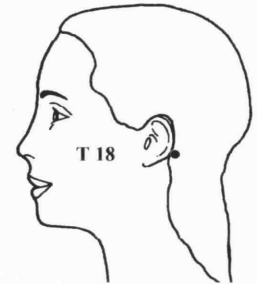
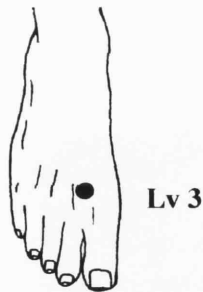
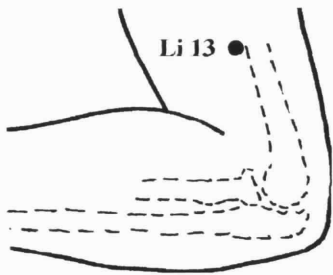
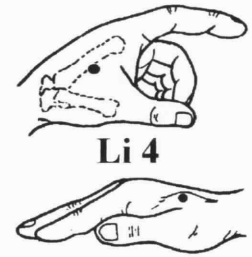
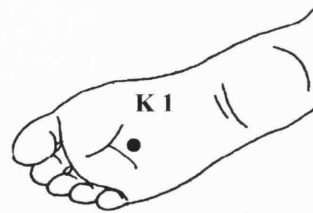
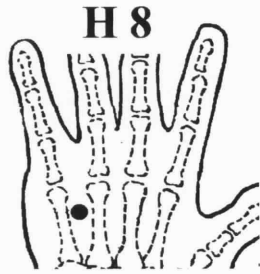


AcuPoint Analysis PHOBIA

Points



- H04** The width of 1.5 thumbs above the most prominent crease of the inner wrist, in line with the smallest finger.
- 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).
- 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.
- LI13** On the front edge of the humerus (bone on your upper arm), 3 Cun above the elbow crease.
- 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.
- T18** Directly behind the lower part of the ear, in the hollow where neck, jaw and ear come together.