



www.healingpressure.com

TRIGEMINAL NEURALGIA

Trigeminal Neuralgia (TN), also known as Prosopalgia, the suicide disease, is where the person feels intense pain in the face, originating from the trigeminal nerve. The condition is so worse that it has been described as one of the most painful diseases known. The disease appears among people who are as little as 3 years and often in people over the age of 50 years.

Symptoms:

The most common symptom of trigeminal neuralgia is extreme pain on the face which could last from some seconds to hours. Pain is experienced in the ears, eyes, scalp, forehead, nose, lips and the jaws. The areas of pain could be so sensitive that, mere touch or air currents can trigger pain.

Cause:

The trigeminal nerve is a paired cranial nerve that has three major branches:

1. Ophthalmic nerve (V1)
2. Maxillary nerve (V2)
3. Mandibular nerve (V3)

When either one, two or all the three branches are affected, the person suffers from TN. 10 - 12% of people suffer bilateral pain that is pain on both sides of the face.

Treatment:

Activating the following acupressure points, both on the hand and the feet:

1. Nasal Points from the hand, located on the mid finger and the ring finger
2. Lymph gland point, Spleen & Gall Bladder points from the hand
3. Cervical Points located on the top part of the thumb
4. Head points, on the sides of the thumb
5. K 10 point located behind the knee
6. Liver 1 and Liver 3 points located on the foot

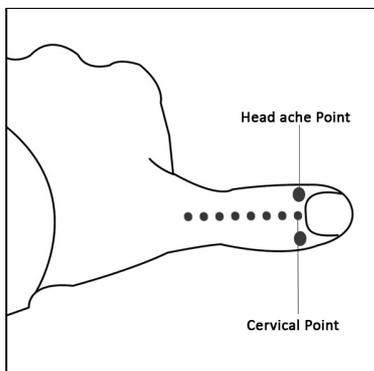
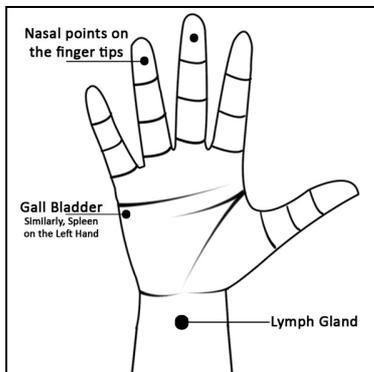


www.healingpressure.com

How to activate the acupressure points:

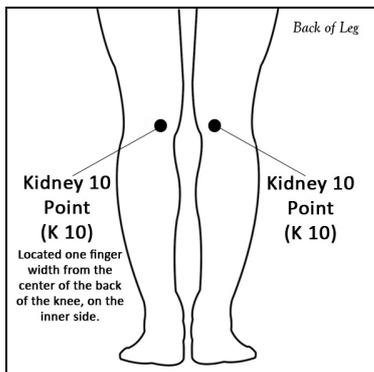
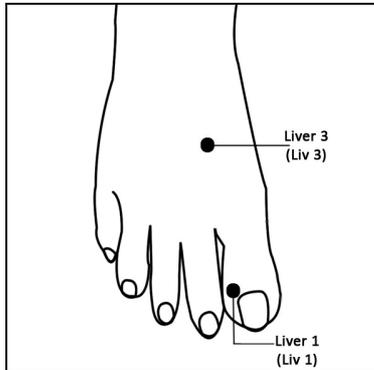


With the thumb folded at an angle of 90 degrees, press each point with the tip; apply moderate pressure where you can feel pleasurable pain; take support of the fingers for better grip. Press each point for 8 times in 1 session, repeat the sessions 3 times in a day.





www.healingpressure.com



Activate each point by pressing it for about a second or two, for 8 – 10 times per session. Continue the sessions thrice in a day. Every point mentioned will pain indicating blocked energies. The science behind Acupressure is to release these blocked energies to enhance the circulation and reduce pain.