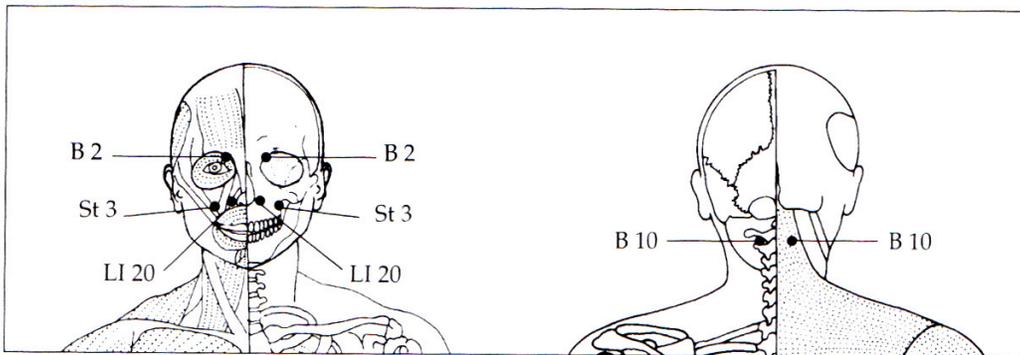


# Potent Points for Relieving Sinus and Hay Fever Problems

Structurally, the sinuses resemble pockets or valleys. The acupressure point that is traditionally recommend for relieving hay fever and sinus flare-ups is LI 4, in the webbing between the thumb and index finger. As a trigger point for relieving general sinus congestion and sinus pain, LI 4 helps open up and drain the sinuses. B 2, at the bridge of the nose is helpful for frontal headaches and sinus conditions. LI 20 called “Welcoming Perfume” and St 3 called the “Facial Beauty Point” are foremost acupressure points for dealing with the maxillary sinuses located in the cheek area.



As these acupressure points are held (for two or three minutes) the sinuses often clear. These points are sage and useful to teach to children.

## *Drilling Bamboo (B 2)*

**Location:** In the indentation of the inner eye socket where the bridge of the nose meets the ridge of the eyebrows.

**Benefits:** Relieves sinus pain, headaches, blurry vision, red and watery eyes, hay fever, and eyestrain.

## *Heavenly Pillar (B 10)*

**Location:** One-half inch below the base of the skull on the ropy muscles one-half inch outward from the spine.

**Benefits:** Relieves head congestion, hay fever, stress, burnout, stiff necks, swollen eyes, and sore throats.

## *Welcoming Perfume (LI 20)*

**Location:** Just to the side of the nostril.

**Benefits:** Relieves sinus pain, nasal congestion, facial paralysis, and facial swelling.

### *Facial Beauty (St 3)*

**Location:** At the bottom of the cheekbone, directly below the pupil.

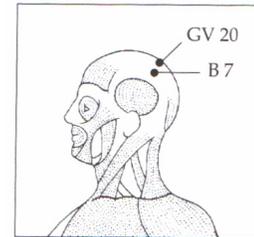
**Benefits:** Relieves stuffy nose, head congestion, burning eyes, toothaches, and eye fatigue.

*On the skull, GV 20 and B 7 points have also traditionally been used to help open congested nasal passages.*

### *Penetrate Heaven (B 7)*

**Location:** On the top of the skull, in a line upward from the back of the ears, one thumb width from the center.

**Benefits:** Relieves headaches, stuffy nose, sinus and head congestion, and a weak sense of smell.



### *One Hundred Meeting Point (GV 20)*

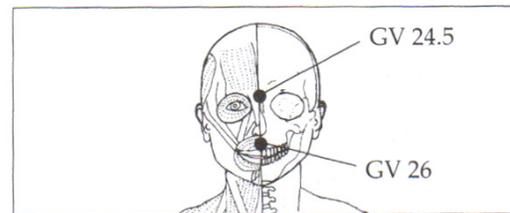
**Location:** On the crown of the head between the cranial bones. To find the point, follow the line up from the back of the ears to the top of the head.

**Benefits:** Relieves sinus congestion, poor concentration and memory, and headaches.

### *Third Eye Point (GV 24.5)*

**Location:** Directly between the eyebrows, in the indentation where the bridge of the nose meets the forehead.

**Benefits:** Relieves hay fever, sinus congestion, headaches, and eyestrain.



### *Middle of a Person (GV 26)*

**Location:** Two-thirds of the way up from the upper lip to the nose.

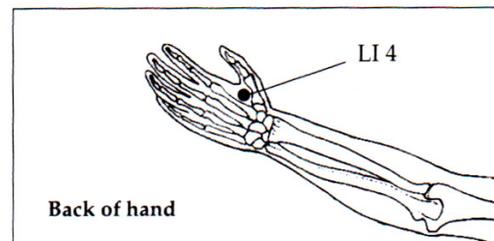
**Benefits:** Relieves hay fever, sneezing, fainting, and dizziness.

### *Joining the Valley (Hoku) (LI 4)*

**Caution:** This point is forbidden for pregnant women because its stimulation can cause premature contractions in the uterus.

**Location:** In the webbing between the thumb and index finger, at the highest spot of the muscle when you bring the thumb and index finger close together.

**Benefits:** Relieves headaches, sinus pain, and hay fever, as well as head congestion.



- ❑ *You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.*

See [www.Acupressure.com](http://www.Acupressure.com) for more Acupressure point materials.

**For Online Trainings** go to: <http://acupressure.com/online-trainings.htm>