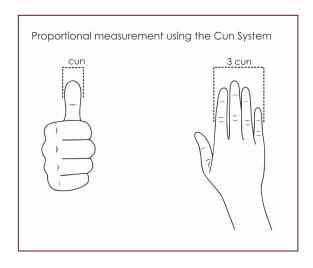


Acupressure Point Stimulation Can Relieve Your Type of Headache by Treating the Root Contributing Cause. See Which Type of Headache You Have and Take 5-15 Minutes to Start Massaging the Corresponding Points Suggested.

To use acupressure on a point, use a deep, firm pressure to massage and stimulate the area for 4-5 seconds, release and repeat.



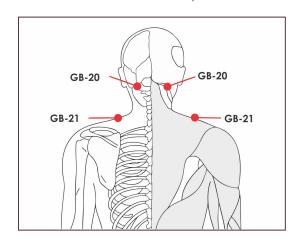
### \* Cun (pronounced Ts'un)

is the measurement of one "body inch" used to locate acupuncture points. Measurement is always taken from the patient's hand.

- 1 cun = The width of the distal joint of the thumb (aka the thumb joint closest to the nail).
- 3 cun = The width of all four fingers together.

## 3 Points to Treat Occipital Headaches

(Occipital headaches are on the back of the head)



### GB-20 Location:

Just below the occiput (back of head), in the depression between the upper portion of the sternocleidomastoid muscle and trapezius muscle.

#### GB-21 Location:

Midway between the spinal vertebrae C7 (the one that sticks out when you bend your head downwards) and the acromion process at the highest point of the trapezius muscle.

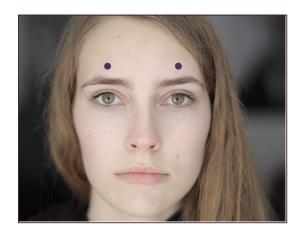


### SJ-5 Location:

On the dorsal (back) side of the forearm, 2 cun above the midpoint of the crease of the wrist between the ulna and radius.

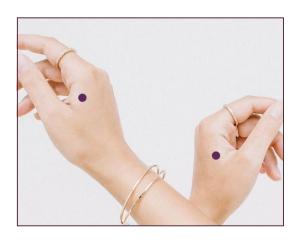
### **3 Points to Treat Fronal Headaches**

(Frontal headaches are on the forehead)



### GB-14 Location:

On the forehead, directly above the pupil of the eye, 1 cun superior to the eyebrow.



### LI-4 Location:

Located on the highest spot of the muscle when the thumb and index fingers are brought close together on the radial side of the 2nd metatarsal bone.



#### ST-44 Location:

On top of the foot, proximal to the web margin between the 2nd and 3rd metatarsal joints.

### 3 Points to Treat Temporal Headaches

(Temporal headaches are on the temples)



### Taiyang Location:

On the temple, in a depression about 1 cun posterior to the midpoint between the lateral end of the eyebrow and the outer canthus of the eye.

This is a bilateral point meaning it can be located on both temples.



### SJ-5 Location:

On the dorsal (back) side of the forearm, 2 cun above the midpoint of the crease of the wrist between the ulna and radius.

This is a bilateral point meaning it can be located on both forearms.



#### GB-41 Location:

On the lateral side of the top of the foot, proximal to the 4th metatarsophalangeal joint, in the depression lateral to the tendon of m. extensor digiti minimi of the foot.

## 3 Points to Treat Vertex Headaches

(Vertex headaches are on the top of the head)



### DU-20 Location:

On the head, 5 cun directly above the midpoint of the anterior hairline, approximately on the midpoint of the line connecting the apexes of both ears.



#### LI-4 Location:

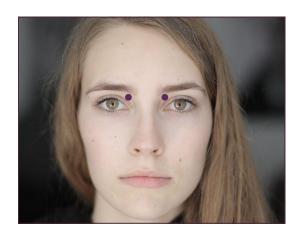
Located on the highest spot of the muscle when the thumb and index fingers are brought close together on the radial side of the 2nd metatarsal bone.



### LIV-3 Location:

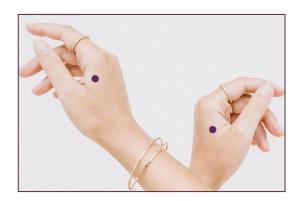
On the top of the foot in a depression distal to the junctions of the 1st and 2nd metatarsal bones.

## 3 Points to Treat Headaches Behind the Eyes



**UB-1** Location:

In a depression, 1 cun above the inner canthus of the eye.



### LI-4 Location:

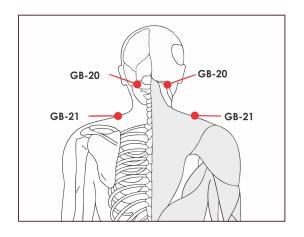
Located on the highest spot of the muscle when the thumb and index fingers are brought close together on the radial side of the 2nd metatarsal bone.



#### LIV-3 Location:

On the top of the foot in a depression distal to the junctions of the 1st and 2nd metatarsal bones.

### 3 Points to Treat Headaches Affecting the Entire Head



### GB-20 Location:

Just below the occiput (back of head), in the depression between the upper portion of the sternocleidomastoid muscle and trapezius muscle.



### SJ-5 Location:

On the dorsal (back) side of the forearm, 2 cun above the midpoint of the crease of the wrist between the ulna and radius.

This is a bilateral point meaning it can be located on both forearms.



#### KI-1 Location:

On the bottom of the feet, in depression at the junction of the anterior 1/3 and posterior 2/3 of line connecting the base of the 2nd and 3rd toes and the heel.



I began my journey as a Registered Acupuncturist (R. Ac.) nearly twenty years ago. After studying and working in China, Japan and Indonesia, I returned to Canada to embark upon the opportunity to take over and run the Acupuncture and Oriental Medicine Clinic in the Edmonton General Hospital. Here I had a vibrant practice treating patients for 15 years and continue to do so from my hometown of Beaumont.

The combination of my years of clinical experience and the comprehensive perspective that Chinese medicine employs allows me to help people uncover and treat the root causes of disharmony and disease in the body. Along with my own personal journey as a woman, wife and mother of two, I have cultivated a deep understanding of the interaction of mind-body-spirit in promoting and sustaining health and well being. These threads all weave together to create a rich tapestry of knowledge that allows me to offer unique and much needed insight into the health challenges many people face in the world today.

Over the years, I have witnessed both personally and professionally that women often bear the brunt of making day to day health related decisions for their family, and while they love their children, they often have little to no training on how to actually cultivate health and well being in themselves let alone for an entire household. It is an enormous undertaking and responsibility to go along with all the other intricacies that are involved in having and raising a family and let's face it - there is only so much time and energy to go around.

This is why it has become my mission to concisely share, teach and empower Women to employ the fundamental principles of Chinese medicine and the interconnectedness of mind-body-spirit to improve the quality of health and wholeness in themselves and their family. Equipped with this knowledge and support and with its application we can begin making proactive choices that help prevent illness as opposed to continuously treating it reactively. Ultimately it is in this awareness and from this context that we can create a home life in which we can all thrive.