

## Acupressure: Nausea During Pregnancy

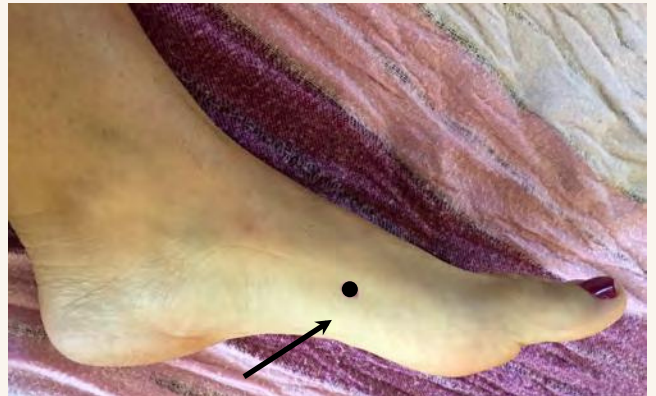
These two points are especially good as a pair. Press and rub the area for 30 to 60 seconds. Find a tender spot and press hard. This is not a massage. Typical results are felt in under a minute.

You are welcome to press longer if needed. All points are found on both sides of your body.

Please do the acupressure on both sides for optimal results.

### Spleen 4

This one is a bit tricky to find. You are looking for your finger to slide into a groove. It's typically tender so you'll know when you hit the right spot. This acupressure point is located on the inner aspect of the foot. Find the bone at the base of the big toe. Start with your finger on the side of the bone furthest away from the toes and slide your finger anywhere from 1 centimeter to 1 inch until you find that tender groove. By starting with Spleen 4 it roots the nausea's stomach energy down.



### Pericardium 6

On the underside of the forearm, place your finger on the middle of the line dividing your arm and hand. You should be in between two tendons. It should feel like your fingers are in a ditch. Where your ring finger lands is the right spot.



If you start with Pericardium 6 and press for 30 or so seconds you will typically feel better, but sometimes starting with this point without rooting it with Spleen 4 may cause you to vomit. Most will feel better either way. Starting with Spleen 4 helps ease nausea. In my experience, many have found comfort and relief from pregnancy-induced nausea with these acupressure points.

**PUSH San Diego is here to support your wellness journey.  
Let's stay connected!**

@PUSH\_SAN\_DIEGO | WWW.PUSHSANDIEGO.COM