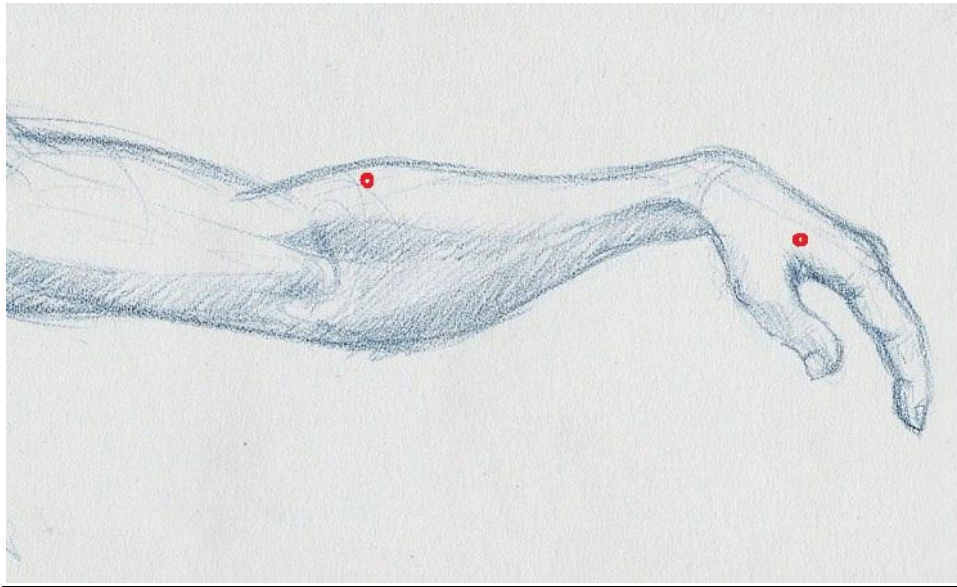




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Acupuncture Points and Directions for Stopping a Headache



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 arm is done in the same way. However, you are gripping the whole arm with your hand as you press down firmly on the acupoint with your thumb while inhaling to 7, then relax and exhale fully. Remember to do this on both hands and arms until the pain is gone.

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