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Study the body's meridians to understand the flow of energy. Acupuncture 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 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 meridian, 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 point linked to the pain you want to relieve. There are hundreds of different acupressure points, and each one is linked to a particular part of the body. Research the different acupressure points, and find the one which most closely match the symptoms you are experiencing. Familiarize yourself with the anatomy of the area you will be working on if you're planning on doing acupressure on yourself.[3] Examples of conditions which may be relieved by acupressure include: headache, neck pain, back pain, shoulder pain, stress, depression, insomnia, menstrual cramps, digestive issues, high blood pressure, and sinusitis. Advertisement 4 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 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] Nausea is often caused by motion sickness, but it can also be caused by pregnancy, a viral infection, or a food poisoning. Pressing on this point can help relieve nausea and vomiting. Advertisement 4 Acupressure can be used to relieve a variety of conditions, including stress, depression, insomnia, menstrual cramps, digestive issues, high blood pressure, and sinusitis. Advertisement 5 Acupressure (NCCAOM) and Oriental Medicine (NCCAOM) 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 acupressure points? Peter D'Aquino, L.Ac. MS, NCCAOM Licensed Acupuncturist Peter D'Aquino is an Acupuncturist and Diplomat 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 (NCCAOM) and Chinese herbal medicine. He has 10 years of experience practicing holistic pain management and sports medicine. 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And I wanted to throw up and the pressure point trick worked." Share your story By Devi GajendranJanuary 8, 2015Acupressure 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 the commonest ailment in the skin today. This point lies in the skin between the 2nd and the 3rd toes. Point 3- This point is located at 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. The Acupressure treatment for Earache involves 4 pressure points. Point 1- This point lies in the flesh between the thumb and the index finger. Point 2- 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: This is one pain that has troubled almost all of us at some point in our lives. One of the most common causes of toothache is poor oral hygiene and tooth decay. Other causes include infected gums, grinding teeth and an abscessed tooth. Tooth ache may be relieved by the use of Acupressure. This point lies in the skin between the 2nd and the 3rd toes. Point 3- This point is located at the outer tip of the eyebrow. Point 4- This point is located one thumb-width above the midpoint of the eyebrow. Neck pain: 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. 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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 sunblock to prevent sunburn. However, if you were outdoors all day and forgot 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 infection. Complementary Therapies Herbal Medicine – If you have a mild sunburn, you can apply an excellent compress of apple cider vinegar or the juice of freshly cut aloe plants to alleviate the pain and speed healing; however, these treatments are not recommended for severely blistered skin. Self-treatment – you can relieve the pain with a cold shower or cold-water compresses. Alternatively, you can sit 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 minor, but it could be significant. Alternative medicines can be a quick solution for mild pain; however, if it is severe, a professional should be consulted for treatment. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material.