# Pressure Points for Migraines & Headaches

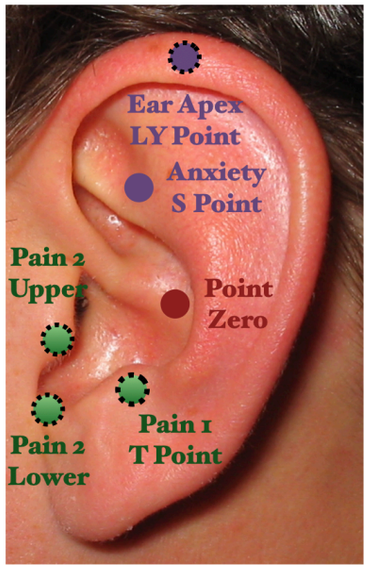
## The Introduction

# Welcome to the Course

**This class is organized into 4 sections.**

1. An intro that discusses the essentials of using TENS, E-Pens, Pressure Probes, and even your Fingernails to get migraine pain relief.
2. Points on the Hands, Fingers, and Arms.
3. Points on the Ears.
4. Points on the Feet.






The introduction discusses important topics such as how to use the TENS, including what settings to use on the TENS machine.

The points discussed in the videos may be stimulated with TENS, E-Pens, Pressure Probes, or your Fingernails. However, TENS is the most reliable and easy to use method.

Most of the videos focus on the use of TENS. However, you are encouraged to use the other methods as needed, and as best suits your needs at any given time.

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Two of the most important things to understand about TENS, is that there are low frequency settings and high frequency settings. Both may be used but there are some important differences.

High frequency (80 - 120 Hz) is a common TENS setting and feels like a steady electrical vibration.

Low frequency settings are between 1 - 10Hz and can give results similar to acupuncture. Low frequencies are felt like a ticking sensation, and at 1 Hz produce one tick every second.

I recommend starting with an N setting with a frequency of 1 Hz. You may also try a higher frequency between (80 - 120 Hz) to determine what works best for you.

Every 2 or 3 days alternate between a low frequency (1-10) and a high frequency (80 - 120 Hz). This helps prevent tolerances from developing.

If your device has a B setting then you can use a low frequency and high frequency together, but we want to do this after the first month or two of using TENS.

Watch Video 5 for more details about these topics.

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It is suggested that you start by using points on the hands. These tend to be some of the best points that work for most people.

The various points and point combinations on the hands work differently.

While some points are for general pain relief, others are more specific for pain in different regions of your head. The videos explain this in more detail.

Points are color coded to help you learn how they work.

The TENS machine has two electrodes, one is black and one is red.

Generally, the black electrode should be placed on the point furthest from your body.



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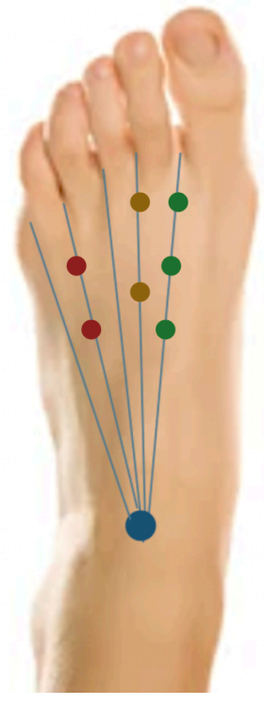
When starting out, begin by using two points at a time as instructed in the videos.



One channel on a TENS machine has two electrodes, a black and red electrode.

The electrodes on a single channel should be placed at least 1 - 2 inches apart and as instructed in the videos.

Once you gain understanding of how the TENS machine is working, and after 1 month of using it, you may find it useful to stimulate 4 points at a time.



If needed, you can potentially use one channel on the hands, and one channel on the feet at the same time.

However, start by using only one channel on two points until you learn how to use the device.



# Complete this intro section by watching videos 1 - 6

