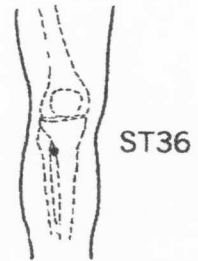
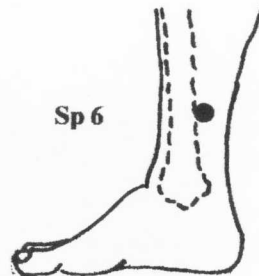
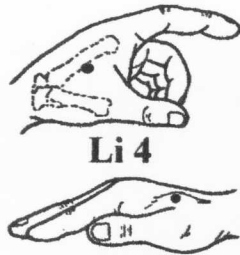
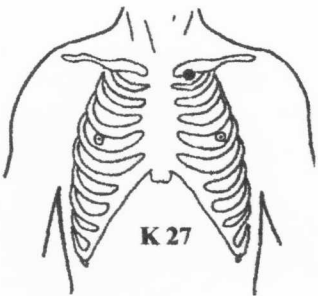
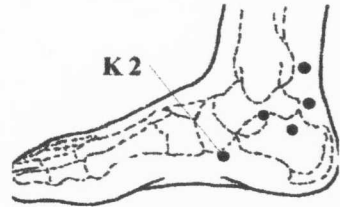
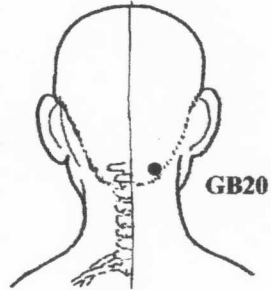


AcuPoint Analysis

HOT FLASHES*



- C04** 3 cun below, and in line with the navel.
- G24.5** On the centerline of the face between the two eyebrows. Where the bridge of the nose joins the forehead.
- 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.
- K02** On the inner edge of the foot, the width of one hand forward (direction of the toes) from the tip of the heel.
- K27** In the hollow below the collarbone next to the breastbone 2 thumb widths from the chest midline.
- 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.
- 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.