Acupressure
For Headaches & Better Memory
## Balancing the Brain Chemistry & Recovery

Here are some great points to help relieve neck and head pain, headaches, concussions, head injuries, and to help recover from accidents or traumas:

Gently use the Acupressure Points GB 20
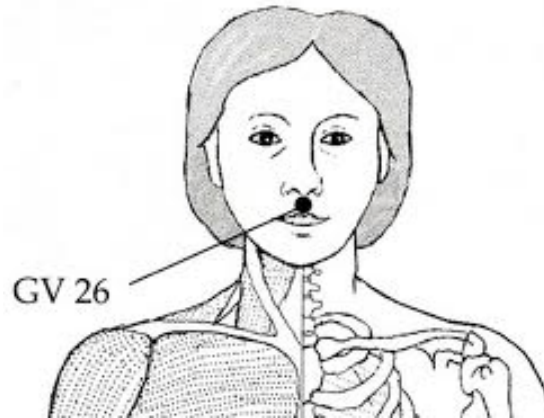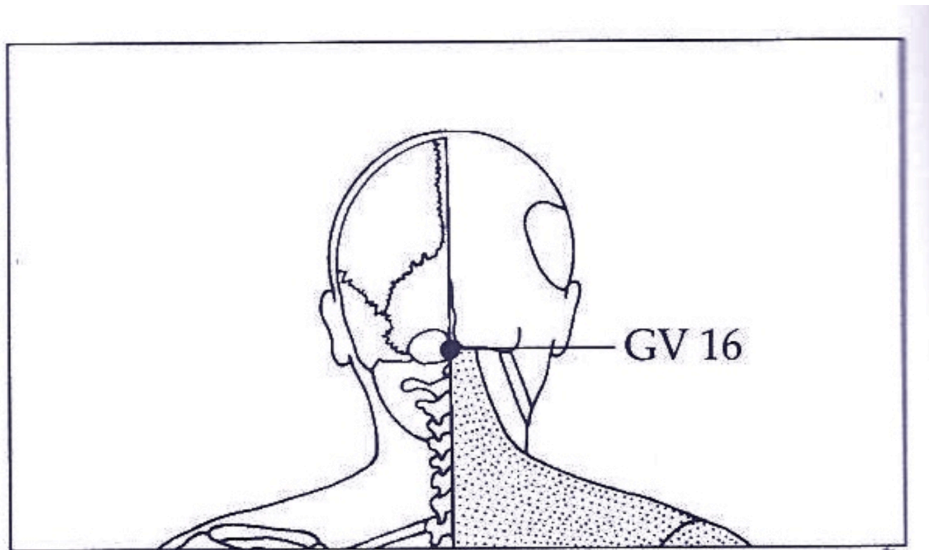(under the base of the skull)

Opening Gates of Consciousness

Thumbs Behind Neck, about 3 inches apart
This exercise opens up the "Gates of Consciosness" points.

GB 20 — — GB 20
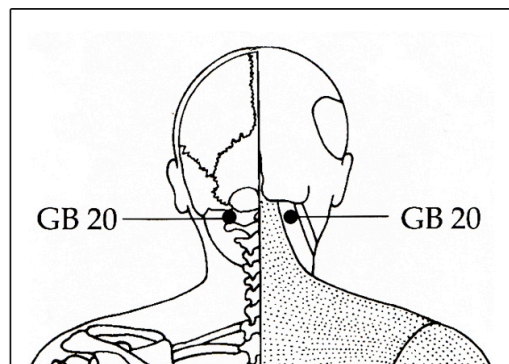
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Use gentle touch on the Central Points:
GV26 - above the upper lip

GV 26

Vital First Aid Acupressure Point

GV 16

GV16 (in the center of the skull. Relieves
neck pain, headaches, mental stress, and racing thoughts

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Follow these points with 5 minutes of Foot Reflexology. In the beginning, keep your sessions short (15 minutes total max) especially for trauma and injuries. Increase the amount of time a few minutes more each week.

Also add the famous point LI4, in the webbing between your thumb & index finger to bring energy down, away from the head. This trigger point decreases inflammation.
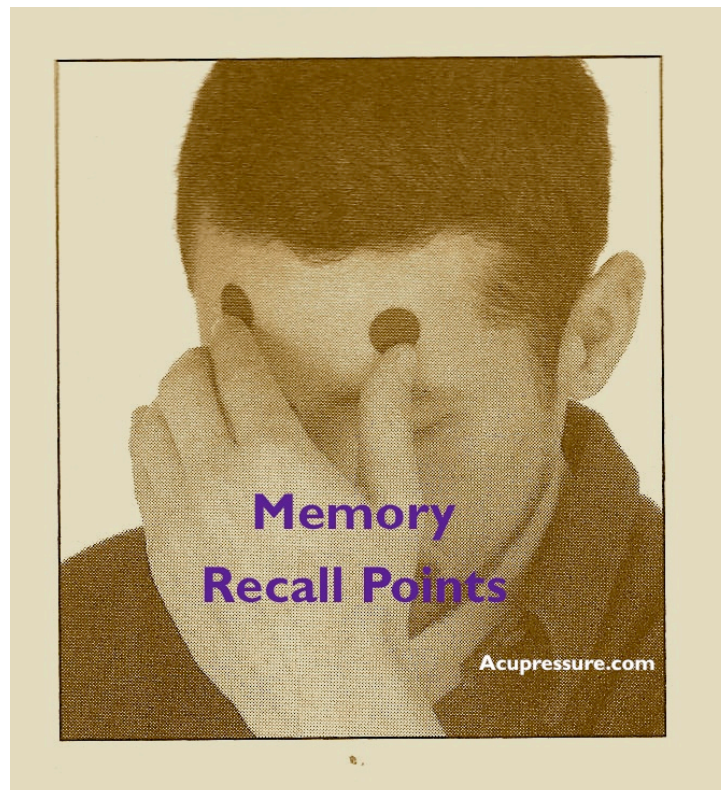
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Memory & Recall Acupressure Points

GB14 Clears your Mind & Counteracts Negative Thoughts

Learn how to find and use points to improve your memory and transform negative thoughts. GB14 on your forehead, can reprogram your mind, release mental stress and cultivate mental health.

Children & Teens can use GB14 to clear their mind during school tests.

Elderly Folks find holding the GB14 Acupressure point useful for memory, especially when having a "senior moment" of forgetfulness. Everyone can use it to deal with the stresses and pressures of daily life.

GB14 is located above the center of the eye, one finger's width above your eyebrows. Use a light, gentle touch on these points as you breathe slowly and deeply for a couple of minutes.

For more info on using Acupressure points for relieving headaches & other pains, see **_Acupressure Pain Relief_** by Michael Reed Gach, Ph.D.

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