

# Acupressure For Jet Lag

## Instructions:

- Every 2 hours, starting from the time you board the plane, stimulate the indicated acupressure point for the time it is currently at your destination.
- Stimulate the appropriate point with vigorous pressure, rub 25-30 times.
- Stimulate the indicated point on both sides of the body.
- Continue to stimulate a point every two hours that corresponds to the current time of your destination for the next 24 hours, going through the whole cycle of points.
- If you fall asleep, skip the points you should have stimulated, and continue to stimulate every two hours based on the point that corresponds to the current time at your destination.
- Keep yourself well hydrated with water and avoid other beverages while traveling.

Example: Leaving Milwaukee at 2pm for Los Angeles. The current time in Los Angeles is noon, therefore stimulate HT 8 when leaving, and then stimulate SI 5 two hours later. Continue to stimulate the next point on the list every two hours until you get to SP3.

Current time at destination:	Point to stimulate:
1-3 am	LV1
3-5 am	L 8
5-7 am	LI 1
7-9 am	ST 36
9-11 am	SP 3
11-1 (noon)	HT 8
1-3 pm	SI 5
3-5 pm	B 66
5-7 pm	K 10
7-9 pm	P 8
9-11 pm	SJ 6
11-1 (mid)	G 41

1 cun = width of thumb

- LV 1 is at the corner of the base of the toenail of the big toe, on the side closest to the next toe.
- L 8 is 1 cun from the transverse crease of the wrist, along the thumb side of the radial artery.
- LI 1 is on the index finger, at the corner of the base of the fingernail on the thumb side .
- ST 36 is 3 cun below the edge of the knee cap, one finger width lateral to the crest of the shin bone. Slide finger up along side of shin bone until it stops.
- SP 3 is on the side of the big toe, between the ball of the foot and the pad of the big toe, on the line where the skin texture changes.
- HT 8 Located at the point where the tip of the little finger meets the palm when loose fist is made.
- SI 5 is at the little finger side of the wrist where the transverse crease of the wrist meets the texture change on the side of the wrist.
- B 66 is at the side of the small toe at the crease of the last joint.
- K 10 is located between the tendons of the back of the knee, on the side closest to the other knee, level with center of the knee.
- P 8 is at the point where the tip of the middle finger meets the palm when a loose fist is made.
- SJ 6 is on the fore arm between the bones, 3 cun from the center of the wrist where the back of the hand meets the arm bones.
- G 41 is on the foot, just to the outside of the tendon, at the level where the bones of the two small toes come together in the middle of the foot. Slide your finger up the foot between the small toes to the point where it stops.

Based on the work of Dr. John A. Amaro DC.Lac



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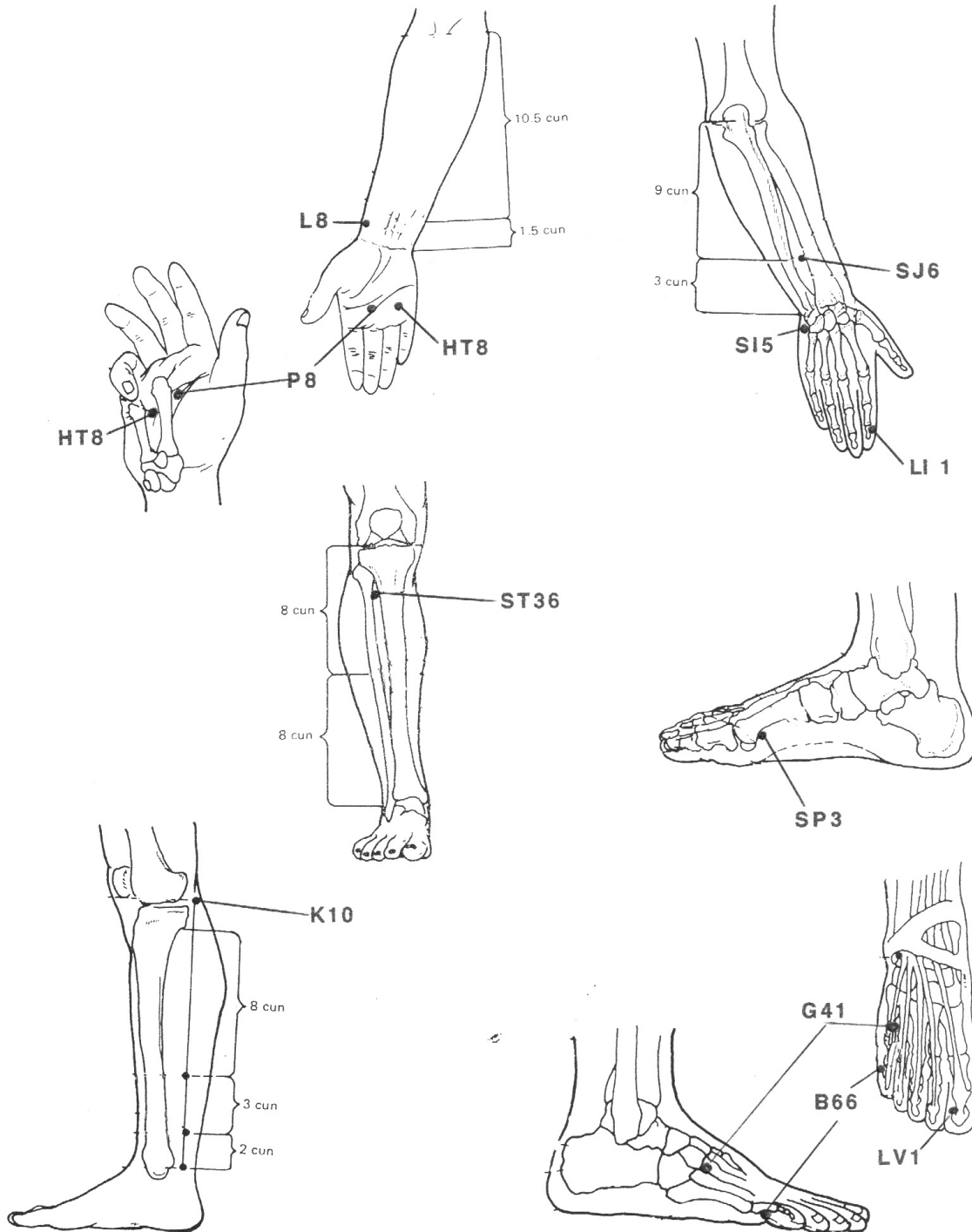
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