

MARIE ENDAYA

# 40 & FAB: HEALTH AT YOUR FINGERTIPS

HOW TO RELIEVE PAIN  
AND STRESS THROUGH  
SELF ACUPRESSURE



40 & Fab: Health at your Fingertips  
How to relieve pain and stress through self-acupressure

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The information contained in this e-book serves as a guide and does not promise nor guarantee specific results. Improvement or benefit will depend on a person's current health condition, and time and effort that the reader will put into action.

***I dedicate this book to  
Zaldy and Zadie,***

***and most especially to You,  
my Dear Reader.***

***Be Fab!***

***Be Healthy!***

***Be Happy!***

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## Preface

I practically grew up experiencing self-massage or acupressure as passed on to me by my parents.

When I was a child, both my mother and my father were able to give me healing massages or acupressure especially when I was not feeling well. They taught me how to perform self-massage and acupressure as I grow up. We used to have a book on massage and acupressure at home that I always referred to.

After I give birth to my daughter in 2011, I started practicing the same to her. I gently massaged her tiny legs every night. I'd like to think that this helped her leg to become stronger, as she was able to stand and walk when she was just 10 months old.

Self-massage and acupressure have become a part of my daily life as well. When I feel stressed or when I feel tired, I usually perform self-massage. My husband and my daughter also rely on me to give them massage and perform acupressure whenever they feel unwell.

But as I age past 40, I noticed that my metabolism has become different and that I easily get tired. I also noticed some fine lines that start to appear on my face. Luckily with the help of acupressure, I was able to maintain the energy that I need to fulfil my daily work and at the same time attend to the needs of my family.

I created this e-book to help women in their 40's like me to benefit from self-massage and acupressure. I want to help you maintain the health and wellness that you need, especially during these times when most people especially our loved ones heavily depend on us, and expect much more from us, as if we are superwomen! Thus, the more reason to care for ourselves because of those we love to serve.

I don't promise immediate result, but I promise that this e-book is a result of extensive research that is packaged to be informative and helpful. I created this e-book especially for practical women like you who need self-love, self-appreciation and relaxation to stay happy. Do you believe that if you are happier, you live longer?

Yes!

Love yourself. Love your health. Love your family.

xoxo

## **Introduction**

Mid-life does not have to mean a mid-life crisis when you turn 40. While many women undergo physical and mental shifts at the age of 40, there are ways to welcome and celebrate the landmark as the start of the best years yet to come. At the age of 40, you may find that her life is changing along with her body. You don't feel tired, but neither does you feel young. Although you might seem to be young, your body is rejecting what was once considered natural, owing primarily to hormonal fluctuations. Despite no significant changes in dietary patterns or exercise, you continue to gain weight unintentionally. And if the meter reads the same, clothes don't suit as well as they used to. They might be irritable, short, sleepy, and irritated. It is impossible for you to get a full night's sleep. Their menstrual cycles can become erratic and unpredictable.

Menopause usually occurs after the age of forty, and the effects may not be visible on a woman's radar. However, more women are starting to develop signs of perimenopause or pre-menopause without realizing it. Many women are unaware that the symptoms they are having are related to menopause or its imminent occurrence and these symptoms will begin up to eight years before the onset of menopause. While these transitions are inconvenient, they are a normal part of womanhood, and most women would feel at least some of the symptoms at some point.

Most women find that their lives are changing after the age of 40. This is the period when a single woman's/ mother's/ wife's life has the most on her plate. An example for a mother in her 40's is that her children could be at that age when she is most concerned about. They are beginning to date, drive, go to college, and even leave the nest. If she considers paying for college or building a nest egg, financial difficulties and tension will arise. The truth of needing a savings account earlier rather than later is becoming more apparent. Her parents are getting older. Anxiety is triggered by a rise in concern and thought.

In addition, the 40-year-old woman must deal with social shifts and aspirations. She feels youthful and fresh at the back of her head, but culture dictates that age 40 and perimenopausal stage is the end of the road. On the contrary, men at this stage can be considered attractive, so there are expectations to look young and new.

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Thus, much of the depressive problems that people feel at 40 can be traced back to these pressures. It is normal for a woman to have sleep problems as a result of all the things on her mind. She is unable to sleep for as long as she used to and can toss and turn during the night. All of the thoughts running through her head cause her to lose sleep, which can lead to anxiety and worry. She's sometimes moody and irritable when she can't sleep. She may lose her patience and begin to feel bad that she is moody. The consequences compound, finally spiraling out of control.

## **Common Health Issues of Women in 40's**

If you're in your 40's, you know that being well is like a game of Whack-a-Mole: you cure one wart, and then your back starts aching up. You recover from a stress-related cough, but you develop a sty in your eye. You see a doctor because of a rash but you are given a cancer warning.

You feel young inside but your body is falling apart.

There is, though, a reason to be optimistic. It's much easier to see possible red flags and set yourself up for a good decade.

Here are a few wellness issues that are most likely to manifest themselves in your forties and things that you can do to improve your well-being.

- **Arthritis**

This isn't something that only "aging people" experience. 54.4 million adults, according to the Centers for Disease Control and Prevention (CDC), have arthritis, which is the deterioration or degeneration of joints in the body. When you get older, you're more likely to develop arthritis and osteoarthritis. Osteoarthritis is the most prevalent form of arthritis, as it develops as the joints age and lose their ability to work properly as a result of wear and tear.

Maintaining a good weight will help to postpone the progression of arthritis. Stop joint fractures and seek medical attention if the joints get swollen or painful. The CDC advises smokers to stop as soon as possible because it raises their chance of developing arthritis.

- **Diabetes**

The Big C is a source of concern for everybody. The Big D, on the other hand, can be a source of worry. Type 1 diabetes is most common in children and happens when the body does not contain insulin. Type 2 diabetes is the most common and is caused by the body's inability to correctly use insulin. You are born with Type 1 diabetes in

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the majority of cases, but you can inherit Type 2 diabetes as a result of a healthy diet or other risk factors.

Bad diet, obesity, elevated blood pressure, alcohol, physical inactivity, and high cholesterol are the leading causes of Type 2 diabetes. Eat a balanced diet, exercise regularly, and stop smoking to keep these risk factors in place.

- Tendonitis

Tendonitis happens when a tendon gets inflamed, swells, or grinds against the joint when you move it. Since this disorder is most likely to occur after a tendon has been overused, it is often associated with people over the age of 40. Tendonitis is more common in athletes and active people, particularly if they concentrate on one sport and one action for many years.

Heat up and stretch before any physical exercise, according to the National Institutes of Health, to protect your tendons. Regular physical exercise is also necessary, but not at the expense of overdoing it or pushing yourself to the point of discomfort. If you have inflammation or stiffness in your tendons, see a doctor as soon as possible.

- High Blood Pressure

Hypertension, or high blood pressure, may result in severe medical events such as a heart attack, heart disease, kidney failure, or stroke. When your systolic reading is 140 or higher and your diastolic reading is 90 or higher, you have elevated blood pressure, according to the National Library of Medicine. Higher readings, on the other hand, may be called hypertension by some physicians.

In a study of 975 hypertensive older adults, it was discovered that adopting a healthy lifestyle prompted 40% of participants to avoid taking blood pressure medications. You could be able to avoid hypertension in your 40s by eating well, exercising daily, managing depression, cutting back on alcohol, and stopping smoking.

- Occasional Impotence

Impotence, or the failure to achieve or sustain an erection, is most likely to strike in later life. "Many women in their 40s can start to see a decline in their ability to get and

sustain an erection," says Urology Cancer Specialists. This may be due to other common health issues that people in their 40s face, such as obesity or hypertension. Reduced blood supply to the penis as a result of these disorders may make it difficult to act.

Prescription medications, such as Viagra, are used to deal with impotence on a temporary basis. Maintain a balanced diet and workout routine to combat the other problems that can cause erectile dysfunction in the first place.

- **High Cholesterol**

Having high cholesterol increases the risk of heart attacks and other severe medical problems. If you have unhealthy habits or are just the unfortunate victim of bad genetics, you're more likely to have high cholesterol as you get older.

A balanced lifestyle, which includes food and exercise, will help you maintain a healthy cholesterol level. Monitor your cholesterol levels on a daily basis and, if any, ask your doctor about taking drugs to lower your cholesterol.

## **Common Body Pains and Causes**

Is it natural to experience aches and pains as you get older? Unfortunately, the answer is yes. As we get older, we should start to have body aches and pains. But can we understand why? Understanding the root causes of a throbbing elbow or a greater proclivity to jerk muscles has a significant impact on how we interpret evidence and manage symptoms.

- **Lower Back Pain**

If you're under 50 and haven't had a back injury, the back pain is most likely due to long periods of sitting. The disks in your back are under so much stress as a result of this. Back pain in older people is more common as a result of diseases such as arthritis.

Ease the pain: Both strength training and cardiovascular fitness are beneficial. They help you develop your core muscles, which protect your back, and increase blood

flow. As a result, the strain is reduced. If you're not sure what activities to do, start slowly and consult a professional.

Another alternative is physical therapy. Your doctor will demonstrate movements to help you walk more freely and ease discomfort. Over-the-counter pain relievers like acetaminophen and ibuprofen can also help, but only for a few days at a time without seeing your doctor.

- Headache

The second most frequent form of chronic pain is headaches, which include both regular headaches and migraines, which are a type of headache that may induce other effects such as nausea. They can be caused by factors like muscle pain, dehydration, your time, heat, weather changes, and some foods, such as chocolate, according to experts.

Ease the pain: It's possible that your headache is a pain headache if it just affects your forehead and temples. Massage the painful region or add menthol cream to your forehead or base of your neck can help.

Pain relievers such as acetaminophen, ibuprofen, or a migraine drug that includes caffeine, acetaminophen, or aspirin may help, so don't take them for longer than three days without seeing your doctor. Prescription migraine treatment can also be recommended by your doctor.

- Muscle Strain or Pain

Your muscle fibers get less dense when you get older, making them less resilient and more vulnerable to pain and soreness. This will increase the chances of experiencing soreness during things you used to enjoy, such as gardening or exercising.

Ease the pain: The only thing you can do is try to save yourself from being injured in the first place. Strong objects should not be lifted, pushed, or pulled without assistance. Stretching and workouts like yoga and Pilates will keep your muscles long and limber, as well as make you feel better when you're tired.

## **Expensive Massage Packages**

The spa treatments are by undoubtedly one of the highlights for several guests on their luxury vacation. A spa treatment is one of the most relaxing pleasures we can give ourselves. We may not give ourselves such a treat on a regular basis. Spa treatments, however, have been proven in studies to be not only very pleasurable, but also incredibly useful in more ways than you may have expected.

Spa treatments really have a long history in human civilization, with older societies constructing hammams, bathhouses, saunas, and other facilities that were used for bathing but also for their calming and beautifying benefits. Of course, the experience of visiting a spa now is considerably different!

### Relaxation and Stress Reduction

Spa treatments may be one of the most effective (and pleasurable!) methods to reduce tension and relax completely. It provides you with the ideal opportunity to disengage from the hustle and bustle of daily life and cocoon yourself in a tiny oasis of happiness! This time to yourself helps you to let go, clear your thoughts, and simply relax in the capable hands of your therapist. Massage treatments are very effective in releasing tension from your muscles and limbs, as well as reducing aches and pains that are frequently stored in the physical body as a result of stress.

### Boost your mood

Spa treatments, by definition, are an experience that we anticipate with bated breath. Spa treatments make us feel lighter, brighter, and more in control of our emotions by reducing stress (both physical and emotional). A spa treatment is similar to turning off and then turning back on! The pampering provides a critical time to reset, and we return to the world feeling nourished and pampered, but also with renewed vigor and clarity. Massage, in particular, is believed to stimulate the release of serotonin, the hormone associated with happiness.

## Anti-ageing

Spa treatments have been used for ages to help slow down the aging process and leaving us feeling younger and more beautiful. Facials, for example, are known to stimulate skin cells, hydrate the skin, prevent the development or appearance of fine lines, and even balance out skin tone.

## Improve Blood Flow and Circulation

When it comes to spa treatments, one of the most noticeable benefits of massage is that it regulates your blood pressure and improves your blood circulation. This has numerous beneficial impacts on your general well-being and also acts preventatively to strengthen the body's immunological function and fight off illness and disease. Aside from relaxing your muscles, certain forms of massage can aid to increase circulation to your extremities, which can assist to alleviate fatigue and pains caused by lactic acid buildup. Massages also boost general physiological function and speed up the body's inherent healing capacities.

## **Disadvantages of Massage Parlor**

Massage therapy is becoming more common as a form of nontraditional treatment and personal care. Massage therapy has some drawbacks, including how calming and therapeutic it is. A certified therapeutic masseuse differs from a non-therapeutic masseuse in terms of preparation and qualifications. Ascertain that your masseuse has received the necessary instruction to deliver a professional service.

### ✓ Expense

In certain areas of the United States, therapeutic massage can cost up to \$200 per hour. Individuals must pay for therapeutic massage treatments out of pocket and few existing health care plans cover them. A series of weekly appointments, which is often prescribed in clinical massage, can be very expensive and difficult to afford on a tight budget.

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#### ✓ Time

Treatments for therapeutic massage will last anywhere from 60 to 90 minutes. This time commitment is difficult for very busy people to make, particularly because you cannot multitask during a massage session. Massage sessions in the evenings and on weekends are more convenient in a busy life, but they also come at a higher price.

#### ✓ Accidental Injury

Although all clinical massage therapists make an attempt to avoid injuring their clients, the risk of an injury still exists. Deep muscle massage can result in dermal and subcutaneous swelling, as well as acute muscle soreness that lasts several days and nerve damage in some cases. Massage can trigger nerve-related diseases including shingles and neuropathies in very rare circumstances.

### **Benefits of self-acupressure**

Acupressure is also referred to as needleless acupuncture. Acupressure uses manual pressure (usually with the fingertips) to apply pressure to various locations on the body instead of needles.

The unseen channels of energy known as meridians circulate across the body, according to traditional Chinese medicine beliefs. Our organs are believed to be linked to other areas of the body by at least 14 meridians. Along such meridians are acupuncture and acupressure positions.

#### Benefits

Patients benefit from acupressure therapy in addition to the ability to help relieve a host of illnesses. It's a profoundly soothing feeling that, like most forms of massage, will aid in the following:

- ✓ Relieving stress, tension and anxiety
- ✓ Improving sleep
- ✓ Relaxing muscles and joints
- ✓ Soothing the pain and discomfort of sports or other injury
- ✓ Reducing digestive issues

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- ✓ Minimizing headaches
- ✓ Alleviating chronic pain

The circulatory, lymphatic, and hormonal processes of the body are both stimulated. It also aids the immune system's work as well as the body's natural healing capacity.

## **CHAPTER I – History of Acupressure**

### **Where It Started?**

Acupressure (Tui na) is a Chinese traditional medicine procedure that is often combined with acupuncture. It is based on the idea of life force flowing through the body's "meridians." Physical pressure is applied to acupuncture points or ashi trigger points in order to remove blockages in these meridians during care. Pressure may be exerted with the forearm, elbow, or a variety of instruments. While several medical studies have shown that acupressure can be helpful in the treatment of nausea and vomiting, low back pain, anxiety headaches, and stomach aches. Acupressure is believed to have arisen over 5,000 years ago in China. It is founded on qi (chi) theories, which simply translates to "breath" but refers to a life force or energetic movement within any living being.

Acupressure is one of many Asian bodywork therapies (ABT) that have their origins in traditional Chinese medicine (TCM). Medical qigong and Tuina are two other Asian bodywork treatments. Shiatsu is a form of acupressure that originated in Japan.

Special acupoints, or acupressure points, that lie along meridians, or channels, in your body are described in traditional Chinese medical theory. These are the same energy meridians and acupoints that acupuncture targets. It is thought that precious energy, or a life force known as qi (ch'i), flows through these unseen pathways. These 12 main meridians are often thought to link individual organs or networks of organs, forming a coordination channel that runs across the body. The meridians run from your fingertips to your brain and then to an organ aligned with a certain meridian.

### **Principle Behind Acupressure**

Acupressure entails using various finger motions on various acupoints to raise or diffuse at various points on the patient's body during the session. Its aim is to help the body stimulate and unlock its own natural healing abilities. Orthodox Chinese doctors also recommend the therapy as a session of massage therapy or as a self-treatment for common aches and illnesses. It can be used to treat headaches, migraines, joint pain, muscle pain, fatigue, nausea, heat, and acidity, as well as other digestive issues.

## **CHAPTER II – Acupressure Effectiveness**

Is it effective? Yes, according to the report. Acupressure was shown to be beneficial at mitigating pain in nine out of ten trials. This form of pain relief has a 2,000-year track record and has proven to be successful.

Acupressure, which has been used in China for thousands of years, uses the same concepts as acupuncture to encourage healing, wellness, and illness treatment. Acupressure, often known as pressure acupuncture, is sometimes mistaken for acupuncture without the needles. But what is acupressure exactly, and how does it work?

### **How Does Acupressure Work?**

Acupressure practitioners apply pressure to acupoints on the body's meridians with their fingertips, wrists, elbows, or feet, or with special instruments. Acupressure can also include stretching or acupressure therapy, among other techniques. You lie completely dressed on a soft massage table during an acupressure session. Acupressure points on the body are softly pressed by the doctor. An average session lasts about an hour. For the better performance, you will need many sessions.

Acupressure and other forms of Asian bodywork aim to restore health and equilibrium to the body's energy channels, as well as to balance the competing powers of yin (negative energy) and yang (positive energy) (positive energy). Acupressure, according to some supporters, addresses not just the energy fields and body, but also the mind, feelings, and spirit. Some also claim that therapists have the ability to transfer precious energy (external qi) to another person.

Not everybody in the West thinks this is plausible, or indeed that these meridians exist. Instead, they assign the positive outcomes to other causes like decreased muscle stress, increased breathing, or endorphin enhancement, which are normal pain relievers.

## **Common Acupressure Points**

Acupuncture points can be used all over the body, and there are far too many to list. Acupuncturists and acupressure therapists also use the following three:

- Large intestine 4 (LI 4): This is between your thumb and forefinger, in the warm, fleshy web.
- Liver 3 (LR-3): The distance between your big toe and next toe is located on the top of your foot, up from the space between your big toe and next toe.
- Spleen 6 (SP-6): This is three finger widths above the inside of the anklebone.

## **Health Benefits from Acupressure**

There are currently few trials examining the efficacy of acupressure. Nonetheless, some research shows that using wrist acupressure to ease discomfort following a sports injury can be beneficial.

Researchers looked at the effectiveness of three minutes of acupressure, three minutes of placebo acupressure, or no acupressure in athletes who had suffered a sporting injury on the same day in a 2017 report conducted in the *Clinical Journal of Sports Medicine*.

In comparison to placebo acupressure or no acupressure, the study found that acupressure was beneficial in lowering pain severity. Anxiety remained unchanged.

Researchers looked at the findings of three previous studies and discovered that acupressure (finger pressure or an acupressure wristband) reduced nausea, vomiting, and retching.

Scientists reviewed 22 recently conducted clinical trials on acupuncture or acupressure for labor induction and found little significant advantage in lowering cesarean section rates, according to a paper published in the *Cochrane Database of Systematic Reviews*.

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The study of acupressure's health effects is also in its early stages. Many hospital records back up its use for a variety of ailments. However, more well-designed study is needed. Acupressure seems to help with the following health issues:

- Nausea - The use of wrist acupressure to avoid and relieve nausea and vomiting has been supported by many studies:
  - After surgery
  - During spinal anesthesia
  - After chemotherapy
  - From motion sickness
  - Related to pregnancy
- Cancer - Acupressure has been reported to help minimize stress, increase energy levels, relieve pain, and alleviate other effects of cancer and its therapies, in addition to relieving nausea following chemotherapy. More testing is needed to verify these claims.
- Arthritis - According to certain research, acupressure activates endorphins and facilitates anti-inflammatory effects, which can aid in the treatment of some forms of arthritis.
- Pain - Acupressure can help with low back pain, postoperative pain, or headaches, according to preliminary evidence. Other types of pain may benefit as well. The LI 4 pressure point is often used to treat headaches.
- Depression and anxiety - More than one study has shown that acupressure can help with fatigue and mood. To be certain, better-designed trials are needed.

## **CHAPTER III – How to get started**

What do you do if you have localized pain? You make a grab for it. Your hand goes to the region of pain and massages it without thinking about it. Understanding the fundamentals of acupressure can enhance the benefits of this mindless self-massage, allowing you to relax and even treat chronic pain.

It is important to be gentle and consistent when using acupressure for self-massage. While results may not be instant, daily massage may help to relieve discomfort and the risk of recurrence.

When using acupressure:

- Set aside several minutes
- Sit or lie down in a comfortable position
- Relax, close your eyes, and breathe deeply
- Use firm, deep pressure in a small rotating or up-and-down movement

### **For Shoulder Pain**

Neck and shoulder pain are often caused by discomfort and can result in tension headaches. According to a doctor, there are many pressure points that can be used to relieve shoulder pain, starting with one of the most widely used.

The first and easiest to find is between the web of the thumb and the first finger.

1. Press with a firm pressure until you feel a mild ache
2. Hold for five seconds
3. Release and repeat three more times

### **For Lower Back Pain**

According to the doctors, there are two major pressure points that can assist with lower back pain. The first is centered around your waist:

1. Stand up and take your hands around your waist, wrapping your fingers around your back.

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2. Apply a circular motion with strong pressure for five seconds with your thumbs in place.
3. Repeat this three times

You will also use a pressure spot approximately halfway up the calf muscle to ease low back pain:

1. Using the same circular motion and pressure, hold for five seconds.
2. Release and repeat three more times

### **For Sinus Pain**

The first place to look for relief from sinus pressure and discomfort is under your brows. He recommends applying pressure here for 5 seconds with your index finger or thumb in a circular motion.

The second point is at your temples; use the same circular motion as before

Trace your fingers from your temples to either side of your nostrils as a third choice. Apply pressure here for five seconds in a circular motion.

Maintain this resistance strategy on each of the pressure points, maintaining firm but not painful pressure.

### **Hand Pressure Points**

Pressure points are considered to be powerfully sensitive areas of the body in acupressure. Some people claim that adding pressure to the pressure points on our bodies will help ease discomfort, restore calm, and promote overall health.

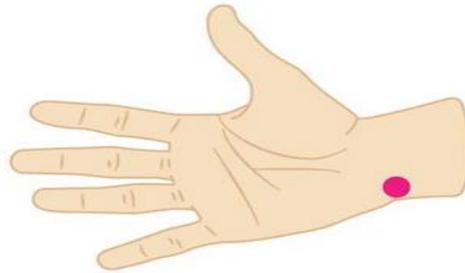
Human touch and muscle massage have a lot of benefits, but reflexology and acupressure aren't well-studied.

Despite the fact that more scientific evidence is required to validate the alleged health benefits, many people resort to pressure points because of their low side effects and potential to relieve discomfort and encourage relaxation.

### What is the Hand Pressure Points?

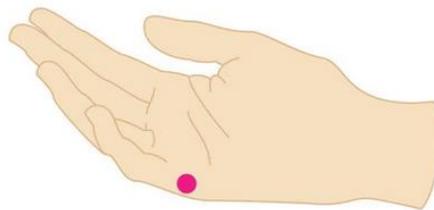
In the palm, there are eight important pressure points. Here's where to look for them, what they do, and how to use them to your advantage:

- Heart 7



In the crease of your thumb, you'll find the heart 7 pressure mark. It aligns with the gap between the ring and pinkie fingers.

A bone is located immediately next to this pressure point. Applying gentle pressure to this area, according to reflexologists, may help with anxiety, insomnia, heart palpitations, and depression.

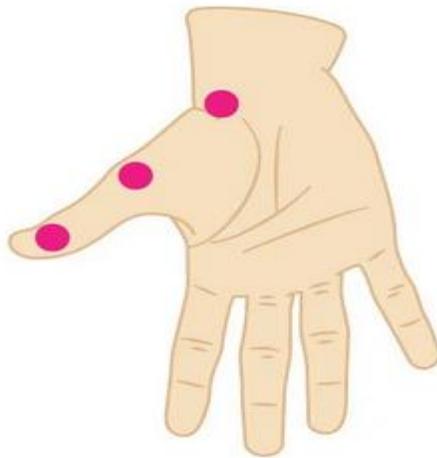


The pressure points for the small intestine 3 is on the outside of your hand, right on the outside. The point is located just below your pinkie finger in the depression of your palm.

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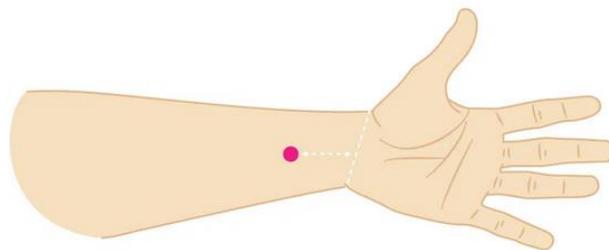
### How to relieve pain and stress through self-acupressure

Neck pain, earaches, and headaches in the back of the head are said to be relieved by applying strong pressure to this point.



By starting at the side of your palm, you will reach the lung meridian pressure spot. It runs down the side of your hand from the tip of your thumb to just below the crease of your forearm.

Make a mark with your finger down this line. Reflexologists recommend softly massaging any sore spots in this section until they feel better. Chills, sneezing, a runny nose, and a sore throat are some of the signs of a cold.

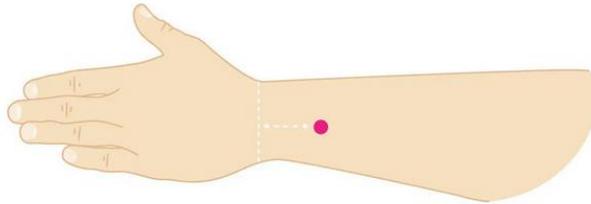


The inner gate point is located on the crease of your wrist in a unique location. With your wrists together, extend your hands as if you're getting a present. Take one hand and place it about 3 centimeters away from the point where your wrists meet in the center.

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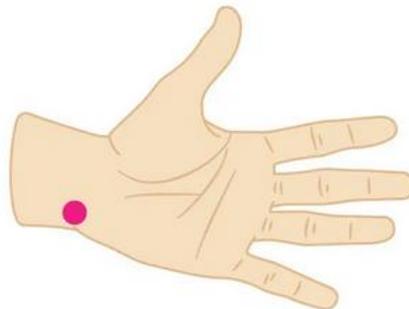
This point should be massaged vigorously with your thumb, according to reflexologists. This is thought to help with digestion and ease nausea and stomach pain.



On the backside of the arm, the outer gate point is located between two tendons. Three fingers on your other hand should be placed above your thumb. Apply strong pressure to this part of your hand with your fingertips to potentially strengthen your immune system.

Applying pressure to this portion of the palm, according to reflexologists, will give you a boost of energy.

- Wrist point 1

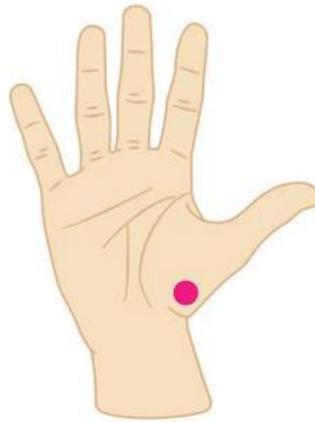


Your watch points 1 can be found on your wrist. Hold your finger in contact with your pinkie as you run it down to the wrist crease. You've figured out what the point is now.

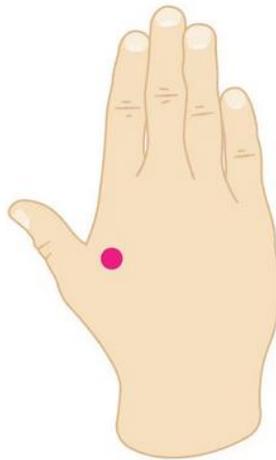
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According to reflexologists, pressing tightly on wrist point 1 on a daily basis will help foster pleasure by calming the emotions.



The wrist is where the root of the thumb point is found. Run your finger down your thumb to the base of your thumb's wrist crease. Applying soft pressure to this point and massaging it with your finger is thought to assist with respiratory and breathing issues.



The hand valley point is located between the thumb and index finger on the hard skin. Applying strong pressure to this pressure spot, according to reflexologists, will help relieve fatigue, as well as migraines, toothaches, shoulder stiffness, and neck pain.

## **How Do Pressure Points Work?**

Acupressure and reflexology, two fields that research how one aspect of the human body interacts with another, include the concept of using pressure points. The hands are known to contain many of the body's most strong pressure points.

Applying the right contact to the fingertips, according to reflexologists, will energize and restore wellbeing to other body parts, including internal organs, whether you're sore or have a disease. For thousands of years, some Eastern civilizations have used reflexology.

Reflexology isn't a clinically validated method of improving your wellbeing. Any physicians, on the other hand, claim it is an inexpensive and appropriate way to improve a variety of health problems. If the reflexology professional is well educated, there is very little (if any) chance of adverse side effects involved with hand pressure points since it is noninvasive and nonpharmaceutical. Reflexologists who have been properly qualified may have undergone programs or training at an accredited reflexology or alternative medicine school.

You may also stimulate your own pain points in the comfort of your own home. However, if you do decide to do so, you can educate yourself about how to do so correctly.

## **Pros and Cons of Acupressure**

### Pros of Acupressure

- It has some measured benefits

Acupressure has been shown to deal with a variety of issues and to promote fitness in a variety of ways. It has been shown, for example, to relax muscles and increase blood flow. It has also been shown to induce the release of various hormones and chemicals in the body, including growth hormone, that are beneficial to our overall health. It can also assist with knee pain and other issues – whether you have a sore back or a muscle injury, acupressure can be beneficial. The muscles relax, the blood supply warms them up and provides nutrients, and the whole body loosens up.

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Naturally, this has a wide range of health effects, ranging from lower blood pressure to headache relief.

- It is safe

Since acupressure is herbal and non-invasive, many people choose to try it before turning to conventional medicine. If the only other choices are surgery or potentially dangerous medications, getting a massage is a much more promising possibility. Often physicians are overly willing to recommend medications as a cure-all for many of our illnesses, leading many people to seek out natural treatments. Acupressure can be a good idea to do as long as you don't follow your doctor's recommendations and are objective and scientific.

- It's pleasant

In reality, acupressure is not only less intimidating and invasive than certain medical therapies, but it's much more appealing and enjoyable. Many people would get massages for the sole purpose of relaxing and indulging themselves, rather than for their wellbeing. Acupressure is no exception – it's a perfect place to unwind and forget about your problems, which will help you de-stress on its own.

- You can practice it at home

Most of us think of acupressure as something done by professionals, and for the most part, this is right. However, it is also something you can learn on your own or with the help of a friend, and it is a fantastic way to relieve pain without having to drive or waste much money.

### Cons of Acupressure

- It's limited

Despite suggestions that acupressure can help with back pain and headaches, both of these techniques actually calm the body. That is to add, unblocking the Qi hasn't been shown to have any other effects. Each has the right to their own views, but acupressure would not be able to treat a kidney failure objectively.

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- It's no more effective than massage

The bigger blow, though, comes from the fact that acupressure is no more effective than traditional massage. Both will help your de-stress by relaxing muscles and stimulating blood flow.

- It's expensive

This would be perfect if you weren't wasting too much money on acupressure. Whether you teach yourself or have a friend do it for you, you'll be wasting a lot of money on a method that hasn't been shown to be especially successful.

- It can have negative effects

Although acupressure is a gentler approach to your dilemma than a course of medicine, don't be fooled into believing it is entirely free of side effects. If you have arthritis, for example, acupressure can be used to cure it effectively, but it can also worsen the condition in some cases.

- It's varied

Acupressure is difficult to regulate and standardized around the board since it is not considered traditional medicine. In other words, depending on where you go, you can get a very different experience, which is one of the main reasons that it can also create complications for arthritic patients and others – that the doctor doesn't necessarily know what they're doing. When you decide to get acupressure, make sure you take your time choosing a good doctor that comes highly recommended and knows what they're doing.

## **CHAPTER IV – Ways To Get Self-Massage Your Pressure Points**

### **Acupressure Points for Head**

Pain from a headache is a natural occurrence. According to a 2018 study, tension-type headaches affect approximately 40% of people worldwide, while migraines affect approximately 10% of people.

According to acupressure therapists, triggering the pressure points below can help relieve headaches:

- Third eye

The third eye pressure point is located under the brows.

Apply steady pressure or softly massage in a circular motion to stimulate the third eye pressure spot.

- Drilling bamboo

The inside of each brow, where the nose bridge crosses the brow bone, is home to this pair of pressure points.

Apply equal pressure on both sides with both index fingers. Alternately, stimulate one point at a time, switching sides halfway through.

- Gates of consciousness

These pressure points are located just under the base of the skull, in the empty gaps on either side of the spine. Apply strong pressure with both hands' index and middle fingers to activate these points. Interlock the fingers behind the head and drive the fingertips into the empty gaps at the base of the skull as an alternative.

Neck pain can be relieved by massaging the gates of consciousness pressure points.

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- Shoulder well

The pressure point for the shoulder well is located halfway between the shoulder joint and the base of the spine. Apply strong, but delicate, pressure to this point with the opposite hand's index and middle fingers. Remember to repeat the process on the other hand.

Activating the shoulder well pressure point will help ease shoulder and neck muscle stiffness and discomfort. This can aid in the relief of anxiety headaches.

- Union valley

The union valley, also known as the hegu pressure point, is located on the loose skin between the thumb and index finger. Pinch this pressure spot with the same hand's thumb and index finger. Keep the union valley pressure point or rub it in tiny circles with your thumb.

Repeat this process on the opposite hand.

### *Tips for head acupressure*

People who wish to use acupressure to treat headaches can find the following useful:

- When doing acupressure, sit or stand in a safe and relaxing posture.
- Applying firm, consistent pressure when activating acupressure points
- Practicing deep breathing to help relax the body
- Stopping treatment if new pain or worsening symptoms occur

If people have some concerns about incorporating acupressure into their recovery plan, they should see their doctor.

People may also understand more about acupressure points by working with a professional massage therapist or reflexologist. Professionals may demonstrate which acupressure points are more beneficial to them and how to access them.

## **Acupressure Points for Neck**

Neck pain is often caused by muscle stiffness and back pressure. Worn joints and deteriorated cartilage may also play a role. Neck pain is typically concentrated in one area of the neck, but it may also be spread. Stiffness or spasms are common symptoms of this type of discomfort. People have relied on reflexology and acupressure to alleviate neck pain for decades. Acupressure is a technique that involves massaging and stimulating certain points on the body to alleviate health problems.

While the therapeutic efficacy of reflexology in treating neck pain is still being studied, observational data shows that it works with certain individuals. Continue reading to learn more about the pressure points that can help you alleviate neck pain.

### **Behind Pressure Points and Neck Pain**

Acupuncture as a cure for neck pain has been thoroughly researched. Though there is some support that acupuncture can help with neck pain, acupressure as a neck pain procedure is not widely known. Acupuncture needles, for example, can activate chemicals in the body that provide pain relief, according to researchers. If this were the case, using massage instead of needles to stimulate pressure points does not provide the same pain relief.

That isn't to claim that acupressure isn't a viable option for treating neck pain holistically. Neck pain and aching muscles can be relieved by stimulating pressure points. The response, according to many surveys of science literature, is that we really don't know.

### **Pressure Points for Neck Pain**

To try acupressure for neck pain relief, follow these steps:

1. Relax and take a deep breath in. When practicing acupressure therapy, make sure to select a relaxed and quiet place.
2. Massage the pressure points you've found with hard, deep pressure to relieve neck pain. It's better to concentrate on one point at a time and roll your fingers in a circular or up-and-down motion for three or four minutes. Stop immediately if you

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experience a sudden rise in discomfort somewhere on the body during the procedure.

3. If you think the massage therapy is working, repeat it during the day. Acupressure can be used as many times as you like during the day.

A list of pressure points for various types of neck pain is shown below. Remember that the whole body is interconnected in reflexology. That means it's not unusual for one part of the body to be stimulated in order to cause or align another.

- He Gu (L14)

The He Gu point is located between your thumb and forefinger on the “web” fold of skin. According to reflexologists, activating this point will ease discomfort in a variety of areas of the body, including the jaw. If you're expecting a child, don't stimulate this stage.

- Jian Jing (GB21)

Jian Jing is located in the muscles of your shoulder, about halfway between your neck and the start of your arms. This acupuncture point has been used in active headache and muscle pain trials. Jian Jing can also help with the discomfort of a stiff or sore neck. If you're pregnant, don't stimulate this stage to ease neck pressure because it could trigger labor.

- Wind Pool (Feng Chi/GB20)

Behind your earlobe, at the tip of your throat, and at the base of your skull, is Feng Chi. This point is used by reflexologists to cure everything from nausea to headaches. A sore neck caused by sleeping in an awkward posture can be relieved by stimulating this pressure point.

- Heaven's Pillar

This location can be located on either side of your spine, at the base of your skull, approximately two inches from the tip of your backbone. (It's only a foot off your shoulders.) This stage should be stimulated to relieve inflammation and swollen lymph nodes, which can worsen a sore throat.

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- Zhong Zu (TE3)

The Zhong Zu point is located above your pinky and ring fingers, between the knuckles. As this pressure point is stimulated, it can stimulate various parts of your brain, facilitating circulation and stress release. To alleviate neck pain caused by tension or stress, stimulate this stage.

## **Acupressure Points for Shoulder**

You will treat a variety of health conditions on your own if you know the right acupressure points. These points assist with maintaining blood circulation and controlling hormonal imbalances, as well as calming the thyroid gland and reducing stress and anxiety. We'll demonstrate four key points on our neck and shoulder that will help relieve stress and tension.

### **Shoulder Pressure Point #1**

The lower point is right before the shoulder bone, while the upper point is more muscular, and this is normally where stress and anxiety are stored. Bring your left hand down to your right shoulder and check for any discomfort. Curl your fingers to allow the weight of your arm to relax forward, allowing you to hook into the muscular portion of this stage. Take long, deep breaths while doing so, and then let go of the stage. Using your fingertips, hold both the lower and upper points and rub them.

### **Shoulder Pressure Point #2**

Switch sides and place your right hand on your left shoulder, feeling the strain and looking for the most difficult spot, whether it's the lower or higher shoulder point. If both points are close, use all of your finger tips to softly rub them.

### **Shoulder Pressure Point #3**

In addition to balancing the thyroid gland, pressing these points will help relieve neck pain. Bring your right hand to the right side of your body. Feel the ropey tendon that runs parallel to the spine by rubbing it. Curl your fingertips around the point and grasp it. Take a long, deep breath. Take both of your hands now. Your right hand will hold the right side

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of your body, and your left hand will hold the left side. Curl your fingertips and hook your arms' weight into the bent points of your palms.

## **Acupressure Points for Hands**

If you ever find yourself rubbing your hands when you're nervous or achy, you've discovered something that traditional Chinese medicine practitioners have known for centuries: pressure points on the hands will help you feel better.

You can relieve a host of symptoms by applying pressure to various points on the fingertips, shoulders, and wrists, ranging from headaches and back pain to nausea and anxiety. Pressing on points in the body's energy lines, or meridians, to alleviate muscle pain and expel energy is similar to acupuncture (but without the needles!). The starts and finishes of most of the pathways are the hands and feet. There are also bonus points for very special features that are not on the meridians.

Here are some helpful spots to know:

### **Hand Pressure Point #1: Hegu for Headaches**

Applying pressure to the Hegu point will help with headaches in the forehead or top of the head, as well as toothaches and sinus pain. It's between your thumb and forefinger in the fleshy web of your palm. For at least 1 minute, press together with the other hand's thumb and forefinger, then swap hands.

### **Hand Pressure Point #2: Luo Zhen for Pain**

One of the favorites "extra points" is luo zhen, which translates to "falling down from pillow." It can be helpful if you wake up with a stiff neck. It's on the back of the hand; find it by starting at the web between the pointer and middle fingers, moving down toward the thumb, and stopping just below the first bump of bone.

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### **Hand Pressure Point #3: Nei Guan for Nausea**

Morning sickness, chemotherapy, or seasickness may all be relieved by applying pressure to the Nei Guan spot. Measure two times the width of your thumb down from your wrist crease when holding your thumb to your inner forearm. Apply friction between the two tendons until you've found it.

### **Hand Pressure Point #4: Yao Tong Xue for Lower Back Pain**

This is a smart one to do whether you have cramps or threw out your back taking a Zumba session. Yao tong xue consists of two points on the back of the palm, midway between the wrist crease and the knuckles, closer to the body, between the pointer and middle finger, and the pink and ring finger.

### **Hand Pressure Point #5: Shaofu for Stress and Anxiety**

Shaofu, also known as the Heart 8 point, is located on your palm where your pinkie meets your hand while forming a loose fist. When you need to de-stress, press down on the field.

## **Acupressure Points for Stomach**

From time to time, everybody suffers from gas, bloating, and other unpleasant intestinal symptoms. People with sensitive stomachs, on the other hand, can experience these symptoms more often and need medication.

Acupressure is a form of traditional Chinese medicine that is thought to be useful for a variety of ailments, including gas, bloating, and stomach pain.

We look about what acupressure is good for the digestive system and how to do it to relieve gastrointestinal discomfort.

Many of these acupressure points are thought to have a positive impact on the liver, intestines, and other abdominal organs, promoting digestive wellbeing.

### **Stomach Pressure Point #1. Zusanli (ST36)**

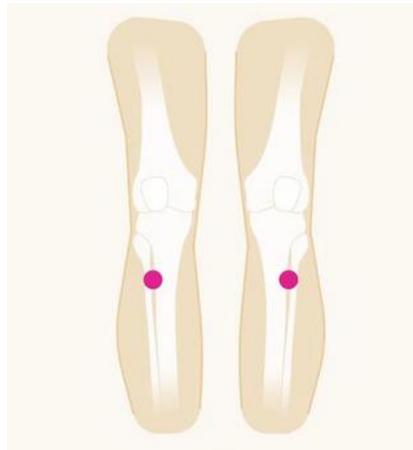
ST36, also known as Zusanli, is a meridian on the stomach that is believed to influence:

- Upper abdominal organs
- Parasympathetic nervous system
- Master energy

Point location: Roughly 3 inches below the kneecap, about 1 inch toward the outer edge.

To massage this point:

1. Place two fingers on the zusanli point.
2. Move fingers in a circular motion using gentle, firm pressure.
3. Massage for 2–3 minutes and repeat on the other leg.



### **Stomach Pressure Point #2. Sanyinjiao (SP6)**

SP6, or Sanyinjiao, is a meridian on the spleen meridian that is thought to influence:

- Lower abdominal organs
- Parasympathetic nervous system

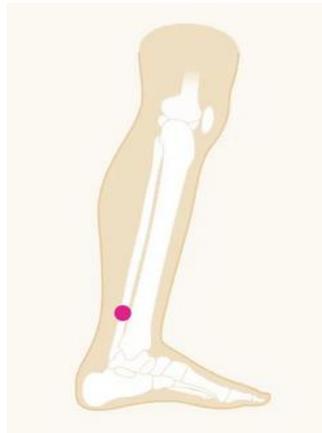
Point location: Roughly 3 inches above the bone of the inner ankle.

To massage this point:

1. Place one to two fingers on the sanyinjiao point.
2. Move fingers in a circular motion using gentle, firm pressure.

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3. Massage for 2–3 minutes and repeat on the other leg.



### Stomach Pressure Point #3. Qihai (CV6)

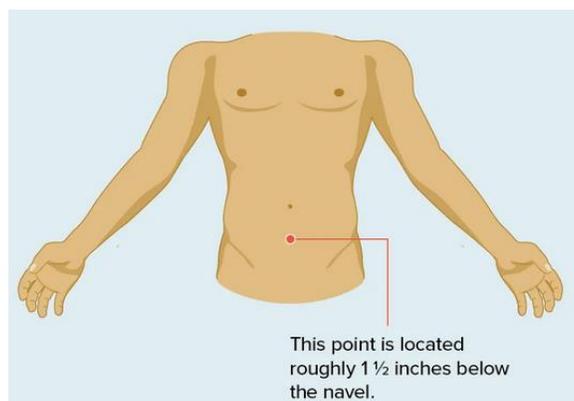
Qihai, or CV6, is a meridian on the conception vessel meridian that is believed to influence:

- Lower abdominal organs
- Overall energy

Point location: Roughly 1 1/2 inches below the navel.

To massage this point:

1. Place two to three fingers on the point location.
2. Shift your fingers in a circular motion with gentle touch. It's important not to push too hard on this field because it's delicate.
3. Massage for 2-3 minutes.



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### **Stomach Pressure Point #4. Zhongwan (CV12)**

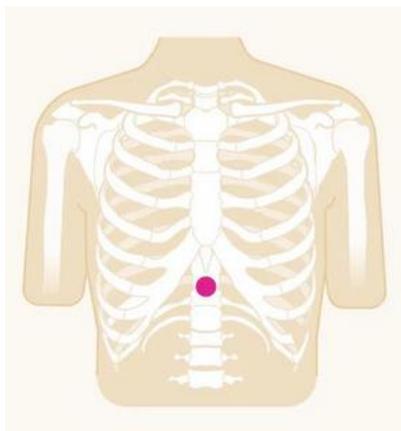
Zhongwan, also known as CV12, is also on the conception vessel meridian and is thought to have an effect on:

- Upper abdominal organs
- Yang organs, including the bladder and gallbladder

Point location: Roughly 4 inches above the navel.

To massage this point:

1. Place two to three fingers on the zhongwan point
2. Apply gentle pressure in a circular motion, making sure not to press too hard.
3. Massage for 2-3 minutes.



### **Stomach Pressure Point #5. Weishu (BL21)**

Weishu, also known as BL21, is a meridian on the bladder that is believed to affect:

- Abdominal pain
- Gastrointestinal disorders

Point location: Roughly 6 inches above the small of the back and 1 1/2 inches outward on either side of the spine.

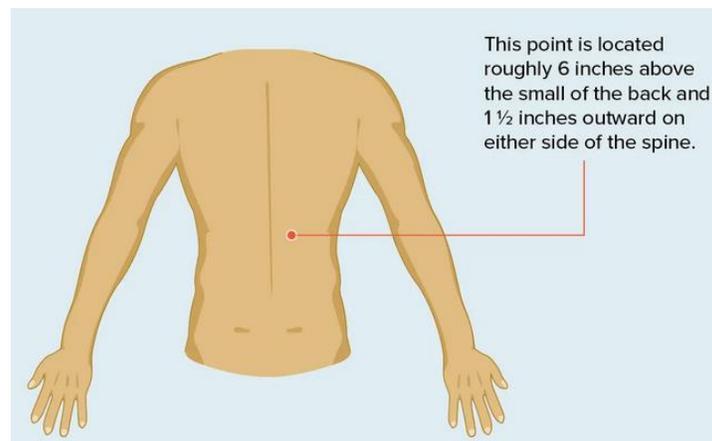
To massage this point:

1. Place one to two fingers on the weishu point.
2. Apply gentle pressure in a circular motion.

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3. 1–2 minutes of massage If you have any contraindications, such as a slipped disk or spine weakening, avoid massaging this point.



### Do acupressure points for gas and bloating work?

The amount of study on using acupressure for digestive issues is limited, with the majority of studies focused on acupuncture instead. Acupressure, on the other hand, has been shown in clinical studies to help with debilitating stomach symptoms including gas and bloating.

Participants in the research self-administered acupressure for ten days and were evaluated for the severity of their symptoms. According to the findings, those who participated in the acupressure intervention group had less constipation symptoms including gas and bloating.

While evidence suggests that acupressure can help with gastrointestinal symptoms, further research is required to fully understand the benefits.

## **Acupressure Points for Upper Back**

Back pain is normal, particularly if you spend a lot of time sitting, engrossed in a computer, staring down at a tablet, or glued to your phone. Traditional Chinese Medicine (TCM) is associated with acupressure, which is an alternative, supportive, or integrative therapy that can help improve blood supply to tight muscles and relieve pain in the cervical, thoracic, lumbar, or sacral spine.

Here are the acupressure points for upper back.

### **Upper Back Pressure Point #1. TE3**

Back pains, neck discomfort, temporal headaches, and shoulder tension will all be relieved by massaging this point behind the knuckles.

Location of the point:

The point is right behind the knuckles, between the groove created by the tendons linking the 4th and 5th fingers. The central islet is another name for this region.

What you need to do:

- Locate the TE3 behind the 4th and 5th knuckle and place the thumb of the other hand over it.
- With the tip of the thumb apply a strong pressure into the groove
- Hold the pressure for 4 to 5 seconds at a time
- Do it several times a day to ease upper body tensions

### **Upper Back Pressure Point #2. LI 4**

The LI 4 is an acupressure hand point that can help with upper back pain, neck fatigue, facial discomfort, headaches, and toothaches, among other things. Applying pressure to this extent on a regular basis helps to relieve stiffness and tension accumulated during the day.

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Location of the point:

The point is located between the thumb's web and the index finger. Bring the two fingers together so that the thumb is fully in line with the index finger to find it. You'll see a hump in the muscle, and the LI 4 point is situated at the highest point of this bump.

What you need to do:

- Using the other hand, grasp the pressure point with the thumb and index finger
- Apply pressure for 5 to 10 seconds and relax, alternatively massage the area for 4 to 5 second.
- Repeat 2 or 3 times to relieve tension and pain

### **Upper Back Pressure Point #3. K 27**

The K 27 acupressure point is essential for releasing stress in the stomach, throat, and upper back. When you activate this stage, you can breathe deeply and relax, which is necessary for endorphin release.

Location of the point:

The point is located one fingertip below the collar bone on both sides.

What you need to do:

- Using opposite hands press on the points with firm pressure for a few seconds.
- You can also rub the region while applying pressure to release tension.
- Hold for 2 minutes and take slow and deep breaths.
- Repeat the process 3 to 5 times every day.

### **Upper Back Pressure Point #4. GV 14**

GV 14 is a spot on the upper back that can help to ease discomfort and tension in the neck and shoulders. It's especially beneficial for people who have cervical spondylosis.

Location of the point:

The point is located at the shoulder level on the midline of the upper back.

What you need to do:

- While in the sitting position, the therapist applies pressure on the point for about a minute.
- Your threshold of pain and comfort will limit the pressure.

## **Acupressure Points for Lower Back**

People nowadays suffer from back problems on a regular basis. Many aspects contribute to it, including our sedentary lifestyle, lack of exercise, and occasional overwork. In addition to traditional physical therapy, acupressure can help relieve back pain caused by tension, exhaustion, or spasms.

Acupressure points for the lower back and hip to relieve lower back pain are listed below.

### **Lower Back Pressure Point #1. CV 6**

Lower back aches are usually treated with the CV 6 stomach point, also known as the Sea of Energy point. By relaxing the muscles in the lower part of the body between the waist and shoulder, applying pressure to this point offers long-term relief from lower back pain.

Location of the point:

Keep three of your fingers together to find the point: index, middle, and ring. Just under the navel, place the three thumbs. The CV 6 is located in the firm area you can sense with your ring finger.

What you need to do:

- Apply firm pressure on the point with the three fingers held together.
- Maintain a steady pressure on the point for about 1 minute.
- Repeat the exercise 2 or 3 times within a 10-minute interval.
- Those with gastric trouble or weak stomach can use the base of their palm to apply gentler pressure.

### **Lower Back Pressure Point #2. B23**

The Kidney Shu, or pressure B23, is one of the most important points for treating lower back pain. Stimulating this point reduces body stiffness and provides long-term pain relief from the lower back. It is better achieved with the assistance of a therapist or assistant.

Location of the point:

The point is located halfway between the rib cage and the hipbone. Find the intersection of the inner bladder line and the center of the waist to find it.

What you need to do:

- As you lie down on your abdomen, the therapist presses down on the B 23 point for about a minute.
- Take deep breaths and exhale deeply as the therapist increases the pressure on the point.
- Stop the pressure once you've reached your threshold of pain.
- Apply steady pressure for about a minute and repeat.

### **Lower Back Pressure Point #3. B47**

B47, which is similar to B23, is another important point for treating lower back pain. In some meridian maps, it's even referred to as B52. The lower back muscles are relieved of stress and discomfort when this stage is stimulated with air. This point, like B23, requires the assistance of a psychiatrist.

Location of the point:

The point is centered on the right side of the erector muscle group, on the outer bladder line in the center of the waist.

What you need to do:

- Lying on your abdomen, the therapist applies steady pressure on B47 for about a minute.
- Take deep breaths and exhale slowly as the pressure is applied to the point.

### **Lower Back Pressure Point #4. GV4**

The Governing Vessel 4, also known as GV4, is another important acupressure point for treating lower back pain. The pressure at this stage, also known as the Life Gate, is the most powerful in relieving lumbar back pain. It's also used to treat knee weakness, male sexual issues, depression, and chronic fatigue.

Location of the point:

GV4 can be found at the waistline, at the same level as B23 between the vertebrae.

What you need to do:

- Similar to all the acupressure points on the lower back, you will need a therapist to work this point.
- Lying on your abdomen, take deep breaths and exhale slowly as pressure is applied on the point.
- Apply steady pressure for about a minute and release.

### **Lower Back Pressure Point #5. B60**

Bladder 60, also known as B60, is a leg acupressure spot. It may be stimulated to relieve discomfort and lower back pain. It also helps with neck pressure, migraine, and vertigo. This point can be avoided by pregnant women because it can trigger labor.

Location of the point: B60 is located between the outer ankle bone and the Achilles tendon. The Kunlun Mountains are also known as the pressure point's site.

What you need to do:

- Locate B60 which lies midway between the Achilles tendon and mid ankle bone.
- Using the thumb directly on the point grip the ankle and apply pressure for 30 seconds and release.
- Alternate between the legs and repeat it 3 to 4 times in each session.

## **Acupressure Points for Leg**

When you think about acupressure, you might picture someone massaging the head, neck, or back to relieve pain or other concerns. Acupressure, on the other hand, is more than just massage for treating the local area. It's a type of traditional Chinese medicine (TCM) that's been used for millennia to treat a staggering number of health problems, ailments, and pains. Acupressure is used to cure aches and pains that are symptomatic of other disorders or difficulties in their own right, and it is used to conquer the pains by unclogging "meridians."

### **Treating Leg Using Acupressure Points**

According to one specialist, if "you're seeking for a solution to receive relief from leg discomfort without taking any medication, the Eastern medicine practice known as acupressure may be an alternative." You may apply pressure to certain pressure points to reduce pain and other symptoms, but you'll only experience effectiveness if you know how to discover the proper areas."

These points are most frequently encountered in the hand. The following stages are involved in treating leg pain:

- Place the hand palm down and use the other hand to pinpoint the place where the thumb and index finger joints connect. There is a definite depression there, and utilizing acupressure for a few minutes at a time on that spot may ease leg discomfort, headache, and cold or flu symptoms.
- Acupressure is performed by applying deep pressure to the region with one or two fingers and then rotating or moving up and down to release the Qi.
- After massaging this meridian, continue to the area under the pinky finger and push at the most delicate point to discover the depression. Acupressure massage can help with leg pain, immune system disorders, melancholy, and anxiety.

There are other acupressure points in the foot and the backs of the knees, but the points in the hand are the most commonly employed to address and/or reduce leg discomfort. These identical spots can alleviate heel, foot, knee, and hip discomfort.

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How to relieve pain and stress through self-acupressure

It is critical to remember that any continuous pain is an indication of something badly out of balance in the body. Acupressure is a component of a health-care system, not a substitute for additional medical intervention. If your leg discomfort remains or increases after a few acupressure treatments, it's important to consult a doctor to check if you're suffering from a disease.

## **Acupressure Points for Calf**

Calf discomfort can make it difficult for people to walk, run, or participate in sports. It can get so severe that many resorts to surgery; however, treating calf trigger points can occasionally alleviate the discomfort. Here's my take on it.

When you exercise, if you are unfortunate, the pressure in one compartment rises, preventing blood flow to the muscle.

As a result, the more you exercise, the greater the discomfort becomes since the muscle is depleted of oxygen.

### **Treat Calf Trigger Point Pain**

Acupressure, stretches, and acupuncture are used to treat calf trigger points. To our surprise, the discomfort was entirely gone, and he was able to continue playing hockey without surgery.

It had many such success stories throughout the years, some less spectacular, others as dramatic. But they're all rewarding for me and the individual who's suffering from agony.

Calf trigger point treatment is extremely helpful for runners, bikers, and athletes. Extreme activity, uncomfortable shoes (or shoes with very high heels), an injury, or joint discomfort can all set off trigger points.

Once these points are activated, they must be treated to turn them off, or they will continue to produce stiffness and muscular discomfort.

## 5 Common Causes for Calf Pain

- Arterial claudication is a pain caused by too little blood flow to your legs or arms.
- Neurogenic claudication is a frequent symptom of lumbar spinal stenosis (LSS) and describes intermittent leg discomfort caused by nerve impingement from the spinal cord.
- Achilles tendinitis is an overuse injury of the Achilles tendon, which joins the calf muscles at the rear of your lower leg to your heel bone.
- Diabetic neuropathy a kind of nerve injury that can occur as a result of diabetes. High blood sugar (glucose) levels might harm your nerves all over your body. Diabetic neuropathy frequently causes nerve loss in the legs and feet.
- Varicose veins that have grown swollen and twisted on the surface of the skin. They usually appear just underneath the skin in the legs. Typically, there are minimal symptoms, although some people may suffer fullness or soreness in the region.

## Treatment for Calf Pain

- Allow your body to rest if you have muscle knots
- Gentle stretching that elongates your muscles can help you to release tension in your body
- Aerobic exercise may help to relieve muscle knots
- Hot and cold therapy
- Use a muscle rub

Trigger points are sometimes the result of issues in other regions, making them much more difficult to locate. For example, if you are wearing incorrect footwear, you may get trigger points in your calf muscles or lower back until the footwear issue is resolved. If this is the case, you will be treating trigger points all day with little, if any, long-term effect.

## Acupressure Points for Feet

Every day, your feet are in charge of carrying your full body weight. As a result, they are weight-bearing organs. We are constantly glued to our devices and frequently fail to pay attention to our own health. Your feet are constantly engaged, whether you are sitting, standing, or walking. As a result, your feet work hard for you every day of your life. It's no surprise that we frequently experience foot discomfort and foot-related diseases. So, all you need is a weekly self-massage at home.

Yes, you read that correctly. I'm going to go through three techniques to conduct a self-foot massage at home and relax. If you use these self-massage techniques at home. Then you won't have to spend money on expensive masseurs and therapists.

### Self-Acupressure by Hand

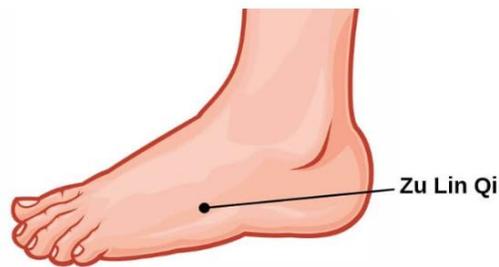
I'm going to discuss pressure points on the foot. Pressure points are associated with certain organs and areas of the body. These foot massage pressure points will aid in the treatment of common ailments such as cough, cold, tension, stomach/digestion, headache, sinusitis, sleep, and others.

#### Feet Pressure Point #1. Tai Chong



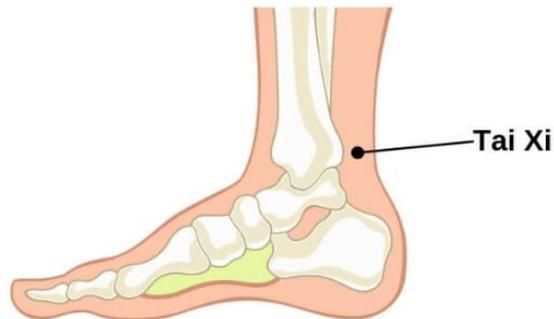
To find this pressure point, press on the tendon that connects the big toe and the second toe. After that, place your finger in the space where the tendons connect. Pressing this pressure point helps to alleviate tension and anger. It also aids in the regulation of anger and gives relief from anxiety. As a result, headaches and menstruation discomfort are reduced.

### Feet Pressure Point #2. Zu Lin Qi



The Zu Lin Qi pressure point is situated on the outside of your foot. Run your forefinger from your pinky toe all the way around the outside of your foot. Then hit this button. Zu Lin Qi is vital for relieving muscular cramps, alleviating lower back discomfort, and treating apoplexy and psychoneurosis symptoms.

### Feet Pressure Point #3. Tai Xi



Locating this primary pressure point is as simple as pressing the place between the Achilles tendon and the top of the inner bony hump of your ankle. Additionally, touching this Tai Xi acupoint will aid to relieve a sore throat and toothaches. It also helps to tone the kidneys, relieves arthritic pain, and lowers bronchitis and asthma flare-ups.

### Feet Pressure Point #4. Da Dun



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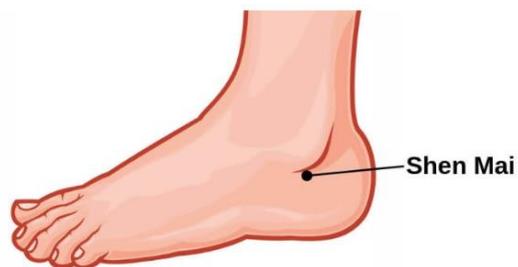
Da Dun is a pressure point on the inside of your big toe. It's approximately an inch away from the corner of your toe. Pressure on this spot reduces dizziness, stomach pains, and hernias.

#### **Feet Pressure Point #5. Tai Bai**



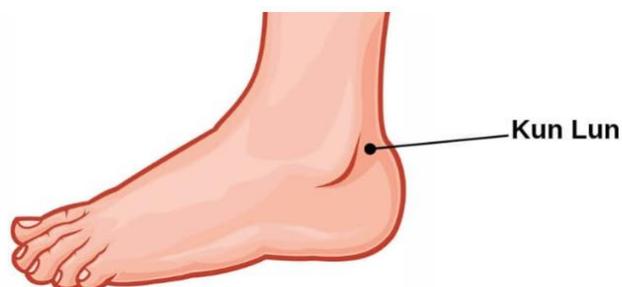
This pressure point is located in the center of your foot, near the ball of your foot. Simply press down on the ball until you reach the point where the pressure is greatest. Applying pressure to this region relieves belly bloat, relieves stomach pains, calms the vomiting reflex, and aids in the prevention of diarrhea and dysentery.

#### **Feet Pressure Point #6. Shen Mai**



This pressure point is located on the bony hump on the outside of the ankle. Massage this pressure point to help you build and build patience, reduce worry and panic, and get rid of colds.

#### **Feet Pressure Point #7. Kun Lun**



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This pressure point is placed between the highest point of the bony bump outside of your ankle and your Achilles tendon. It aids in the treatment of eyesight disorders, decreases blood pressure, alleviates migraines, and improves lower back discomfort. Aside from that, it relieves diarrhea.

### **Feet Pressure Point #8. Xing Jian**



The Xing Jian pressure point is located between the big toe and the second toe on the skin. The pressure points at which you feel the most pressure is the right pressure point. Applying pressure to the Xing Jian point aids in the relief of sinusitis. Aside from that, it relieves leg cramps and aids in the treatment of renal ailments. Furthermore, it aids in the improvement of eyesight impairments.

### **Feet Pressure Point #9. Di Er Li Dui**



The Di Er Li Dui pressure point is located on the second toe's top part. To pinpoint this pressure location. All you have to do is push on the area directly underneath the toenail. Massage in this area stimulates the appetite, cures hiccups, and relieves nausea.

## **Acupressure Points for Face**

I decided it would be a good idea to conclude the week with something enjoyable and relaxing. A simple tactic you may add to your arsenal to help you feel less anxious!

It's a newer habit of mine, but if I'm anxious (or puffy), I massage my face pressure points. It's incredible. As background, I've become obsessed with facial massage in the last few years... it all started with my vacation to Asia two years ago — every massage I had finished with a face pressure points massage, and it was DIVINE. We've also spoken a lot about face gua sha, but today's topic is a little different since you can use your fingertips... or a jade roller if you want. This massage focuses on acupressure and activating the pressure points on your face!

Today we'll speak about where your face pressure points are and what they can do for you... as well as how to give yourself a fast face pressure point massage! I recall as a child witnessing my mother massage her temples when she was congested or anxious, but there is so much more you can do. It's remarkable how much just one tiny step can achieve, from boosting circulation and stress relief to aiding lymphatic drainage and even addressing skin concerns, fine lines, and wrinkles!

### **How to Give Yourself a Facial Pressure Points Massage**

This does not have to be unpleasant or difficult. I prefer to apply a small amount of oil using my fingertips. There are no tools required, however a jade roller or gua sha tool may be useful. You may either press down or utilize circular movements. It's all about doing what feels good on your skin and in your face muscles. This is a pretty lovely, simple pressure point massage that you may conduct on a daily basis.

### **Facial Pressure Points for Anxiety and Stress Relief**

Massaging your temples is the most effective approach to ease tension and anxiety. (It also aids in the relief of tension headaches!) Apply pressure to the area and massage in tiny, firm circles.

### **Sinus Drainage**

This is excellent for allergies or a cold. Massage the pressure point near the middle of the brow is the most effective approach to reduce sinus pressure. This is a sensitive area for me (and it occasionally causes me to sneeze!) I'll massage this area for 30 seconds, exerting pressure in a circular manner.

### **Increase Energy**

Facial massage is an excellent technique to boost your energy, especially after a long day or if you are suffering from brain fog! Press down relatively forcefully on the inner corner of my eye socket with the fleshy pads of my middle fingers. I'll close my eyes and exhale for three seconds before inhaling and exhaling again. It's a simple tip, but it always leaves me feeling more focused and energized.

### **Relaxation or Before Bedtime Facial Massage**

Before going to bed, I like to have a face massage. Before going to bed, I always lubricate my skin (I live for oils after my nighttime cleansing routine). I'll massage my face for 2-3 minutes, drawing the heart form from above in circular strokes. I take special care to my jaw line (to aid with puffiness) and right below my cheekbones, where I feel I hold a lot of tension.

### **Beauty and Healthy Skin**

My face becomes bloated/puffy quickly — booze, too much salt, a long travel, heck - even a short trip! This was something I was kidding about with one of my girlfriends. Eat one potato chip and you'll have a swollen face. When my skin gets swollen, I feel that face massage is quite beneficial. It promotes lymphatic drainage.

There are a few particular spots to stimulate for beauty (I make no promises that they truly help, but they feel wonderful!). Stimulating your third eye (the area between your brows where the bridge of your nose meets your forehead) is said to be particularly beneficial to your skin. In my yoga class, we work a lot on this subject. Using your pointer finger to apply pressure here for 60 seconds helps to activate your pituitary gland, which may aid with skin troubles, notably texture.

## **FINAL TIPS FOR SELF ACUPRESSURE**

These exercises can be repeated several times each day, although some meditation experts advise taking a break if any of the locations are uncomfortable to the touch. He suggests beginning with gentle pressure and then progressing to a firmer touch.

Tension and stress are common causes of discomfort sensations such as those described above. For these tactics to have the most impact, you must relax and eliminate stressors in your life. If you're having trouble relaxing and simultaneously self-massaging, you may always ask a friend or family member for assistance.

### ***BONUS TIP: Self-EFT tapping techniques to relieve stress***

Tapping can help you if you're anxious, weary, overwhelmed, or in pain. Tapping, also known as Emotional Freedom Techniques (EFT), is a technique similar to acupuncture in which particular areas on the face and upper body are softly tapped to assist reduce tension and stress.

In contrast to acupuncture, however, you use your fingertips rather than needles. The great part is that you can do it yourself. The method combines modern psychology with the principles of 5,000-year-old acupuncture.

### **Why Try Tapping?**

Participants can quickly and efficiently gain relief from pain and unpleasant emotions by tapping. According to experts, tapping frequently results in rapid improvement.

“Energy circulates throughout our bodies on paths known as meridians. When energy isn't flowing properly, our bodies don't function as well. “Tapping on these meridian points breaks up energy blockages, allowing people to go from stressed to feeling better,” one expert adds. Furthermore, research show that it can help with anxiety, despair, pain, and other unpleasant feelings.

### **Who Can Benefit from Tapping?**

Everyone, is the answer! Anyone who is stressed or in pain can try it. Even if you are feeling joyful and healthy, you may conduct tapping exercises centered on gratitude, appreciation, or visualization of things you wish to happen in your life.

### **So how do you do it?**

Tapping works like this:

1. **THINK** of a problem you're dealing with It can be emotional (such as being pressured at work or saddened by the death of a favorite patient) or physical (such as a headache or back pain).
2. **SAY** Alternatively consider a set-up remark like, "Even though I have this difficulty [insert what bothers you or causes you pain], I accept myself and how I feel." Rep the statement three times.
3. **SAY OUT LOUD** or imagine how you feel while tapping on important acupressure sites on your body. You're probably already conducting an internal dialog with yourself about your pain or stress. Recognize your emotions while you touch the acupressure spots.
4. **AFTER 2 ROUNDS** of tapping, you should start to feel better.

## CONCLUSION

The acupressure approach suggested in this research offers an alternate method for efficiently relieving pain. Furthermore, the acupressure technique is simple to learn and may be used for self-treatment. Acupressure self-treatment is performed by applying pressure on acupressure connecting pressure points with the finger. Furthermore, relieving pain using acupressure has no negative effects on the human body system. This project was created to encourage individuals to ease pain without the use of medications.

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