



## Acupressure for Nausea and Vomiting

Are you concerned about nausea following your surgery or chemotherapy? You may consider a natural choice for nausea relief.

**Pressure Point Nei-Guan (P-6)** is a pressure point on your inner arm at the location of your wrist. This acupressure point can be used to relieve nausea and vomiting related to many conditions causing nausea. This is a DRUG Free alternative.

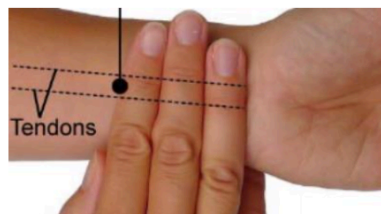
**SEA BAND** is a band that you can purchase (\$6 to \$10) at Target's or online that you can place on your wrists as instructed to treat nausea associated with anesthesia, chemotherapy treatment, travel sickness, motion sickness and morning sickness with pregnancy.

This band is suitable for use by adults and children from the age of 3.

**SEABAND** is latex free and washable with mild detergent in warm water and there is NO contraindication.

### Instruction for **SEA BAND** placement (from **SEA BAND** product insert):

1. To find this acupressure point, you can place your middle three fingers on the inside of your wrist with the edge of the third finger just below the first wrist crease. The Nei-Guan point is located underneath your first index finger in between the two tendons.
2. Position the plastic stud facing inward over the Nei-Guan Point.
3. **SEA BAND** is most effective when you wear one **SEA BAND** on each wrist.
4. It will take 2-5 minutes to become effective and you may wear it all day long until symptoms dissipate.



<http://www.motion-sickness-guru.com/>