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Acupressure for Nasal Congestion²

(Wash Hands Before Acupressure)

These acupressure exercises help to relieve the nasal congestion. The points in the last session and this session all help. You can use all of them or just the points that give you relieve. You can do these exercises as many time as needed. 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 He Gu Points (LI-4) (Figure 1): LI-4 is located on the dorsum of the hand, between the 1st and 2nd metacarpal bones, at the midpoint of the 2nd metacarpal bone and close to its radial border. Use the thumb of the other hand to press and make small circles. *Do NOT use this point (LI-4) without consulting your acupuncturist during pregnancy.
2. Press Zan Zhu Points (UB-2) (Figure 2): This point is located at the end of medial eyebrow. Press with thumbs and make small circles.

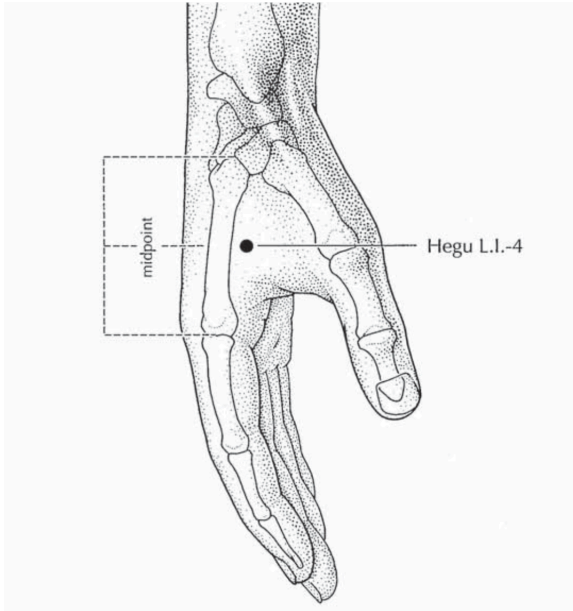


Figure 1

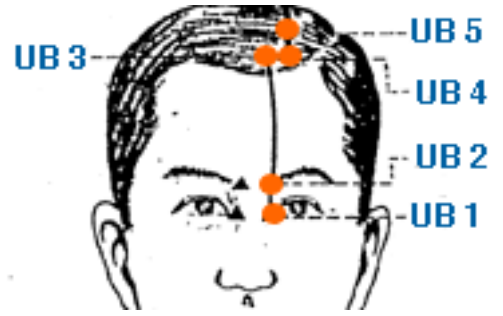


Figure 2