

7 pressure points on relief of headaches

1



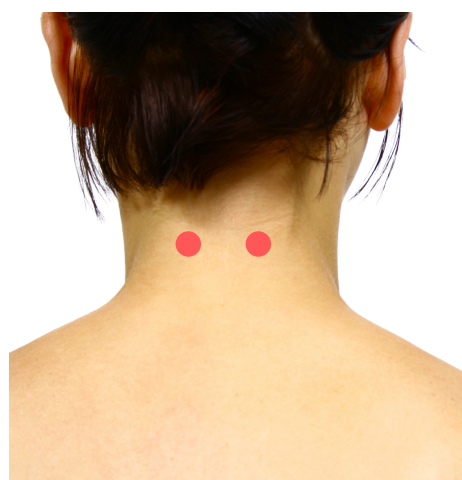
Press your index finger into the space between your eyebrows and gently massage for a minute.

Use your index fingers to press firmly on both points simultaneously and hold for 10 seconds. Relax. Repeat 5-10 times.



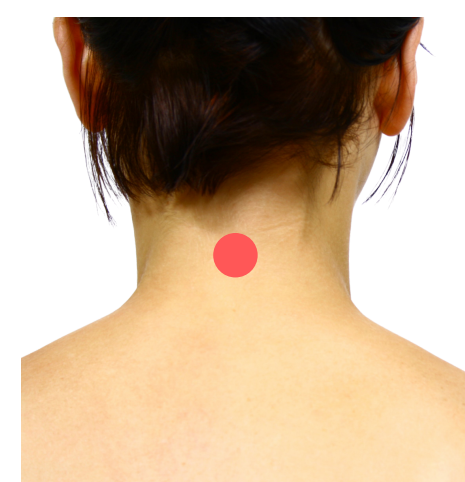
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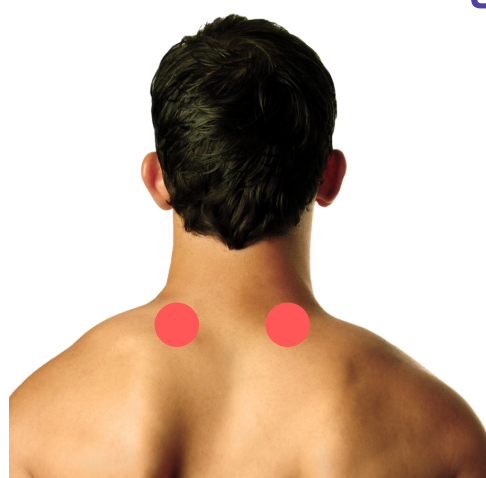
Place both fingers – index and middle fingers at the base of the skull, in the hollows between the muscles in the neck. Press firmly for 10-15 seconds then release. Repeat until the neck relaxes.

Use your thumb to find the depression under the base of the skull. Press for one minute.



4

5



Press your thumb down on the upper arm, halfway between the shoulder joint and the base of the neck. Apply firm, circular pressure for one minute. Repeat on the other side.

Press the point between your thumb and middle finger for 10 seconds. Massage the small circles in one direction for 10 seconds. Then change direction. Repeat on the other hand



6

7

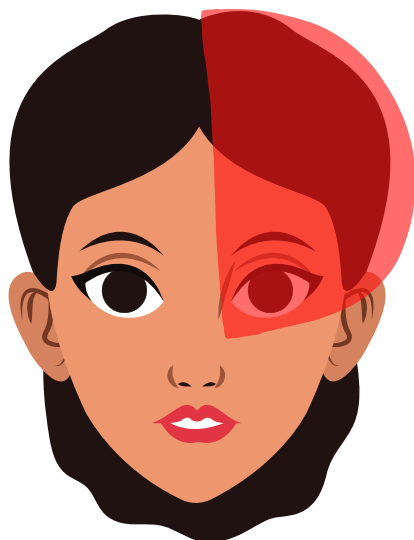


Place both index fingers on the bottom of the cheekbones along each nostril. Press and hold for one minute.

Why does the head hurt?



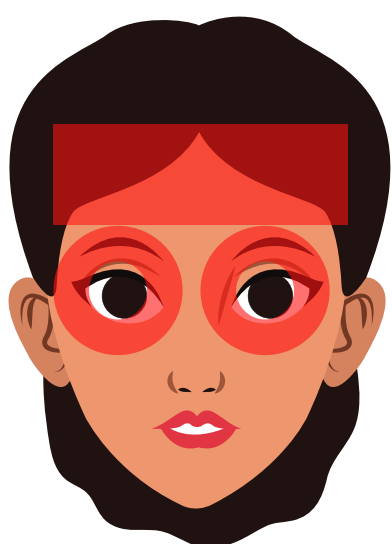
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Migraine

Intense pain on one side of the head, always repeated in the same area. It is accompanied by visual and hearing impairment, nausea and vomiting.

2



Headaches caused by digestive problems

Headaches accompanied by stomach, kidney and intestinal ailments and bladder. It is sometimes associated with alcohol abuse, food hypersensitivity and food additives.

3



Stress headaches

The pain runs from the neck to the top of the skull.

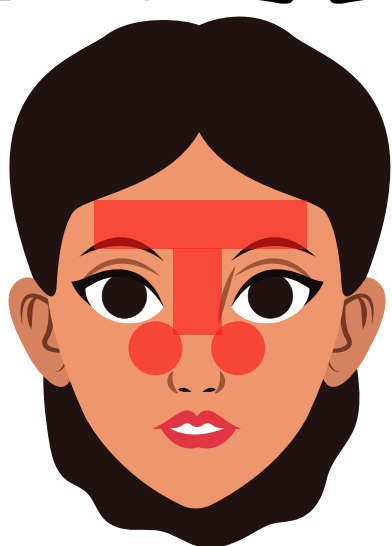
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Tension headaches

These muscle spasm headaches cause mild to moderate pain from the neck to the forehead.

5



Sinus headaches

Inflammation of the lining of one of the eight sinus cavities can cause deep, dull, chronic pain around the eyes, nose, and head.

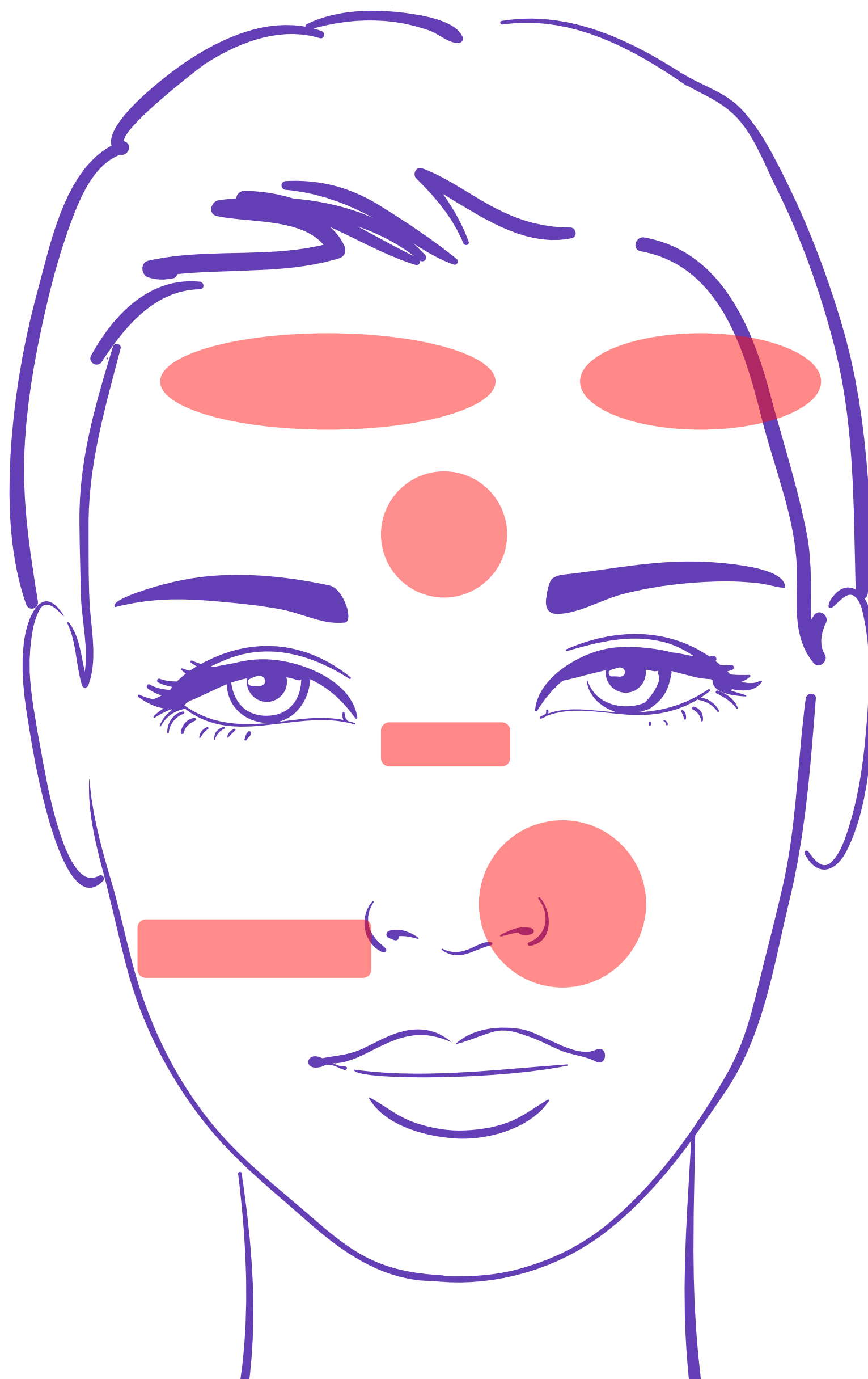
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Pain caused by anxiety

It goes over the forehead.

HEADACHE - AREA STIMULATION



Stimulate the marked zones (making circular movements) moving from the top of the face down.



Remember to massage the zones thoroughly and that the pressure is clearly felt.