

# Acupressure to Help Relieve Hiccups

## Acupressure

Acupressure is part of an ancient medical system called traditional Chinese medicine. You can use 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

The following acupressure points may help to relieve hiccups. You can do them in sequence (one after another) or one at a time.

### ■ Jaw point:

Place your pointer finger in the small indent behind your jawbone, just below your ear lobe. Gently press your finger toward your jawbone for 1 to 2 minutes as you focus on deep breathing. Release. This point should feel tender but not painful.



### ■ Chest points:

Trace one finger down the center of your neck until you feel the circular indent at the base. Place both of your pointer fingers in the indent and slide them down about 1 inch more. Then trace your fingers out to the sides until you feel tender points in the muscles under the collar bones.



Gently press these points with your fingers for 20 to 30 seconds or longer as you focus on deep breathing. Release.

### ■ Upper lip point:

Place your pointer finger in the space between your upper lip and base of your nose. Press this point firmly with your pointer finger for 20 to 30 seconds or longer as you focus on deep breathing. Release.



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## Who Should Not Do Acupressure

You should not do acupressure on yourself if you:

- have a condition or injury that could be made worse by applying pressure to your body (such as arthritis, bone disease or varicose veins).
- have bone cancer or a tumor in the acupressure treatment area.

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

**Do not** do acupressure on the chest points if you have recently had surgery on your chest or breasts.

## Whom to Call With Questions

Talk with your health care provider if you have questions.