

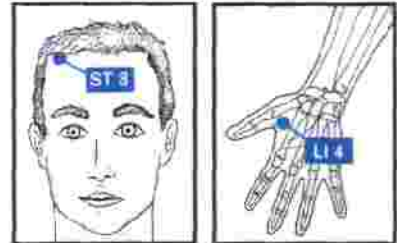
## Headache Patient Help Sheet

Here are some health 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.

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.

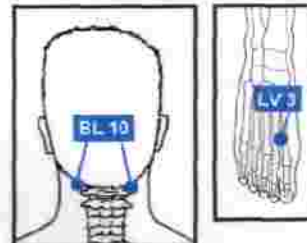
**Liver 3 - LOCATION:** On the top of the foot, in the depression between where the first and second metatarsal bones meet.

**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 - LOCATION:** On the back of the hand between the thumb and first finger. In the fleshy part of the hand.

**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 the body - head, neck, mouth, tooth, face, hand, finger, and wrist pain. Also used for throat constriction, dysentery, and regulates the Wei Qi (Chinese theory of immune system). **DO NOT USE DURING PREGNANCY.**



**Stomach 8 - LOCATION:** 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, headache and migraine, lacrimation, mental disorders, and visual disturbances.

**Bladder 10 - LOCATION:** Approximately 1.5 inches lateral to the middle of the neck, in a depression.

**FUNCTIONS:** Used for dizziness, eye disorders headache and migraine, stiff neck and pain.

### 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 Clary Sage Oil
  - 6 drops Chamomile Oil
  - 12 drops Peppermint Oil
- Cover and shake. Check the fragrance of the oil.
- Fill any remaining space in 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
- Peppermint
- Bay
- Melissa
- Jasmine
- Eucalyptus
- Rosemary

### Forward Bend



- 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.
- 4) Hold this position for a few breaths.