

MOXA AND ACUPRESSURE

*Self Touch for
Resiliency & Wellness*



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ACUPRESSURE

Acupressure helps your body in the same way acupuncture does. Relaxing the nervous system, releasing tension & fascia and modulating immune & inflammation responses. Acupressure can be done at the depth and pressure that feels most comfortable for you. Points can be held or massaged for 3-5 mins or as long as you like.

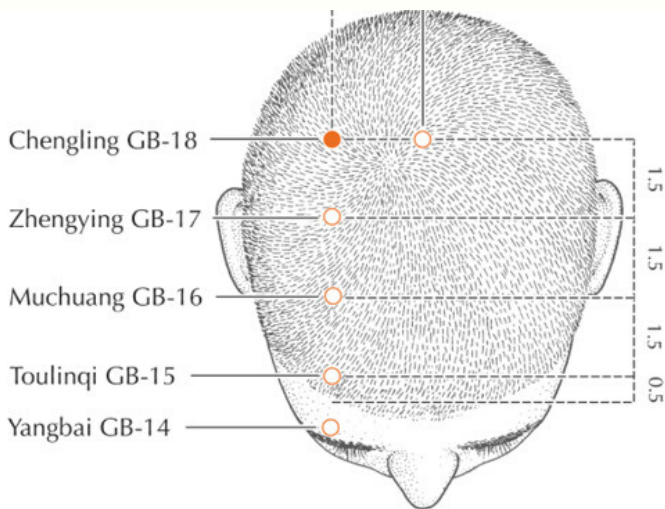
When locating points, use the photo as an approximate and feel around the area for the point that feels best for you. It's a good practice for listening to your body. I recommend aiming for once a day - when you wake up in the morning or before bed, to create a routine. However you can chose a time and frequency that works best with where you are at right now. I've chosen points that I feel are generally helpful for the times we are in. If you'd like individualized care - please be in touch!





GB Scalp Points & Prefrontal Cortex:

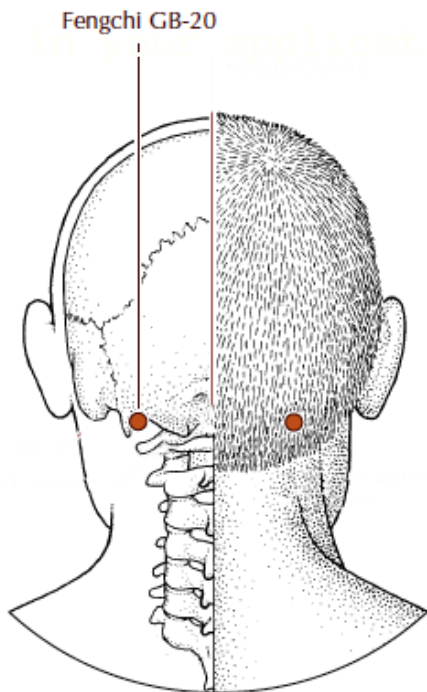
These points feel great with finger pressure, using a comb, or a guasha tool/stone if you have one. They help to promote relaxation, release tension headaches and stimulate the prefrontal cortex which helps to regulate the autonomic nervous system.





GB 20 & Base of Neck:

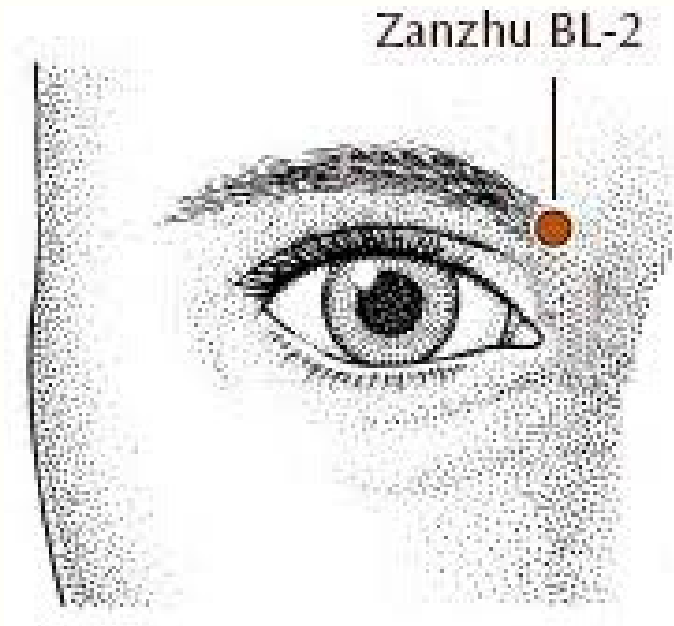
You can massage or hold the base of your neck (or do this with a partner!) to release tension and sooth the brainstem/amygdala. Good for grounding, immune support, neck pain & strain.





Eye Brows

Starting at BL 2 and moving along to the outer edge of eyebrow. You can also massage between the eyebrows. These help with relaxation, hormonal & nervous system regulation & headaches/eye strain.



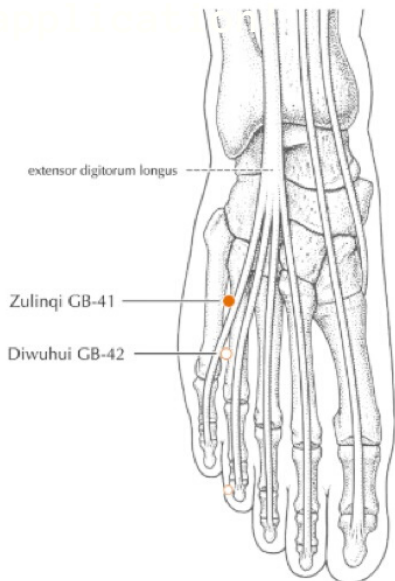


Autonomic Nervous System

Sj 5 & Gb 41:

These points together help to regulate the ANS. They help with anxiety, stress, neck pain with movement, tinnitus, migraine, back ache and sciatica.

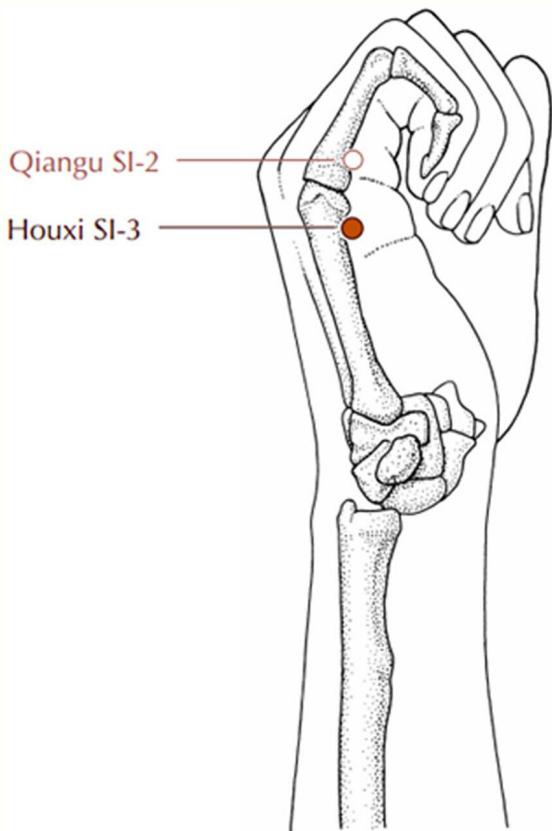
your application





Small Intestine 3

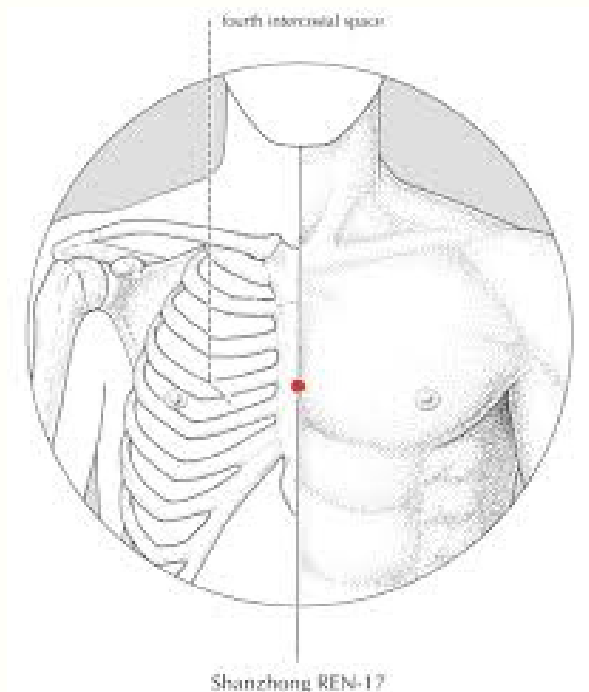
Another point to help hormonal regulation (thyroid, endo). It supports immune as it relates to the GI system. Also for headaches, eye strain and neck/shoulder pain (often that comes with screen time.)





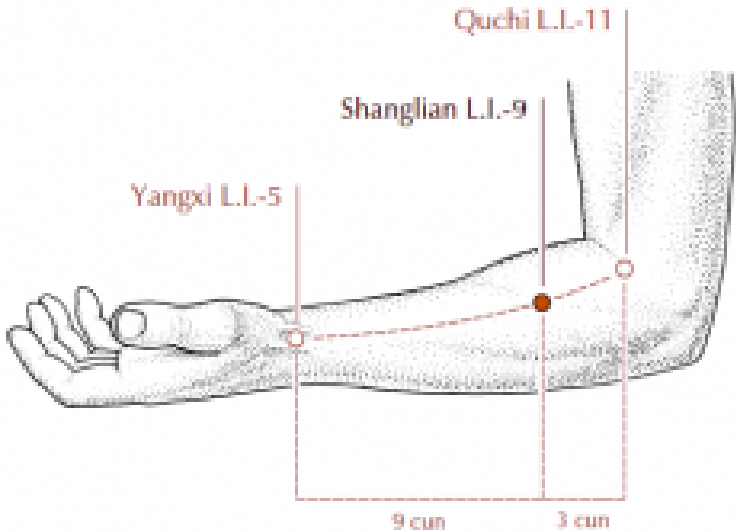
Opening the Chest:

Starting in the center of the chest, press to open up breathing, boost energy and calm the mind. Then move to pressing between the rib spaces, working your way up to under the clavicle. All these points are good for grounding and balancing the adrenal system.



Immune points: find the tender spots between li 9 & li 11

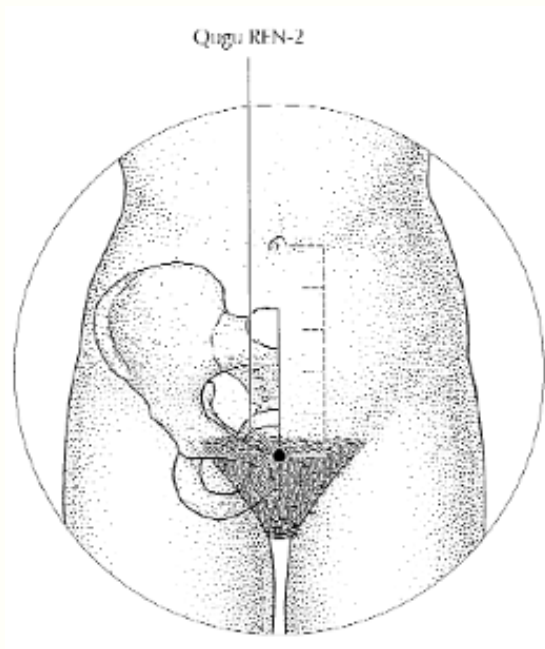
Modulates inflammation and immune responses in the body. Can be helpful for acute immune issues or chronic autoimmune conditions.





Ren Points

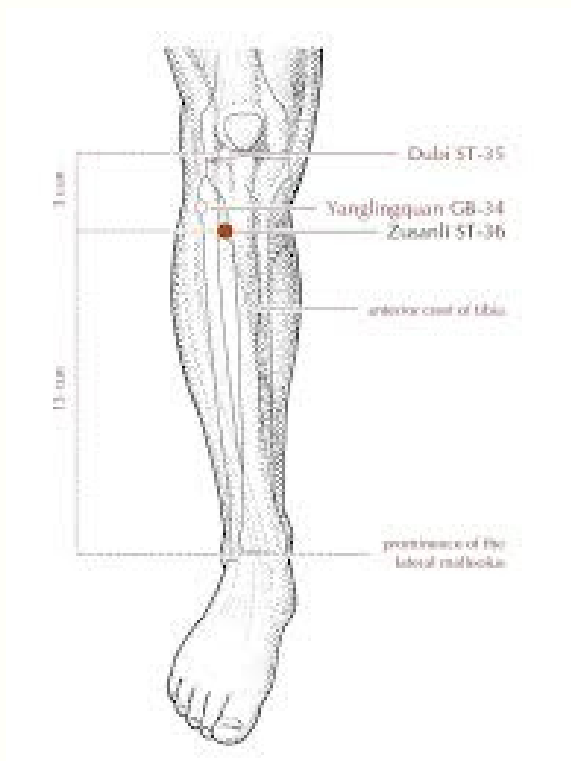
The mid line below the belly button and pubic bone are all important points for supporting energy of the whole body, adrenals, & nervous system. These points are helpful for menstrual pain, bloating, cramps, urinary issues. Very helpful to Moxa, esp if having pain.





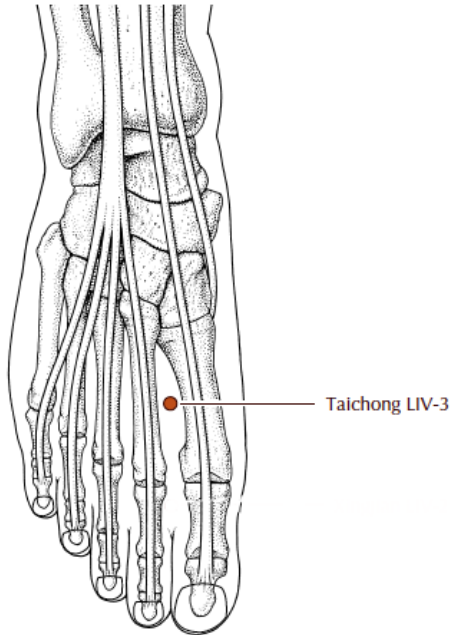
Stomach Qi Line

Start at St-36 and massage down the shin. These are neurological points, help with fatigue, immune, digestion, & nervous system. You can moxa all down the leg line.



Liver 3

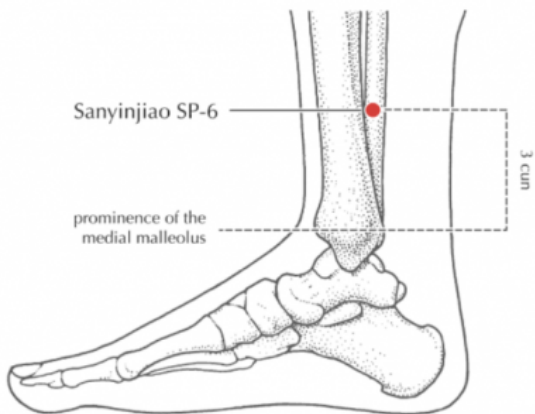
Good for stress that manifests as irritability, anger, anxiety, headaches, menstrual cramps, and pain.





Spleen 6

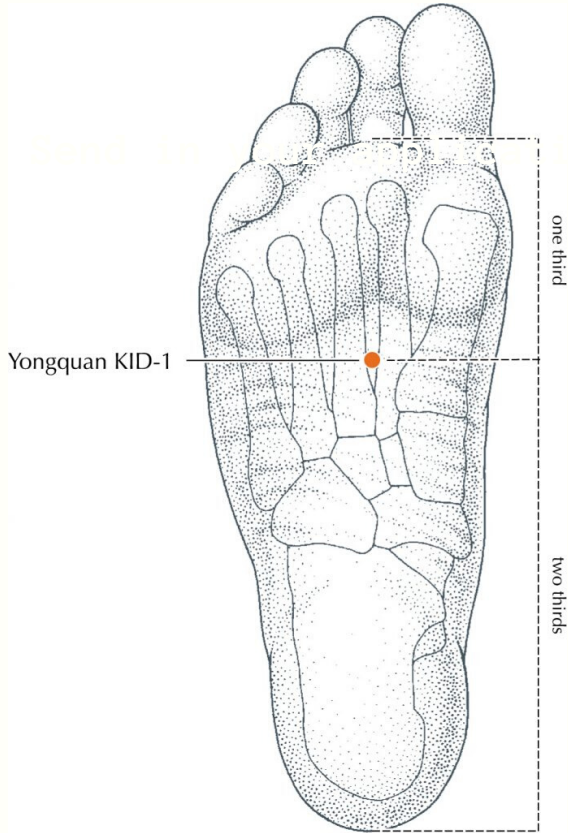
A great multifunctional point used to support general health of the spleen, liver and kidney. This is an important point for insomnia, anxiety, menstrual/ GYN issues & cramps. Moxa for fatigue and low abdomen pain.





Kidney 1:

Grounding, anxiety, fatigue, supporting adrenals and nervous system and low back pain. Excellent point to Moxa.





OTHER CONSIDERATIONS:

- Moxa can be helpful with all points
 - Daily Movement: to keep energy flowing and your system out of a "freeze" response. Walks, movement videos, dancing, etc.
- Nature time: try to aim for 30 mins a day. (helps with immune and nervous system!)
- Hot water bottle or heat on areas of pain and tension
 - Epsom salt bath soaks: for pain, relaxation and magnesium benefits