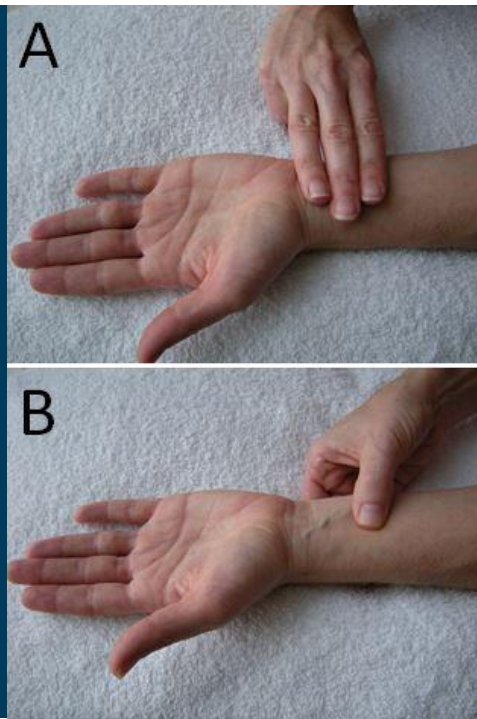


Pressure-Point Techniques

An Integrative Approach to Nausea Relief



Benefit:

Helps relieve stomach aches, indigestion, nausea and anxiety; can be used for the prevention of nausea.

Steps – Pressure-Point Location:

1. The pressure point is between the long tendons on the palm side of the arm – two inches toward the elbow from the wrist crease. To locate, place three fingers together starting at the wrist crease. The third finger should be on the pressure point (photo A).

Steps (continued):

2. With thumb on pressure point, wrap hand around the forearm and stabilize the point on the backside of the arm (photo B). Gentle pressure may create tenderness, but not pain.
3. Practice deep natural breathing while holding the point. This can give you even more relief.
4. Hold the point 1 to 2 minutes.
5. Repeat as often as needed.