



HeadEase®

The Original Drug Free Alternative for Headaches
Safe. Natural. Easy to Use. Effective. Pill free pain relief for thousands of years.

Chicagoland Entrepreneur Launches HeadEase®, A New Drug-Free Alternative for Head Pain

Chicago -- September 18, 2012 -- Mary Jane Neumann, L.Ac., board certified and licensed acupuncturist and owner of Ginkgo Acupuncture LLC, an acupuncture practice in Oak Park, Ill., has developed and launched HeadEase®, a natural, drug-free therapy for headaches. HeadEase alleviates head pain by stimulating a specific acupressure point, Hegu, which is linked to the head. HeadEase is now available nationwide at www.headeaserings.com.

“Headaches are prevalent in people of all ages. We’ve introduced an effective alternative treatment that is easy to use and can be used anytime to ease headaches and head pain,” said Ms. Neumann. “I developed HeadEase because I was seeking headache relief for my family that didn’t involve medication, and many of my patients were looking for this as well. In my practice, I frequently employ acupressure on Hegu to help my patients. The development of HeadEase was a natural extension of what I do and really fills a need for an effective, natural solution for head pain.”

[What is HeadEase?](#)



HeadEase consists of two stainless steel rings that are placed on an acupressure point on each hand known as Hegu, the most effective and important point on the body for head pain. Hegu is found on the back of each hand, near the v-shaped junction of the thumb and index finger.

To use, place one of the HeadEase rings on the Hegu point of each hand. 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.

[How Does HeadEase Work?](#)

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.

“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,” said Maggie Testone. “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.”

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,



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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.

HeadEase is available in small, medium and large and fits hands of all sizes. Each package of includes one set of HeadEase rings and costs \$19.99. HeadEase can be ordered online at www.headeaserings.com. Anyone can use HeadEase, with the exception of pregnant women because stimulation of the Hegu point may promote uterine contractions.

[About Gingko Acupuncture LLC](#)

HeadEase, the original drug-free alternative for head pain, was developed and is marketed by Gingko Acupuncture LLC, a private practice acupuncture clinic owned and run by Mary Jane Neumann, L.Ac., an Illinois Licensed Acupuncturist. Ms. Neumann is board certified from the National Certification Commission for



Acupuncture and Oriental Medicine and currently teaches in the departments of Oriental Medicine and Bioscience at Pacific College of Oriental Medicine.

Ms. Neumann began her training at Yo San University of Traditional Chinese Medicine, where she studied the fundamentals of Chinese medicine and Herbology. She earned her M.S. in Acupuncture from Tri-State College of Acupuncture, where she received honors, as well as an M.S. in Basic Medical Science from Wayne State University School of Medicine. She earned her Bachelor of Science degree in Zoology from Michigan State University.