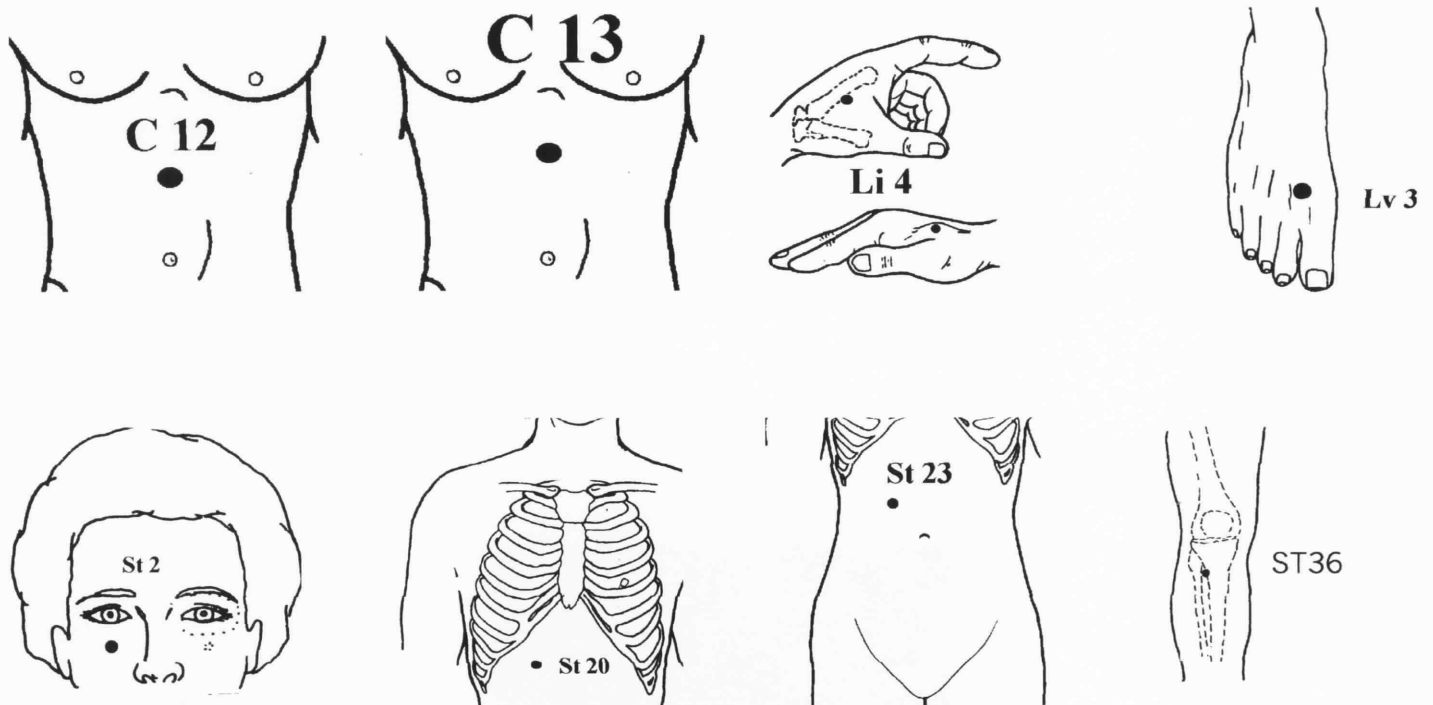


AcuPoint Analysis

GASTRITIS, CHRONIC

Points



- C12** 4 cun above the navel, along the mid-line.
- C13** 3 cun below the bottom on the breastbone (sternum), along the mid-line.
- 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.
- ST02** One-half thumb width below the center of the lower eye ridge in an indentation of the cheek.
- ST20** 5 cun above the umbilicus, 2 cun laterally from the midline.
- ST23** 2 cun above the navel, 2 cun lateral from the midline.
- 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.