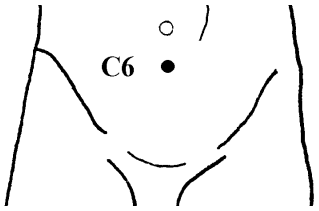
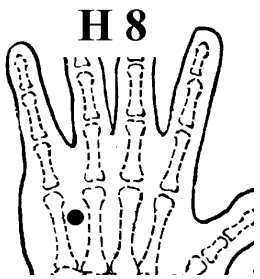
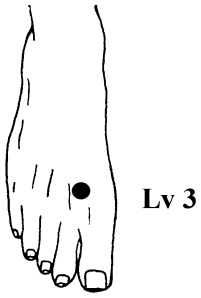
AcuPoint Analysis
MENSTRUATION PAINFUL*

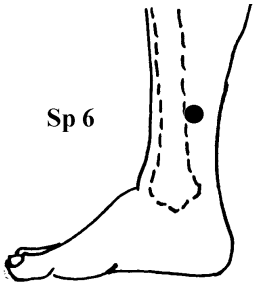
Points

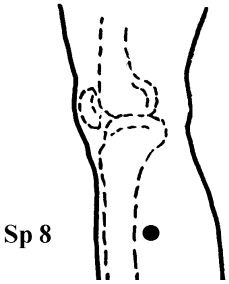


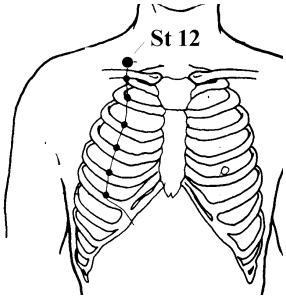


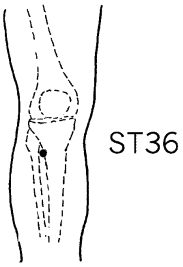


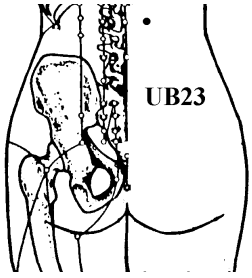


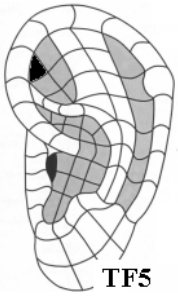


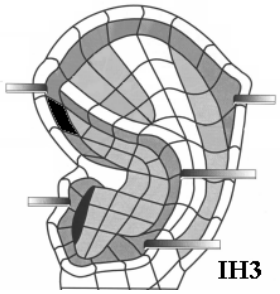


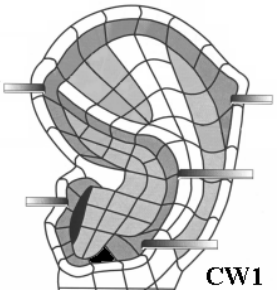


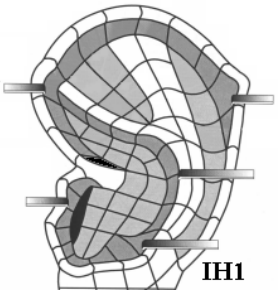


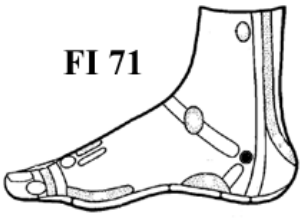
















STRESSAWAY ACUPRESSURE, (888) 853-0646
acu-ki@bigfoot.com www.stress-away.com

AcuPoint Analysis
MENSTRUATION PAINFUL*
(DESCRIPTIONS)

Point	Description
C06	1.5 Cun below the navel.
GB01	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.
H08	On the first skin crease on the palm between the fourth and fifth metacarpal bones. When a fist is made, the point is where the tip of the little finger rests.
LV03	Two cun above the separation between the biggest and second toes, on the top side of the foot.
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.
SP08	The width of one hand and two thumbs below the botton of the kneecap, just behind the shin bone on the inner leg.
ST12	Hunch the shoulders forward as far as possible; two hollows will be formed just behind the collar-bone 4 thumb widths from the centerline of the body. Place acu-ki in the hollow and relax the shoulders.
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.
UB23	1.5 cun from the spine on a level between the 2nd and 3rd lumbar vertebra level with the waist. Easily stimulated with the Back-eze.
ETF05	French Heel and Ankle, Chinese Uterus. Located on the 5th zone of the Triangular Fossa.
EIH03	UTERUS .F
ECW01	GENITAL CONTROL, GONADOTROPHINS (FSH, LH), OVARIES OR TESTES .C
EIH01	OVARIES OR TESTES .F
FI71	Uterus. Inside the foot midway between the inside ankle bone and the edge of the heel.
FO38	Ovary. Outside of foot midway between the outside ankle bone and the edge of the heel.
HI71	Uterus.

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MENSTRUATION PAINFUL*:

The points on the back are found and stimulated most easily with the Stressaway Backeze.

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