

Acupressure Points for Menopause and Hormone Balance

Points

CV4 – find the belly button. The first one is four finger widths below the belly button. This is called Conception Vessel 4. Press it with middle finger supported by index and ring finger.

SP10 – Bend your knees. This point is two thumbs or three finger widths up from the upper inner corner of your knee cap. It's right above the depression by the knee when you firmly straighten your leg. Press these points on both sides with hooked thumbs or one side at a time with overlapped thumbs. When you press with overlapped thumbs anchor your hands around your thigh and gently spread open the back of the knee to save your thumbs. This point is called Spleen 10.

SP6 – The next point is also on your leg- four finger widths up from the inner ankle bone. If you go up from the ankle bone you will feel a dip on the border of the shin bone and most likely it's painful to press. This is called Spleen 6. Press these points with hooked thumbs on both sides or overlapped thumbs with both hands on the shin. Use overlapped thumbs with the hands wrapped around your leg. You can also raise your knee if that's more comfortable. Find the position that works for you.

K3 – The next one is the depression between the inner ankle bone and the Achilles tendon. This is called Kidney 3. You can simply pinch the depressions next to the Achilles tendon on both sides with your fingers.

Press these points as you breathe deeply for one minute once or twice a day.