



# Fighting fatigue

*Are you exhausted after a busy summer? Did you work long hours without almost no break? Are you having a hard time getting back to your normal energy and strength levels? Roel van Kuijk encourages you try acupressure*

**A**cupressure is an efficient and easy way to get back in shape. It may seem a bit weird that pressure can reduce fatigue but it's a very common technique used worldwide and has largely proven its benefits.

Chinese medicine has developed acupressure more than 2000 years ago. And still today it's used to treat fatigue, stress and insomnia. Acupressure is easy to apply and painless. It will take some days before you will feel an improvement, so be patient and keep practicing.

Acupressure is a form of touch therapy that utilises the principles of acupuncture. In acupressure, the same points on the body are used as in acupuncture, but are stimulated with finger pressure instead of with the insertion of needles.

## UNDER PRESSURE

Apply these 4 acupressure points several times a day. For instance when lying in bed, reading or even watching TV. Use your thumb or index finger and apply medium pressure. Each point should be treated for 1 - 2 minutes. While applying pressure, focus on deepening the breath to encourage a sense of calmness.

### POINT 1 THIRD EYE

**Location** Directly between the eyebrows, in the indentation where the bridge of the nose joins the forehead.

### POINT 2 LETTING GO

**Location** On the outer part of the chest, four finger widths up from the armpit crease and one finger width inward.

### POINT 3 INNER GATE

**Location** Two and one-half finger widths up the arm from the centre of the inner wrist crease, midway between the two forearm bones.

### POINT 4 THREE MILE

**Location** Four finger widths below the kneecap, one finger width on the outside of the shinbone.

