



**AcuLife
Acupuncture**

3 Minute Full Body Acupressure Guide for Instant Relief!

Helping you manage pain is our mission!
Acupuncture - Herbal Medicine - Cupping



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How to Acupressure yourself?

1. Use firm but gentle pressure with your thumb, finger, or knuckle on the acupressure point.
2. Maintain pressure for 1-3 minutes while breathing deeply
3. Repeat on both sides of the body if applicable.
4. Be consistent with application for best results.

Acupressure Points

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INSOMNIA

Anmian (Peaceful Sleep)

- Location: Just behind the ear, between the end of the jawbone and the mastoid process.
- How to Use: Gently press and massage the area with your index or middle finger in a circular motion for 2-3 minutes.



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DISTURBED SLEEP

Heart 7

- Location: On the inner wrist crease, in line with the little finger.
- How to Use: Apply gentle pressure and massage in small circles with your thumb for 2-3 minutes on each wrist. Calms the mind and induces relaxation for better sleep.



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CURB CRAVINGS

Governing Vessel 26

- Location: Located between the upper lip and the nose, in the midline groove.
- How to Use: Gently press the point with your fingertip or thumb for about 1-2 minutes. You can apply steady pressure or use a gentle circular motion. Be careful not to apply too much pressure, as the area is sensitive.



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STRESS

Liver 3

- Location: On the top of the foot, in the midpoint between the big toe and the second toe, about two finger widths back from where the toes meet the foot.
- How to Use: Press firmly and massage for a few minutes.



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ANXIETY

Yin Tang (The 3rd Eye)

- Location: Midway between the eyebrows.
- How to Use: Press gently and steadily with your index finger or thumb for 1-2 minutes. Breathing deeply while applying pressure can help reduce insomnia and calm the mind.



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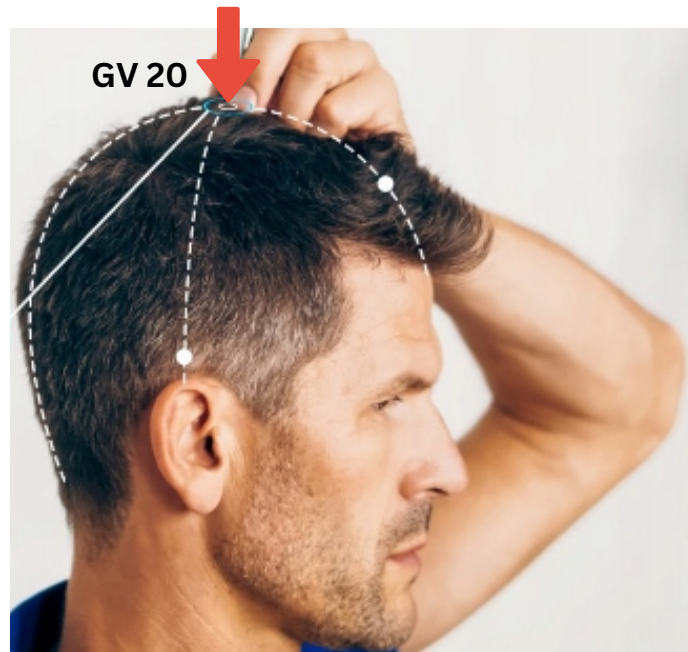


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BRAIN FOG

Governing Vessel 20

- Location: At the top of the head, where a line drawn from ear to ear would intersect with the line from the nose to the back of the head.
- How to Use: Gently press and massage the point to promote mental clarity.



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LOW ENERGY

Stomach 36

- Location: Four finger widths below the kneecap, on the outside edge of the shin bone.
- How to Use: Apply firm pressure with your thumb and massage in circular motions for 1-2 minutes.



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PERIOD PAIN

Fu Ke

- Location: The inside aspect of your thumb (ulnar side) in the metacarpal bone.
- How to Use: Apply gentle pressure and massage in circular motions.



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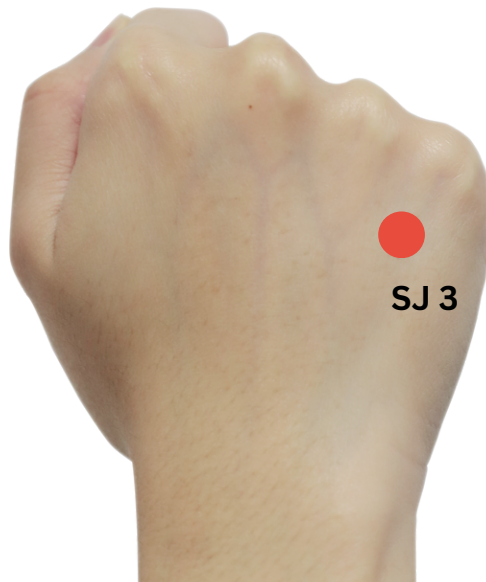


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BACK PAIN

San Jiao 3

- Location: On the back of the hand, in the depression between the fourth and fifth metacarpal bones, proximal to the head of the fifth metacarpal bone.
- How to Use: Use your thumb to apply firm pressure to SJ3 on both hands simultaneously. Massage the area with small circular motions or steady pressure for 1-2 minutes on each hand.



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HIP PAIN

Gallbladder 30

- Location: In the buttock area, at the junction of the lateral one-third and medial two-thirds of the distance between the greater trochanter of the femur and the sacral hiatus.
- How to Use: Apply firm pressure with your thumb and massage in circular motions for 1-2 minutes on each side. GB30 helps relieve hip pain and stiffness.



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NECK PAIN

Gallbladder 20

- Location: At the base of the skull, in the depression between the two vertical neck muscles.
- How to Use: Apply firm pressure and massage in a circular motion to relieve neck stiffness and pain.



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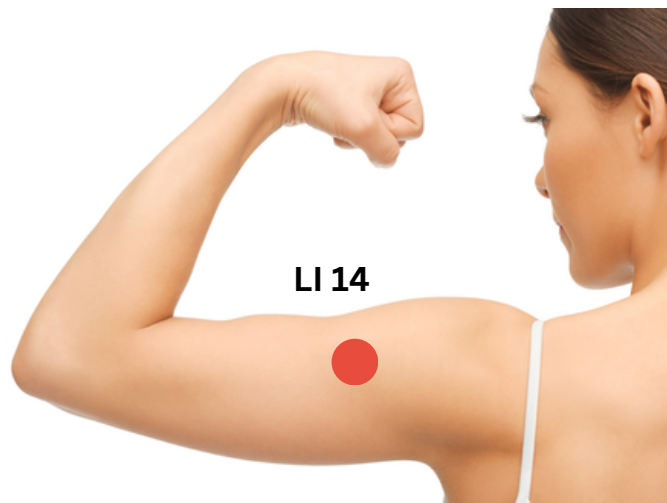


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SHOULDER PAIN

Large Intestine 14

- Location: On the upper arm, in the depression between the shoulder and the deltoid muscle, approximately midway between the shoulder joint and the elbow crease.
- How to Use: Massage the area with small circular motions or steady pressure for 1-2 minutes. You can also gently move your arm to increase the pressure on the point.



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KNEE PAIN

Gallbladder 34

- Location: On the outer side of the leg, just below the kneecap, in the depression between the shin bone and the calf muscle.
- How to Use: Apply firm pressure with your thumb and massage in circular motions for 1-2 minutes.



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ELBOW PAIN

Large Intestine 10

- Location: On the outer part of the forearm, about two finger widths below the elbow crease, on the radial side of the radius bone.
- How to Use: Apply firm pressure to LI10 using your thumb or index finger. Massage the area with small circular motions or steady pressure for 1-2 minutes. Repeat on the other arm.



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JAW PAIN

Stomach 6

- Location: In the depression anterior to the angle of the mandible.
- How to Use: Apply firm pressure with your fingertips and massage in circular motions for 1-2 minutes on each side of the jaw.



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CALF PAIN

Bladder 57

- Location: In the middle of the calf muscle, approximately in the centre of the muscle belly.
- How to Use: Sit or lie down comfortably. Use your fingers, knuckles, or a massage tool to apply firm pressure directly onto point. Apply pressure for about 1-2 minutes while breathing deeply and gradually increasing the pressure as tolerated. Repeat on opposite leg.



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HAMSTRING PAIN

Bladder 40

- Location: In the centre of the crease at the back of the knee.
- How to Use: Apply firm pressure with your thumb and massage in circular motions.



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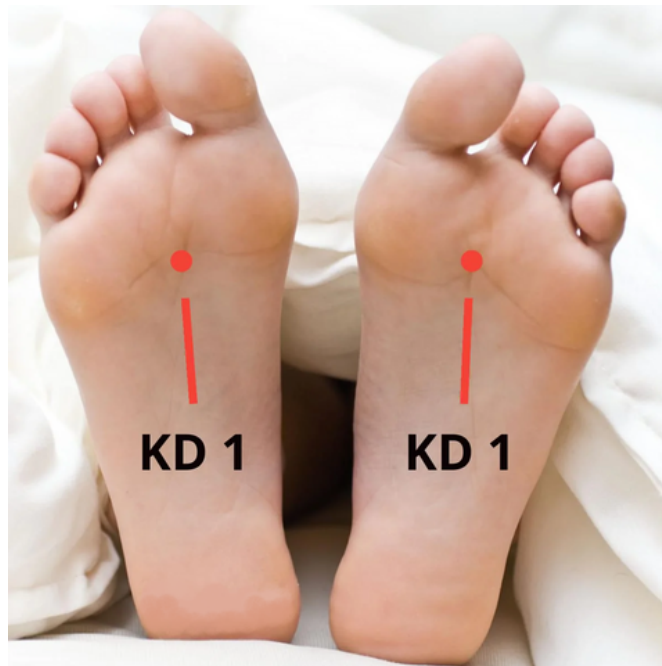


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HEEL PAIN

Kidney 1

- Location: At the center of the sole of the foot, in the depression just forward of the ball of the foot.
- How to Use: Apply firm pressure with your thumb or knuckle and massage in circular motions for 1-2 minutes on each foot.



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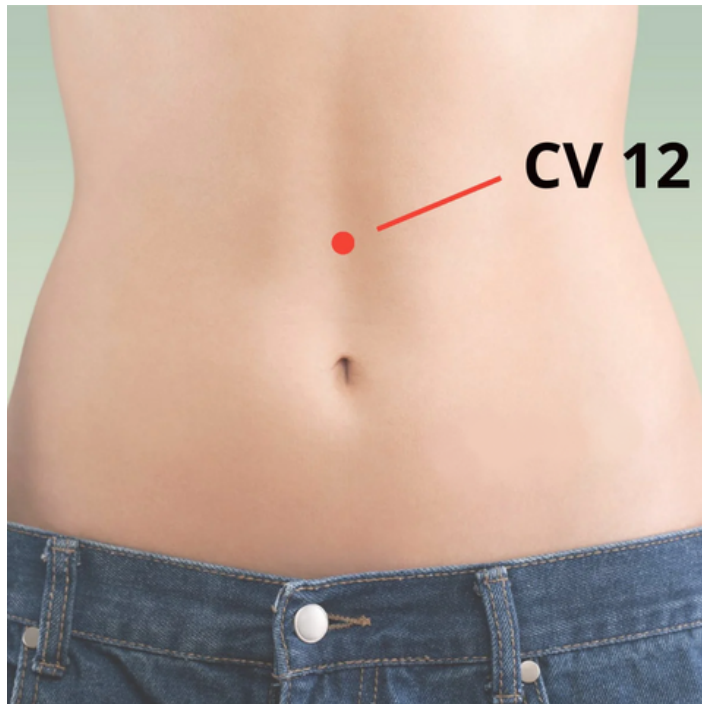


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BLOATING

Conception Vessel 12

- Location: Midway between the base of the breastbone and the belly button.
- How to Use: Apply gentle pressure with your finger and massage in a circular motion to aid digestion and alleviate gut issues.



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CONSTIPATION

Large Intestine 11

- Location: On the outer side of the elbow crease.
- How to Use: Apply firm pressure with your thumb and massage in circular motions.



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HEADACHES/MIGRAINES

Large Intestine 4

- Location: On the back of the hand, between the thumb and index finger.
- How to Use: Apply pressure and massage in small circles. Note: Not to be used during pregnancy.



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SINUS ISSUES

Large Intestine 20

- Location: On either side of the nostrils, where the nose meets the cheekbone.
- How to Use: Apply gentle pressure with your fingers and massage in small circles to relieve sinus congestion and pressure.



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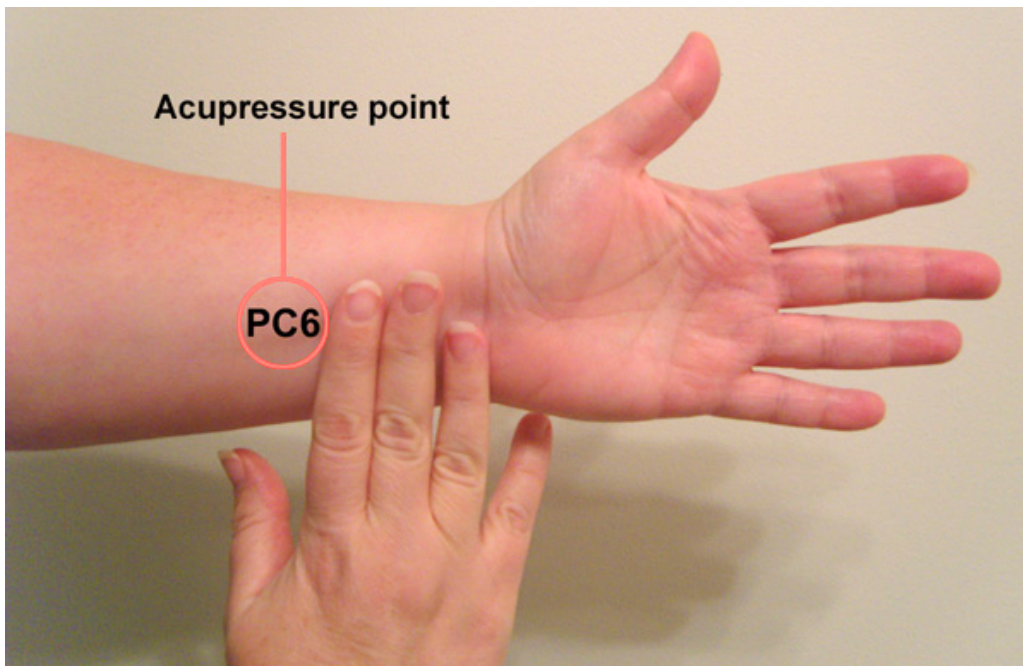


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NAUSEA

Pericardium 6

- Location: Three finger widths below the wrist on the inner forearm, between the two tendons.
- How to Use: Apply firm but gentle pressure with your thumb and massage the area in a circular motion. Helps relieve stress, anxiety, and nausea.



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