

'Morning' Sickness

The majority of women fit pretty neatly into one of the below diagnostically.

Please take the time to read them both and decide which is more appropriate for you .

It is my opinion that acupuncture is more effective than acupressure – especially without proper guidance from a trained professional, but that said it is better than nothing at all!

And if you are not feeling much lasting benefit just give me a call and book a few sessions! (typically 3 or 4 sessions within a 2 week block is enough to get rid!)

ST Qi Deficiency

- Signs & Symptoms:
 - Epigastric distention and/or bloating, nausea, vomiting possibly of clear fluid, fatigue
- Treatment Points:
 - ST 36
 - CV 12
 - CV 13
 - P6
 - yintang

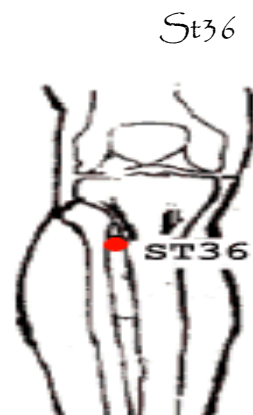
Phlegm/Damp Accumulation

- Signs & Symptoms:
 - Vomiting of sputum and/or sticky mucus, chest oppression, palpitation, poor appetite, lack of taste
- Treatment Points:
 - SP 9
 - ST 40
 - ST 36
 - CV 12
 - CV 17
 - yintang
 - P6

The link below gives you a clear map to all the points: I have attached a few of the core ones for ease!!

http://www.yinyanghouse.com/acupuncturepoints/locations_theory_and_clinical_applications

NEIGUAN P-6 This point is three of the women's finger widths above the transverse crease of the inner wrist. It lies directly between the two tendons felt here. (The tendons of palmaris longus and flexor carpi radialis).



Zu San li St36 is 4 of the woman's finger widths below the outer 'corner' of the knee cap, and is one finger breadth out from the bone – run your finger down from your knee and you will feel a lovely big dip – it'll be in there!!!

Yintang is another favorite point of mine – you will find it in the very middle of your eyebrows – often called the 3rd eye – it's a very calming point!

ACUPRESSURE TECHNIQUES

The above points can be used in isolation or in combination to help alleviate your symptoms, I would recommend applying pressure to each point for up to 5 minutes – I would recommend starting with P6 (you can also get wristbands for this point, often called a travel sickness band!)

The majority of the points are bilateral (in that you can find them on both sides) with the exception of those that are along the midline of your body. If possible/practical apply pressure to both of the same points at the same time, e.g. St36 below both knees at the same time, but to do one then the other is acceptable!

Please note this information is provided for general information only and is NOT a substitute for professional advice – if symptoms are not relieved or get worse, seek medical advice immediately!

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