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Stop Headache Pressure Point Program



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Introduction

The acupressure, self-massage, breathing and other techniques in this 20-30 minute program are easy to learn and simple to do. The program stops headache due to such factors as colds, over-fatigue, nervousness, hypertension, menstruation and menopause. Regular practice will help prevent further headaches too. *As soon as* you feel you're getting a headache start doing the program. For headache prevention do the program once a day – in the morning is probably best, especially if you usually get headaches throughout the day. You could also do the program at night before bed.

Points to note before you start

1. Each exercise and technique in the program is shown in a **separate video clip** to minimize download time for people without high-speed Internet. Links to the videos are included below in the notes for each exercise. To also minimize download time each clip has been kept as short as possible, but long enough for you to clearly see how to do the exercises and techniques, e.g. you'll see 3 full repetitions of a technique, not all 10 or 15. The written notes give you complete step by step instructions, including how many reps/sets you should do, and lists of benefits and tips for each exercise and technique.

2. Important: This program is NOT intended to replace professional medical advice, diagnoses or treatment. You should **consult a health professional** before starting or changing any exercise or dietary program, particularly if you're in poor health and/or haven't exercised for some time.

3. If you have any **questions or concerns** please submit them via the contact form on the website: <http://www.chinese-holistic-health-exercises.com/contact.html>

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Follow the order shown below. Watch each video clip first (via the provided link) to see how it's done, then refer to the notes for full instructions. The videos are Windows Media Files (.wmv) and may be saved on your PC or to a disc for easy repeat viewing.

Exercise 1: Bellows Breath

<http://mattinchina.win.aplus.net/Bellows-breath-sitting.wmv>

Time: 2-3 minutes

Benefits: Expels stale air and impurities from your lungs; floods your system with fresh oxygen; energizes and calms you; balances you emotionally; firms and tones your abs; an essential exercise for city dwellers, smokers, to relieve certain kinds of headache, to relieve and prevent colds and flu and to wake you up in the morning, or anytime you feel tired or dull-headed.

How: The emphasis is on fast, forceful exhalations through your mouth and slow, smooth inhalations through your nose. Sit on the front edge of a stool or chair, with your back straight and hands on knees. Empty your lungs completely by exhaling through your mouth with a loud whooshing sound. As you exhale lean forward till your head is above your knees. As you inhale through your nose return to the upright position. Fill your lungs to no more than half full though. That's one repetition.

Immediately begin another rep by exhaling through your mouth and leaning forward. Do 10-20 continuous reps, then sit up straight and take several slow, deep, in/out breaths through your nose to balance your breathing. That's one round. Do 2 or 3 rounds per session and finish off with several more slow, deep, in/out breaths through your nose to once again balance your breathing.

Tips: If you feel dizzy or breathless while doing the Bellows (likely if you're in poor health or are unfit), stop, take some slow, deep, complete breaths and try again or later; you may initially find that you can only do a handful of reps without coughing or feeling dizzy - persist with this superb exercise though and you'll be very thankful; the Bellows can be done as a single exercise on its own anytime of day or night.

The Bellows can also be done **standing**. The steps are the same except you stand with your feet parallel, about shoulder width apart, and hands on hips. As you exhale forcefully through your mouth, sink your weight into your legs, curl your upper body and pelvis slightly forward and pull in/tighten your abs. Relax as you straighten up and inhale.

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Exercise 2: Head Pressure Point (Gv20)

<http://mattinchina.win.aplus.net/head-pressure-point-gv20.wmv>

Time: 1-2 minutes

Benefits: Relieves and prevents headaches, particularly at the top of your head.

How: Standing or sitting. Use the tips of your fingers to press the crown of your head; press until you feel a comfortable pressure, hold for 1-2 seconds, then release and repeat for 1-2 minutes. You can also press out to the sides and to the front and back a little as there are other points in this region that can help relieve and prevent headache occurring at the top of your head.

Tips: Close your eyes and focus on the area as you press it.

Exercise 3: Head Pressure Point (Gb20)

<http://mattinchina.win.aplus.net/head-pressure-point-gb20.wmv>

Time: 1-2 minutes

Benefits: Relieves and prevents headache, particularly in the temple region and on the sides of your head. Also relieves sore eyes and a blocked, stuffy head from colds and flu.

How: Standing or sitting. Put your hands on your head and use your thumbs to locate the depressions at the base of your skull, about 6cm (2 inches) out from the middle of your neck. The points are just to the outside of the large muscles running down the side your neck. Press your thumbs in and slightly upward in the direction of your eyes. Press till you feel no more than a comfortable pain, then hold the pressure while you knead the points in very small circular movements for 1-2 minutes.

Tips: Close your eyes and focus on the points as you press them; if the points are very tender ease off the pressure a bit.

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Exercise 4: Temple Rub

<http://mattinchina.win.aplus.net/temple-rub.wmv>

Time: 1-2 minutes

Benefits: Relieves headache in the temple area; calms your mind.

How: Briskly rub your hands together to warm them and charge them with energy. Close your eyes and use the tips of your index and middle fingers to gently press and rub your temples, i.e. the area about 3-4cm (1 inch) back from the outside corner of your eyes. Focus on the points as you rub them.

Tips: Focus on the points as you press and rub them; add a drop of liniment, e.g. Tiger Balm, to each temple before rubbing to help relieve headache in this area - be careful not to get it in your eyes.

Exercise 5: Forehead Rub

<http://mattinchina.win.aplus.net/Forehead-rub.wmv>

Time: 1-2 minutes

Benefits: Relaxes your face; calms your mind, relieves and prevents headaches in the forehead region.

How: Rub your hands together briskly to charge them with energy and warm them up. Close your eyes and use the tips of your fingers to rub across your forehead from the middle to the sides and from top to bottom. Focus on the area you're rubbing.

Tips: Do it anytime you have a frontal (forehead) headache, or feel stressed; instead of rubbing just to the sides of your forehead, continue down over your temples, past your ears, and along your jaw line to your chin.

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Exercise 6: Neck & Shoulder Pinch

<http://mattinchina.win.aplus.net/stiffneck-shoulder-massage.wmv>

Time: 2-3 minutes

Benefits: Relieves and prevents headaches caused by neck and shoulder tension; also an effective remedy for stiff neck. Stimulates the Gb20 pressure point on the tops of the shoulders, which helps to relieve pain and stiffness in the area.

How: Rub your hands together briskly to charge them with energy and warm them up. Use your left hand to grasp and pinch the flesh along the left side of your neck, from top to bottom, 3-5 times, or more. Repeat on the right side with your right hand. Then use your right hand to grasp and pinch your left shoulder and upper back a dozen or more times. Reach as far down your back as you can. Grasp as much flesh as you can in all areas and pinch as hard as is comfortable. Repeat on your right shoulder and upper back with your left hand.

Tips: With or without your shirt on is okay - directly grasping/pinching your flesh is a stronger technique though; if you're particularly tense or irritable or have a sore neck and shoulders then do the technique for longer, say 5 minutes, **or** have someone do it for you.

Exercise 7: Hand Pressure Point (Co4)

<http://mattinchina.win.aplus.net/hand-pressure-point-co-4.wmv>

Time: 2-3 minutes

Benefits: A major point in Chinese acupuncture and acupressure therapy; moves your qi (vital energy) and blood – according to Chinese medical theory pain is basically regarded as a blockage of qi and or blood flow; this point relieves head and face pain, e.g. headache, toothache, sinus pain.

How: The point is located on *both* hands, about 3-4cm (1.5 inches) in from the edge of the webbing between your thumbs and index fingers. Put your left thumb on the right hand point and your left index finger on the *other* (palm) side of the webbing to create a pinching technique. Squeeze and massage the point in very small circular movements for 1-2 minutes. Repeat on the other hand.

Tips: Press and knead these points anytime you have pain in your head or face; close your eyes and focus on the points as you press them.

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Exercise 8: Foot Pressure Point (Li3)

<http://mattinchina.win.aplus.net/foot-acupressure-point-liv3.wmv>

Time: 2-3 minutes

Benefits: A major point in Chinese acupuncture and acupressure therapy for relieving and preventing liver related problems – one of which, according to Chinese medical theory, is headaches occurring in the temples and sides of your head; this point also calms you when you feel irritable or angry, and it can help relieve a hangover.

How: The point is on *both* feet between your first and second toes, two finger widths (the width of *your* index and middle finger together) up from the edge of the webbing. Place one index finger between the toes and use your other index and middle finger to measure the distance. Use your thumb or an index finger to press the point. Press till you feel no more than a comfortable pain, then hold the pressure while you knead the point in very small circular movements for 1-2 minutes. Gently release and repeat on the other foot. Or, as is shown in the video, you can locate then press both points at once.

Tips: Close your eyes and focus on the points as you press them; if the points are very tender ease off the pressure a bit.

Exercise 9: Back Twist

<http://mattinchina.win.aplus.net/Back-twist-back-exercise.wmv>

Time: 2-3 minutes

Benefits: Aligns your vertebrae, loosens your spine, hips and shoulders and massages and invigorates your abdominal organs as you twist from side to side; enhances blood circulation; improves sluggish digestion. The Back Twist relieves and prevents certain headaches that may be caused or aggravated by back, neck, shoulder or hip problems.

How: Stand with your feet parallel and about waist width apart. Slowly start twisting your torso from side to side. Keep your arms loose and let them swing with the force generated by the twisting. Stay evenly balanced on both feet - try not to sway forwards, backwards or to one side. Do 20-30 (or more) twists to each side. Don't stop suddenly - let your arms swing until they naturally come to a stop by your sides.

Tips: Do it on such a surface that your feet don't slide about; an excellent single exercise anytime your back or neck feels stiff, or as a warm up and loosening exercise.

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Exercise 10: Eagle Breath

<http://mattinchina.win.aplus.net/relaxation-breathing-exercise-eagle.wmv>

Time: 5-15 minutes

Benefits: Relieves and prevents certain headaches by circulating your qi (vital energy) and blood, deepening and regulating your breathing and calming and relaxing you.

How

Breathing instructions: All breathing is through your nose, slowly, smoothly and silently. On inhalation, gently push your abdomen out to ensure a complete and proper breath. On exhalation, let your abdomen move back in. Remember, your breathing should be slow, smooth and silent - don't force it. With practice you'll breathe this way without conscious effort.

1. Stand with your back straight and your feet parallel and about waist width apart. Slightly bend your legs and sink your weight into them. Drop your chin a little so that the back of your neck stretches slightly. Partially close your eyes and focus on a point on the ground about 2 metres (6 feet) in front of you. Cup your hands in front of your abdomen.
2. Inhale (see above breathing instructions) as you raise your body up a little and lift your arms to the sides. Flap your hands just like bird wings as you begin exhaling while sinking your body back down and bringing your hands down to meet in front of you. Immediately inhale and raise your body again as you this time lift your hands up in front of your body till they're above your head. Pause very briefly as the top, then exhale as your bring your arms back down past the sides of your body and once again cup your hands in front of your abdomen. That's one cycle. Repeat for at least 5 minutes initially and build up to 10-15 minutes - the longer the better.

Summary: Inhale slowly, smoothly and silently as you raise and expand your body; exhale slowly, smoothly and silently as you lower and contract your body.

Tips: If you lose your breath at any stage, briefly stop, take some slow, deep breaths and continue; imagining you're doing the exercise under water gives you an idea of the slow, smooth, fluid movements required; be patient - with daily practice you will see (and feel) why this is an essential exercise; try to focus internally on what you're doing and not on external distractions - ear plugs and/or soft background music may help; don't be concerned with the time - just do it until you feel it's time to stop.

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Exercise 11: Abdominal Rub

<http://mattinchina.win.aplus.net/ab-rub.wmv>

Time: 1-2 minutes

Benefits: Your abdomen houses an important energy centre - the Ab Rub stimulates this energy centre; do it anytime you feel tired, uncentred; stressed or nervous; it also stimulates your bowels and enhances digestion.

How: Remove or raise your shirt and pull your pants down a little to expose the whole abdominal area. Briskly rub your hands together to charge them with energy and warm them up - never rub with cold hands! Immediately place your hands palms down, one on top of the other, just below your navel. Press inwards a little as you rub in small then larger circles around your abdomen in the direction of your colon, i.e. clockwise as you look down. Rub for at least 1-2 minutes, then cover your abdomen as soon as you've finished.

Tips: Close your eyes and focus on the heat (energy) penetrating deep into your abdomen; you can also do the Ab Rub after meals to improve digestion.

Enhancing the program

To enhance the exercises and techniques in the program you should:

- Maintain a balanced, regular lifestyle – your body likes and responds to regularity, so try to establish *and stick to* regular working, sleeping and eating times in particular.
- Avoid over-fatigue.
- Avoid excessive mental irritation, e.g. heated arguments, over-thinking, brooding over things that are done and gone, or are out of your control.
- Do *regular* exercise that's appropriate for your particular needs.
- Seek professional medical advice if you *often* suffer from headaches – although this program will certainly help you, headaches are a symptom of various acute and chronic disorders and have many causes. Be smart and have frequent headaches checked!
- If you frequently get headaches you may also need to adjust your diet, especially if you eat too many refined, processed, junk foods, and drink too much alcohol, coffee or soft drinks, for instance. For a **free report** on the traditional Chinese way of healthy eating see:

<http://www.chinese-holistic-health-exercises.com/support-files/chinese-diet-report.pdf>

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Again, any questions about the program please submit a Contact form on the website:
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To your health,

Matthew Scott

Australian, former acupuncturist of 10 years
Graduate Australian College of Natural Medicine (1990)
Living in China, the origin of acupressure, since 2000

Also available on downloadable video by Matthew Scott, are programs for:

- Common cold
- Stiff neck
- Poor sleep
- Improving overall health and wellbeing

For more information about the above programs please submit a Contact form on the website: <http://www.chinese-holistic-health-exercises.com/contact.html>