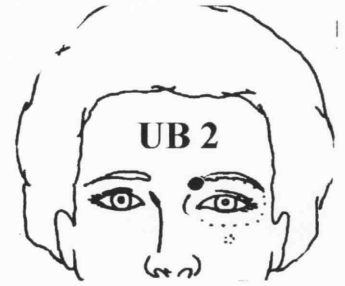
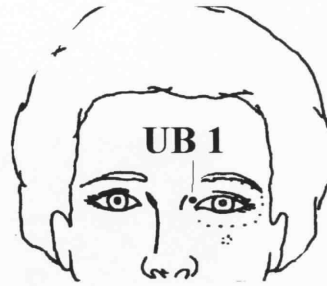
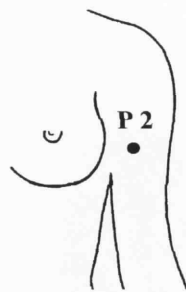
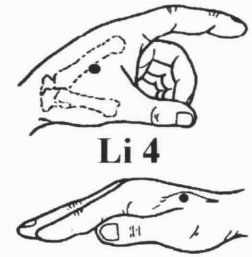
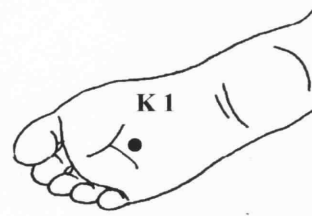
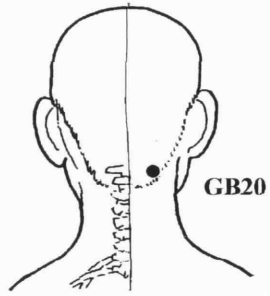
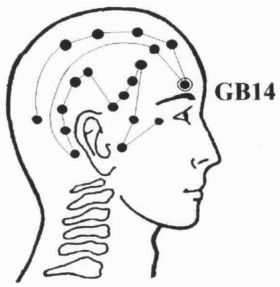


AcuPoint Analysis

EYE, FATIGUE

Points



AcuPoint Analysis
EYE, FATIGUE
(DESCRIPTIONS)

Point	Description
GB14	1 cun above the middle of the eyebrow, in the depression on the superciliary arch.
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.
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.
LV08	On the inside of the knee, where the crease ends when the knee is bent.
P02	The width of two thumbs from the armpit crease on the front of the biceps.
UB01	At the inner corner of the eye, very near and slightly above the tear duct; massage between the notch you feel above the eye in the skull and the tear duct.
UB02	At the inner edge of the eyebrow.

EYE, FATIGUE:

And GB01 when strain lead to headaches.