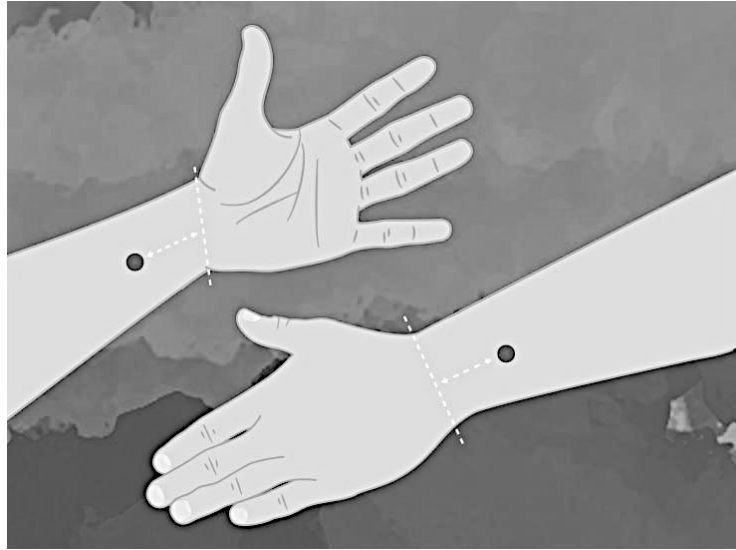


Acupressure Points to Treat Vertigo and Dizziness

P6 & TW 5

P6 or Pericardium 6 is an effective acupressure point that works as a cure for vertigo and also aids to relieve other associated symptoms like nausea, motion sickness and headaches. This point is located three finger-breaths below the wrist, on the inner forearm, between the two tendons.

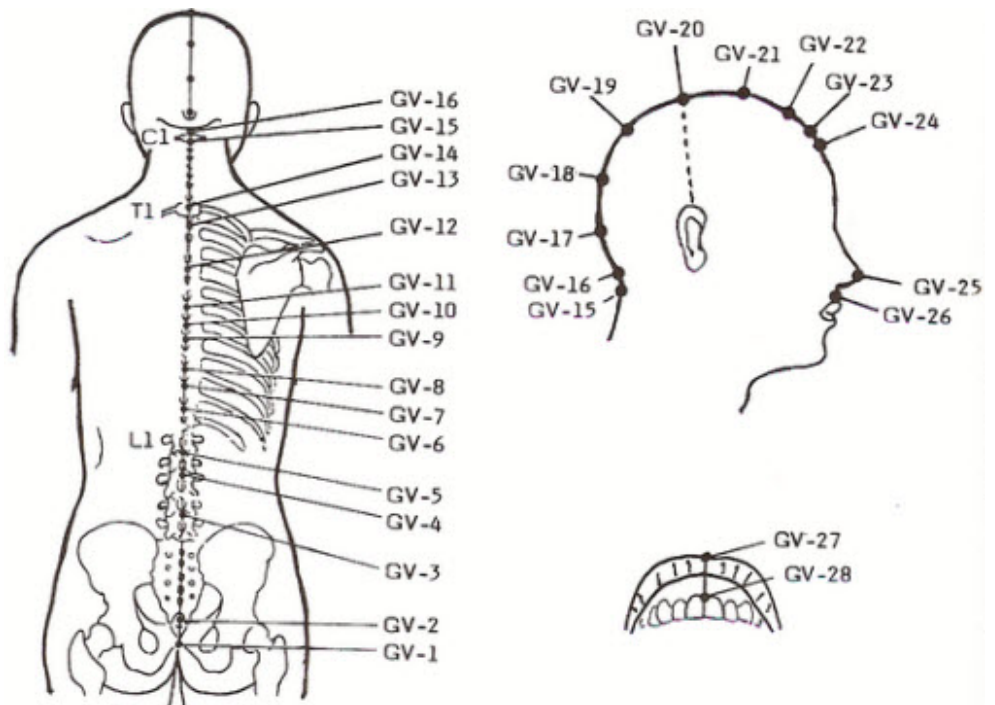
P6 & TW5 are termed the Inner and Outer Passes. P6 is an extremely popular point for vertigo, dizziness, apoplexy and hemiplegia. It is also used to treat asthma, cough, chest congestion, cardiac pain,, depression and irritability.



GV 20 & GV 24.5

(Third Eye Point)

GV 20 or Governing Vessel 20 is a powerful acupressure point for vertigo treatment that shows prompt results. This point is called the Hundred Convergences, and it is located at the center of the top of the head, at the mid-point of an imaginary line connection the highest point of your ears.



GV 26

GV 26 or Governing Vessel 26 is the most effective acupressure point for curing fainting and dizziness symptoms. This point is also called the Middle of a Person, and it is located two-thirds way up the upper lip to the nose. This is a first-aid revival point that is traditionally used to relieve dizziness, fainting, collapse, epilepsy, cramps, spinal pain and emotional agitation.

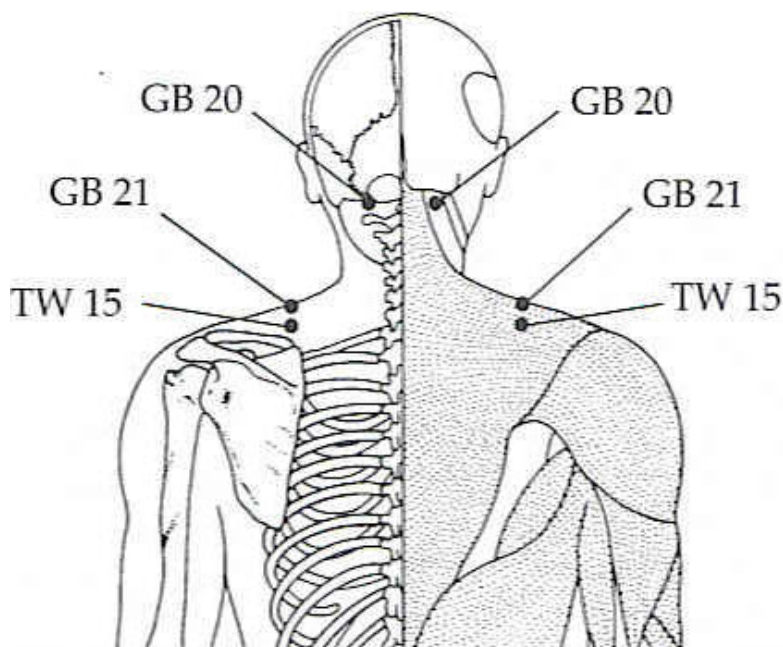
Acupressure Points to Treat Vertigo and Dizziness

GV 26, pressing firmly above your upper lip on to the gum for 2 minutes. Then press CV 17 on the center of your breastbone and breath slowly and deeply. Do this 2 or 3 times a day for prevention and relief of Vertigo and dizziness.

This pressure point has potent self-healing power, and it helps to cure dizziness, epilepsy, mental disorders and headache. It is also beneficial for addressing problems of earache, poor memory, blurred vision, nasal obstructions and low energy.

GB 20

GB 20 or Gall Bladder 20 is yet another potent acupressure point that is widely used in acupressure therapy for dizziness cure. This point is named the Wind Pool, and it is situated at the back of the neck, below the skull, in the groove where the neck muscles meet the skull. Activating this point is especially useful for the treatment of dizziness, vertigo, epilepsy and hemiplegia. It is also useful for addressing problems of headache, eye problems, high blood pressure, neck and shoulder pain and neurological disorders.



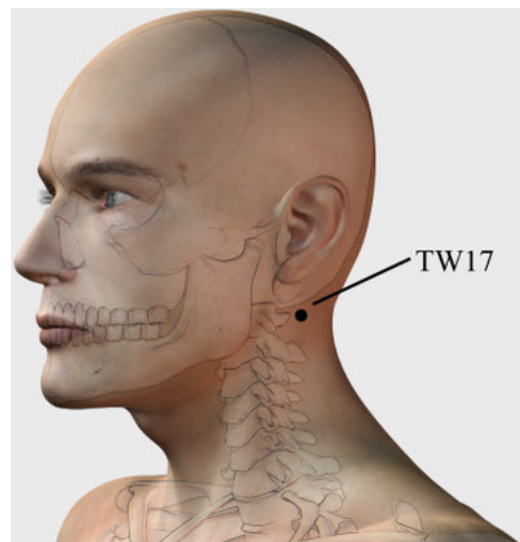
GB 21

Acupressure point GB 21 or Gall Bladder 21 is popularly used in acupressure and acupuncture treatment for relieving dizziness, vertigo, nausea and motion sickness. It is known as the Shoulder Well, and this point is located on both shoulders, directly above the nipple, at the mid-point of the line connecting GV 14 and the highest point of the shoulder. Applying controlled pressure at this point on both shoulders also aids to relieve neck pain and stiffness, shoulder pain, headaches, asthma, mastitis, breast abscess and ease labor. This point should not be stimulated during pregnancy unless you want to induce labor.

TW 17

TW 17 or Triple Warmer 17 is a functional acupressure point for dizziness treatment that shows quick results. This point is situated on both sides of the head, in the indentation directly behind the ear lobe. This point can be activated by applying steady pressure using the fingers for 1 minute.

It is a local point for ear ache and all types of ear problems like deafness, tinnitus, itching inside ear, discharge from ear and swelling of the ear. It also helps to treat vertigo, dizziness, and nausea.

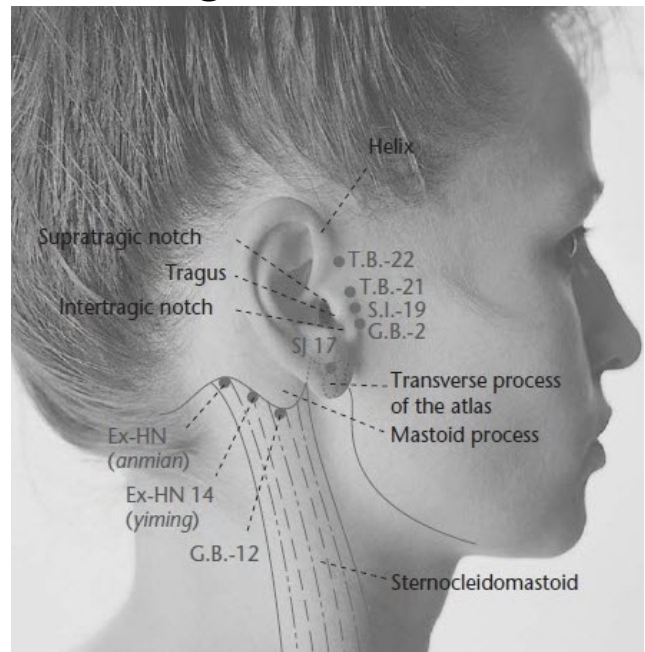


Acupressure Points to Treat Vertigo and Dizziness

SI 19

SI 19 or Small Intestine 19 is a useful acupressure point that addresses the vertigo symptoms like dizziness and nausea effectively. This point is also called the Auditory Palace, and it is located on the cheek, right in the hollow when the mouth is opened.

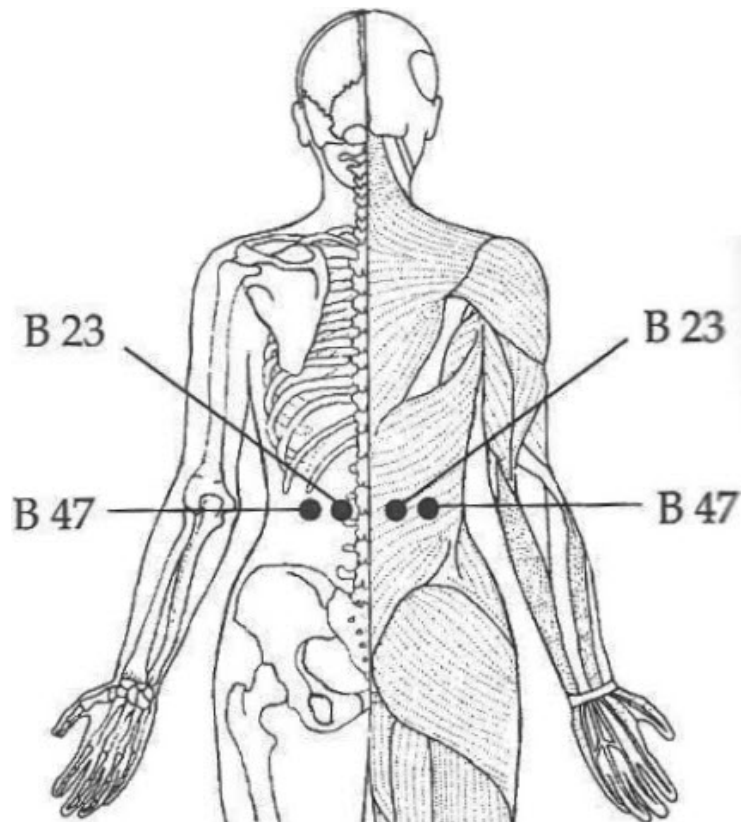
This point can be stimulated on both cheeks by applying firm and steady pressure on the points using the fingers for 1 minute. Activating this point helps to deafness, tinnitus, toothache, TMJ problems along with epilepsy and maniac behavior.



B 23 and B 47

The pair of points B 23 or Bladder 23 and B 47 or Bladder 47 are called the Sea of Vitality points and they are extremely useful acupressure points for dizziness and fainting treatment. These points are present on either side of the lower back, two and four finger widths away from the spine, at the level of the waist. Stimulating these points helps to cure fainting, dizziness, fatigue, extreme weakness and instability.

These points can be activated by rubbing the lower back rapidly with the knuckles for 1 minute. These are local points for relieving lower back pain that also helps to boost the immune system.

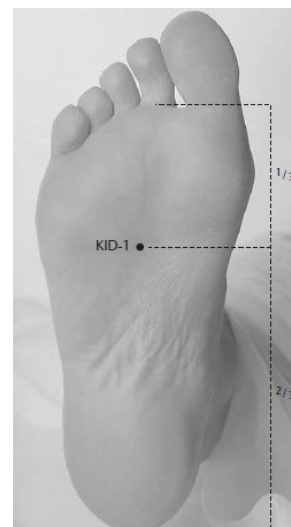


Acupressure Points to Treat Vertigo and Dizziness

KD1

KD 1 or Kidney 1 is an extremely popular first aid revival point for fainting, convulsions, loss of consciousness and shock that helps in restoring consciousness. This point is termed the Bubbling or Gushing Spring, and it is located at the bottom of the foot, in the depression below the balls of the feet.

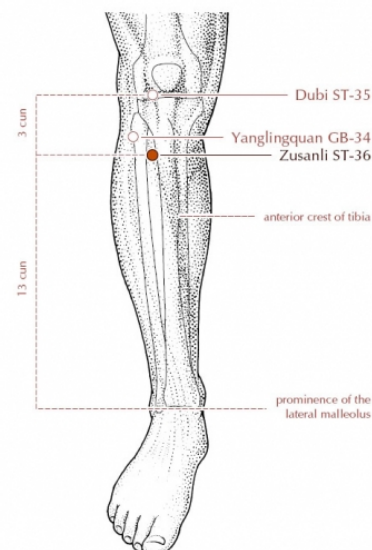
This point can be activated by rubbing the point with the fist for 30 seconds then rubbing the same point on the opposite foot. It is also a useful point to treat anxiety, mania, headaches, hypertension, tinnitus, sore throat, lower back pain, insomnia, palpitations, night sweats and hot flashes.



St 36

St 36 or Stomach 36 is yet another functional point of acupressure therapy that is used to cure fainting or dizziness caused by general weakness. This point is also termed the Three Mile Point, and it is found four finger widths below the kneecap, one finger width outside of the shinbone. Stimulating this point aids to strengthen the whole body, tone the muscles and ground an individual when one is feeling weak, tired, dizzy or faint.

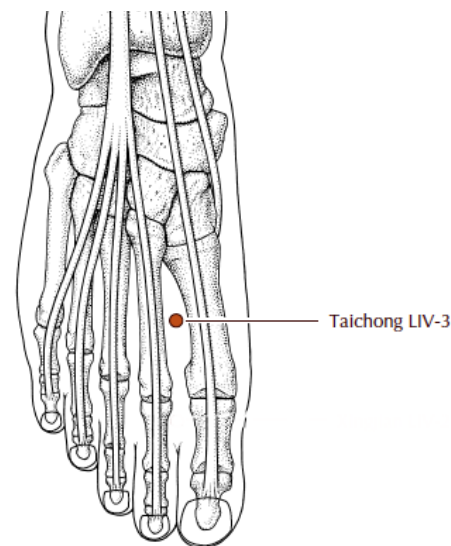
The St 36 point can be stimulated by placing the heel of the opposite leg on the point and rubbing it briskly for 1 minute. This point also boosts immunity, treats digestive disorders, lower leg pain, PMS symptoms, asthma, insomnia, and nervousness.



LV 3

LV 3 or Liver 3 is a popular acupressure point that is widely used for treating a plethora of diseases and health issues, and it is also beneficial for treatment of fainting and weakness. This point is known as the Bigger Rushing, and it is situated on the top of the foot, in the gorge between the big toe and the second toe. Activating this point relieves dizziness, fainting, exhaustion, headaches, minor nervous disorders and handovers.

This point can be stimulated by placing both the middle and index fingers on the spot on both the feet and briskly rubbing the point for 30 seconds. It also aids to treat menstrual problems, digestive problems and works as a calming point for anxiety, irritability, and anger.

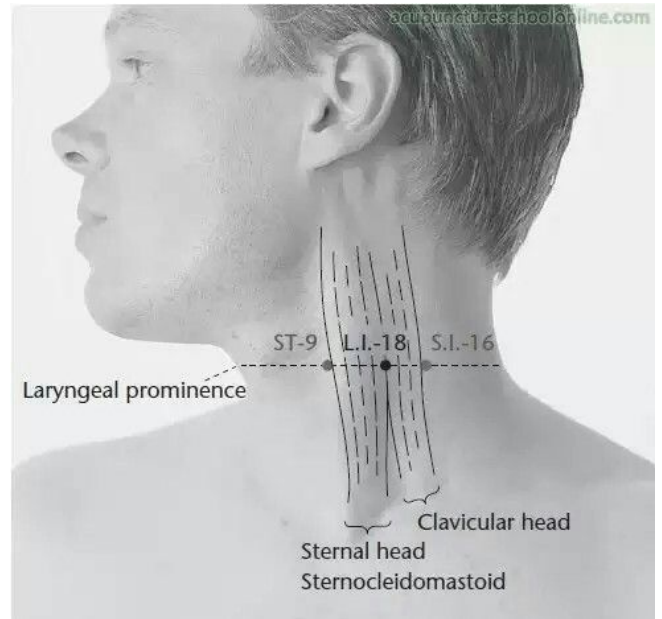


Acupressure Points to Treat Vertigo and Dizziness

ST 9

ST 9 or Stomach 9 is one of the vital acupressure points for dizziness and fainting treatment that is located on the neck, lateral to the Adam's apple, on the anterior border of the muscle sternocleidomastoideus.

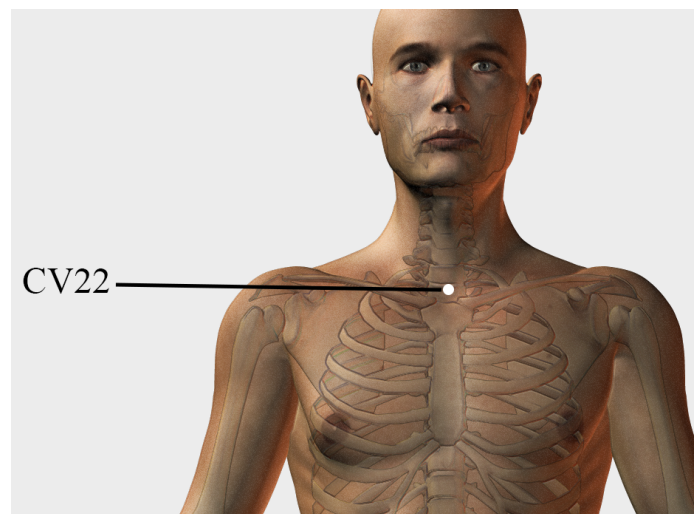
This point is termed Man's Welcome and stimulating this point helps to cure dizziness, fainting, headache, and nausea. It also helps to relieve hypertension, lower back pain, chest tightness, asthma and sore throat.



Expectant Point Massage

- Lift and pull the ear lobes several times with the thumbs and the index fingers, then rub the areas around the ears 20 to 30 times with the fingers.
- Push and massage the head and waist 20 to 30 times with the palms.
- Press the pain points on the inner side of the shanks 20 to 30 times.
- Press the TW 4, Mangyu (?), and K 3 points for one minute each.
- Knead the Taiyang (temples), GB 20, CV 22 and GV 14 points with the thumb or index finger. Repeat 20 times. Then hit the back opposite the lower chest with the fists and tap the chest with the palms.

Practice the above point-pressing and massage exercise once every morning and evening.



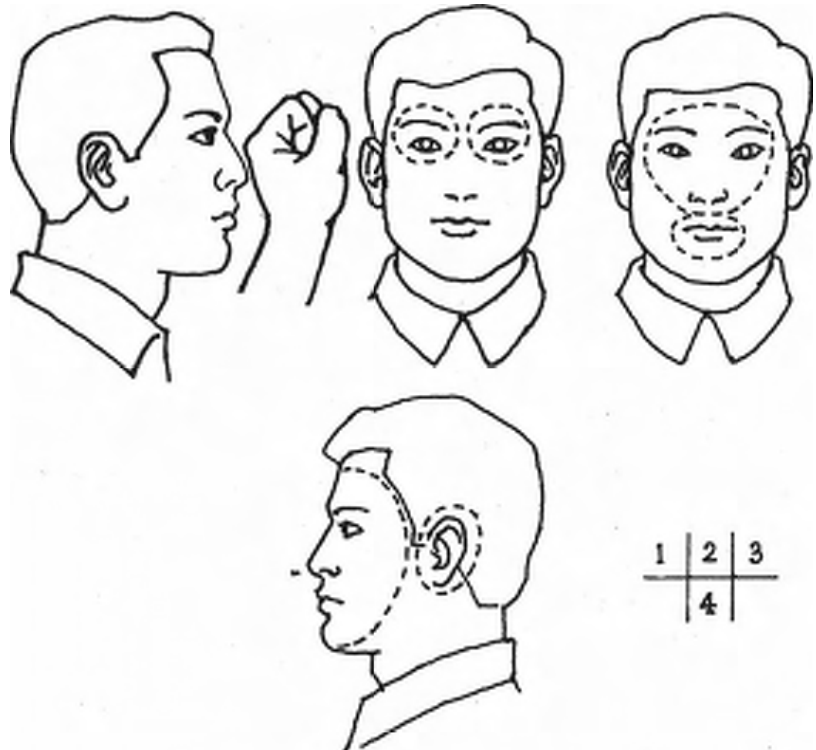
Acupressure Points to Treat Vertigo and Dizziness

Three 8-shape Qi Driving Cultivation Exercise

a. Take the sitting posture. Relax and calm yourself. Stretch the hands with the palms down and put them on the lap. Clench the left or the right hand into a fist with the palm forward. Put the joint of the index finger on GV 24.5 point and move the fist around the two eye rims from this point, as if writing the number 8 around the eye rims, first clockwise and then counter clockwise each for 50 to 100 times. Breathe once for every 8. Then use the other hand to do it. While doing this, clench the other hand into half fist and put it on the lap with its palm down. (See illustrations 1 & 2 below)

b. The posture is the same as in (a). Clench the hand into a fist with the palm forward. Put the joint of the index finger on GV 26 point. Move the fist around the mouth from this point and when the fist comes back to the point, make another circle along the outside line of one eye, across the forehead, then downward along the outside of the other eye until back to GV 24.5. Write this 8 clockwise and counter clockwise 50 to 100 times each. Breathe once for every 8. Change to the other hand, repeating this 1-2 times. (See illustration 3 below)

c. Clench a hand with the palm forward. Put the joint of the index finger on the supertemporal arteria before one ear, move the fist in a circle around the helix and back to the original position. Then move it down to the lower jaw; along the outline of this side of the face, up to the forehead and back to the beginning point. Breathe once for every 8. Write this 8 clockwise and counter clockwise 50 to 100 times each. Do it on the both sides of the face 1-2 times each. The suitable rate is 5-8 circles per minute. Practice 30 minutes each time, 2-3 times every day. (See illustration 4)



Acupressure Points to Treat Vertigo and Dizziness

Try this routine to alleviate the discomfort of tinnitus and other ear problems:

(from Acupressure & Reflexology for Dummies)

1. Belly breathe while centering and grounding.

2. Grasp both ears in your hands and gently but firmly rotate the ears.

Take a hold on the inside of the ear and gently pull the ear out. Walk your way all around the inside of the ear, gently pulling outward.

3. Pressure points to hear by include the points in Table 12-3:

- Alternately hold TW 7 on both arms, maintaining pressure for up to 3 minutes.
- Bilaterally hold TW 16, TW 17, TW 21, TW 22, SI 19, and GB 2.
- Use alternating pressure on each point as long as it needs to release.
- When you're finished, rub your hands briskly together and hold them over your ears for 1 to 3 minutes.
- Relax by sitting or lying quietly while the qi you have stimulated balances the area.