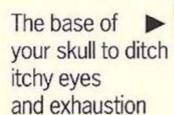
## **Your Key Pressure Points**

Out of ibuprofen? Reflexologists swear touching these acupressure points for 10 to 30 seconds will heal what ails you. Just press here:

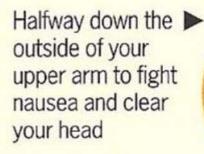


The spots right under your collarbone to help clear up a sore throat and anxiety





▼ The outer edge of the crease of your elbow to decrease tension and congestion





An inch below your belly button to beat period bloat



The web between your pinkie and ring finger to ease dizziness and back pain

