

# Morning Sickness

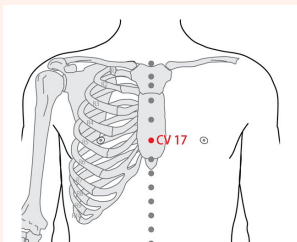
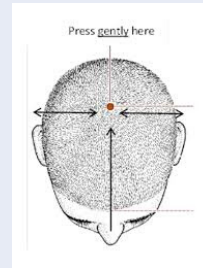
Support the body's natural pregnancy responses & relieve nausea

Welcome to Pregnancy Morning Sickness Acupressure! For best results, please massage these points daily for 2 mins, both sides or place your AcuStickers on the point for up to 5 days, leave off for 2 days before reapplying AcuStickers for another 5 days. Band aids placed on top may help them stay on. If you have an allergy to them please massage only. Any questions, email us.

## DU20 - CALMS MIND, SUPPORTS PREGNANCY

Make a line from the tops of your ears to the middle of your head. You can tell its the middle by running you finger down and it will reach the middle of your nose.

Massage daily for 2 mins eg in shower or whilst brushing teeth



## CV 17- BREATHE BETTER, RELIEVES NAUSEA

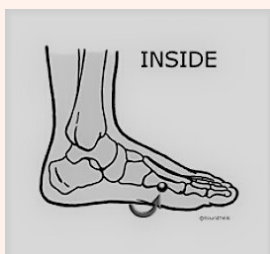
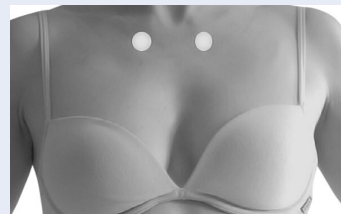
In the middle of the breast bone, between your nipples.

Massage daily for 2 mins or more if anxious or nauseous or AcuSticker this point +/- a band aid to keep it in place

## KIDNEY 27 - RELIEVES NAUSEA

On the underside of your collarbone. Find half way between your shoulder and breast bone. Find halfway again towards your sternum.

Massage daily for 2 mins or whenever have nausea or AcuSticker this point +/- a band aid to keep it in place



## SPLEEN 4 - RELIEVES NAUSEA

On the inside of your foot, on the side 'edge' move towards your heel from the base of the big toe, its just before you hit the next bone join.

Massage daily for 2 mins or AcuSticker this point +/- a band aid to keep it in place.

## KIDNEY 6 - RELIEVES NAUSEA IN THE THROAT

Find the middle of your inside ankle. Go straight down up to 1cm under the ankle, you'll find a small hollow. Repeat on the other side.

Massage daily for 2 mins or AcuSticker this point +/- a band aid to keep it in place

