



HeadEase®



HeadEase® is a new product that alleviates head pain by stimulating a specific acupressure point, known as *Hegu*, long used in Eastern medicine to provide **head pain relief**.

Consisting of two stainless steel rings, HeadEase® applies pressure on Hegu to reduce or alleviate primary headaches or head pain affiliated with conditions such as toothaches, earaches and temporomandibular joint disorder (TMJ).

How does HeadEase® work?

The principle behind HeadEase is based on traditional Chinese medicine and the understanding that humans have vital energy, or “Qi” (chi), that travels throughout people’s bodies. When this energy is flowing freely, people experience health and well-being, but when it stagnates, people experience “dis-ease” and pain. The aim of acupressure is to **remove energy blockages so that the body returns to a normal flow and can maintain wellness**. The HeadEase rings are placed on *Hegu*, the most effective and important point on the body for head pain.

How do I use HeadEase?

Place one HeadEase ring on the Hegu point of each hand, which is found on the back of each hand, near the v-shaped junction of the thumb and index finger. The rings should be worn for approximately 20 minutes. HeadEase is working when a dull “healing-ache” can be felt. Ideally HeadEase should be used while in a relaxed position, however daily activities can be conducted during use.

Who can use HeadEase?

Anyone can use HeadEase, with the exception of pregnant women because stimulation of the Hegu point may promote uterine contractions.

“I put on HeadEase and went about my business expecting to not feel any relief. Within about 15 to 20 minutes, I realized that not only was my headache not getting worse... it was gone. I couldn’t believe it. No pain. No drugs. Just relief. I thought my afternoon would be lost but instead, I was able to help the kids with their homework and get dinner on the table.”

- Maggie Testore



Where can I get HeadEase?

HeadEase is available in small, medium and large and will fit hands of all sizes. Each package includes one set of HeadEase rings. HeadEase can be ordered online at www.headeaserings.com.

Additional benefits

HeadEase also can be used to relieve stress and provide relaxation. Today’s fast-paced lifestyle can lead to stress associated with family, work and ever-growing responsibilities, which can make it difficult to relax both the body and mind. Just like pain, stress results from energy stagnation.

When four HeadEase rings are used together, combining the *Hegu* points on the hands with the *Taichong* points on the feet (between the big toe and second toe), it opens what is known as *The Four Gates*, which powerfully move energy throughout the body resulting in stress reduction and relaxation. Keeping energy flowing freely will help to prevent stress and promote continued relaxation.

info@headeaserings.com
www.headeaserings.com