

Elle TENS[®]

Acu-Comb

Awaken your Lao Gong acupoint
and find your inner power



Lao Gong Acupoint

"The Palace of Toil"

Acupressure stimulates points on the body using our hands or tools like the Acu-Comb. This triggers the brain to release chemicals such as endorphins, which **help to block pain signals**, perfect for labour and beyond. The Lao Gong acupoint, also known as "the Palace Of Toil" is the 8th point of the master heart channel. **This acupoint not only stimulates the release of endorphins**, but it's also known to **ease anxiety and clear inflammation** (Liu, Shenbin, Zhifu Wang et al, 2021). The AcuComb has been specially designed to stimulate your Lao Gong acupoint.



Warning: Keep the Acu-Comb away from children, sources of heat, naked flames and direct sunlight.

Liu S, Wang Z, Su Y, Qi L, Yang W, Fu M, Jing X, Wang Y, Ma Q A neuroanatomical basis for electroacupuncture to drive the vagal-adrenal axis. *Nature*. 2021 Oct;598(7882):641-645. doi: 10.1038/s41586-021-04001-4. Epub 2021 Oct 13. Erratum in: *Nature*. 2022 Jan;601(7893):E9. PMID, 34646018; PMCID, PMC9178665.

Stimulating the Lao Gong with the *Acu-Comb*

Finding your Lao Gong

Make a fist with either hand. The Lao Gong point is found where your ring finger lands (see diagram 1).

Applying your Acu-Comb during labour

Place your Acu-Comb on your Lao Gong point. Grip the top of your Acu-Comb while you use your thumb as a support (see diagram 2). Press down to activate your Lao Gong with the Acu-Comb.

When using during labour ensure you release your grip between contractions and swap hands when you can.

When using after labour

Press for 30-60 seconds at a time, take an optional 1-2 minute break in between and swap hands when you can.

1



2



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Elle TENS[®]

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Massage Roller Ball

Promotes relaxation before, during and after labour.



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Elle TENS 2

The multi-award winning No1 labour TENS machine.

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