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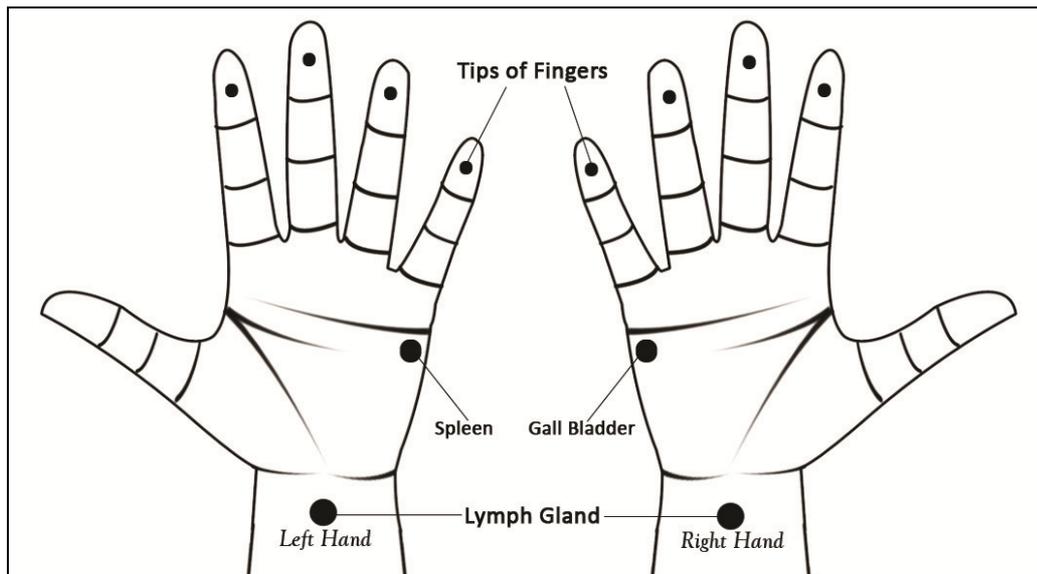
## Multiple Sclerosis (MS) & its treatment through Acupressure

Acupressure is the science of healing the human body by applying adequate pressure at accurate points on the body which are called **Nerve Endings** with the help of the thumb or non pointed items. These nerve endings are present on the Hands, the Feet, the Spine and the Ears. Acupressure, unlike Acupuncture, is a non invasive form of therapy that can be practiced by anyone on themselves and practically has no side effects.

Multiple Sclerosis is a disease where the body's **immunity** affects the **central nervous system**, which controls the **brain, spinal cord** and the nerves of face and head. The attack damages the myelin sheath, which acts as an insulin cover on the nerves to protect them. This damage interrupts the nerve impulses travelling to and from the brain and spinal cord. Symptoms include **muscle spasms**, numbness in the limbs which in turn leads to **imbalance** while walking, blurred or complete loss of vision.

Acupressure helps in controlling Multiple Sclerosis with the activation of the following points:

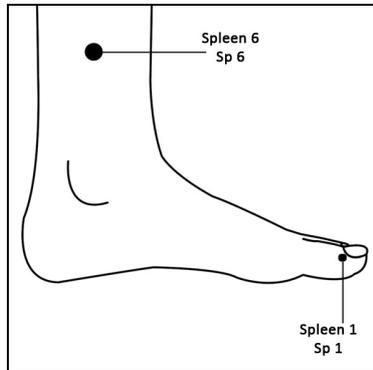
1. Tips of Finger, Gall Bladder & Lymph Gland – To boost the **immunity** of the body



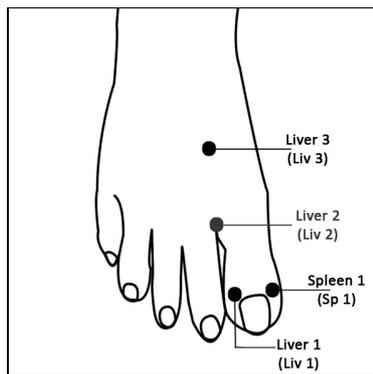


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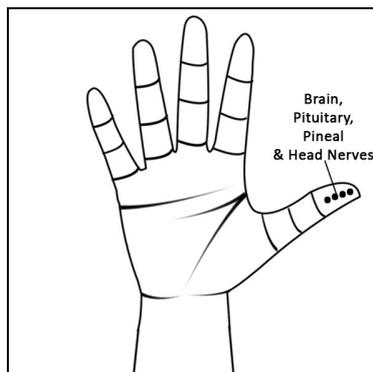
2. Spleen 1 & Spleen 6 on the feet - to control and manage the **central nervous system**



3. Liver 1 & Liver 3 on the feet – liver energy controls the muscles of the body. In order to reduce the **muscle spasms** that cause various other symptoms, we activate the liver points from the feet



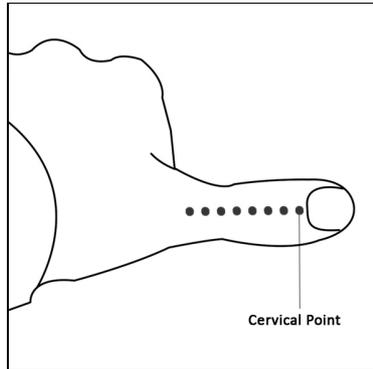
4. Brain, Pituitary and Pineal – to control the parts of the **brain** that could get affected



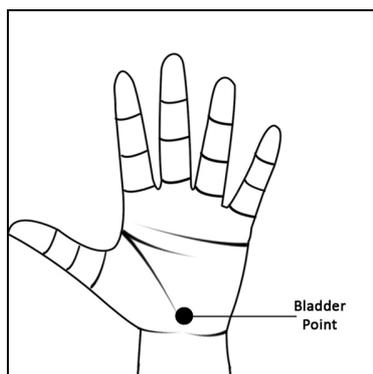
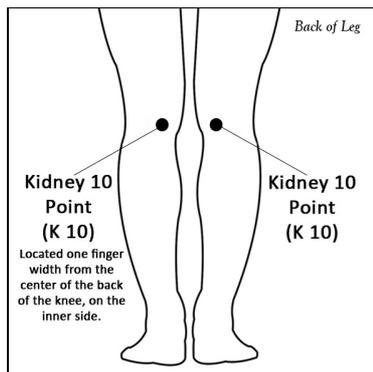


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5. Cervical Points – to strengthen the neck which helps in reducing the *imbalance* while walking and turning around



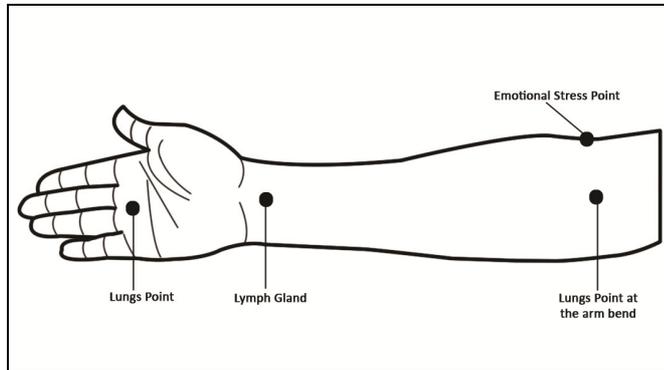
6. Urinary Bladder, K10 – so that the brain does not affect the urinary bladder, making it voluntary





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7. Emotional Stress – to help in reducing any symptoms of depression and emotionally low



Not all individuals have the same symptoms and hence the combination of the above points has to be suggested by an Acupressure practitioner.

**Disclaimer:** The information shared is not intended as a medical advice, but as holistic health information that has been beneficial to many people. Each person is fully responsible for his / her decisions about health interventions and practices. If you feel you need assistance of a health care professional, please consult one in matters concerning your health. Though there are no proven side effects of Acupressure, yet Healing Pressure and any member of the team will not be held responsible for any ill effects caused to a person's health.