



# Acupressure for New Moms

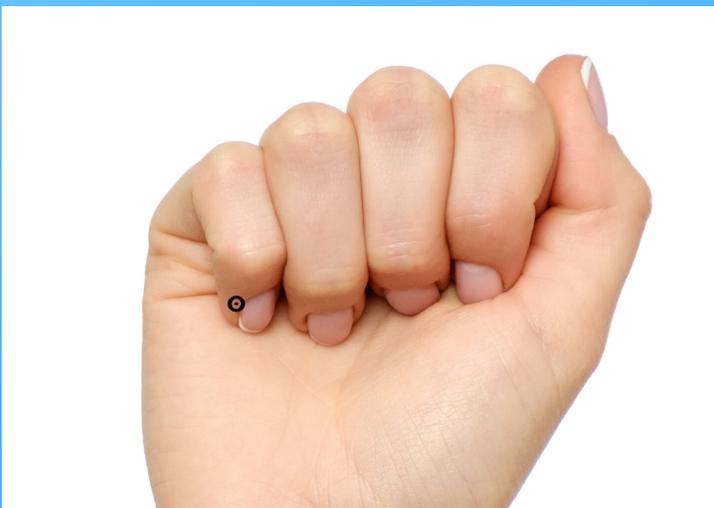
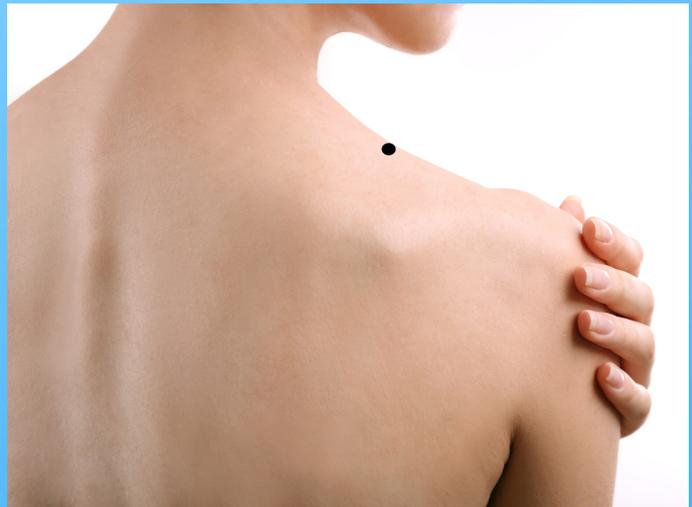
Acupressure points for the treatment of breastfeeding challenges restore normal breast milk production to lactating moms. It is great to use strong pressure on these two acupoints as often as possible if you are struggling with not enough milk or a slow let down. Press the Small Intestine 1 point while breastfeeding every single time. It is safe, easy to use and free with the help of a friend!

## LOW MILK SUPPLY OR SLOW LET DOWN

### ACUPRESSURE POINTS

#### GALLBLADDER 21

On the shoulder, directly above the nipple, where the bra strap lays on the top of the shoulder



#### SMALL INTESTINE 1

On the outer side of the pinkie finger, 1 mm distance from the corner of the nail.

# Acupressure for New Moms

Acupressure is very effective at most breast related issues for new moms. It's great to use strong pressure on these two acupressure points for 1-2 minutes, 3 or more times daily. Find the most tender spot and press HARD. Do this on both sides of the body. In addition press the Small Intestine 1 point that is listed on the Low Milk Supply page while breastfeeding. It is safe, easy to use and free with the help of a friend!

## CLOGGED MILK DUCTS MASTITIS ACUPRESSURE POINTS

### SMALL INTESTINE 11

In the depression on the center of the shoulder blade on the back



### STOMACH 44

On the top of the foot, closer to the web margin between the second and third toes



# Acupressure for New Moms

Acupressure is very effective for emotional issues for new moms. It is great to use strong pressure (or tap with fingers on DU 20) on these two acupressure points for 1-2 minutes, 3 or more times daily. You can press or tap any time you feel upset. Add in ear seeds for greater results. It is safe, easy to use and free with the help of a friend!

## POSTPARTUM DEPRESSION/ANXIETY

### ACUPRESSURE POINTS

#### YIN TANG

Midway between the eyebrows



#### DU 20



At the highest point of the head, on the center line connecting from the top of both ears

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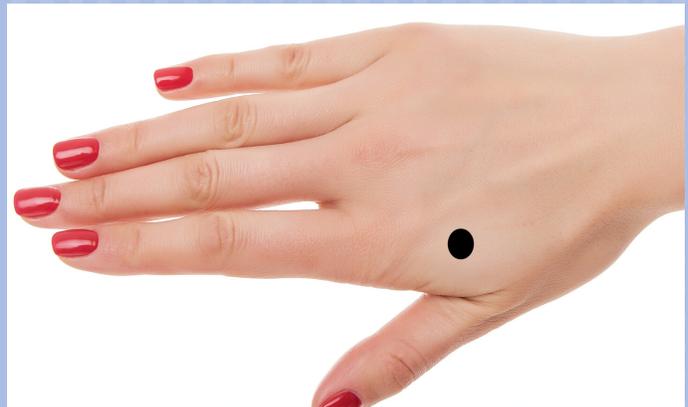
Acupressure is very effective for pain issues for new moms. This can be from vaginal pain, c section or breast pain. It is great to use strong pressure on these two acupressure points for 1-2 minutes, 3 or more times daily. Do this on both sides of the body. You can press any time you feel pain. Add in ear seeds for greater results. These points will be very tender and you should press thru any discomfort on the point to help relieve the pain. It is safe, easy to use and free with the help of a friend!

## PAIN AFTER GIVING BIRTH

### ACUPRESSURE POINTS

#### LARGE INTESTINE 4

On the 2nd finger at the top of the hand, between the 2nd & 3rd hand bone



#### SPLEEN 21

On the side of the body, between the 6th and the 7th rib, typically where the bra strap lies.

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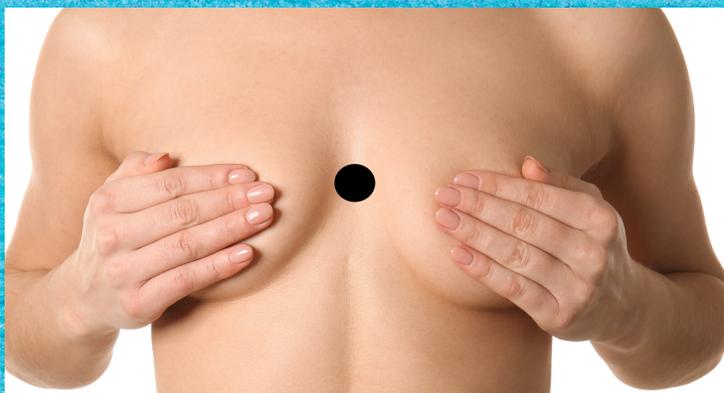
Acupressure is effective at supporting fatigue after giving birth. It is great to use strong pressure on these two acupressure points for 1-2 minutes, 3 or more times daily. Do this on both sides of the body. It is safe, easy to use and free with the help of a friend! Rest as much as possible the first month after giving birth. Sleep, bond and ask for help whenever possible.

## POSTPARTUM EXHAUSTION

### ACUPRESSURE POINTS

#### STOMACH 36

4 finger widths below the outer eyes of the knee, one finger width lateral to the front crest of the lower leg bone



#### REN 17

Level with the 4th rib space, midway between the nipples