HEALTHY TIPS

8 Pressure Points to Get Rid of Annoying Ache all over the Body

By bestfolkmedicine · 19/10/2018 · 3 min read



According to Healthy Holistic Living, regular exercise is an excellent alternative method for treatment and relief due to the fact that it encourages the release of endorphins which further blocks pain and is connected with feelings of pleasure and happiness.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Furthermore, it is also crucial to follow a healthy diet and eat adequate foods that have pain-reducing capacity. Also, acupressure, the practice of applying pressure to specific parts of the body using the hands, is considered to be among the most beneficial alternative methods for reducing and alleviating pain naturally.

Let us learn more about acupressure below.

What Is Acupressure & How Does It Work?

As explained on Healthy Holistic Living, acupressure is an ancient healing method which originated around 5,000 years ago in China. It is based on specific pressure points and meridians in the body which are pressured adequately with the goal to lower pain, detoxify the body from toxins, and tone the back and facial muscles.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });
During the process of stimulation, you experience less muscular tension, better blood flow, and stronger life force energy of the body that speeds up the healing. Check out the following 8 blood pressure points that can be of great aid when it comes to reducing physical ache and mental imbalance.

8 Acupressure Points to Lower Pain

1. **Third eye point**

This pressure area is found on the forehead between the eyebrows and when gently pressured, it can help decrease headaches, sinus issues, and nasal congestion. It can be also of aid for people suffering from surplus stress, anxiety, and insomnia. Apply gentle pressure for 60 seconds.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
2. **The crooked pond point**

This point is located on the arm's crease and closer to the elbow when bent. When pressured regularly, this point can assist with constipation, diarrhea, fever, sore throat, and cramps. To begin, cradle the elbow and apply gentle pressure onto the point by using the thumb. Massage it in a clockwise movement for 60 seconds.

3. **The Kunlun mountains point**

This point can be found between the Achilles tendon and the ankle joint. Massaging this point will stimulate your bladder and minimize pain and it will also help you strengthen your lumbar spine. Massage the area for a minute.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

4. **The wild mansion point**

This area is located behind the neck, in the center of the hollow which is below the skull and it should be massaged when you have headaches or sore throat or to stop nose bleeding.

5. **The valley point**

This area can be found between the thumb and index finger and when you apply proper pressure onto it for a period of one minute, you will decrease neck and shoulder ache and toothache.

6. **The sea of tranquility**

This point is located four fingers up from where the breastbone's base in the center of the chest. When you massage the area, you may be able to lower chronic tiredness, depression, fear, and stress. Opt for a 60-second gentle massage of this area.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

7. **The big rushing point**

You can locate this point on the foot where the big and second toes meet. Apply pressure to alleviate headaches, but eye-related issues and tiredness too. Pressure the area for 120 seconds three times per day.

8. **The pericardium point**

This point is located 3 fingers below the wrist of the inner forearm, between the tendons. Massage this point if you need a relief from nausea, motion sickness, upset stomach, headaches, and carpal tunnel syndrome. Make sure the pressure is applied downwards between the tendons for 4 to 5 seconds.

Source:

HEALTHY HOLISTIC LIVING

Read online: https://bestfolkmedicine.com/2018/10/8-pressure-points-get-rid-annoying-ache-body/

Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.