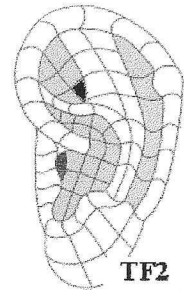
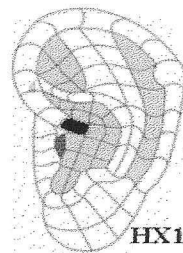
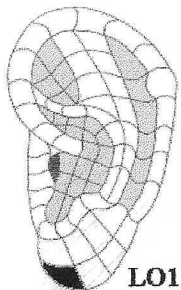
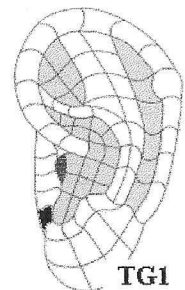
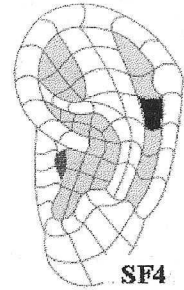
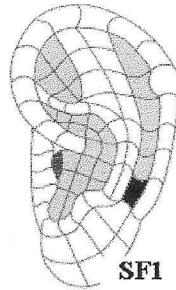
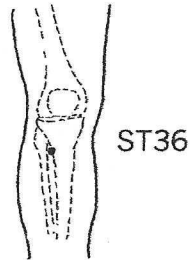
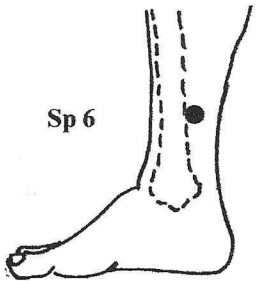
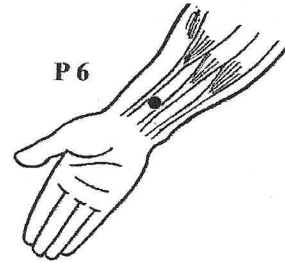
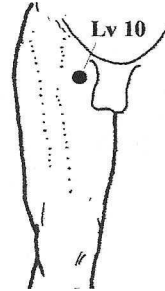
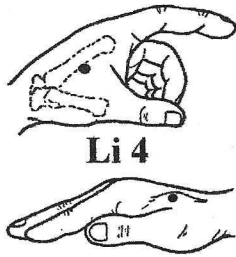
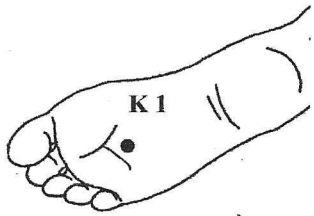
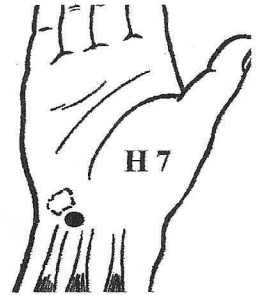
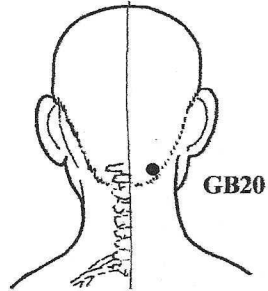
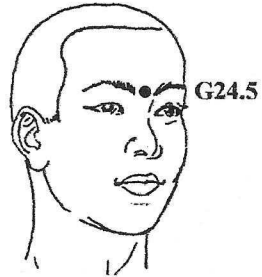
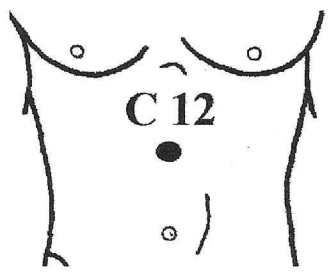


# AcuPoint Analysis INSOMNIA\*



- C12** 4 cun above the navel, along the mid-line.
- 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.
- H07** Palm facing you, on the wrist crease closest to the hand, in the hollow directly in line with the inside of the little finger.
- 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.
- LV10** 3 cun below the level of the pubis bone and two cun from the front centerline of the body on the inside of the leg. Midway between the front of the leg and the inside of the leg.
- P06** The width of two thumbs (2 Cun) above the most prominent crease on the inner wrist, in line with the middle finger.
- 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.
- ESF01** Master Shoulder, Chinese Clavicle, Appendix 3. Located on the 1st zone of the Scaphoid Fossa.
- ESF04** Elbow, Forearm, Sleep Disorders, Insomnia .F Located on the 4th zone of the Scaphoid Fossa.
- ETG01** French Pineal Gland, Adrenal Control (ACTH), Surrenalian Point, Chinese Eye Mu 1. Located on the 1ST zone of the Tragus.
- ELO01** MASTER CEREBRAL POINT, MASTER OMEGA POINT, PREFRONTAL LOBE, NERVOUSNESS, NEURASTHENIA, FEAR, WORRY, PSYCHOSOMATIC POINT, OPTIC NERVE, ANALGESIC POINT, DENTAL ANALGESIA 2, LIMBIC SYSTEM 1, PROSTAGLANDIN POINT 1
- EHX01** Master Point 0, Point of Support, Solar Plexus, Umbilical Cord, Penis, or Clitoris, Sexual Desire, Bosch Point, Diaphragm, Hiccups. Located in a notch at the beginning of the Helix Root. This point brings the whole body toward a state of homeostatic balance
- ETF02** 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.