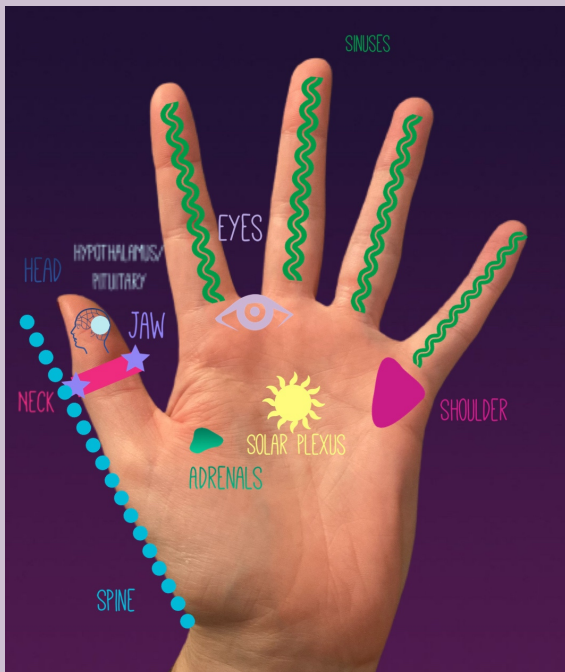


Headache & Migraine Support

PRACTICE THESE TECHNIQUES FOR 15-20 MINUTES DURING YOUR DAY TO SUPPORT HEADACHES AND MIGRAINES.



WORK ONE HAND AT A TIME, USING THE OTHER HAND TO WORK THE REFLEXES. REPEAT EACH MOVE 3 TIMES. THEN SWAP HANDS.

FIND YOURSELF A COMFORTABLE SPACE TO SIT AND RELAX. BEGIN BY MASSAGING YOUR FAVOURITE HAND CREAM INTO YOUR HANDS PAYING PARTICULAR ATTENTION TO THE PALMS OF YOUR HANDS. TAKE A FEW SLOW DEEP BREATHS FOCUSING SOLELY ON THE RISE AND FALL OF YOUR CHEST. THINK ABOUT HOW THE AIR FEELS MOVING IN AND OUT OF YOUR AIRWAYS.

SOLAR PLEXUS – USING THE OPPOSITE THUMB APPLY GENTLE PRESSURE AS YOU INHALE AND RELEASE AS YOU EXHALE.

HEAD – USING THE OPPOSITE THUMB USE GENTLE PRESSURE TO CATERPILLAR WALK UP THE THUMB FROM THE CREASE TO THE TIP IN 5 VERTICAL LINES, THEN PUSH FROM TIP OF THUMB DOWN TO THE CREASE FOLLOWING THE SAME 5 VERTICAL LINES.

NECK – USING THE OPPOSITE THUMB USE GENTLE PRESSURE TO CATERPILLAR WALK AROUND THE REFLEX, REPEATING 3 TIMES.

SINUSES – USING THE OPPOSITE THUMB/FINGERS USE GENTLE PRESSURE TO CATERPILLAR WALK UP/DOWN ALL SIDES OF EACH FINGER.

HYPOTHALAMUS/PITUITARY – PUSH DOWN FROM HYPOTHALAMUS TO THE PITUITARY REFLEX REPEATING 3 TIMES. KNUCKLE CIRCLES INTO PITUITARY REFLEX AREA.

JAW – SQUEEZE EITHER SIDE OF THE KNUCKLE AND CIRCLE ON THE REFLEX

EYES – USING THE OPPOSITE THUMB USE GENTLE PRESSURE TO CATERPILLAR WALK ACROSS THE REFLEXES THEN SWEEP BACK.

SHOULDER – MASSAGE IN CIRCULAR MOTIONS OR ROCK IN BETWEEN THE FINGERS BONES.

ADRENALS – USING THE OPPOSITE THUMB APPLY GENTLE PRESSURE AS YOU CIRCLE THE REFLEX AND HOLD FOR 30 SECONDS.

SPINE – SWEEP FINGERS/THUMB DOWN THE EDGE OF THE THUMB AND ONTO THE SIDE OF THE PALM.

SOLAR PLEXUS – APPLY GENTLE PRESSURE AS YOU INHALE AND RELEASE AS YOU EXHALE.