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Acupressure 16 - Sore Throat

(Wash Hands Before Acupressure)

Please consult your doctors and acupuncturist when you need medical treatments. Acupressure DOES NOT replace any medical treatments.

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

This acupressure exercise helps with the sore throat, scratchy throat, phlegm in the throat.

1. Ren-22 (CV-22) (Figure below): This point is located on the midline, in the center of the suprasternal fossa, 0.5 Cun superior to the suprasternal notch. Press and make small circles. You can also pinch this point. It is very likely to turn red, which is a good sign of getting rid of the obstruction. The red marks look like the cupping marks. Make sure not to expose the point to cold and wind after the acupressure.

