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October 5, 2020

Acupressure 17 - Constipation

(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 constipation and abdominal bloating. If you have any digestive tract abnormalities please do not do it before you contact your doctors.

1. Put the palm center on the umbilicus, male with left hand on the skin and right hand on top of left hand, female with right hand on the skin and left hand on top of right hand. Lightly make clockwise circles (right -> top -> left -> down) and gradually enlarge the circle coverage. Do this before going to sleep or after waking up in the morning with empty bladder. You can do once or twice a day. The pressure should be light but you can feel it.

