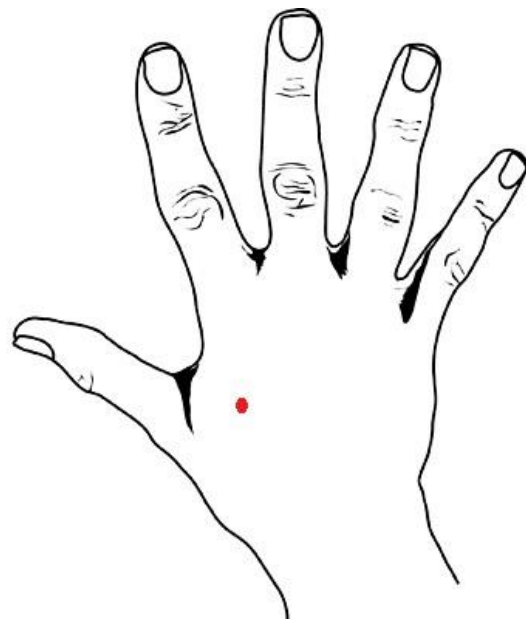
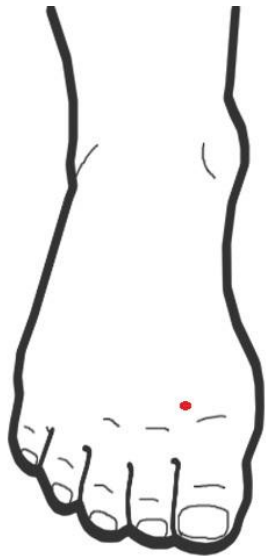




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Acupuncture Points and Directions for Stopping Nausea



While taking in a deep breath and counting to 7, grip and press with your thumb and index finger the Acupoint in the hand; press on it until it hurts, after the 7 count, let it go and exhale fully. (It'll feel like a dull ache while you are pressing) Do this five times. The Acupoint on the foot is done in the same way. Remember to do this on both hands and feet until the nausea is gone.

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