

# Minimize Jetlag by Resetting the Body Clock with Acupressure

by Mary Golob, PT

Wouldn't it be great, when traveling across time zones, if jetlag could be avoided by resetting the body clock the same way the time is changed on a mechanical clock? Acupressure points, although not quite as simple as changing the time on a mechanical clock, can be used to minimize the symptoms of jetlag. Here's how it works.

Acupressure is an ancient form of bodywork that uses gentle finger or hand pressure to facilitate balance of energy flow in the body. There are 12 major energy pathways in the body called meridians, with each taking its turn being the strongest of the 12 for a two-hour period each day. Acupressure points are located along the meridians and are the access points to these energy pathways. Within each meridian is an acupressure point that works like a "reset button" for the body clock.

Reset the body clock when traveling by following these steps:

- Before boarding at your departure gate reset the time on your watch to your destination point's current time. (Your cell phone will keep you on schedule for any connecting flights.)

- While boarding your plane, reset your mental clock by visualizing yourself at your destination at the time of day it is there.

- Take your seat, relax and note the acupressure point corresponding to the current time at your destination. Gently apply pressure for two minutes to this point on both sides of the body while again visualizing yourself at your destination.

- Repeat every two hours, using the corresponding acupressure point, until arriving at your destination and for four hours afterward if you are awake that long.

- Avoid the tendency to look back on the time zone you came from. It is counter-productive to say things like, "It's really 2 a.m. my time." Instead, upon arrival walk outside and allow your body clock to adjust and acclimate to local time.

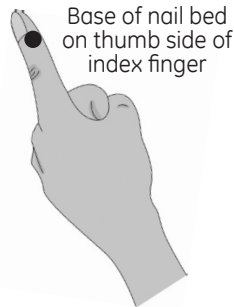
- Follow these steps again when returning home or traveling to your next destination.

Enjoy being more mentally clear, energetic and refreshed upon arrival and have a great trip.

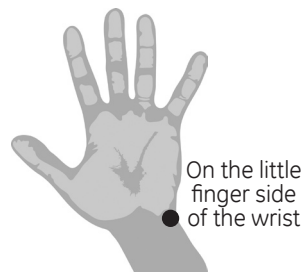
Source: "Acupressure Eases Stress of Traveling" by Susan Popiel, RN, BSN, CST and Cathy Miller, MM, LMT, ABT.

Mary Golob is a licensed physical therapist whose interest in acupressure developed early in her career. She began taking professional acupressure training seven years ago and is completing her Process Acupressure certification. Her practice is located inside Porters Neck Yoga & Spa at 8044 Market St. in Wilmington (see ad on page 8). To connect with her, email [MaryGolob@gmail.com](mailto:MaryGolob@gmail.com) or call 910-686-6440.

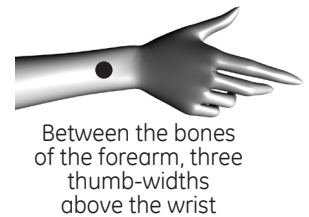
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1-3pm



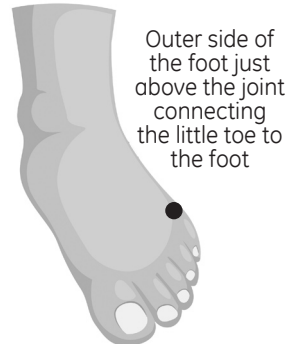
9-11pm



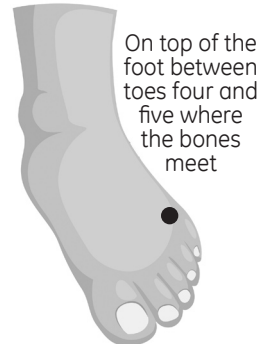
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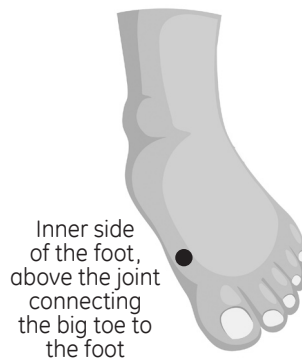
3-5pm



11pm-1am



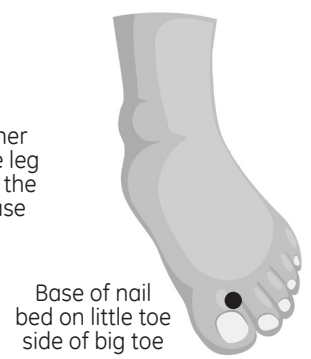
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5-7pm



1-3am



11am-1pm



7-9pm



3-5am

