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Acupressure 19 - Hypertension

(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 reduced headaches and dizziness due to hypertension, especially when one is frustrated and angry. This exercise can be done when the symptoms show up, or once a day.

1. GB 20 (Feng Chi) (Figure 1). This point is located below the occiput, in the hollow between the origins of the sternomastoid and trapezius muscles. Press with thumb and make small circles.
2. LV 3 (Tai Chong) (Figure 2). This point is located on the dorsum of the foot. In the hollow distal to the junction of the 1st and 2nd metatarsal bones. Press and make small circles.

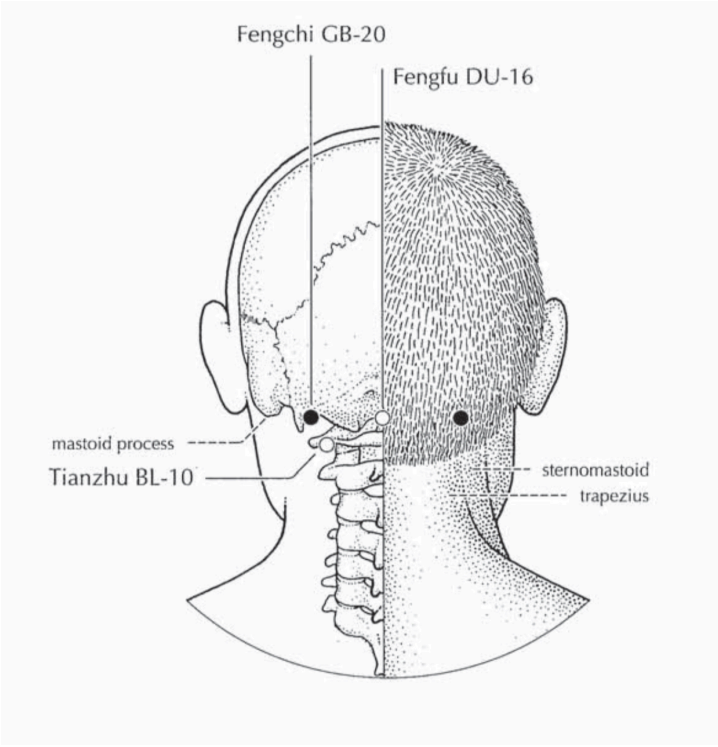


Figure 1

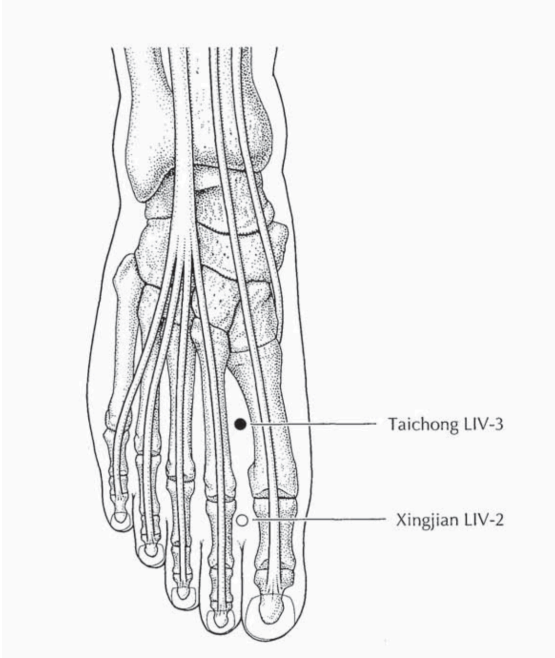


Figure 2