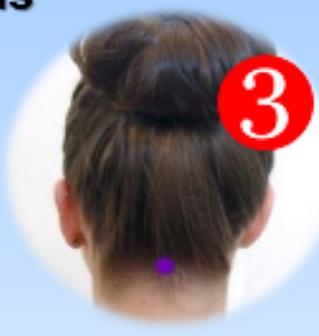
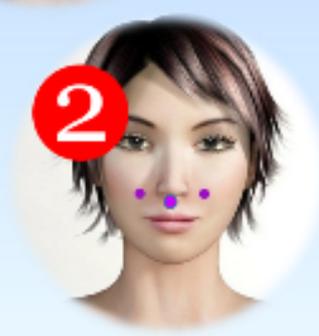


Acupressure For Nosebleeds 指压穴位以缓解流鼻血



1

2

3

4

For adults: Massage each acupoint for 1-2 minutes.
For children aged 12 years old & below including babies: Massage each acupoint for not more than 30 seconds.
成人：按摩每个穴位1-2分钟。
12岁以下的儿童，包括婴儿：按摩每个穴位不超过30秒钟。



5
color diet
nutrition and wellness llc

Caution: This acupoint is forbidden for pregnant women because its stimulation can cause premature contractions in the uterus.
谨慎事项：孕妇禁止按摩此穴位，因为它会导致子宫性提前收缩。

注意：按摩后多喝温水是非常重要的，这有助于清除我们体内的有毒物质。

谨慎事项：如果您患有严重疾病，或任何会危及生命的疾病如心脏病或癌症，请在未进行指压之前咨询您的医生。

参考：[流鼻血的信息](#)