True Fortune Acupuncture

Migraine Self Treatment

Please follow this procedure at the first sign of a migraine and before the headaches has come on

- Sit in a quiet space in an upright chair - place your bottom at the front edge of the chair so that you are not resting against the chairback (fig1).
- Take off your shoes and socks and place your feet flat on the floor – keep your thighs just below parallel with the floor, and be aware of the connection between the Kid1 acu-point (fig2) and the floor.
- Keep your spine straight – try to imagine that you can create more space between each vertebra of the spine.
- Place the backs of your hands on your knees or thighs depending on what is most comfortable – try to feel that you are creating some space between the shoulder blades.
- Imagine a thermometer in each hand and imagine heat from your head moving down to your palms so that they are becoming red hot. Try to make the thermometer gauge reach maximum.
- Once you can do this, try to imagine that you are sending the heat out from palms into the space in front of you.
- Do this for about five minutes.
- When you are finished use the thumb and index finger of one hand to squeeze the acu-point LI4 (fig3) on the opposite hand and push out towards the web between thumb and index finger. Repeat on both sides. Then, use the heel of one foot to press the acu-point Liv3 (fig4) on the opposite foot and push out towards the web between thumb and second toe. Repeat on both sides.
- Finish by drinking a glass of water

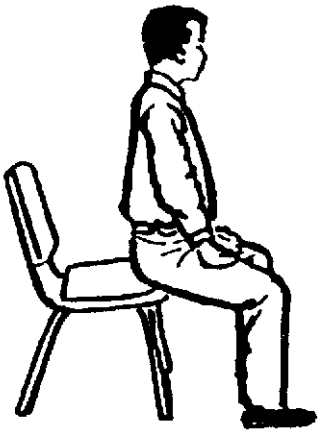

Figure 1: Correct Sitting Position

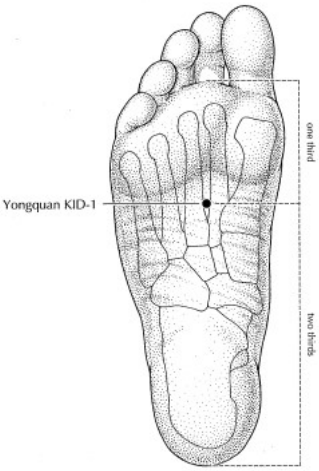

Figure 2: Position of Kid1

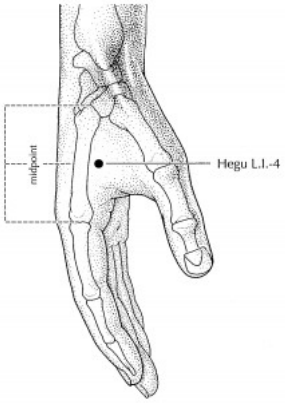

Figure 3: Position of LI4

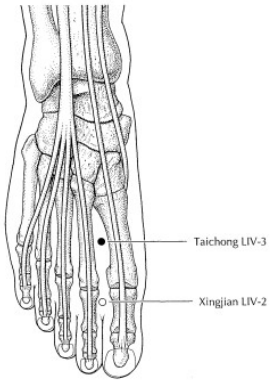

Figure 4: Position of Liv3