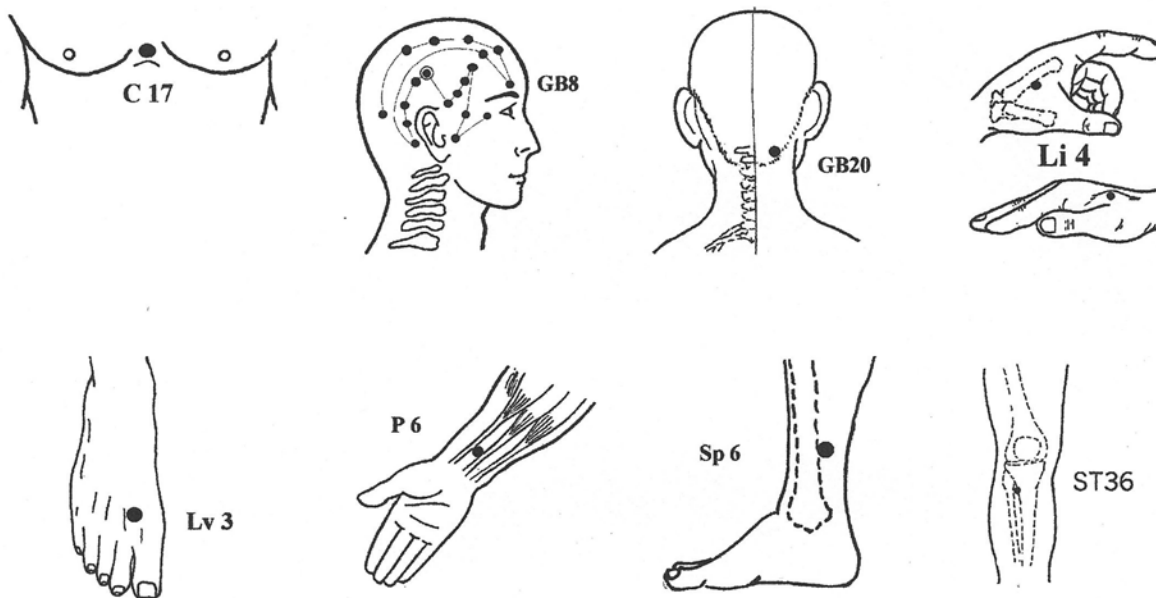


## Addictions



- C17** In men, on the mid-line of the chest between the two nipples. In women, on the mid-line of the chest between the fourth and fifth ribs.
- GB08** The width of two thumbs above the top of the ear, in line with the middle of the ear, on the skull.
- GB20** This point is right under and against the base of the skull, in the two small muscular grooves at the back of the neck, two to three inches apart depending on the size of the head.
- LI04** On the back of the hand between the thumb and index finger metacarpal bones. Find the spot midway on the bone that connects the index finger to the wrist. Sometimes this point is easy to find by squeezing two fingers together to form a small mound and marking an imaginary point at the peak of that mound. Then probe inward toward the main body of the hand, right on the bone.
- LV03** Two cun above the separation between the biggest and second toes, on the top side of the foot.
- P06** The width of two thumbs (2 Cun) above the most prominent crease on the inner wrist, in line with the middle finger.
- SP06** The width of one hand (3 thumbs) above the crown of the inner ankle, just behind the shin bone on the front of the leg.
- ST36** The width of one hand (3 Cun) below the bottom of the kneecap, and the width of one thumb (1 Cun) toward the outside of the leg (direction of the small toe.) Found in the trough or valley where the two most prominent bones of the calf come together.

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### ADDICTIONS:

Also back points UB13, UB23, UB38, UB40, & UB53 best stimulated with the Back-eze