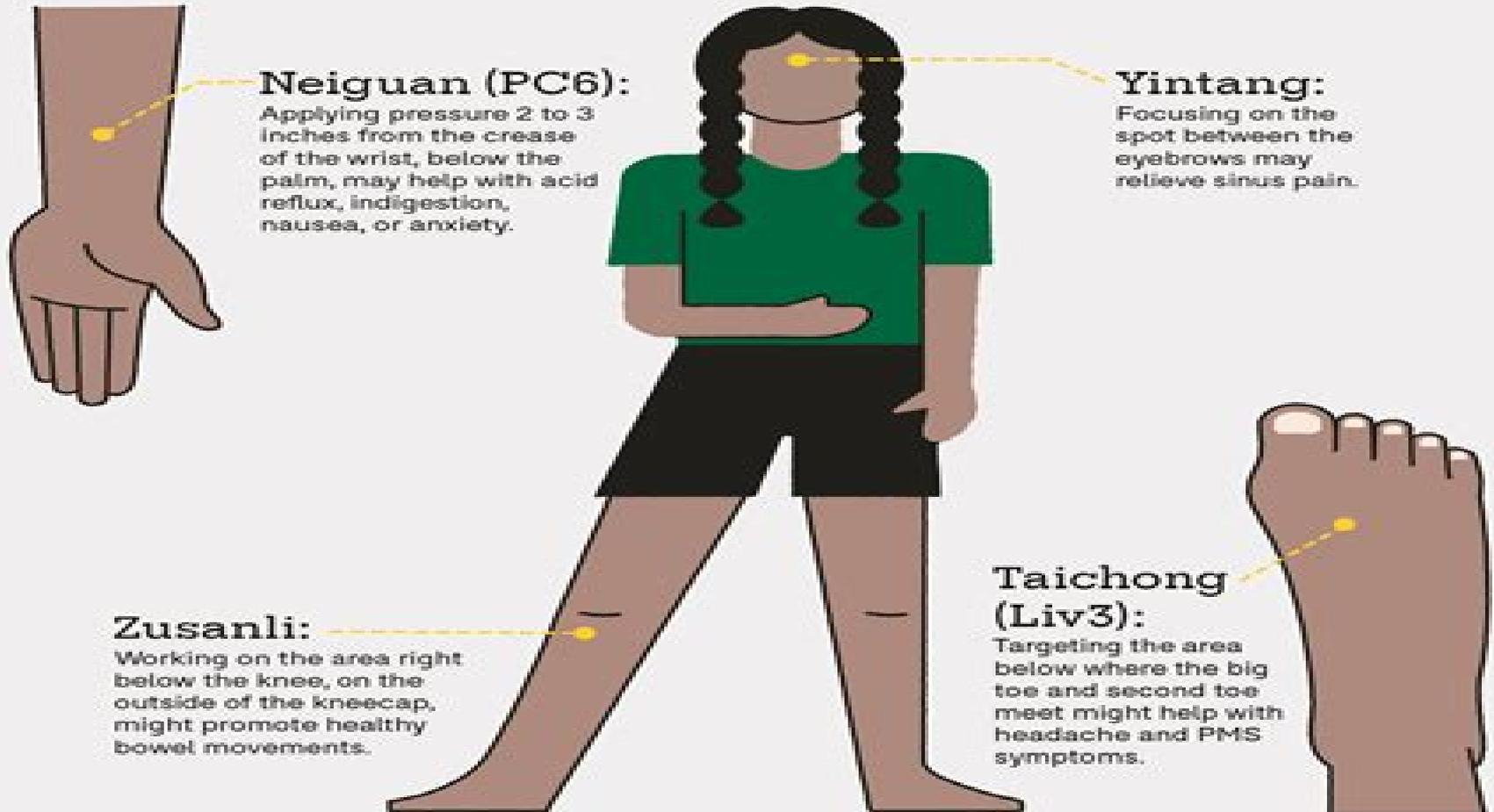


Understanding Acupressure

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 Point

SJ Ball



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