



**Question:** What is a good Acu-pressure point for a hangover or migraine?

**Answer:** Gall Bladder Acupoint Number 8!

**Interesting information**

**Physical use:** Hangovers & migraines

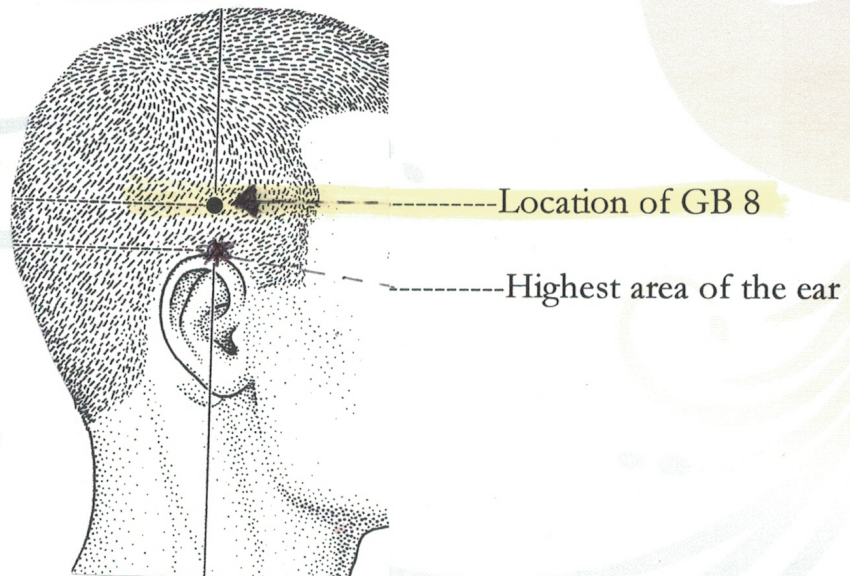
**Mental/Spiritual use:** Helps accomplish high pressure decision making

**Point Name Translation:** *Bird Catcher's Valley*

Acupoint names referencing "birds" always mean the point supports your Spirit in an important way. The "valley" character in this acupoint is a military term for an area in which there can be no advance or retreat for whomever is down in the valley. It allows the military to destroy a dangerous enemy.

**Modern day use:** Perfect to strengthening your resolve when you need to make a tough decision.

**Location:** In the hairline, approximately ½ inch above the highest point of your ear. Can be tender to touch. Massage point or have an acupuncture session to activate it!



**Your point-for-the-day, brought to you by  
Karen Reynolds Acupuncture**

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