

Pressure Points for Headaches & Migraines

A Guide to Getting Fast and Lasting Pain Relief

Why Pressure Points?

1. Pressure points have been used all over the world for 100's and even 1000's of years.
2. Many kinds of doctors use them today including Medical Doctors, Physical Therapists, Osteopaths, Chiropractors, and Acupuncturists.
3. They work by releasing your body's natural painkillers and opioid-like substances including endorphins, enkephalins, and dynorphins.
4. They also help to improve circulation and release muscle tension.
5. They can easily be used at home and save you money and visits to the doctor's office.



Who Can Benefit?

1. All kinds of people can benefit from pressure points including younger and older people.
2. People who have suffered from headaches and migraines for a short amount of time, and even those who have suffered for many years can get out of pain.
3. Pressure points can help most people and help many other conditions besides headaches and migraines.
4. It is estimated that 80% - 93% percent of people can greatly benefit from them.*
5. Most anyone can benefit from pressure points if they get the correct point combinations and dosage.
6. The dosage for pressure points is measured in terms of intensity and frequency when stimulating the points.
7. Intensity refers to the strength of stimulation, and frequency refers to the number of times points are stimulated over time, such as in a day, week, or month.

* A small percentage of people, about 5% - 7% of people don't respond to pressure points

Where are the Best Pressure Points for Headaches and Migraines?

1. Pressure points for headaches and migraines are located all over the body.
2. Some of the most effective points are on the hands, feet, and ears.
3. Each of these regions in the hands, feet, and ears work in different ways.
4. Some people may get the best results with points on the hands, while others get better results with points on the feet or ears.
5. Typically, it is best to use at least two groups of points, such as in the ears and hands, the ears and feet, or the hands and feet.
6. Acupuncturists will usually use at least two of these regions, and even all three together.



How to Get Effective Results

Part 1 - Your Unique Pain Pattern

The first step in getting effective results is understanding your pattern of pain.

This means understanding 5 key things.

1. **The Location of the Pain** - Is the pain in the front of your head, the back, temples, behind the eyes, or on top of the head? Does the pain start in one area and then spread across your whole head?
2. **The Intensity** - How severe is the pain on a scale of 1 - 10?
3. **The Frequency** - How often do you have these headaches or migraines? One time a week, once a day, once a month, three times a week, etc.
4. **The Duration** - When you have a headache or migraine, how long does it last? A few hours, one day, two days, three days, a week, etc.
5. **What other health concerns do you have?** I always ask my patients what their top 3 health concerns are. This is extremely important to know because very often other health problems relate to the primary concern of headaches/migraines. For instance, if you have a second concern of neck pain due to an injury, the neck problem may actually be what is causing your migraine.

Once we better understand these things, then we can start to determine what points will work best.

How to Get Effective Results

Part 2 - Using & Combining Points



Once we understand your pattern of pain (location, intensity, duration, frequency, and top 3 health concerns) then we can start to work with the proper pressure points. There are 2 things to understand about finding the best points to work with.

1. It is important to understand that some pressure points are great for general pain, meaning that they work for most people, and for most patterns of headaches and migraines. These are go-to points because they work so well for everyone. Examples include the LI 4, LV 3, AT, and AX points.
2. Other pressure points work better for different patterns. For instance, points 22.06, TW 5, 66.08, and 66.09 are specific for pain in the temples. While points like 22.08 and 22.09 are better for headaches and migraines that are connected to pain in the neck and back of the head.

The above points and locations are all discussed in detail in my class.

How to Get Effective Results

Part 3 - Getting the Dosage Right

When we know what points to use and how to combine them, the next step is to make sure we get the right dosage of stimulation. Stimulating the points can occur by using our fingers, thumbs, pressure probes, or an electric acu-pen.

For many points, such as those on your feet, it is difficult and nearly impossible to just use your thumbs and fingers to get enough pressure and stimulation. Points on the feet respond best with electric pens, massage from other people, or acupuncture needles.

Points on the hands, such as LI 4 respond well with self-pressure, but better results are usually seen with an electric pen. Massage from another person or acupuncture can be very effective for stimulating hand points.

Pressure points on the ears require pressure probes or an electric pen.

Stimulating the points to get awesome results requires doing them with sufficient intensity and for a sufficient amount of time. You can't expect to gently touch a point for one second and get long lasting pain relief. However, if you stimulate a point for 5 - 20 minutes, 2 - 3 times a day, you could get great results for even severe and chronic migraines.

Getting the Dosage Right is Essential!

Learn More & Get a Free Email Consultation



I hope that you have learned something that you find valuable. You are well on your way to getting relief from your headaches and migraines, and me and my team are here to help you.

For a Free Email Consultation simply email me at james.spears@ihsociety.com and tell me about your pain pattern. I need to know where you mostly feel the pain, or where it begins before it becomes a full-blown migraine.

I also need to know about the intensity level (1 - 10), the frequency (how often you have them), and duration (how long they last when you get them).

Finally, I need to know about your other top two concerns.

On the next page, I give a sample of how to provide the information.

Learn More & Get a Free Email Consultation

Example

1. Location - I first feel the pain in my temples, and as they get worse they go into my eyes. If they get really bad I feel them in my whole head.
2. Intensity - 9 when they are severe, but every day I feel them at a level of 2 - 3
3. Frequency - I have mild headaches every day, and 2 or 3 times a month they get severe and go to a level of intensity at 9.
4. Duration - I feel mild headaches every day for most of the day. When they get severe and become a migraine at a level 9 they usually last 3 or 4 days.

Top Three Health Concerns

1. Headaches / Migraines
2. Anxiety
3. PMS pain

Email me at: james.spears@ihsociety.com

When emailing me please use the same format as above. Keep your answers for 1 - 4 brief by using only 1 - 2 sentences. Also, be sure to list two more health concerns besides headaches/migraines. This is essential to better understand your pain pattern and overall health condition.

Don't Wait Another Day, Relief from Your Suffering
Begins Today and is Only an Email Away.

Get Started Now!

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