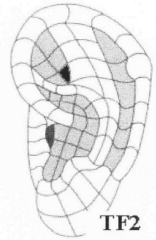
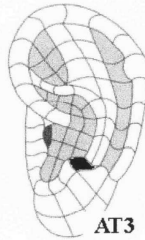
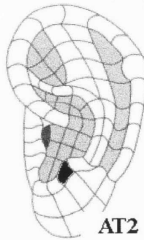
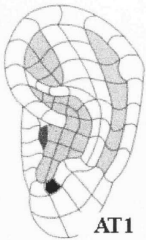
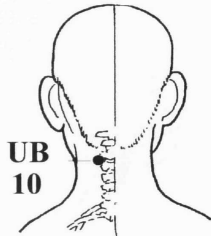
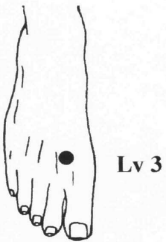
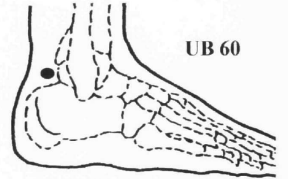
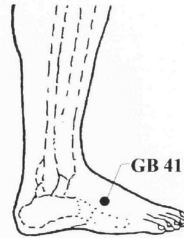
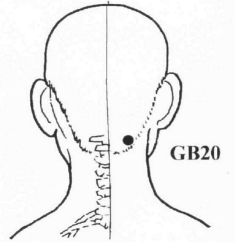
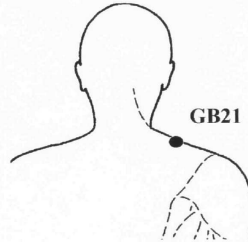
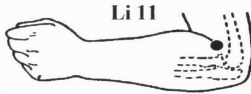
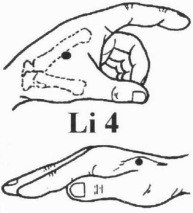


HEADACHE*



HEADACHE

- Li4** 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.
- GB2I** On the top of the shoulder, one to two inches from the side of the neck.
- GB2O** 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.
- UBO2** At the inner edge of the eyebrow.
- GB1** This point is not as far back as the large hollow of the temple. It is 1/2 cun from the bony ridge at the corner of the eye.
- GB41** On the top of the foot, in the valley between the smallest and fourth toes, midway between the separation between the toes and where the foot joins the leg.
- UB6O** In the hollow (or valley) behind the crown of the outer ankle.
- LV3** Two cun above the separation between the biggest and second toes, on the top side of the foot.
- UB10** 0.5 cun just beneath the base of the skull, on the rosy muscles and 0.5 cun from the spine midline.
- G20** On the midpoint of the skull on a line connecting the tops of the ears.
- 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.
- EATO1** Forehead, thyroid control (TSH), eye disorder 2 (MU 2)
- EATO2** Temples, asthma, apex of antitragus
- EATO3** Occiput, atlas, occipital lobe
- ETFO2** 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.