

ACUPRESSURE: HEADACHES

Technique: Press, Tap, or Circle Rub each point for 1 minute. Repeat 3-5 times. Stop if irritation occurs. Pregnancy caution: check with a Licensed Acupuncture provider before use.



LI-4: at the center of the web between the thumb and index finger



KI-1: in the center of the bottom of the foot, just underneath the ball of the foot



LU-7: on the thumb side of the wrist, near the bone and one to two finger-widths below the crease



GB-41: on the top of the foot, in the groove between the 5th and 4th foot bones