



## Acupressure for Pain

Acupressure is a method to stimulate the same system of acupoints used with acupuncture. Acupressure can be self-administered, especially when used to relieve common discomforts. Below are acupoints to help when you have any type of pain.



- **Large Intestine 4 / Joining Valley**  
Location: In the middle of the soft, fleshy web between the thumb and forefinger.
- **Shen Men:** At the tip of the triangle at the top of the ear.
- **Sympathetic:** At the bottom corner of the triangle and hidden from view.
- **Thalamus:** On the inside of the ear above the lobe.
- Use your fingertips to apply gentle, firm pressure to each point
- Press and hold for 30 seconds to 3 minutes
- Breathe slowly and deeply through the nose
- Acupoints are located on both left and right sides of the body
- Apply acupressure as often as you like; there is no limit