment for Knee Pain involves 6 pressure points. Point 1- This point lies in the flesh between the thumb and the index finger. Point 2- Just below the knee cap,
there are 2 depressions. This point lies at the centre of the outer depression. Point 3- This point lies at the centre of the knee joint. Point 6- There are 2 depressions just below
fractures, gout and arthritis. Foot pain can be extremely agonizing and unbearable at times. But with Reflexology by your side it is easy to get relief from Foot pain with its healing touch. The Acupressure treatment for Ankle Pain involves 5 pressure points. Point 1- This point lies in the flesh between the thumb and the index finger. Point 2- This point
is located at the centre of the front surface of the ankle joint. Point 3- This point lies in the skin between the 2nd and the 3rd toes. Point 4- At the back of the ankle joint is a firm rope like structure called Achilles tendon. This point is located just before the Achilles tendon. Point 5- At the outer aspect of the ankle joint is a firm rope like structure called Achilles tendon. This point is located just before the Achilles tendon. Point 5- At the outer aspect of the ankle joint is a prominent bone called lateral
maleolus. This point lies in a shallow depression just below the lateral maleolus. Heel pain is faced by most of us during the early morning when we get out of bed. It is often caused by inflammation of the tissues, an abnormal growth of bone below the heel bone or fracture. Whatever might be the reason, heel pain can be effectively relived
with the help of Acupressure. The Acupressure treatment for Heel Pain involves 2 pressure points and other painful areas on the help of Acupressure treatment for Heel Pain involves 2 pressure points and the index finger. Point 1- This point lies in the skin between the 2nd and the 3rd toes. Now that you know how to treat the intimidating pains with the help of
Acupressure, the next time you have a headache or neck pain, apply this wholesome therapy instead of popping a pill and feel your body respond to the nurturing touch of Reflexology. Pressure points have been present throughout pop culture; in Star Trek, Spock applied the "Vulcan nerve pinch" on the base of a person's neck to knock them
unconscious. The fictional "pinch," Star Trek fans and writers explained, supposedly blocked blood from reaching the brain and thus caused instantaneous unconsciousness. Scientifically, of course, there's no such thing as a "Vulcan nerve pinch" that knocks people out. Yet somehow we find ourselves clenching when someone rubs our temples too
hard or a masseuse presses deep on the muscles in our neck, near our jawline. Leonard Nimoy demonstrates the "Vulcan nerve pinch" most used by his character Spock on Star Trek. CC BY-SA 3.0 Movies have shown us that pressing down on certain parts of the body can knock you out or even kill you — but how much of this is backed by science?
There remains some confusion and controversy as to what exactly "pressure points" are, and whether putting pressure points are sensitive parts of the body that can either be used for healing or pain — whether massaged or struck, they can help you feel better, but they can also impair you. Whether or not
touching pressure points can lead to death is unknown and usually dismissed by scientists but explored a little below. Martial arts vs. Medicine the idea of
pressure points into martial arts fighting. Yoshimitsu dissected the bodies of men killed during battle in order to better understand what little spots in their body were important to either cause pain or death, if hit or touched correctly. This fine art of fighting and killing, of course, took years of training to master; not just anyone could know which
angle to strike the right nerve or joint, and where also incorporated into traditional Chinese medicine, which believes that "meridian points" are the locations in the body through which life energy, or qi, flows. Acupressure, thus, involves placing
pressure on these meridian points in order to bring about better balance, circulation of fluids like blood and lymph, and metabolic energies in the body. Critics refer to meridian points as pseudoscientific, though a 2006 study on acupressure stated that it helped reduce lower back pain. And at times, pressing or massaging certain pressure points or
the body can help reduce tension headaches — which are caused by stress-induced muscle knots and jaw clenching. For example, rubbing your temples, the back of your neck, or even the webbed part in between your thumb and index finger has been shown to be helpful to relieving headache pain. Traditional Chinese medicine practitioners believed
that life energy, or qi, flowed through these meridian points; these points were also believed to be the pressure points that, if struck properly, could kill you. Wikimedia The temples and the area right below the Adam's apple are two examples of sensitive areas that may cause pain if struck. In fighting, the goal of learning pressure points is often
helpful in knowing the best places to impair an opponent rather than flat-out kill them; for example, knocking someone in the knee joint can cause their legs to crumple, or hitting the wrist at the right angle can force their hand muscles to drop their weapon. The 'Death Touch'But some unanswered questions remain about the most controversial so-
called pressure point, what is known as the "Death Touch," or dim mak. "Known in Cantonese as dim mak and in Japanese as kyusho jitsu, the touch of death is said to be something like acupuncture's evil twin," Cecil Adams writes on his column Straight Dope. "The idea is that chi, or energy, flows through the body along lines called meridians. A blow
or squeeze applied to certain pressure points on these lines will supposedly put the whammy on the victim's chi, leading to incapacitation or death." Some martial artists believe that dim mak, if executed correctly, can lead to a delayed death — meaning that the pinch of an artery or meridian could lead to organ failure and sudden death after a day or
two. Others believe that dim mak can simply cause instantaneous death after pressure is applied to the carotid artery — which is located in the neck and essential to providing blood to the brain. Getting knocked
out is typically caused by lack of oxygen, a sudden drop in blood pressure, or blunt trauma to the brain. There is essentially little to no scientific evidence that the "Death Touch" or the pressure points can lead to death — but it's fair to say that certain fighting movements, like a heavy blow to the temple or an obstruction of the
concussion, which involves a heavy blow to the chest that messes up the heart's electrical current and leads to sudden heart failure — have brought up the question as to whether or not Japanese samurai fighters were perhaps onto something when they made claims about the "Death Touch." But most of this remains shrouded in mystery, with more
scientific studies needed to better understand it. In other words, while pressure points as a way to help relax your muscles, reduce tension and stress, and overcome painful headaches. "Case
reports suggest that incidents [in which pressure or trauma is applied to the carotid artery and someone dies] are mostly accidents, more often than not unrelated to martial arts training or theory," Adams writes. "The question remains: Can some dim mak practitioners achieve these results at will? I'm skeptical, but sometimes you have to wonder.'
Stimulating pressure points throughout the body can promote blood flow and improve flexibility - Photo courtesy of skynesher / E+In medicine, few treatment or diagnostic processes can boast as lengthy a history as acupuncture for medical purposes was
documented in The Yellow Emperor's Classic of Internal Medicine. Some evidence suggests that sharpened bones and stones might have been used for acupuncture as early as 6000 B.C. Part of acupuncture as 60
pain, and even nausea. Practitioners typically use specialized, fine needles to stimulate pressure points along the body during treatment sessions. However, you can stimulate these same pressure points for relieving various symptoms and
some acupressure techniques you can try at home — no needles required! Advertisement Pressure points are specific areas along the body and brain. According to Dr. Haley Parker, director of clinical operations and an acupuncturist at Virginia University of Integrative Medicine
(VUIM), acupuncture and acupressure can be combined with other medical techniques to stimulate or maintain healing cycles. "Pressure point therapy can help relieve chronic pain, headaches, migraines, and muscle tension by stimulating specific points that may release built-up tension and trigger the body's natural pain-relief mechanisms," Parker
says. Applying pressure to specific points also can stimulate the parasympathetic nervous system, which helps reduce stress and induce a state of calm. You'll find pressure points can promote better blood flow, help improve joint flexibility and range of motion,
and support your body's immune response and digestive health. Acupuncturists will use more specific, and sometimes stronger, responses. 10 essential pressure points to knowPressure points in your hands, feet, legs, head, and back can help
alleviate troublesome health symptoms - Photo courtesy of Group4 Studio / E+According to VUIM's Dr. Lixing Lao, the body has more than 360 pressure points. You can stimulate these pressure points on your body by applying direct yet gentle pressure points. You can stimulate these pressure points on your body by applying direct yet gentle pressure points. You can stimulate these pressure points on your body by applying direct yet gentle pressure points. You can stimulate these pressure points on your body by applying direct yet gentle pressure points on your body by applying direct yet gentle pressure points. You can stimulate these pressure points on your body by applying direct yet gentle pressure points.
circular motions on the pressure point if comfortable. Advertisement Fengchi (GB20): The Fengchi point can be found where the base of the skull and top of the neck meet. Stimulating this pressure points Fengchi point can be found where the base of the skull and top of the neck meet. Stimulating this pressure point if comfortable. Advertisement Fengchi point can be found where the base of the skull and top of the neck meet. Stimulating this pressure point can be found where the base of the skull and top of the neck meet. Stimulating this pressure point if comfortable.
and stiffness of the neck, blurred vision, and even the common cold. Lao says this is an area where many people carry tension from working and sitting. Taiyang (Extraordinary Point): This pressure point is in the depression of your femple, specifically, around a fingerbreadth (the width of your finger) posterior to the midpoint between the end of your femple, specifically, around a finger femple, specifically
eyebrow and your hairline. Gentle pressure on the Taiyang point helps relieve headaches (especially in and around the temple), eye diseases, and deviation of the eyes and mouth. Advertisement yingxiang point is immediately next to your nose, about halfway down your nasolabial groove. Acupuncturists use this pressure point to
treat nasal obstruction (including sneezing) and rhinorrhea (or runny nose). Pressure points for hands Hegu (LI4): Pressing the Hegu point, located on the dorsum (or back) of the hand between the thumb and index finger, can treat a wide range of symptoms, including headache, eye pain, nasal obstruction, toothaches, and even a sore throat
Neiguan (PC6): The Neiguan point is between the two large tendons on your inner wrist. You'll want to move about two finger-widths down from the crease of your wrist to find this point. Applying pressure here is especially helpful for nausea and vomiting (and is safe for pregnant women), as well as the hiccups, insomnia, and irritability. Zhongwan
(CV12): This pressure point is (as its Chinese name suggests) truly in the center of your body. The Zhongwan point is about four fingerbreadths above your belly button and most frequently used to treat stomachache, abdominal distention, nausea, vomiting, acid regurgitation, and indigestion. Advertisement Guanyuan (CV4): Whereas the Zhongwan is
above the belly button, the Guanyuan point is about the same distance (four fingerbreadths) below the belly button. This pressure point helps address frequent urination, retention of urine, irregular menstruation, lower abdominal pain, indigestion, and diarrhea. Lower back pressure point Shenshu (BL23): Applying pressure to this point on your lower
back, specifically between the second and third lumbar vertebra, helps to address lower back pain, enuresis (urinary incontinence), and irregular menstruation. Pressure points in the legs Zusanli (ST36): This pressure point on the outer part of your lower leg is about four fingerbreadths below your kneecap and one fingerbreadth toward the border of
your tibia (or shinbone). Use this pressure point to address a range of stomach-related issues, including stomachaches, vomiting, indigestion, and abdominal distension. Advertisement bone. Applying pressure here has helped some patients with menstrual and abdominal distension.
fertility issues, including severe cramping, irregular menstruation, infertility, impotence, and in some cases, is used to help speed along delayed labor in pregnant women. You can do a lot at home to alleviate pain and discomfort through acupressure. Here are a few recommended products. ProsourceFit Acupressure Mat and Pillow SetProsourceFit
Acupressure Mat and Pillow Set - Photo courtesy of AmazonSome call it a bed of needles, but 20 minutes on the ProsourceFit Acupressure points (the neck pillow has 1,782 acupressure points) promotes relaxation and circulation to relieve aches and pains, releases
endorphins, increases energy, and helps rejuvenate your body. It's good to use post-workout; folks with chronic pain swear by its healing properties. Buy now on Amazon: ProsourceFit Acupressure Mat and Pillow Set FeelFree Sport Stainless Steel Manual Acupuncture PenFeelFree Sport Stainless Steel Manual Acupuncture Pen - Photo courtesy of
AmazonThe FeelFree Sport Stainless Steel Manual Acupuncture Pen is small but has a big impact. Press the tip of the pen on any part of the body — thighs, hands, wrists, feet, arms, calves, back, neck, hamstrings — for deep-tissue manual massage on the go. It's an excellent tool for relieving pain and stress while traveling. Advertisement Buy now on
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connect to different body parts to relieve lower back pain, migraines, plantar fasciitis, arthritis, neuropathy, and sore arches. Note: They hurt. Wear thick socks and only use them for a few minutes first, and increase the time as you tolerate them more. Buy now on Amazon: Comfecto Acupressure Massage Slippers with Earth Stone Acupressure Points.
Chart - Acupressure Points for Self-Treatment The acupressure points and relieve aches and pains, including back pain, headaches, sinus congestion, and more. Acupressure Points Hand Chart Your body consists of at least 360 pressure
points; here are some of the main acupressure Points When participating in acupressure Points Chart - The Different Pressure Points When participating in acupressure methods, the essential energy points in your body are massaged with the practitioner's fingers to stimulate your natural healing
abilities. Various acupoints achieve different results, but the most common form of acupressure Points Foot Chart Acupressure 
minute to relax the nervous system. Breathing is a significant aspect of acupressure points: The Sea of Vitality, also known as the Lower Back
Pressure Points. Four points are found on your back, two on each side of your spine below your last rib, and two finger widths away from the spine. These are useful for relieving lower back pain. Heavenly Pillar, the Third Eye, and Gallbladder 2 If you suffer from stress, anxiety, headaches, and chronic fatigue, the Third Eye
points, located in the indentation at the bridge of your nose between the eyebrows, can provide significant relief when acupressure is applied. The Heavenly Pillar The Gallbladder 2 points, located on the top of the ear and the side of the face, are used to massage and relieve migraines and vascular headaches. Third Eye Point Acupressure The
 Heavenly Pillar makes up a pair of points found one finger's width beneath the bottom of the skull on your important neck muscles, about half an inch from the spine. These acupoints help relieve insomnia, eyestrain, stiff neck, headaches, and exhaustion. Sea of Tranquility Points The Sea of Tranquility points are three finger widths from the bottom of
your sternum (breastbone). This point helps relieve anxiety, depression, tension in your chest, and nervousness. Shoulder Well The Shoulder Well This point is found on the highest part of your shoulder. This helps relieve shoulder tension,
 headaches, anxiety, and fatigue. Some Other Points Found On The Acupressure Point Chart As previously mentioned, your body consists of many different pressure points are used for other ailments. Letting Go - found four finger widths up from the
armpit crease and one finger width inward on the outer part of your chest. These points help to relieve coughing, chest tension, depression, shallow breathing, and congestion. Supporting the Mountain - located at the bottom of your prominent calf muscle cramps
knee pain, lower back pain, and foot swelling. Sacral points - these are found in the lower back pain, and menstrual pain Drilling Bamboo - located in the indentation of the inner eye socket below the middle point of the eyebrow, for relieving congestion, eye strain, and sinus pain Welcoming Perfume
- Points are found on the sides of your nostrils, and acupressure helps relieve sinus congestion. Facial Beauty points - in the middle of the underside of your arm from the wrist crease, great to relieve nausea, vomiting, and
an upset stomach An acupressure points can relieve many aches and pains. However, one must always exercise caution when using acupressure Points for self-treatment, and it is advisable to learn the proper techniques for applying pressure. Acupressure Points Chart - Finding Your Pressure Points What is the instinct to do
technique and examined the acupressure point chart, consider what that pressure point does and what you discover here. Here, we have made the pressure point chart, consider what that pressure point chart, you
must first learn how to administer it correctly. Always use firm and deep pressure to stimulate each point when massage as often as you like, as there is no limit to how frequently you can do it daily. If the acupressure points are not within your
reach, ask a friend or family member to assist you. Acupressure Point Chart for Height Increase Okay, we can see your confused expression. So, how does this work? In Japan, the acupressure point is referred to as the tsubo, whereas in China, it is known as chi. When stimulated with pressure, it releases endorphins to stimulate growth. The muscles
start to elongate and relax, allowing blood to flow and eliminating toxins. Increased circulation also brings more oxygen and nutrients to the affected areas. Consequently, knowing where the correct pressure points are is essential for supporting Human Growth Hormone (HGH) production. The hormone helps with bone and muscle growth.
 Furthermore, stimulating the pituitary gland, a small organ at the base of the brain, helps stimulate other glands that also produce hormones. So, what are these acupressure points? The first one is the Point is one of the vital spots that help energy flow to the gland, allowing it to release more HGH. You find the location in
the center of your thumb. Between the Index Finger and the Thumb Pressing it gently on the pad of the thumb for up to 15 minutes is enough to make it work. However, pressing the spot while meditating works better, giving you a quiet mind. Try doing this at least three times daily to achieve better results. The second point is the Toe Point.
Another vital acupressure point for height growth is the toe point located in the center of the big toe. Applying the same pressure for up to 15 minutes twice daily helps maximize height. Big Toe Point The essential thing is not to rush the process and think Wow, I will grow two inches fast! Be patient and consistent; it takes time to see results.
Acupressure Point Chart for Weight Loss For weight loss, natural acupressure is one of the oldest techniques that can help. We know gaining with the weight problem, try the following tips: Follow a healthy diet plan. Replace your
daily eating routine with a fasting routine. Perform a seven-minute workout daily. Moreover, apply the acupressure techniques discussed in this section. Applying pressure to the acupoints will help improve your digestive system and control your hunger. For optimal results, perform this exercise daily for up to 30 minutes. Remember to massage
lightly before and after applying pressure. Ear Acupressure Point: Place your thumb against the jaw of the ear and move it up and down. You will guickly find the spot where you see maximum movement. Once you see it, stop and press on the place for a minute. The abdomen acupoint, also known as the pressure point, is easily located approximately
3 cm below the navel, at Ren 6. Applying pressure to it helps with the digestive system and reduces constipation. Place two fingers on the spot, massage up and down for 1 minute, and then press for 2 minutes. You can do this twice a day. The abdominal sorrow acupoints — you can find the spot under your last rib—help relieve indigestion and rib
pain. Furthermore, they help with appetite and lessen cravings. Press the acupoints for at least five minutes every day. Elbow acupoints - the significant intestine point you locate on the inner side of the elbow crease by using your thumb. Press the spot for a minute every day. Knee pressure point - to help improve digestion, you find the knee
acupoints on the outer side of the left and right leg. The spots are situated two inches below your kneecap. Apply light pressure for a minute, and then, after releasing the pressure Point Chart for Hair Growth Previously.
we discussed hair growth in a separate article! However, did you know that applying pressure to acupoints could help improve growth? Here are the best acupoint helps with blood circulation, which is beneficial for hair growth. Take your finger
and start drawing a line from the bridge of the nose upwards to the middle between the ears. Then, take ten toothpicks bundled with a rubber band and stimulate the area for ten minutes. After completing the process, gently massage your whole head. Ll1 You can apply pressure to the L1 point to facilitate better hair growth. The acupoint is located
at the nail's corner from the index finger to the thumb. Press the spot for three minutes every day. Best of all, it is within reach, so you do not need anyone to help. B13 Using the acupoint is simple. Place three fingers in the area between the spine and shoulder blade, and apply gentle pressure and rubbing. You must do this on both sides of the
spine for effective results. While it promotes hair growth, it also soothes the mind. Do both spots for three minutes. Kongzui LU6 The acupressure points are on the inside portion of the forearm. Press the spot at any time of the day to stimulate hair growth. You can do this up to three times a day. LU9 Another practical pressure point is located in
the wrist crease on the front of your thumb. The acupoint also helps reduce arm stress and helps with hair growth. Acupressure Points Chart for Weight Gain Yes, not everyone wants to lose weight; some people also want to gain weight. However, before applying pressure to these acupoints, do some breathing exercises as they help oxygen flow
through the body. The acupoint located on top of the Trapezius muscle can be found on the back, where the neck and shoulder meet. Furthermore, it is in line with your nipple. Apply pressure point, situated between the eyes. You
can stroke the area from the eye towards the bridge of your nose. While the acupoint between the eyebrows, specifically the dip, relieves stress, applying pressure for one minute also helps with weight gain. Another practical pressure
point located between the ear and the temple. You can massage it for a minute. Acupressure Points Chart for Lower Back Pain Everyone suffers from lower back pain. If you are one of these people, you can apply pressure to relieve lower back pain with the following acupressure points: Sea of Energy is two finger widths below the belly button
Massaging the spot relieves pain in the lower back and tones weak abdominal muscles. Sea of Vitality—We recommend avoiding pressure on this area if you have a weak back. On the lower back, place up to four finger widths away from your spine at waist level and apply pressure to the spot. Womb and Vitals pressure points were found two finger
widths apart on the large bony area at the base of your spine, midway between the top of your buttock. Commanding Middle: The pressure points in the middle of the knee crease on the back help relieve back pain. Acupressure Point Chart for Headaches Many people suffer from severe headaches, and no one wants to
keep grabbing for painkillers unless it is critical. So instead of relieving the headache with medicine, try a more natural approach, such as acupuncture. Yin Tang is on the forehead, halfway between the eyebrows, at the point of the eye (BL 2)
Si Bai is located on the cheek, directly below the pupil, in the depression on the bone right below the eye (ST 2) Tou Wei sits at the corner of the forehead approximately 0.5 cun (width of the thumb in the middle of the crease) within the hairline, 4.5 cun away from the middle of the crease) within the hairline, 4.5 cun away from the middle of the crease) within the hairline, 4.5 cun away from the middle of the crease) within the hairline, 4.5 cun away from the middle of the crease) within the hairline, 4.5 cun away from the middle of the crease) within the hairline, 4.5 cun away from the middle of the crease) within the hairline, 4.5 cun away from the middle of the crease) within the hairline, 4.5 cun away from the middle of the crease) within the hairline, 4.5 cun away from the middle of the crease) within the hairline, 4.5 cun away from the middle of the crease) within the hairline, 4.5 cun away from the middle of the crease is a constant of the crease is a consta
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of the skull, on the rope-like muscle approximately one cun from the spine (BL 10) Always remember to apply pressure to these points to move smoothly in circular motions. Acupressure Point Chart for Diabetes Do you have diabetes? Using acupressure is a harmless and effective way to help treat diabetes. Whether you have Type 1 or Type 2
Diabetes, you can use acupressure to relieve symptoms associated with it. These acupoints are: Lower Leg Point (Spleen Point): The spleen point is on the lower side of the leg behind the shinbone on the opposite side of the ankle bones. Apply firm pressure to the spot for three minutes a day. Foot Toe Point (Liver Point) - Located on your foot
between your big and 2nd toe, you can apply mild pressure in reverse circle movements for three minutes. Doing this relieves stress; however, it does not make a person tired. Inner Foot Point (Kidney Point): This point is between the Achilles muscle and anklebone on the foot's inner side. Apply pressure to it for three minutes every day to improve
and develop insulin production. Arthritis Point is situated 2 centimeters below the Knee. Apply mild pressure to the affected area for five minutes daily to relieve indigestion and arthritis symptoms. Intestine Point — This acupressure point, between the thumb and index finger, helps treat various ailments. Massage the joint area to remove excess heat
from your body and provide it with energy. As you can use different acupressure point charts to treat various ailments in the body. Whether you have diabetes, want to relieve headaches, or lose or gain weight, you can use any of the acupoints mentioned to achieve excellent results. Helpful Tips to Relieve Pain Every day, someone is
suffering from chronic pain in the world. Whether it is a toothache, menstrual cramps, headaches, or foot pain, we all fall under many different illness categories. What is the first thing you do when you have any form of aches & pains? We knew you grabbed the bottle of aspirin or ibuprofen standing in the medicine cupboard. We all do it. However,
did you know that taking the medication can lead to a wrecked gut, stress the liver, and destroy sleep? We are not saving using NSAIDs is wrong, as they have a place in society. Using them as an over-the-counter pain relief only masks the pain and does not help
with inflammation. But what if we told you there are other naturally without taking painkillers. So, if you want to avoid pumping your body with harmful chemicals, take a moment to read on. We offer many easy-to-use remedies that can be used in the
comfort of your own home. Tips to Relieve Pain for Acne Problems One of the most common skin disorders is acne, characterized by blackheads, whiteheads, primarily as a teenager. But what causes it? As hormonal changes take place, the sebaceous glands in the
skin enlarge. In turn, sebum output increases, mixing with bacteria and dead skin cells, which block the pores and lead to various acne problems. However, occasionally, you can suffer from painful acne or just one blown-up pimple. So, are there home remedies for painful pimples? Yes, there is—but before you start mixing up batches of ointment,
first read this important information here: If you have severe acne, problems, or even just one pimple, refrain from squeezing it, as this can spread the infection. Always keep your skin is oily, consider using a drying soap.
Avoid washing granules or exfoliates as they worsen the problem and cause skin irritation. Apply a facemask of mud, clay, or oatmeal to remove oil from the skin periodically. Following the above can help prevent your acne from flaring up. However, if you have one stubborn pimple, you can get rid of it fast with the following: Garlic has antiseptic
properties that fight bacteria on the skin. Furthermore, it contains organic components, such as sulfur, that help heal acne. Take a clove of garlic and slice it in half. Mix the garlic with juice and rub it on the pimple. Leave it on for five minutes, then wash with lukewarm water. You can repeat as desired if your skin shows no signs of sensitivity. Lemon
Juice comprises Vitamin C and acidic properties that fight acne-causing bacteria. The best option is to use fresh lemon, as the juice sold in bottles often contains other preservatives that fight acne-causing bacteria. The best option is to use fresh lemon, as the juice sold in bottles often contains other preservatives that fight acne-causing bacteria. The best option is to use fresh lemon, as the juice sold in bottles often contains other preservatives that fight acne-causing bacteria.
morning. The second option is to mix one tablespoon of lemon juice with one teaspoon of cinnamon powder to make a mask. Apply the blemish treatment and leave it on overnight; however, this method is not recommended for sensitive skin. Always wash it off with lukewarm water in the morning. Apple Cider Vinegar unbelievably works. The vinegar
acts as a natural astringent, making your skin feel smooth. You can use it for spot treatment by dabbing a few drops of diluted ACV on the zit and leaving it overnight. You can also use it for spot treatment by dabbing a few drops of diluted ACV on the zit and leaving it overnight. You can also use it for spot treatment by dabbing a few drops of diluted ACV on the zit and leaving it overnight. You can also use it for spot treatment by dabbing a few drops of diluted ACV on the zit and leaving it overnight.
attention until they start hurting. Foot pain is unpleasant, whether it's caused by wearing high heels, too-tight shoes, or an old injury. Here are some home remedies to relieve foot pain. Eucalyptus Oil: Fill a large bowl with hot water and ten drops of the oil. Soak your feet for up to 15 minutes twice a day. The essential oil contains eucalyptol, an anti-
inflammatory that helps treat foot pain. Baking Soda: Take a bowl large enough to place your feet in. Add ½ cup of baking soda to hot water. Mix the substance until dissolved, and soak your feet for up to 20 minutes once a day. Baking soda to hot water. Mix the substance until dissolved, and soak your feet in. Add ½ cup of baking soda to hot water. Mix the substance until dissolved, and soak your feet for up to 20 minutes once a day. Baking soda to hot water. Mix the substance until dissolved, and soak your feet for up to 20 minutes once a day. Baking soda to hot water. Mix the substance until dissolved, and soak your feet for up to 20 minutes once a day. Baking soda to hot water. Mix the substance until dissolved, and soak your feet for up to 20 minutes once a day. Baking soda to hot water. Mix the substance until dissolved, and soak your feet for up to 20 minutes once a day. Baking soda to hot water. Mix the substance until dissolved, and soak your feet for up to 20 minutes once a day. Baking soda to hot water. Mix the substance until dissolved, and soak your feet for up to 20 minutes once a day. Baking soda to hot water. Mix the substance until dissolved, and so a day is a day of the substance until dissolved.
oil in your palm, massage the affected foot, and put on a sock to seal the oil. You can do this once a day. The fact is that coconut oil is one of the best natural options to treat foot pain. Epsom Salts. For up to 15 minutes, you can do this daily to treat aching feet. Epsom salt
contains magnesium sulfate, which works as an anti-inflammatory and soothes pain. Menstrual Cramps The truth is that having your period can be painful for many women. For many, their menstrual cycle is a breeze, but the pain becomes unbearable for others. If you are one of the many women with a painful period, there are different ways to
reduce the pain during your period. Complementary Therapies Herbal Medicine: To relieve cramps, you can drink raspberry leaf, valerian, ginger, or chamomile. Alternatively, you can take two to three capsules of primrose oil and blackcurrant oil daily to help prevent period. Complementary Therapies Herbal Medicine: To relieve cramps, you can drink raspberry leaf, valerian, ginger, or chamomile.
to ease muscle cramps. Self Treatment - you can place a heating pad or warm water bottle in the area, moderate exercise, or partake in sexual activity as it helps produce orgasm, leading to less pain. Alternatively, massage your abdomen with essential oils such as Clary Sage, Lavender, or Marjoram. You can also drink a lot of hot water as it helps
increase blood flow and relaxes the muscles. Tips to Relieve Stomach Pain: Everyone experiencing indigestion, these natural remedies can help ease an upset stomach without relying on over-the-counter medicine. Carrot and Mint Juice
Okay, this is a bit iffy, but it's beneficial, as the carrot nourishes the body while the mint soothes the stomach. You can place a mint teabag in the water. Cook for 15 minutes, or until the carrots are tender and soft. You can even add some ginger
or lemon juice for flavoring. Place the substance in a juicer and let it cool before drinking. Burnt Toast Yes, we know you don't like your toast burnt, but it is one of the best home remedies for stomachaches. The char absorbs toxins that make you feel ill. If you want to make it more palatable, you can smear some jelly on it. Apple Cider Vinegar Here,
the trusted friend reappears once again. ACV helps relieve a sore throat, hiccups, and more. Mix one tablespoon of ACV in a cup of warm water with one tsp of honey. The combination helps with cramping stomachs and gas in the body. Further, it lessens discomfort if you suffer from heartburn. Yogurt The truth is that you should avoid dairy when you
have an upset stomach, as yogurt's probiotic qualities can be an excellent remedy for digestive discomfort. Further, it also boosts your immune system. However, make sure to buy pure yogurt without added preservatives. Not only is it great for helping relieve stomach pain, but it is also fantastic to take if you are on antibiotics that cause thrush in
some women. Tips to Relieve Wisdom Teeth Pain: If there is one intolerable pain that not everyone can bear, it is a toothache. Now, if you are cutting your wisdom teeth, that is even worse. Many people say you need to visit the dentist and have them removed. However, what if you cannot or do not have medical insurance? What helps relieve pain
caused by wisdom teeth? Let us find out. Rinse with Warm Salt Water Dentists highly recommend this remedy as a temporary solution. You can quickly create this effective and affordable home solution without over-the-counter analgesics. Take a glass of warm water and stir in two tablespoons of salt until it is dissolved. Rinse your mouth several
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times and spit out the water. Repeat the process every few hours. Ice Pack In many cases, wisdom teeth can cause swelling, and applying an ice pack helps. Alternatively, place ice in a baggie and wrap it with a towel. The

coldness also helps alleviate the inflammation present. Cloves Clove oil is one of the best-kept secrets for helping to relieve a toothache. Applying the oil to the tooth helps numb the pain, and the antibacterial properties fight infection. You can place oil on a cotton ball and hold it directly on the tooth and gums. If you find the taste is too strong, you can dilute it with a bit of olive oil. Years ago, people used to apply cloves directly to their teeth by biting them. Sunburn One of the leading culprits causing skin damage is the sun. We all love to bask in it, but it is best to take precautions, as it can cause premature aging and skin cancer. So, what is the solution? You need to apply sunscreen, there are other ways to relieve the pain of sunburn. If you have a severe sunburn, we recommend consulting your doctor, as it may cause fever and swelling. The physician will prescribe penicillin or some antibiotic to treat the blistering and shin cancer. So, what is the solution? You need to apply sunscreen, there are other ways to relieve the pain of sunburn. If you have a severe sunburn, we recommend consulting your doctor, as it may cause fever and swelling. The physician will prescribe penicillin or some antibiotic to treat the blistering and shin cancer. So, what is the solution? You need to apply sunscreen, there are other ways to relieve pain entirely sunscribed. The pain person of the pain and speed healing is nowever, these treatments are not recommended for sever and swelling. The pays can set in a cold water bath with a cup of corn flour added. Another helpful treatment is to put cold washcloths soaked in milk in the refrigerator and apply them to the affected areas. The cooling effect removes the sunburned heat, and the fluid comprises lactic acid to relieve pain. Final Thoughts As you can see from the article, there are many different ways to relieve pain naturally. Always remember that if the pain persists after using any natural remedies, it is best to visit your doctor. The problem may not be