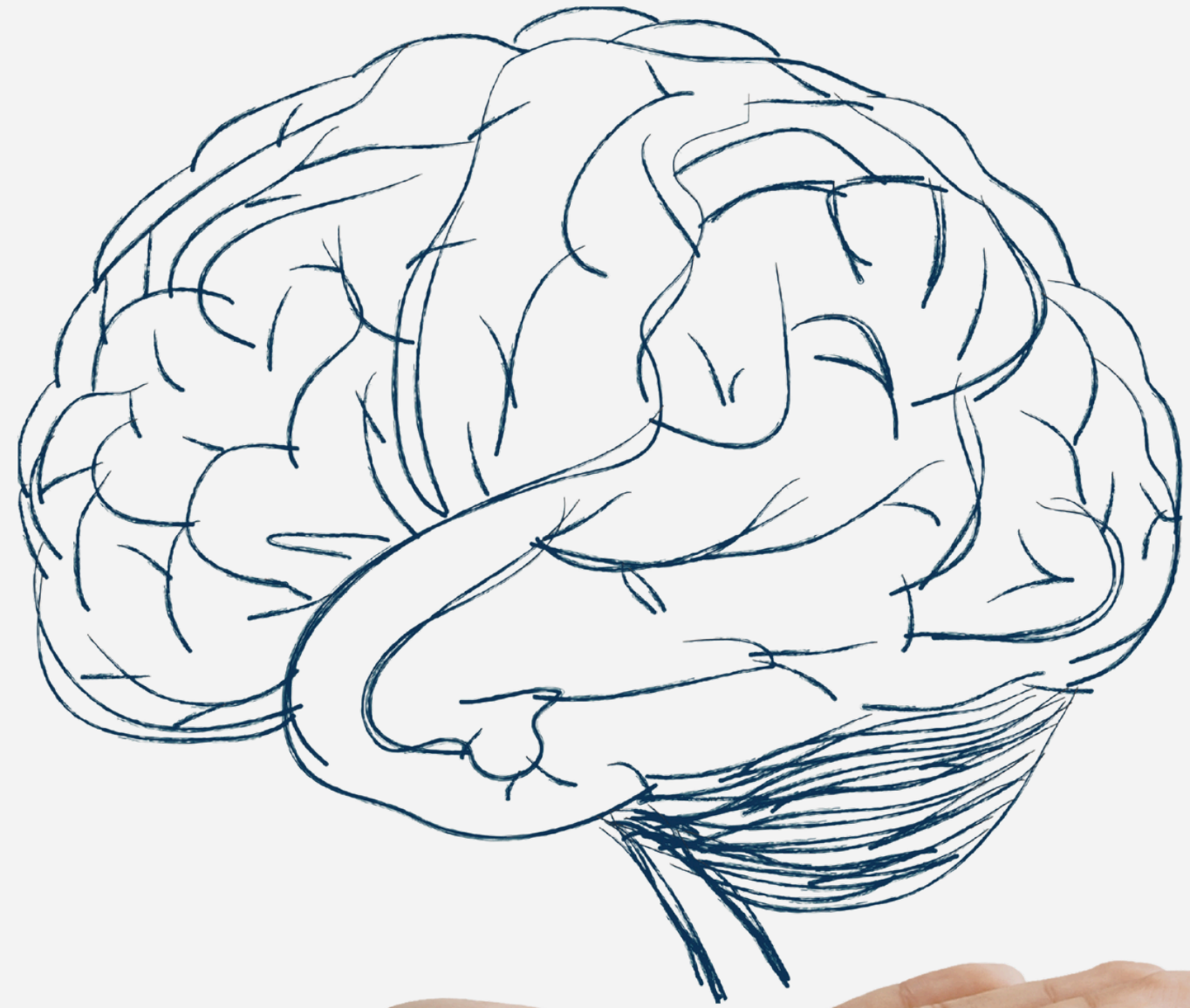


# Pressure Points for Migraines & Headaches

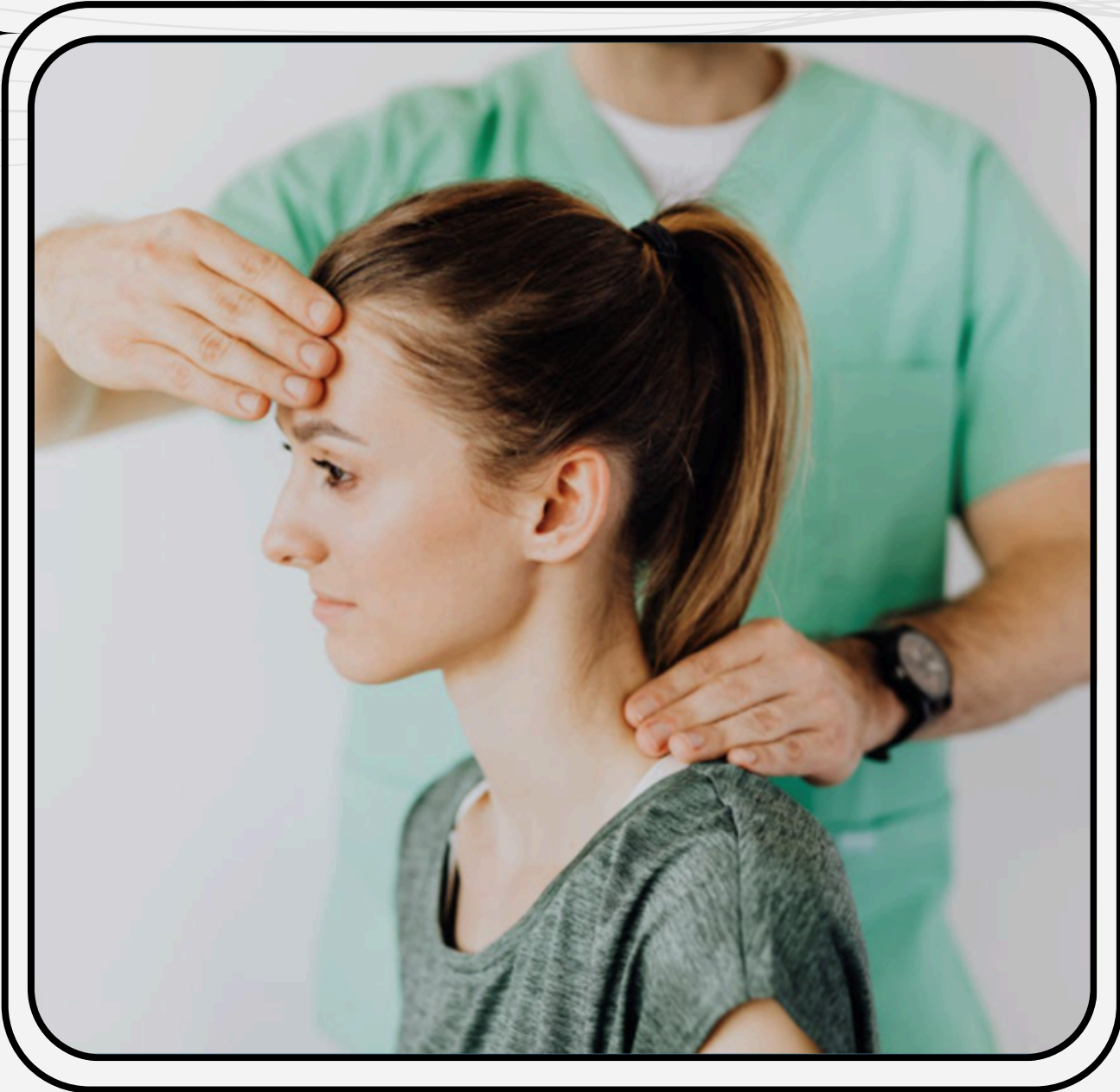


**A Guide to Getting Fast  
and Lasting Pain Relief**

**By: James Spears M.S., L.Ac.**

**[www.pressurepointsformigraines.com](http://www.pressurepointsformigraines.com)**

# Why Pressure Points? ✨



**1. Pressure points have been used all over the world for 100's and even 1000's of year.**

**2. Many kinds of doctors use them today including Medical Doctors, Physical Therapists, Osteopaths, Chiropractors, and Acupuncturists.**

**3. They work by releasing your body's natural painkillers and opioid-like substances including endorphins, enkephalins, and dynorphins.**

**4. They help to improve blood circulation, release muscle tension, and decrease inflammation.**

**5. They can easily be used at home and save you money and visits to the doctor's office.**

# Who Can Benefit?

- ✔ All kinds of people can benefit from pressure points including younger and older people.
- ✔ People who have suffered from headaches and migraines for a short amount of time, and even those who have suffered for many years can get out of pain.
- ✔ Pressure points can help most people and help many other conditions besides headaches and migraines.
- ✔ Most anyone can benefit from pressure points if they get the correct point combinations and dosage.
- ✔ The dosage for pressure points is measured in terms of intensity and frequency when stimulating the points.
- ✔ Intensity refers to the strength of stimulation, and frequency refers to the number of times points are stimulated over time, such as in a day, week, or month.



# Where are the Best Pressure Points For Migraines & Headaches?

Pressure points for migraines and headaches are located all over the body.

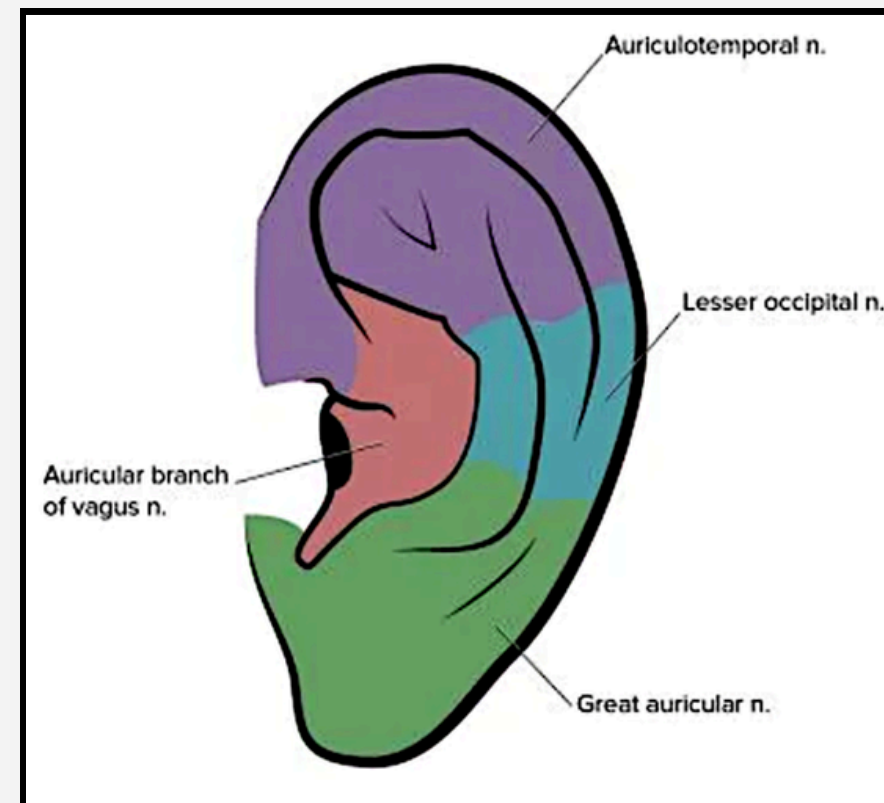
Some of the most effective points are on the hands, feet, and ears.

Each of these regions in the hands, feet, and ears work in different ways.

Some people may get the best results with points on the hands, while others get better results with points on the feet or ears.

There are different ways to stimulate pressure points. You can stimulate them with your thumbs, fingers, pressure probes, or with electrical devices like a TENS unit or electric acu-pen.

Different points require different methods of stimulation. Some points respond best with pressure, while other points require a tool to get results.



# How to Get Effective Results

## Part 1 – Your Personal Pain Pattern

**The first step in getting results is understanding your personal pain pattern.**

**This means understanding 4 key things.**



**The Location of the Pain**

**Is the pain in the front of your head, the back, temples, behind the eyes, or on top of the head? Does the pain start in one area and then spread across your whole head?**

**The Intensity**

**How severe is the pain on a scale of 1 – 10?**

**The Frequency**

**How often do you have these headaches or migraines? One time a week, once a day, once a month, three times a week, etc.**

**The Duration**

**When you have a headache or migraine, how long does it last? A few hours, one day, two days, three days, a week, etc**

**Once we understand these things, we can start to determine which points will work best**

# How to Get Effective Results

## Part 2 – Using & Combining Points



**Once we understand your personal pain pattern (location, intensity, duration, frequency) then we can start to work with the right pressure points.**



**It is important to understand that some pressure points are great for general pain, meaning that they work for most people and most patterns of headaches and migraines. These are go-to points because they work so well for everyone.**



**Other pressure points work better for different patterns of pain. For instance, some points work best for pain in the temples. Other points are better for headaches and migraines related to pain in the neck and back of the head. Similarly, some points are specific for pain in the forehead and sinuses.**

# How to Get Effective Results

## Part 3 - Getting the Dosage Right

**When we know what points to use and how to combine them, the next step is to make sure we get the right dosage of stimulation.**

**For many points, it is nearly impossible to stimulate them enough by only using your thumbs and fingers. Points respond best with electric pens, TENS, and pressure probes.**

**Points on the hands, such as LI 4, may respond with pressure, but better results are seen with electricity or acupressure pens. Acupuncture is also very effective for stimulating hand points.**

**Stimulating the points to get effective results requires sufficient intensity and time. You can't expect to gently touch a point for a few seconds and get long-lasting pain relief. However, if you use a pressure device, TENS, or an acu-pen, pain relief can occur within minutes.**

**GETTING THE  
RIGHT  
DOSAGE OF  
STIMULATION  
IS ESSENTIAL  
TO GETTING  
RESULTS!**

# Get Started Today

If you are serious about getting started:



1. Order Two Acupressure Pens (1 Electric Pen and 1 Non-Electric). Also get a TENS Unit - These are essential tools and can be bought for low cost on Amazon or other websites. (See the next page for images)

2. Be sure to get a TENS unit that has a B-mode or Burst mode setting and Adjustable Pulse Width

3. Email me to find out when our next online classes will be held

4. My email is [james.spears@ihsociety.com](mailto:james.spears@ihsociety.com)

**James Spears M.S.  
Licensed Acupuncturist**

**Don't Wait Another Day, Relief from Your Suffering Begins Today. Get Started Now!**

**I hope that you have learned something that you find valuable. You are well on your way to getting relief from your headaches and migraines, and me and my team are here to help you.**

# Get Started Today



## Acu-Pressure Pens

I prefer the brass-colored piece, as it has a spring loaded tip.



## Electric Acu-Pressure Pens

The beige unit is an older version. The white device is a more modern version. I prefer the newer one but they both work well.



## TENS

This is the device I use. Lower cost versions are available. Get one that includes a B-Mode or Burst Wave pattern.

# Get Started Now

## Order Small and Medium Sized TENS PADS and Ear Clips as Show Below



**Small Circles - 1 Inch  
For Points on the  
Hands & Feet**



**Medium & Large Sizes  
2 - 4 Inches  
For Points on the Arm,  
Legs, Shoulders & Back**



**Ear Clips  
Get 2 Sets**