

Acupressure For the Treatment of Depression and Anxiety

- GV 20 (Posterior Summit) and GV 24.5 (Third Eye Point) are major points for depression and anxiety. These points help relieve post-partum depression and for those who experience feelings of depression or anxiety. See diagram below to locate these points. **Do not use in pregnancy.**
- GV20- Location is on the top center of the head. Place the left fingers behind the left ear; the right fingers behind the right ear. Move the fingertips up to the top of the head, center of the head. You might feel a small depression in this area.
Benefits: Relieves depression, headaches, and vertigo, and improves memory.
- GV24. 5 Located directly between the eyebrows in the indentation where the bridge of the nose meets the center of the forehead.” The Third eye”
Benefits: Relieves depression as well as glandular and emotional imbalances.
- Do 30- 50 circles on points GV20 and GV 24.5 or hold up to 90 seconds on each point.

