

## **GOT STRESS or ANXIETY?**

### **Try Acupuncture / Acupressure for Relaxation**

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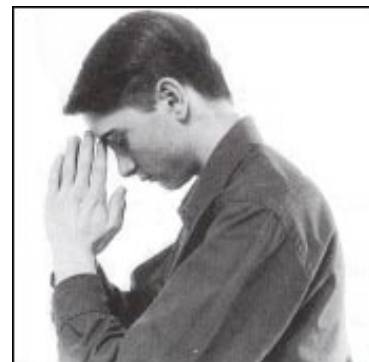
Anxiety and stress are an issue that we are all prone to, on a daily basis. It may manifest as either a feeling of general anxiety or panic attacks which may often include symptoms such as palpitations, dizziness, sweating, and chest pain. Anxiety may not only emotionally inhibit those who suffer but may lead to other issues such as digestive upset, asthma, insomnia or depression. In the World of Western Medicine, anxiety is typically treated with medication that may (or may not) provide temporarily relief. Many of these medications, however, are also known to cause harmful side effects and certain pharmaceuticals may even be addictive.

Acupuncture provides a safe, side-effect-free alternative to medication for the treatment of all types of anxiety. If for some reason you are not able to receive treatment, the great news is that you can give yourself a mini-treatment with acupressure!

According to the theory behind Acupuncture and Traditional Chinese Medicine (TCM), anxiety is mainly due to underlying deficiencies and imbalances of the Yin organs (particularly the Heart). Yin organs manufacture and store Qi (energy) and Blood.

One of the most commonly used points for anxiety in Acupuncture is Yintang or the Third Eye Point. While energy flows through twelve main acupuncture meridians on the body, Yintang is considered to be an extra point on one of the Extraordinary Meridians called the Governing Vessel (GV). The GV flows centrally on the body up the back, over the head and to the center of the upper lip.

Yintang's main function is to "calm the spirit". It is located directly between the eyebrows, in the indentation between the forehead and the bridge of the nose. To activate the point, apply pressure and gently massage while taking deep, slow breaths. Next time you are feeling overwhelmed or anxious...remember to relax, give yourself a break!! Practice a little self-care by using some acupressure and bringing your body back into balance!



\*\*Yintang may also be used for frontal headache, nasal congestion and disorders of the eyes.

1<sup>st</sup> Photo credit: [http://www.amazinghealing.com/aiyana.php?nav=2&article\\_id=75](http://www.amazinghealing.com/aiyana.php?nav=2&article_id=75)