

# AcuPoint Analysis

## NIGHTMARES\*

(DESCRIPTIONS)

Point	Description
<b>C12</b>	4 cun above the navel, along the mid-line.
<b>G20</b>	On the midpoint of the skull on a line connecting the tops of the ears.
<b>GB44</b>	Just behind the corner of the fourth toenail, on the side closest to the smallest toe.
<b>H07</b>	Palm facing you, on the wrist crease closest to the hand, in the hollow directly in line with the inside of the little finger.
<b>P05</b>	The width of three thumbs above the middle of the skin crease closest to the hand on the wrist in between the tendons of the forearm in line with the middle finger.
<b>SPO1</b>	At the corner of the root of the nail in the large toe. Inside of the toe away from the other toes.
<b>ST36</b>	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.
<b>UBO1</b>	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.
<b>UBO2</b>	At the inner edge of the eyebrow.
<b>UB38</b>	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.
<b>ELOO1</b>	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
<b>ELOO8</b>	TMJ, ANTI-DEPRESSANT POINT, SALIVARY GLAND (PAROTID GLAND)
<b>ETFO2</b>	Master Point 1, (Shen Men), French Hip, Chinese Shen Men (Divine Gate), Pelvic Cavity, French Wonder Point. Located in the middle of the 2nd zone of the Triangular Fossa. This master point alleviates pain, tension, anxiety, and depression.

