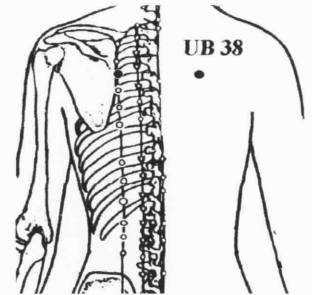
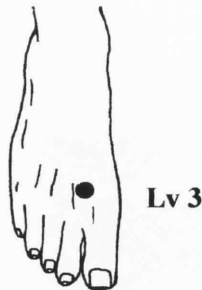
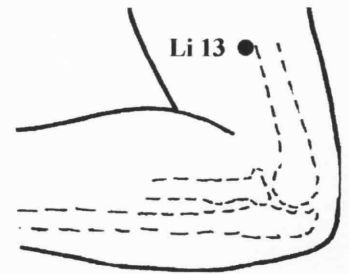
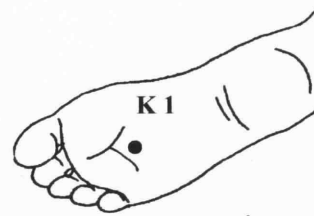
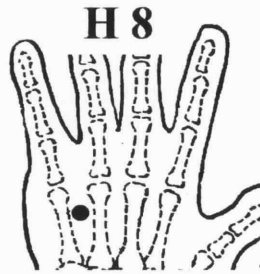
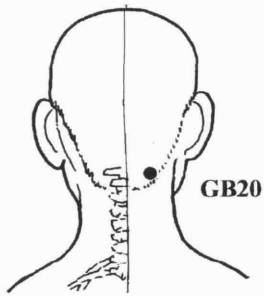


AcuPoint Analysis CLAUSTROPHOBIA

Points



- 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.
- H08** On the first skin crease on the palm between the fourth and fifth metacarpal bones. When a fist is made, the point is where the tip of the little finger rests.
- K01** On the bottom of the foot, in the middle, just behind the ball (the most padded forward part).
- LI13** On the front edge of the humerus (bone on your upper arm), 3 Cun above the elbow crease.
- LU09** On the crease closest to the hand of the inner wrist, in line with the thumb.
- LV03** Two cun above the separation between the biggest and second toes, on the top side of the foot.
- 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.
- UB38** 3 Cun from the spine midline, level with the fourth thoracic vertebra. Between the shoulder blade and the spine 4 cun below a line drawn between the tips of the shoulders.