

## Back Acupressure Points for Digestive Issues

**1. For Colon Problems** — To strengthen that area of your body, use firm pressure on the Large Intestine points. You can do this for constipation, IBS or even colitis.

**Self-Care Directions:** Put 2 tennis balls in a sock underneath your lower back, where the chart shows the Large Intestine points. Lie on the balls, positioned on these lower back points on both sides of your spine. Breathe deeply for 2 minutes. Then move the balls upward to other areas that feel good.

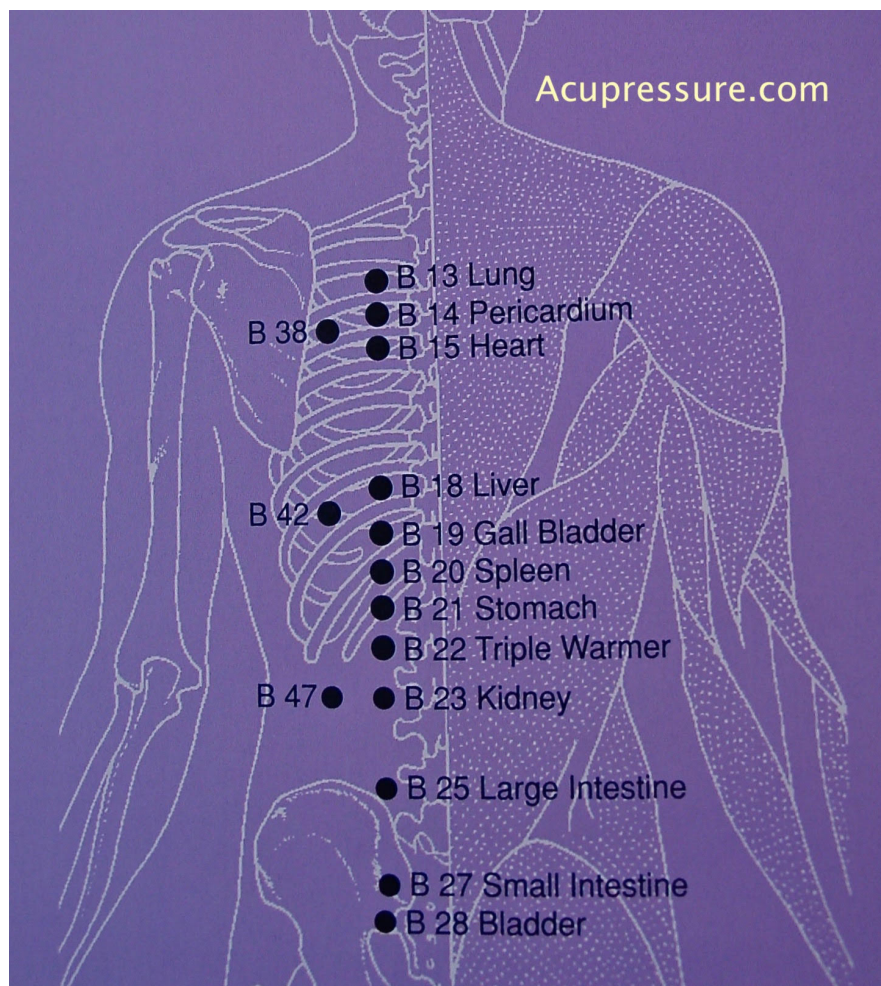
**The amount of pressure** should feel beneficial, somewhere between pain and pleasure. If the balls hurt, then bring them on top of your bed or roll the balls into a small plush towel for padding. If you want more pressure, then lie on a carpet.

**Breathe slowly and deeply** with your eyes closed while the balls press your back points. Then remove the balls and deeply relax for about 10 minutes immediately afterwards. This greatly increases the effectiveness.

**2. For Shallow Breathers** — Place the tennis balls on the Lung Yu points in the upper back.

**3. For Digestive Problems** — Place the balls over the Spleen and Stomach Yu points in your mid-back.

**For Longer Lasting Results:** Apply pressure with the balls twice daily for two or three months.



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