

Special "All Hallow's Eve" Acupressure Treatment for Sudden Fright!

Fright makes the qi take flight and scatter. Adrenaline flows. Our brains get fuzzy. We might run or freeze, or fight. If we don't lose our breath, we definitely Scream or Squeak!

When you have been suddenly startled or frightened you can treat it with some self-acupressure.

Or, if your child (or your adult friend!) has been scared by too many Ghostly Halloween "Boos!" you can gently press on these points to help calm them and bring them back to center.

You only need to gently but firmly press on these points for 30 seconds to no more than 2 minutes, as you watch, feel, and listen for the tension releasing from face and body.

Hold points on one side of the body and then switch to the other side.

You often hold two points together to get maximum benefit. This also applies to self-acupressure (when possible).

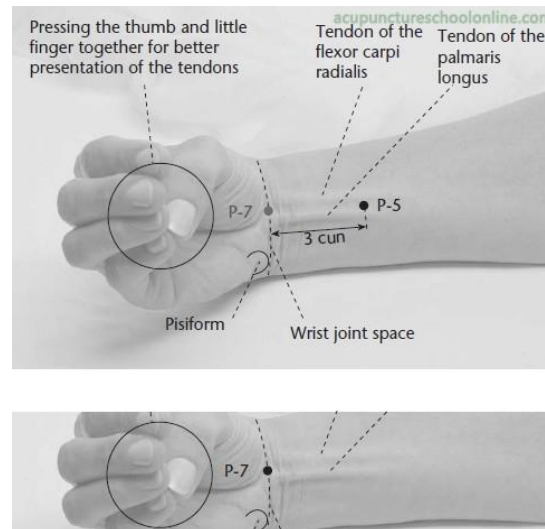
First try holding Stomach 45 – Strict Exchange. Press inward on the inside corner of your second toe.



Image 1 taken from: <http://www.yinyanghouse.com/acupuncturepoints/st45>. Image 2 taken from: <http://acupuncture-school-online.com/tag/st-45>

Still holding ST-45 with one hand, use your free hand to hold the next point P-5. Press into the point gently until you feel the tenderness-threshold.

Pericardium 5 – Intermediate Messenger:



P-5 Image taken from: <http://acupunctureschoolonline.com/p-5-intermediary-messenger-jianshi-acupuncture-points.html/p-5-intermediary-messenger-jianshi-acupuncture-points-1>

Let go of P-5 when you feel the tension release and fear settling down. Still holding ST-45 with one hand, use your free hand to hold the next point LI-2.

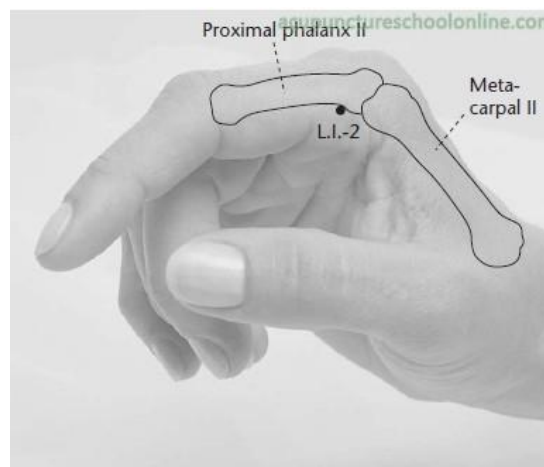


Image 1 taken from: <http://acupunctureschoolonline.com/l-i-2-second-space-erjian-acupuncture-points.html>

Of course this is not just a Halloween treatment – it can be similarly used anytime.

Have a fun and safe Halloween!

Yours in well-being,

The Canadian Acupressure College 