

# Acupressure for Nausea (Upset Stomach)

## Acupressure

Acupressure is part of an ancient medical system called traditional Chinese medicine. You can perform acupressure on yourself to help restore balance to your body, mind and spirit. It can help to reduce stress and create a sense of calm and peace.

## How Acupressure Works

Acupressure moves Qi (pronounced “chee”) energy through your body along channels. When you are healthy, the Qi moves energy freely. When you are in pain, sick or emotionally upset, the Qi can become stuck. Acupressure unblocks this stuck Qi.

## How to Do Acupressure

### Wrist point

- A. Turn your palm of one hand palm-side-up. Notice the crease that forms when you slightly bend your hand toward the ceiling.
- B. Place your pointer, middle and ring fingers of your other hand up to the crease closest to your palm. Your pointer finger will be on the wrist point.



- C. Exchange your pointer finger for your thumb on the wrist point.



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- D. Wrap your fingers underneath your arm for support.
- E. Apply gentle pressure for 1 to 2 minutes as you practice deep breathing. Release. Repeat as often as needed.

## Who Should Not Do Acupressure

Do not do acupressure if you have a condition that could be made worse by applying pressure such as having an IV in that area, bruising, arthritis or bone disease.

**Do not** stop taking your current medicines.

## Whom to Call With Questions

Talk with your health care provider if you have questions.