

Acupressure

Acupressure is one of the world's oldest medical therapies. It was developed more than 5,000 years ago in China as a way to restore natural energy. To do this, it uses finger placement and pressure on certain points along your body's energy pathways, similar to needles used in acupuncture.

This therapy has been proven effective to help:

- Manage pain, headaches, stress, and nausea.
- Lessen fatigue and depression.
- Improve sleep quality.

You can apply acupressure to yourself. Or you can ask a caregiver to do it for you. There are several acupressure points on the body. You may like to try three in the ear and one on the hand. See the images for more direction.

HOW TO USE ACUPRESSURE

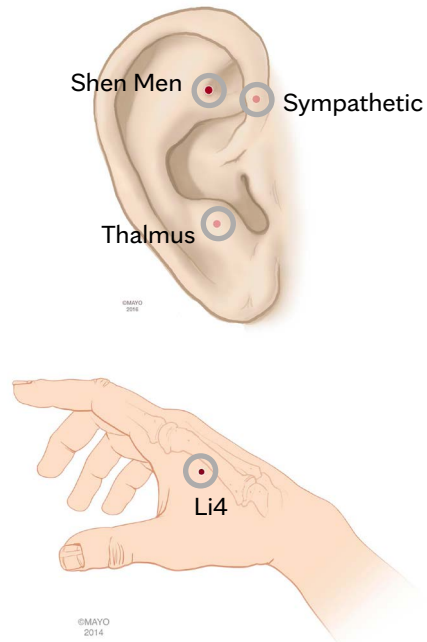
- 1 Use your fingertips to apply gentle, firm pressure on each point.
- 2 Press and hold for 30 seconds to 3 minutes.
- 3 Breathe slowly and deeply through your nose as you apply the pressure.

There are acupressure points on both sides of the body. You may use this therapy as often as you like; there is no limit.



CAUTION

If you are pregnant, do not use Li4. You should not apply acupressure over areas of burns, infection, incisions (until well healed), contagious diseases of the skin or active cancer.



FINDING A TRAINED SPECIALIST

To find a trained acupressure provider in your community, look online for a national database of providers, accredited Eastern Medicine schools and other resources: [National Certification Commission for Acupuncture and Oriental Medicine NCCAOM](#)

OR a massage therapist who practices acupressure: abmp.com/public

RESOURCES NEAR YOU AND ONLINE

The following acupressure books can be purchased online, or you may be able to rent them from your local library.

Book: *Acupressure's Potent Points: A Guide to Self-Care for Common Ailments* by Michael Reed Gach

Book: *Acupressure Made Simple: Easily Treat Yourself for Common Ailments* by Deborah Bleeker, Lac, MSOM