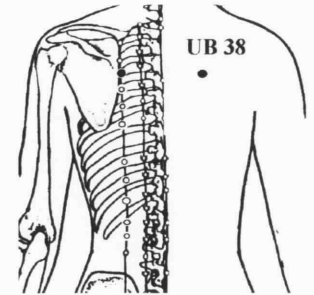
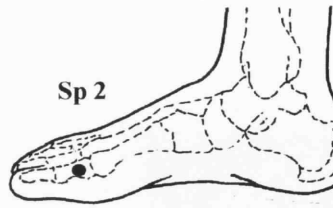
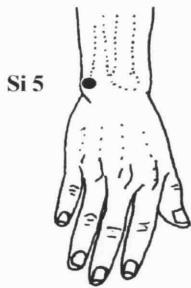
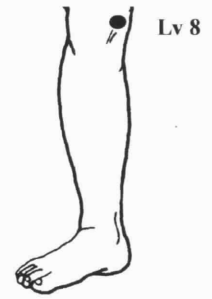
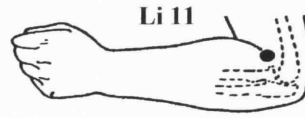
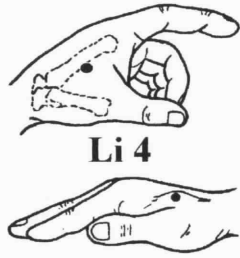
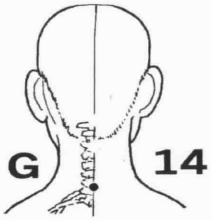


AcuPoint Analysis

MENTAL EXHAUSTION

Points



AcuPoint Analysis
MENTAL EXHAUSTION
(DESCRIPTIONS)

Point	Description
G14	On the spine, in the valley between the lowest cervical and the highest dorsal vertebrae, on an imaginary line drawn between the tips of the shoulders.
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.
LI11	On the extreme end of the outer crease of the elbow. Bend your arm tightly and place your Acu-Ki on the end of the crease. Keep your massager in place while opening the arm and stimulate the point on your relaxed arm downward toward your forearm.
LV08	On the inside of the knee, where the crease ends when the knee is bent.
SI05	On the side of the wrist in the groove between the arm and wrist bone.
SP02	Inside of your big toe. On the side just before the large bulging joint between the foot and the toe.
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.
UB38	3 Cun from the spine midline, level with the fourth thoracic vertebra. Between the shoulder blade and the spine 4 cun below a line drawn between the tips of the shoulders.