



Acupressure for New Moms: Clogged Milk Ducts / Mastitis

Acupressure is very effective for most breast-related issues for new moms.

It's great to use strong pressure on these two acupressure points for 1-2 minutes, 3 or more times daily. Find the most tender spot and press **HARD**.

Do this on both sides of the body. In addition, press the Small Intestine 1 point that is listed on the Low Milk Supply page while breastfeeding.

It is safe, easy to use, and free with the help of a friend!

Accupressure Points

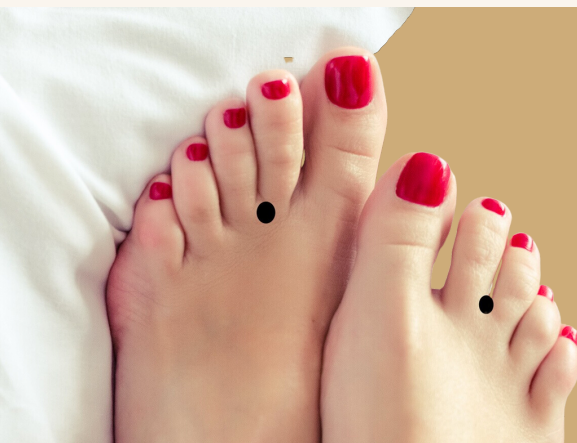
SMALL INTESTINE 11

In the depression on the center of the shoulder blade on the back



STOMACH 44

On the top of the foot, closer to the web margin between the second and third toes



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