

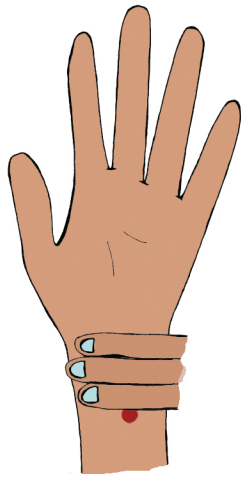
Acupressure for Bloating

Point Name: Spleen 8 (Earth Motivator)

Location: One-third down from the bottom of the knee cap to the **INSIDE** ankle bone—in the groove between the muscle and the tibia (leg) bone.

Tips: Look for a “divot” or tender spot. Press against the bone with one or both thumbs, using steady or pulsing pressure.

© Belly & Soul | Illustration by Kristen Winn (Khiasa.com)



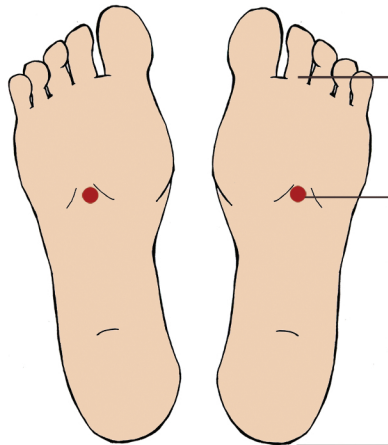
Acupressure for Nausea

Point Name: Pericardium 6 (Inner Frontier Gate)

Location: Three fingers down from the first wrist crease (where the hand meets the arm), between the two tendons in the middle of the wrist.

Tips: Press firmly between tendons, but not so hard that you feel intense pain or numbness.

© Belly & Soul | Illustration by Kristen Winn (Khiasa.com)



Acupressure for Stress and Anxiety

Point Name: Kidney 1 (Bubbling Spring)

Location: One third down from the top of the foot (not including toes)—in the mid-line of the sole.

Tips: Look for a tender spot behind the ball of the foot. May become more sensitive after pressing. Adjust pressure as needed.

© Belly & Soul | Illustration by Kristen Winn (Khiasa.com)