

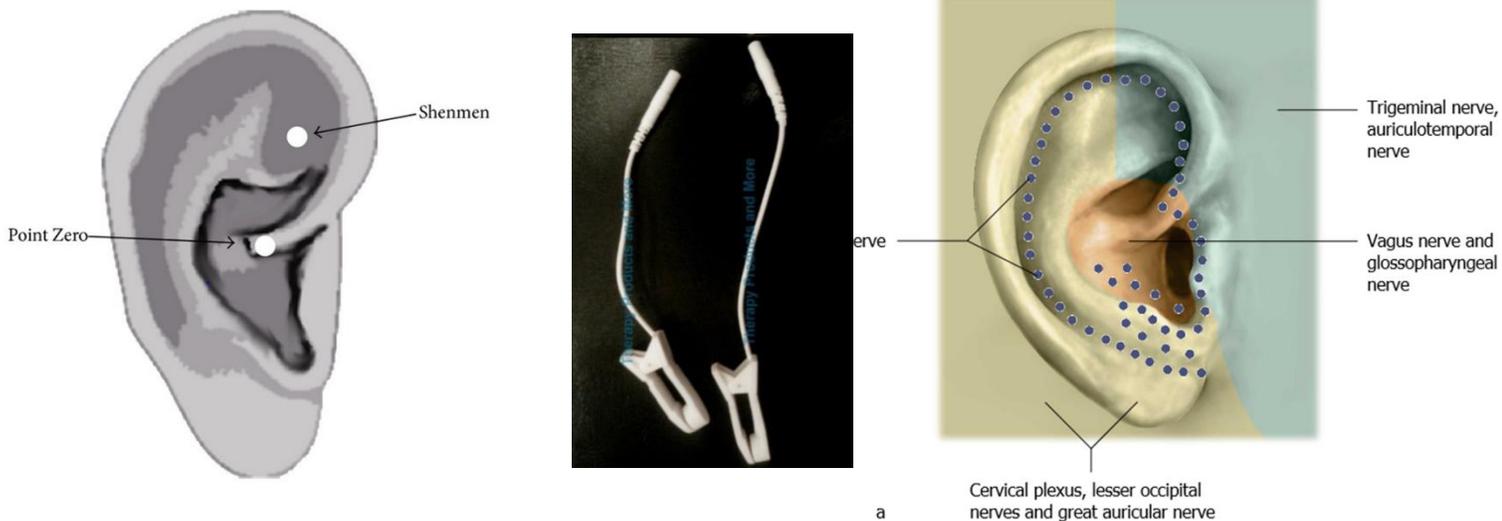


YOUR HEALTH IN MOTION

Parasympathetic Vagal Nerve Stimulator Tens Unit with Ear Clips or E-Stim Pen

Place the ear clips or E-Stim on the locations below.

Typical treatment is 10-15 minutes



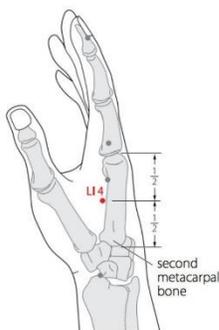
(If you are not precise, that is ok, just get as close as you can, the electricity will flow and stimulate the points anyways.)

- **Shen Men “Spirit Gate” point** calms an overactive mind. Follow the anti-helix upwards to where it splits into an upper and lower branch, this point will be found at the very center of that split. Trigeminal Nerve: Touch, pain temperature of the face/head.
- **Point Zero** : supports good digestion and organ function. This point is found at the base of the helix root. Vagus Nerve: Parasympathetic/Rest and Digest command center for the whole body especially internal organs.



YOUR HEALTH IN MOTION

TENS Pad to skin at LI4 bilaterally at the same time as the above ear points.



LI4

Pressure Point LI-4 (Hegu)

Pressure point LI-4 is also called Hegu (her-goo). It is found on the back of your hand. It is between the base of your thumb and index (pointer) finger (see Figure 1). Doing acupuncture on this point can help with pain and headaches.



Figure 1. Pressure point LI-4 on back of hand

Do not do acupuncture on this point if:

- You're pregnant. Pressing on this point can make you go into labor.
- The skin at or near the point is peeling or blistering.
- There is an open wound at or near the point.
- There is a rash at or near the point.
- There is redness, swelling, warmth, or pus at or near the point.

How to find pressure point LI-4

To find pressure point LI-4:

1. Position your hand so that your fingers are pointing up and the back of your hand is facing you.



your other thumb
see Figure
squeeze your thumb and index finger together. This
go in the muscle between these fingers. The pressure
point of the bulge (see Figure 3).

- Once you have found the pressure point, you can relax your hand and keep it in a comfortable position.

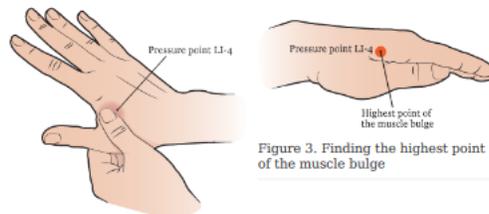


Figure 2. Finding the space between thumb and index finger

Figure 3. Finding the highest point of the muscle bulge

3. Press down on this point with your thumb. Move your thumb in a circle while applying pressure. You can move it in clockwise (to the right) or counterclockwise (to the left) circles. Do this for 2 to 3 minutes.

- Some people may find it hard to use their thumb. You can use a pencil eraser instead.
- Be firm when applying pressure, but do not press so hard that it hurts. You may feel some aching or tenderness, but it should not be painful. If you feel any pain, you're pressing down too hard.

4. Repeat steps 1 to 3 on your other hand.

You can do acupuncture on this point a few times a day until your symptoms improve.

Citations:

<https://www.mskcc.org/pdf/cancer-care/patient-education/acupuncture-pain-and-headaches>

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