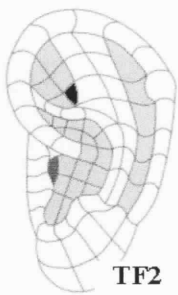
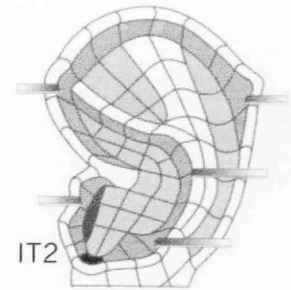
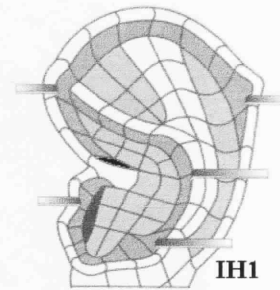
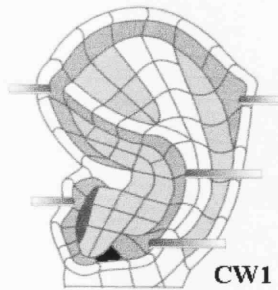
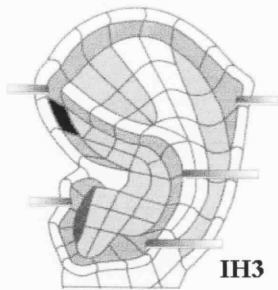
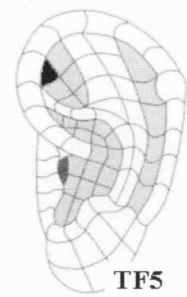
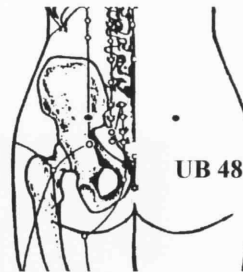
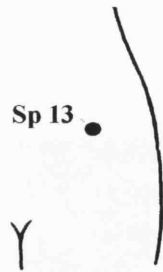
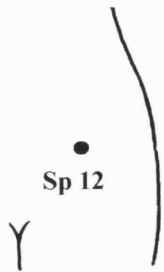
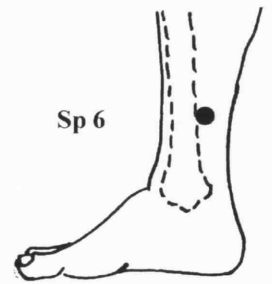
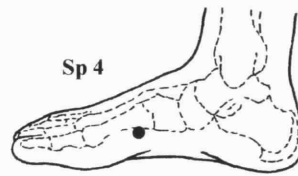
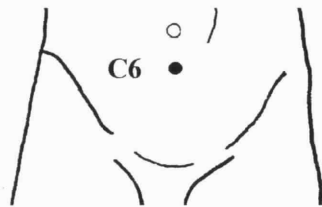
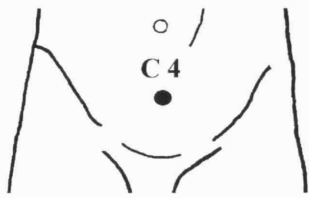


# AcuPoint Analysis PMS\*

## Points



# AcuPoint Analysis

## PMS\*

(DESCRIPTIONS)

Point	Description
<b>C04</b>	3 cun below, and in line with the navel.
<b>C06</b>	1.5 Cun below the navel.
<b>SP04</b>	On the inner edge of the foot two cun from the large bulging joint where the big toe joins the foot.
<b>SP06</b>	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.
<b>SP12</b>	This point is 3.5 thumbs width from the stomach midline in the middle of the crease where the leg joins the trunk of the body. This is level with the pubis bone.
<b>SP13</b>	This point is 4 thumbs width from the stomach midline just above the crease where the leg joins the trunk of the body. This is 1 cun above the pubis bone.
<b>UB48</b>	3 cun from the spine midline, and midway between the top of the hipbone (iliac crest) and the base of the buttock.
<b>ETF05</b>	French Heel and Ankle, Chinese Uterus. Located on the 5th zone of the Triangular Fossa.
<b>EIH03</b>	UTERUS .F
<b>ECW01</b>	GENITAL CONTROL, GONADOTROPHINS (FSH, LH), OVARIES OR TESTES .C
<b>EIH01</b>	OVARIES OR TESTES .F
<b>EIT02</b>	Endocrine Point, Internal Secretion, Thyrotropins (TSH).
<b>ETF02</b>	Master Point 1, (Shen Men), French Hip, Chinese Shen Men (Divine Gate), Pelvic Cavity, French Wonder Point. Located in the middle of the 2st zone of the Triangular Fossa. This master point alleviates pain, tension, anxiety, and depression.

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PMS\*:

UB27-UB34 Points at the base of the spine directly above the tail bone relieve menstrual cramps and lower-back pain. Also see points for backache, cramps, pain & irritability.