

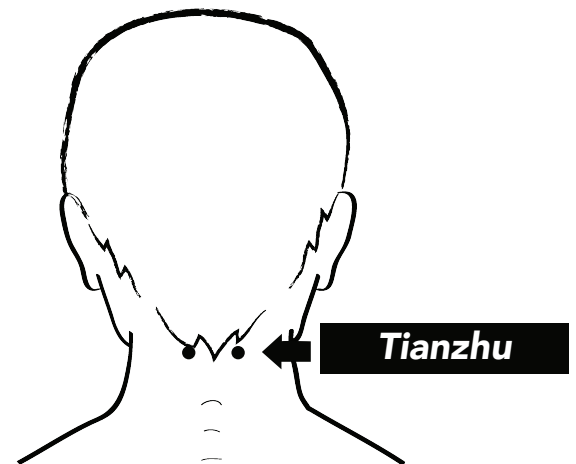
# Acupressure points relieving depression

## 1. 天柱 Tianzhu Point

**Method** : After you relax your body, use karate chop to slap Tianzhu point. Slap for 10 times each practice and 5-10 practices a day.

**Effect** : Stimulating this point will relieve cervical pain, stiff neck, high blood pressure, dizziness, headache, eye fatigue. This acupressure points is important for the treatment of head, neck, spine, neurological diseases and depression.

**Location** : It is located on neck below the skull.



## 2. 足三里 Zusanli Point

**Method** : Press the point and breathe out slowly. Hold the press for 6 seconds every time.

**Effect** : Stimulation of this point is able to boost up qi-energy and relieve depression

**Location** : 3-inches below knee

