



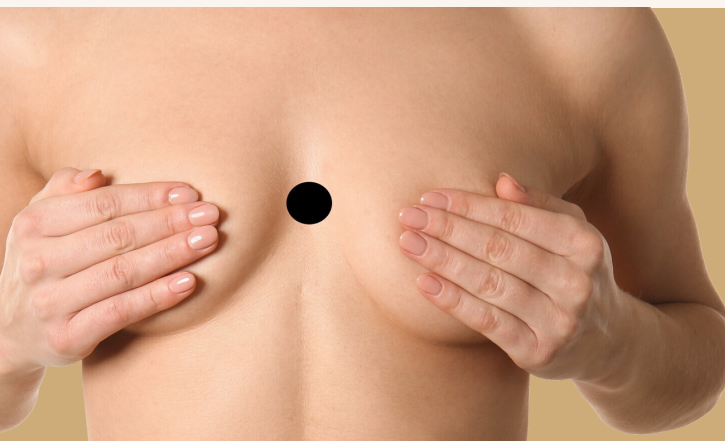
Acupressure for New Moms: Postpartum Exhaustion

Acupressure is effective at supporting fatigue after giving birth. It is great to use strong pressure on these two acupressure points for 1-2 minutes, 3 or more times daily. Do this on both sides of the body. It is safe, easy to use, and free with the help of a friend! Rest as much as possible during the first month after giving birth. Sleep, bond and ask for help whenever possible.

ACUPRESSURE POINTS

STOMACH 36

4 finger widths below the outer eyes of the knee, one finger width lateral to the front crest of the lower leg bone



REN 17

Level with the 4th rib space, midway between the nipples

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