

Patient Help Sheet for Headaches

Here are some tips that you can use to help balance and support your health during and after a headache.
Please feel free to call me if you have further questions or concerns.

Acupressure Points

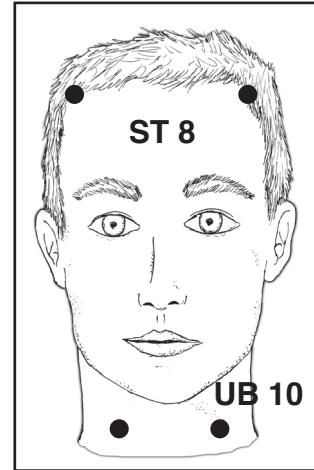
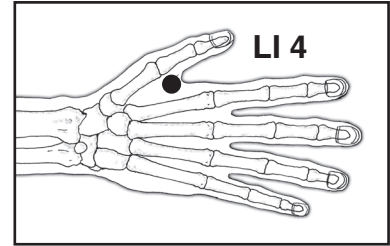
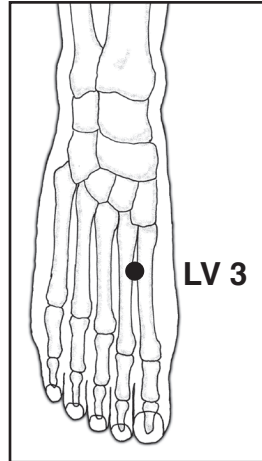
Rubbing acupuncture points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

Liver 3 (LV 3): On the top of the foot, in the depression between where the first and second metatarsal bones meet. **Functions:** Used for dizziness, headaches, vertigo, epilepsy, painful and/or blurry eyes, irregular menstruation, depression, uterine bleeding and prolapse, urine retention, genital pain, frequent sighing, and insomnia. **DO NOT USE DURING PREGNANCY.**

Large Intestine 4 (LI 4): On the back of the hand between the thumb and first finger. In the fleshy part of the hand. **DO NOT USE DURING PREGNANCY.** **Functions:** Used for common cold with sweating, fever, headache, red, painful eyes and nasal congestion. Known as "The Master Pain Elimination" point, it can address pain in many parts of the body. Also used for throat constriction and dysentery. Regulates the Wei Qi (Chinese theory of immune system).

Stomach 8 (ST 8): Approximately 4.5 inches from the middle of your head, at the corner of the forehead, a few inches in from the hairline. **Functions:** Used for dizziness, eye disorders and spasms, facial paralysis, headaches and migraines, lacrimation, mental disorders, and visual disturbances.

Bladder 10 (UB 10): Approximately 1.5 inches lateral to the middle of the neck, in a depression. **Functions:** Used for dizziness, eye disorders, headaches, migraines, stiff neck and pain.



Meridian Exercise for Headaches

Forward Bend Exercise

1. Sit on the floor with legs stretched out in front of you. Keep your knees slightly bent, do not lock them. If this causes any discomfort, you can sit on a folded blanket and bend your knees slightly out to the side.
2. With chin slightly tucked, slowly stretch forward, reaching your hands toward your toes. If you cannot touch your toes, reach for your knees, shins or ankles. Relax your head.
3. As you breathe in, focus your breath along your back and spine. Expanding outwards with each inhalation, and imagining that you are expanding your back like a big balloon. As you exhale, allow your body to relax deeper into the stretch. *(See image below)*
4. Hold this position for a few breaths.



Helpful Aromatherapy for Headaches and Migraines

- Fill a small glass, 1oz. jar or bottle approximately 2/3 full with Sweet Almond Oil.

Add:

- 6 drops Lavender Oil
- 6 drops Chamomile Oil
- 6 drops Clary Sage Oil
- 12 drops Peppermint Oil
- Cover and shake. Check the fragrance of the oil.
- Fill any remaining space in the bottle with Sweet Almond Oil.

To use: Apply to temples and areas of pain. Massage lightly. You can also put some on the back of your hand, on the Large Intestine 4 point.

Other aromatherapy oils for headaches:

- Lavender
- Melissa
- Rosemary
- Peppermint
- Jasmine
- Bay
- Eucalyptus