

Pressure Points-29nov22

Headache - Massage web of thumb and pointer finger.

Nausea-stomachache - Place two fingers on your left hand up wrist, place your right thumb just above the two fingers and massage.

Bloating - Place four fingers on top of your wrists left hand, place right thumb just above your fingers and massage.

Sore Throat - Place right thumb one inch above the left outside V of the funny bone.

Dizziness-Back Pain – Back Pain – Place your pointer finger between your left ring finger and pinky.

Tension-Congestion - Place two fingers of right hand halfway between your left shoulder and elbow. Massage.

Anxiety - Place both pointer fingers just below your collar bone into the small indentations and massage.

Digestive Disorder - Place your right hand over your right knee feel and massage outer right side indent with pointer finger.

Lower Back Pain - Place your left hand on your right ankle now place your right thumb just above outside ankle bone and massage.

Fatigue- Poor Concentration - Place your left thumb two inches above indent of big toe and first toe and massage.

