

Acupressure

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Pressure points are specific areas along the body that, when stimulated, elicit a physiological healing response in the body and brain.

Dr. Haley Parker, director of clinical operations and an acupuncturist at Virginia University of Integrative Medicine, notes that acupressure and acupressure can be combined with other medical techniques to stimulate or maintain healing cycles.

“Pressure point therapy can help relieve chronic pain, headaches, migraines, and muscle tension by stimulating specific points that may release built-up tension and trigger the body’s natural pain-relief mechanisms,” Parker says.

Applying pressure to specific points also can stimulate the parasympathetic nervous system, which helps reduce stress and induce a state of calm.

You’ll find pressure points on the head, back, hands, feet, legs, and back. Stimulating some of these pressure points can promote better blood flow, help improve joint flexibility and range of motion, and support your body’s immune response and digestive health. Acupuncturists will use more specific tools and techniques, like needles or electrical pulses, on these same pressure points to elicit more specific, and sometimes stronger, responses.

The body has more than 360 pressure points, according to Dr. Lixing Lao, president, professor and chief acupuncturist at Virginia University of Integrative Medicine.

You can stimulate these pressure points on your body by applying direct yet gentle pressure using your thumb or index finger. Press down and hold for at least 30 seconds; make small, circular motions on the pressure point if comfortable.

Below, Lao identifies some key pressure points and their benefits when stimulated.

Head pressure points

Fengchi (GB20): The Fengchi point can be found where the base of the skull and top of the neck meet. Stimulating this pressure point can help with headache, vertigo, insomnia, pain and stiffness of the neck, blurred vision and



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even the common cold. Lao says this is an area where many people carry tension from working and sitting.

Taiyang (Extraordinary Point): This pressure point is in the depression of your temple, specifically, around a fingerbreadth (the width of your finger) posterior to the midpoint between the end of your eyebrow and your hairline. Gentle pressure on the Taiyang point helps relieve headaches (especially in and around the temple), eye diseases and deviation of the eyes and mouth.

Yingxiang (LI20): The Yingxiang point is immediately next to your nose, about halfway down your nasolabial groove. Acupuncturists use this pressure point to treat nasal obstruction (including sneezing) and rhinorrhea (or runny nose).

Pressure points for hands

Hegu (LI4): Pressing the Hegu point, located on the dorsum (or back) of the hand between the thumb and index finger, can treat a wide range of symptoms, including headache, eye pain, nasal obstruction, toothaches and even a sore throat.

Seeking comfort

10Best editors and readers independently selected the following items.

ProsourceFit Acupressure Mat and Pillow Set: Some call it a bed of needles, but 20 minutes on it has many benefits. The cotton mat with 6,210 acupressure points (the neck pillow has 1,782 acupressure points) promotes relaxation and circulation to relieve aches and pains, releases endorphins, increases energy, and helps rejuvenate your body. It’s good to use post-workout; folks with chronic pain swear by its healing properties.

FeelFree Sport Stainless Steel Manual Acupuncture Pen: The pen is small but has a big impact. Press the tip of the pen on any part of the body – thighs, hands, wrists, feet, arms, calves, back, neck, hamstrings – for deep-tissue manual massage on the go. It’s an excellent tool for relieving pain and stress while traveling.

Comfacto Acupressure Massage Slippers with Earth Stone: These slip-on acupressure massage slippers are lined with natural cobblestones to help stimulate pressure points on your feet. The points connect to different body parts to relieve lower back pain, migraines, plantar fasciitis, arthritis, neuropathy, and sore arches. Note: They hurt. Wear thick socks and only use them for a few minutes first, and increase the time as you tolerate them more.

Lower back pressure point

Shenshu (BL23): Applying pressure to this point on your lower back, specifically between the second and third lumbar vertebra, helps to address lower back pain, enuresis (urinary incontinence) and irregular menstruation.

Pressure points in the legs

Zusanli (ST36): This pressure point on the outer part of your lower leg is about four fingerbreadths below your kneecap and one fingerbreadth toward the border of your tibia (or shinbone). Use this pressure point to address a range of stomach-related issues, including stomachaches, vomiting, indigestion and abdominal distension.

Sanyinjiao (SP6): The Sanyinjiao point is located about four fingerbreadths above the ankle bone. Applying pressure here has helped some patients with menstrual and fertility issues, including severe cramping, irregular menstruation, infertility, impotence, and in some cases, is used to help speed along delayed labor in pregnant women.

WHAT TO WATCH | CONTENT BY TV WEEKLY

Network broadcasting shows are listed in Eastern/Pacific Time, unless noted otherwise. Shows air one hour earlier in Central/Mountain Time. Cable broadcasting shows are listed in Eastern Time.

Collector’s Call

MeTV, 6:30 p.m.

As a child growing up in foster care, Doogie Sandtiger never learned to tie his shoes, which inspired him to become the Guinness World Record holder for most Crocs – he has amassed over 3,500 pairs.

The Simpsons

FOX, 8 p.m.

After Grampa and Moe (voices of Dan Castellaneta and Hank Azaria) recruit a Macedonian slugger to play in Springfield, it strains their friendship and the very integrity of baseball. Chris Rock and Danny Trejo guest-voice themselves.

Family Guy

FOX, 8:30 p.m.

The Griffins spoof Hulu series **Only Murders in the Building**, **The Dropout** and **The Bear** in the new episode “A Real Who’s Hulu.”

Dark Winds

AMC, 9 p.m. • Season Finale

The gritty crime drama set in Northeast Arizona’s Navajo Nation in 1971 wraps up Season 3. Lt. Joe Leaphorn (Zahn McClarnon), Sgt. Jim Chee (Kiowa Gordon) and U.S. Border Patrol agent Bernadette Manuelito (Jessica Matten) try to put the lid on a harrowing case.

Watson

CBS, 9 p.m.

Watson (Morris Chestnut) confronts a traumatic event from his Army days that still weighs heavily on him.

Eva Longoria: Searching for Spain

CNN, 9 p.m. • New Series

This eight-episode series follows award-winning actress, producer, director and activist Eva Longoria on a gastronomic pilgrimage across the land of her ancestors. She indulges in the rich tapestry of Spanish cuisine, including blonde beef in Galicia, prawns in Barcelona, haute jamón in Andalusia and cider in Asturias.



“Eva Longoria: Searching for Spain”

PROVIDED BY CNN

The Great North

FOX, 9:30 p.m.

Judy and Beef (voices of Jenny Slate and Nick Offerman) interfere with Ham’s (Paul Rust) personal life.

Black Snow

AMC, 10 p.m. • Season Premiere

This six-episode Sundance Now murder-mystery drama continues to follow Detective Cormack (Travis Fimmel, **Vikings**), who is investigating two separate missing persons cases: the disappearance of Zoe Jacobs and the search for his own missing younger brother.

My Happy Place

CNN, 10 p.m. • New Series

This series follows celebrity hosts on immersive and deeply personal journeys as they reveal why specific destinations have become their sanctuaries. Actor Alan Cumming hosts tonight’s series premiere episode. As a child growing up in Scotland, the Highlands were a place where Cumming went to escape. Now, as an adult, they are a window into his history that provide him with a new sense of belonging, connection and joy.

CATCH A CLASSIC

All About Eve

MOVIES!, 6 a.m.

Fasten your seat belts – it’s going to be a bumpy night! A whopping 14 Oscar nominations went to writer/director Joseph L. Mankiewicz’s iconic and sardonic 1950 show business saga, a record that went unmatched until **Titanic** (1997) and **La La Land** (2016) each tied it about half a century later. The drama follows maturing stage diva Margo Channing (Bette Davis), who is moved enough by the straits of wide-eyed fan Eve Harrington (Anne Baxter) to take her on as an assistant. It isn’t long, though, before the not-so-naive apprentice craftily works Margo’s inner circle against one another in furtherance of her own aspirations to stardom. The film won six of the Academy Awards for which it was nominated, including Best Picture; Best Director and Best Writing, Screenplay (both to



PROVIDED BY 20TH CENTURY FOX

Mankiewicz); and Best Supporting Actor (George Sanders). Davis and Baxter were both nominated for Best Actress, and costars Celeste Holm and Thelma Ritter received Best Supporting Actress nods. The stellar cast also includes Hugh Marlowe, Gary Merrill and Marilyn Monroe in one of her earliest roles.

MOVIES | CONTENT BY TV WEEKLY

Mr. Deeds

(2002, Comedy) Adam Sandler, Winona Ryder **VH1, 6 p.m.**

The Lost World: Jurassic Park

(1997, Adventure) **AMC, 6 p.m.**

Travels With My Aunt

(1972, Comedy) Maggie Smith, Alec McCowen **TCM, 6 p.m.**

Mr. & Mrs. Smith

(2005, Action) Brad Pitt, Angelina Jolie **CW, 7:30 p.m.**

The Greatest Showman

(2017, Musical) Hugh Jackman, Zac Efron **CMT, 7:30 p.m.**

Film Geek

(2023, Documentary) **TCM, 8 p.m.**

Girls Trip

(2017, Comedy) Regina Hall, Queen Latifah **BET, 8 p.m.**

Liar Liar

(1997, Comedy) Jim Carrey **VH1, 8 p.m.**

No Hard Feelings

(2023, Romance-comedy) Jennifer Lawrence, Andrew Barth Feldman **FX, 8 p.m.**

Starsky & Hutch

(2004, Comedy) Ben Stiller, Owen Wilson **EI, 8 p.m.**

The Quick and the Dead

(1995, Western) Sharon Stone, Gene Hackman **SUNDANCE, 9 p.m.**

No Hard Feelings

(2023, Romance-comedy) Jennifer Lawrence **FX, 10 p.m.**

The Purple Rose of Cairo

(1985, Comedy-drama) Mia Farrow, Jeff Daniels **TCM, 10 p.m.**

There’s Something About Mary

(1998, Romance-comedy) Cameron Diaz, Matt Dillon **EI, 10 p.m.**

Dogs of War

(1923, Comedy) Mickey Daniels, Mary Kornman **TCM, 11:30 p.m.**

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