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Using pressure points is a noninvasive and relatively risk-free practice, so it is usually safe to use alongside doctor-recommended treatments. Practitioners of acupressure and reflexology use...

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pressure points. Point 1– This point lies in the flesh between the thumb and the index finger.. Point 2– Bend your knee joint by 90 degree, now move three thumbs-widths downward from the lower end of the knee cap. There you will be able to feel a pointed bone. The 2nd point is located one finger-width to the outer side of this bone.

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The base of the thumb point is located on your wrist. Run a finger down your thumb, to your wrist crease at the base of

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