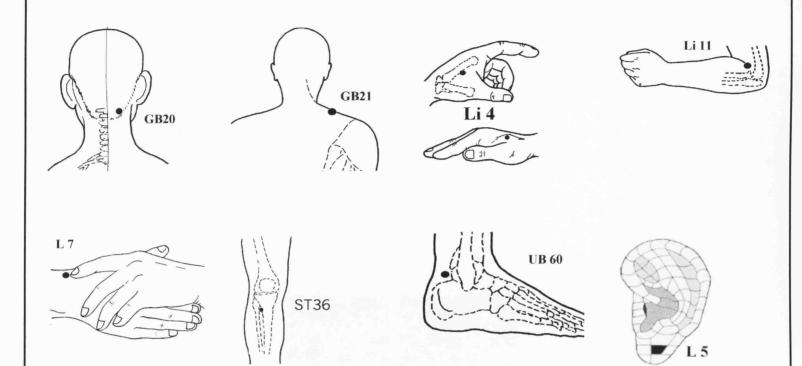
AcuPoint Analysis FACE, PAIN

Points



AcuPoint Analysis FACE, PAIN (DESCRIPTIONS)

Point	Description
EL05	Master point 8: Master Sensorial Point, Eye, Cheeks, Parietal Lobe, Located on the 5th zone of the Lobe. This master point reduces any unpleasant or excessive sensation, particularly visual distortions.
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.
GB21	On the top of the shoulder, one to two inches from the side of the neck.
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.
LI11	On the extreme end of the outer crease of the elbow. Bend your arm tightly and place your Acu-Ki on the end of the crease. Keep your massager in place while opening the arm and stimulate the point on your relaxed arm downward toward your forearm.
LU07	On thumb edge of the wrist, 1.5 Cun toward elbow from wrist crease nearest hand. A difficult point to find, but made easier by linking the hands (in picture), find point beneath index finger lying along top of wrist, deep in a small hollow.
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.
UB60	In the hollow (or valley) behind the crown of the outer ankle.