

HAND REFLEXOLOGY PRESSURE POINT

REFERENCE FOR HEADACHES



NECK and SPINE REFLEX POINT

For any pain or problem in the back of the body, these reflex points are essential to work on. The spine reflex runs from the base of the nail bed, all the way down on the outside of thumb to the wrist. As shown in the picture, thumb walk along this reflex for upper, middle and lower back pain relief.



BRAIN/HEAD REFLEX POINT

When suffering with a migraine or any headache the fingertips are the reflex points to work. Apply pressure and thumb walk each finger and the thumb at the tip on the palm side of the hand behind the nail bed area. Repeat this on each finger for a few minutes or if it is comfortable. This reflex point can also be used for blocked or painful sinus.



LIVER REFLEX POINT

The liver is your body's filter system to remove toxins. Working this reflex point can assist this organ in expelling toxins from the body. It is also a good back up reflex point to use in relieving migraines and headaches because the pain can result from toxins in the body.



PITUITARY GLAND REFLEX POINTS

The Pituitary gland is known as the "master gland" of the endocrine system. Its function is to keep our hormone levels balanced. In Reflexology the pituitary gland is the "master reflex point" your work first in pain relief before doing any other reflex point. Working this nerve ending gland triggers the pineal gland, which releases melatonin, that helps to regulate sleep cycles and body relaxation. Sleep and relaxation are essential for optimum health and wellness. For headache prevention it begins with a better quality of sleep.



SOLAR PLEXUS REFLEX POINT

The finishing touch reflex point in relieving pain will always be the solar plexus reflex point. The solar plexus represents the group of nerves located behind the stomach where we feel emotions, such as nervousness and excitement. It is often referred to as the "abdominal brain". This reflex point is good for calming the mind, body and spirit.

