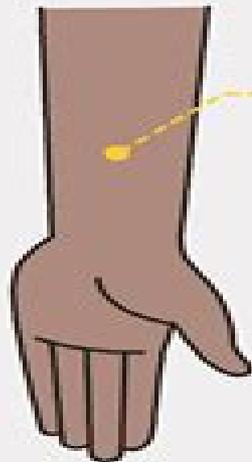


## Understanding Acupressure

# 4 Common Pressure Points and Their Benefits



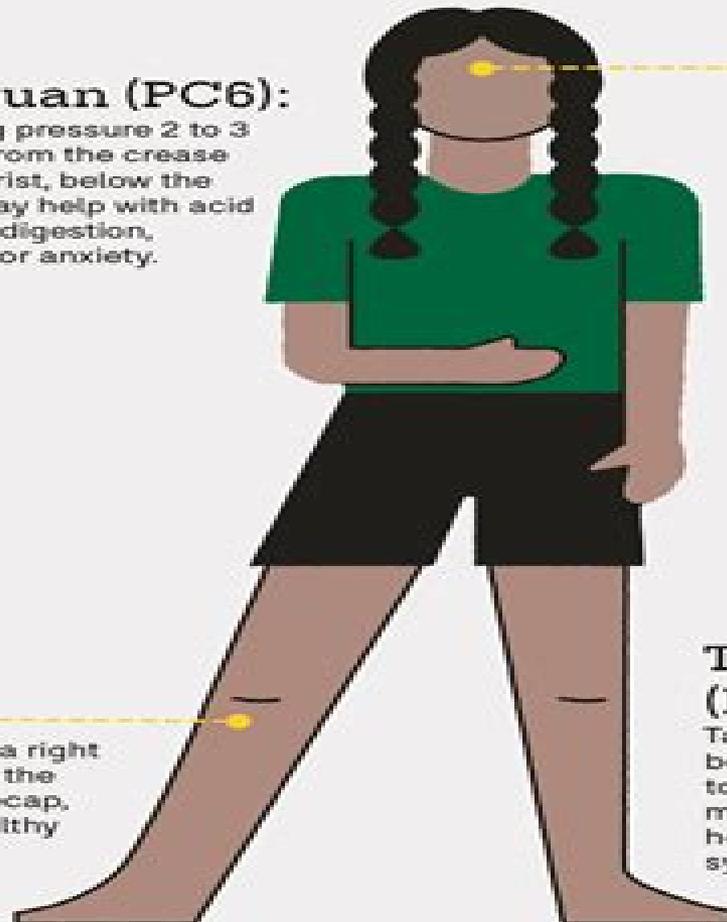
### Neiguan (PC6):

Applying pressure 2 to 3 inches from the crease of the wrist, below the palm, may help with acid reflux, indigestion, nausea, or anxiety.



### Yintang:

Focusing on the spot between the eyebrows may relieve sinus pain.

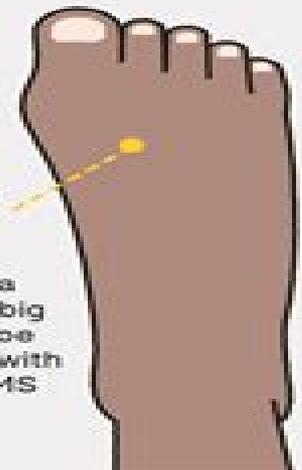


### Zusanli:

Working on the area right below the knee, on the outside of the kneecap, might promote healthy bowel movements.

### Taichong (Liv3):

Targeting the area below where the big toe and second toe meet might help with headache and PMS symptoms.



# Pressure Points Do It Yourself Acupunctu

**David Baud**



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