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Acupressure for Nasal Congestion

(Wash Hands Before Acupressure)

These acupressure exercises help to relieve the nasal congestion. Please consult your doctors and acupuncturist when you need medical treatments.

Each session repeats 32 (4x8) to 64 (8x8) times. The pressure should be gentle but firm.

1. Press Ying Xiang Points (LI-20) (Figure 1) and Ju Liao Points (ST-3) (Figure 2) together: LI-20 is located in the naso-labial groove at the level of the midpoint of the lateral border of the ala nasi. ST-3 is located directly below the pupil, level with the lower border of the ala nasi, on the lateral side of the naso-labial groove. Put the middle finger on LI-20 and index finger on ST-3, right hand on right side and left hand on left side. Press and make small circles.
2. Press Bi Tong Points (EX) (Figure 3): This point is located at the highest point of naso-labial groove. Press with middle fingers and make small circles.

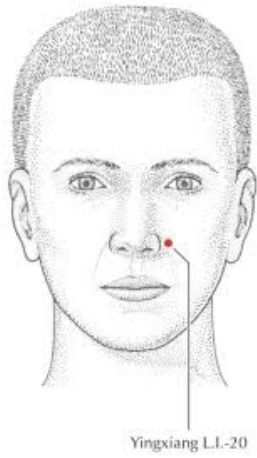


Figure 1

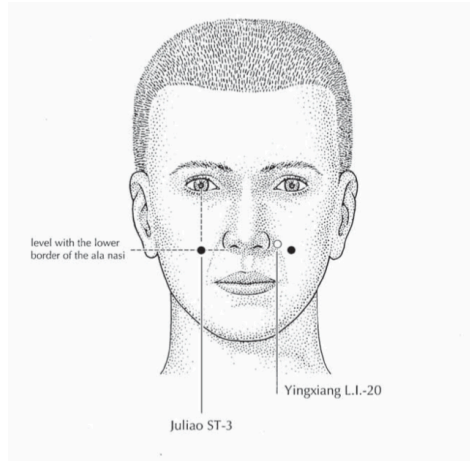


Figure 2

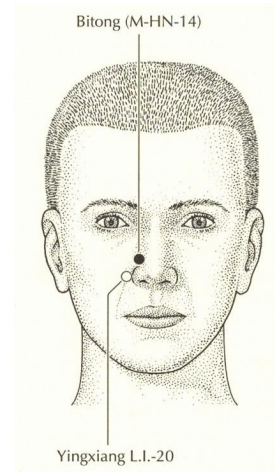


Figure 3