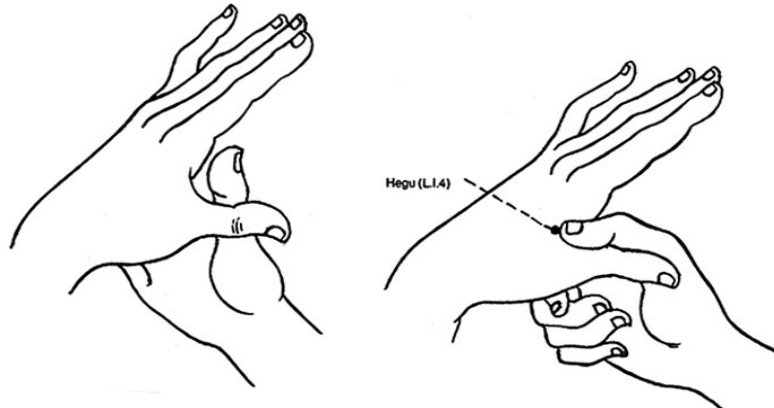


# Headache and Neck Pain

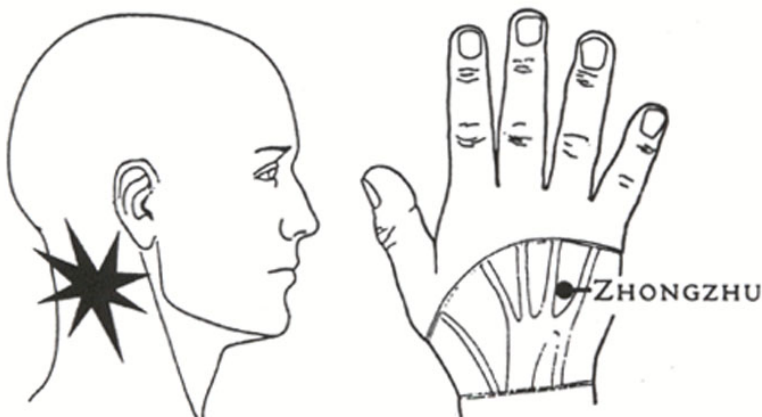
## Self Massage (Acupressure) Tips

### Large Intestine 4 (Li 4, Hegu)



This point is located in the middle of the web between your thumb and the index finger. It is also located at the highest spot of the muscle when the thumb and index fingers are brought close together. This point is good for stress, headaches, and neck pain. However, it can induce labor and must never be used during pregnancy.

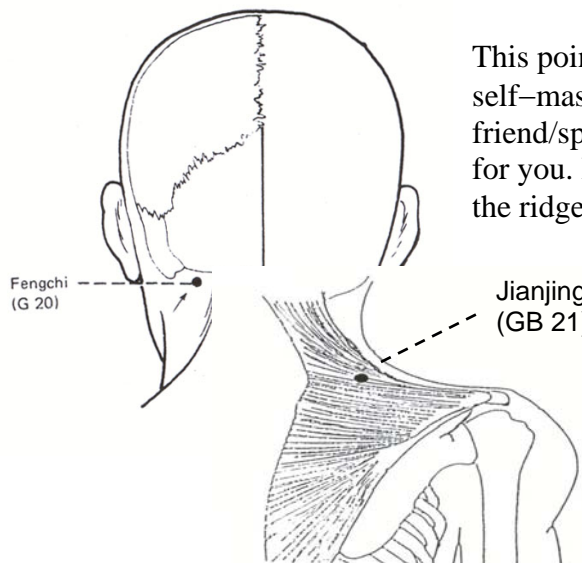
### Zhongzhu (SJ 3)



This point is found in the middle of the groove between you pinky and the ring finger. Massage the point while moving your head slowly from side to side to relax your neck muscles.

### Fengchi (GB 20)

This point is found at the base of the skull and can be massaged by criss-crossing your fingers and using thumbs to exert pressure on the points. This acupressure technique can provide relief of headaches and neck stiffness.



### Jianjing (GB 21)

This point is difficult to self-massage so have a friend/spouse massage it for you. It is located on the ridge of your shoulder.