



ITEA PLUS



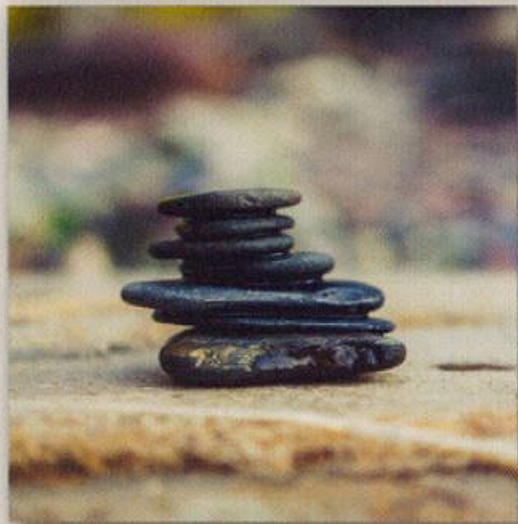
Individualized Training and
Education in Acupressure
FOR CONCUSSION

Reduce Migraine Pain

Reduce Neck Pain / Tension

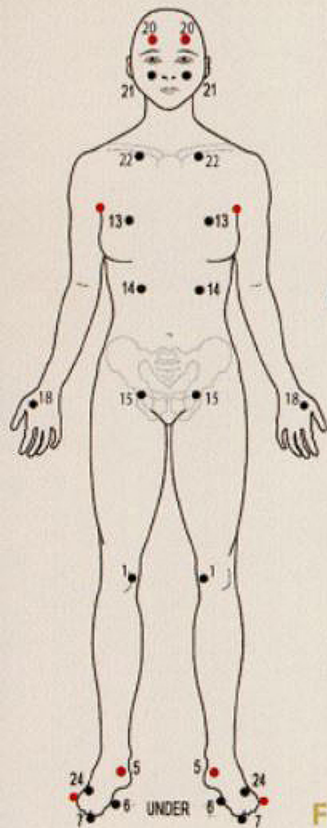
Promote Sleep

Reduce Stress



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Acupressure is light touch using the fingertips at points or regions on the body.



REDUCE MIGRAINE PAIN

Hold point 20 and opposite armpit, simultaneously

Point 20: Above the brow ridge, midway between the hairline and center of the eyebrow

REDUCE NECK PAIN / TENSION

Hold point 8 and the same side little toe, for either side of the neck pain

Point 8: Tucked behind the head of the fibula on the lateral side of the lower leg

PROMOTE SLEEP

Hold point 26 while taking 36 relaxed breaths

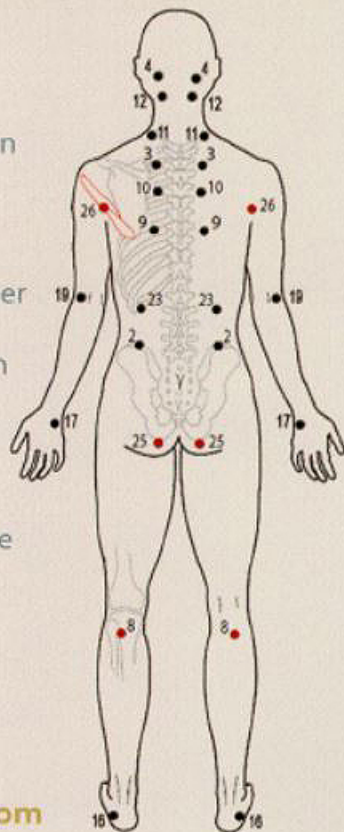
Point 26: Outside upper arm, in hollow of muscle under shoulder

REDUCE STRESS

Hold opposite points 5 and 25 simultaneously

Point 5: Inner ankle, below the ankle bone

Point 25: Directly below the sit-bones



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