Acupressure Cautions

• Never be abrupt, forceful or jarring
• Use abdominal points cautiously, especially with pregnancy or disease
• Don’t press heavily on lymph areas
• Do not massage burns, infections, ulcers or new scars
• Use moderate, circular pressure for 5 minutes
Dizziness

GB20 – CLEARS WIND AND HEAT (In central depression beneath occiput)

SJ17 – STOPS PAIN, Clears Wind & Heat (behind ear lobe)

GV20 – CLEARS SENSES, REGULATES ENERGY (at top of head ½ way between ears)

Steve Knobler, LAc
North Seattle Community Acupuncture
Headaches

GV20 – CLEARS SENSES, CALMS SPIRIT (at top of head ½ way between ears)

LI4 – RELEASES EXTERIOR
Middle of 2nd Metacarpal bone. Press towards base of smallest finger

UB10 – RELIEVES HA/CONGESTION
2 fingers to the side of posterior hair line

Steve Knobler, LAc
North Seattle Community Acupuncture
Nausea & Indigestion

P6 – DESCENDS QI, OPENS CHEST, CALMS MIND
(2 thumbs up from dorsal side of wrist)

ST36 – REGULATES STOM.
(4 fingers below eye of knee, 1 thumb outside of Tibial ridge)

CV12 – REGULATES STOMACH
(Halfway between notch at end of sternum and navel)