

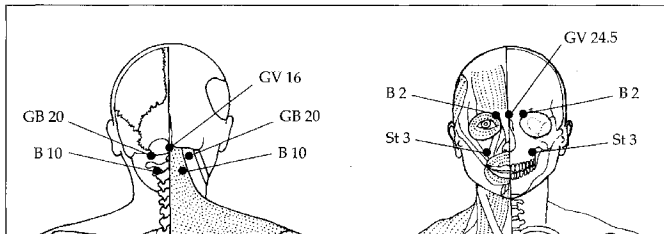
## Potent Points for Relieving Headaches and Migraines

**Gates of Consciousness (GB 20)**  
**Location:** Below the base of the skull, in the hollow between the two vertical neck muscles.  
**Benefits:** Relieves arthritis, headaches (including migraines), dizziness, stiff neck, neck pain, neuromotor coordination problems, eyestrain, and irritability.

**Wind Mansion (GV 16)**  
**Location:** In the center of the back of the head in a large hollow under the base of the skull.  
**Benefits:** Relieves pain in the eyes, ears, nose, and throat, as well as mental problems, headaches, vertigo, and stiff necks.

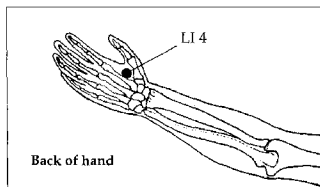
**Drilling Bamboo (B 2)**  
**Location:** In the indentations on either side of where the bridge of the nose meets the ridge of the eyebrows.  
**Benefits:** Relieves eye pain, headaches, hay fever, eye fatigue, and sinus pain.

**Third Eye Point (GV 24.5)**  
**Location:** Directly between the eyebrows, in the indentation where the bridge of the nose meets the forehead.  
**Benefits:** This point balances the pituitary gland, and relieves hay fever, headaches, indigestion, ulcer pain, and eyestrain.

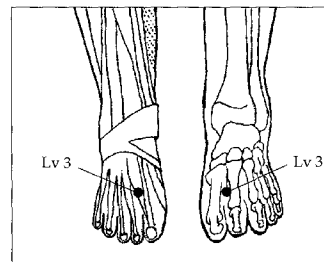
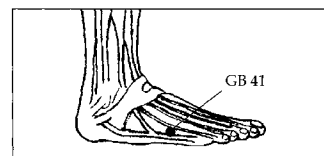


**Facial Beauty (St 3)**  
**Location:** At the bottom of the cheekbone, below the pupil.  
**Benefits:** Relieves eye fatigue and pressure, nasal and head congestion, eyestrain, and toothaches.

**Joining the Valley (Hoku) (LI 4)**  
**Caution:** This point is forbidden for pregnant women because its stimulation can cause premature contractions in the uterus.  
**Location:** In the webbing between the thumb and index finger, at the highest spot of the muscle that protrudes when the thumb and index finger are brought close together.  
**Benefits:** Relieves frontal headaches, toothaches, shoulder pain, and labor pain.



**Above Tears (GB 41)**  
**Location:** On the top of the foot, one inch above the webbing of the fourth and fifth toes in the groove between the bones.  
**Benefits:** Relieves hip pain, shoulder tension, arthritic pains that move all over the body, headaches, sideaches, water retention, and sciatica.



**Bigger Rushing (Lv 3)**  
**Location:** On the top of the foot, in the valley between the big toe and second toe.  
**Benefits:** Relieves foot cramps, headaches, eye fatigue, hangovers, allergies, and arthritis.

■ You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.

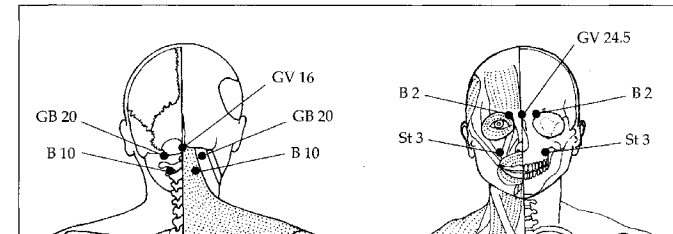
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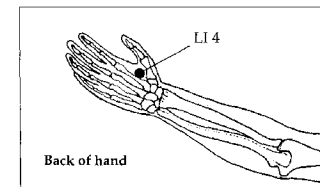
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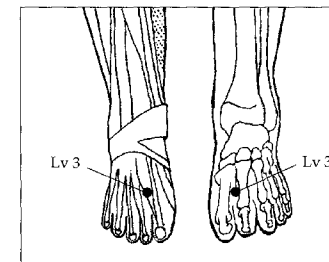
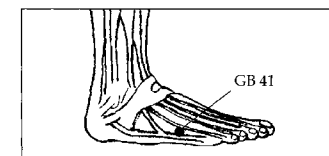


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## For your wellness

### Tips to prevent and relieve chronic headaches

#### For relaxation and stress management

Take 15 minutes a day to breathe deep relaxation breaths. Apply two extreme temperatures simultaneously to quiet your brain/mind (usually, cold on the side of the pain and heat at the same spot on the other side of the body).

#### Chase your pain and no stretching

Have a frozen water bottle, covered in an old sock, on hand at work and home to decrease tender spots.

#### Stay warm

Avoid cold, drafty air to neck and shoulders that could activate your trigger points.

#### Proper posture with symmetry and balance

Stand with both feet planted on the ground. Sit on your sit bones. Avoid leaning to one side of the body.

#### Activate your lats to deactivate tension in your upper trapezius muscles

Sitting in a chair, reach down and push yourself up without shrugging your shoulders. Hold for 15 seconds several times a day.



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