

ACUPRESSURE USING HOLOGRAPHIC TECHNOLOGY

**A GUIDE FOR SELF-CARE
ACUPRESSURE WITH HOLOGRAMS**

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Mr. Schaeffer began his career in sports and fitness as a teen. During the past forty years, he was an accomplished professional athlete, including being a World Champion in both Powerlifting and Professional Kickboxing. He has held numerous World records in Powerlifting and a Masters Super Heavyweight World Championship in Professional Kickboxing.

Mr. Schaeffer is a professor for the International Sports Sciences Association (ISSA) and travels both nationally and internationally teaching certification courses to fitness professionals. Certified courses included: Fitness Trainer courses, Sports Conditioning, Performance Nutrition, Youth Fitness, Law Enforcement Strength and Conditioning, as well as about six other certifications. He has received ISSA's Lifetime Achievement Award for his work in the fields of nutrition and fitness.

Mr. Schaeffer has authored several books, articles, fitness informational materials, and sport and fitness related software programs. His unique training program structure and solid approach to nutrition and athletic performance has made Mr. Schaeffer a key factor for the achievements of many top ranked High School and Collegiate athletes, as well as hundreds of World-Renowned, Professional, and Olympic athletes, such as:

Apolo Ohno, Olympic and World Champion Short Track Speed Skater

Allison Baver, 2 time Olympian and National Champion Short Track Speed Skater

Liam Ortega, Long Track Speed Skater National Team Member and Olympic hopeful

Gideon Massie, 2 time Olympian and 10 time National Sprint Cycling Champion

Mark Fretta, Olympian and #1 Ranked Triathlete in the World

Wayne Johnsen, Professional Boxer, featured on "The Contender" TV show, in addition to many other world-class elite athletes from all sports around the world.

Mr. Schaeffer is frequently called upon for speaking engagements, television interviews and radio talk shows. He has been featured on: the Discovery Channel, NBC Sports, Black Belt Video Magazine, Powerlifting Video Magazine, John Farley's Health Crusades, Chicago Town Fitness, Hugh Simpson Show, and even interviewed on the popular "Dancing with the Stars" TV show regarding Apolo Ohno, as well as many other local and regional television and radio shows and numerous, major magazine articles.

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WHAT IS HOLOGRAPHIC TECHNOLOGY?

I will try to explain this in laymen's terms. Holograms are quarter size discs that can be programmed with electromagnetic frequencies. Once programmed, the hologram can be placed on acupressure points. Acupressure points are places on the skin that are especially sensitive to bioelectrical impulses. When the holograms are correctly embedded with the proper electromagnetic programming, the body readily responds to these impulses. Asian cultures have for over 5,000 years recognized that these areas conduct human energy. Western scientists also have mapped out and proven the existence of these systems. Science has also shown that stimulating these points can possibly result in a whole host of natural body reactions such as neurochemicals being released, which can block pain from anything like exercise over use to trauma and disease. Manipulation of these meridians can promote healing, immune function, stress relief, improved circulation, less lactic acid build up, increased blood balance, total body balancing, as well as promoting the body to detoxify, which improves your overall health and well-being. The body's response is directly related to how the holograms are programmed and the exact placement on the meridians. This is an all-natural response. The hologram does nothing more than influences the body to function at its most efficient level. Every cell in your body vibrates. This vibration is how the cell functions to do its job. If you are injured or fatigued, or have a disease, the vibration rate of the cell is diminished. The lower the vibration rate, the more at risk you are for more intense reactions to disease or the slower your recovery from injury or even exercise trauma. This lower vibration rate also compromises your immune system. A healthy cell vibrates at somewhere between 85 to 100 millivolts. When your body is trying to recover from exercise or injury, as well as a disease, the vibration rate of the effected cells is extremely compromised. For example, cancer cells have a vibration rate of about 15 millivolts, which puts the cell in a severe acidic and anaerobic state (oxygen deficient), a physical state where most disease and illnesses thrive. Healthy cells are more alkaline and oxygenated. Whether your cells are healthy or unhealthy has a direct relationship to cellular vibration rate. Programmed holograms simply aid in influencing maximum vibration rate, which depending on programming,

can influence every metabolic function of the body, as well as the body's ability to repair and recover itself.

When healthy cells are functioning optimally it is much easier for the body to recognize diseased or damaged cells. This enables the immune system to respond more aggressively. The quicker the body recognizes problems, the easier it is for the immune system to take action. Quicker recognition equals less damage and less burden on the immune system to make the appropriate repairs. There is a belief among scientists, backed by research, that life is fundamentally electromagnetic rather than chemical. In Theory, DNA functions as a biohologram, which serves as a guiding matrix for organizing physical function and form. Science shows that DNA can be activated and influenced through conscious linguistic expressions. Programmed holograms can transmit electromagnetic signals to meridians to restore or influence cellular structure, which, in turn, also influences the functioning of the human body. I feel that because of the hologram's broad spectrum of programmability, future science will show that holographic acupressure technology may be the most effective of all the acupressure technologies.

My goal is to supply you with applications of holograms that I have been experimenting with over the last few years. **The applications are strictly experimental and are only meant to try to assist you in your own self-care. They are absolutely not meant to replace your physician's advice or treatments. In fact, you should always consult your physician to determine if it is appropriate to experiment with these meridian applications along with their professional care.** Pregnant women and some other special interest people must always use care when considering the use of holographic technology by always consulting with their physicians first.

A WORD OF CAUTION

1. Using holograms when pregnant must only be attempted under a physician's guidelines. Especially avoid stimulation to LI-4 (LI-4 can induce premature labor), K-3 (K-3 can cause unhealthy fetus reactions), and SP-6 (SP-6 can induce premature labor and cause unhealthy fetus reactions).
2. Never apply holograms over any type of burns.
3. Never apply holograms over open wounds.
4. Never apply holograms over a newly formed scar.
5. As with all acupressure, avoid abdominal points with serious or threatening diseases, such as intestinal cancer, serious cardiac conditions, and leukemia. Again, anyone with serious medical issues must always consult their physician before using holographic technology acupressure.
6. To really enhance the effect of hologram acupressure, a consideration should be given to diet, exercise, rest, and relaxation.
7. Holograms can influence elevated blood pressure when placed on specific meridians. Always be extremely careful to consult your physician prior to using holograms, especially if elevated blood pressure could create a greater health risk.
8. Holograms can improve blood flow and circulation. Anyone with bleeding disorders or disease should consult his or her physician prior to use.
9. Special interest people should always consult their physician prior to attempting holographic acupuncture home therapy. Special interest would be defined as someone who is not 100% perfectly normal from a medical standard in relationship to their health, fitness, or mental state.

I am going to supply you with simple information on applications and how to find correct meridians for which I am referring to. I have used all these meridians in my experimentation with holograms. You will notice they run a very close parallel to actual acupressure techniques that are performed with electricity, needles, moxibustion, and massage.

HOW LONG AND WHAT HOLOGRAM TO USE

In almost every case, I found that multiple hologram applications work best. I have also found that mixing the type of holograms being used can improve the desired effect tremendously. In most cases, the time of use on any given meridian is anywhere from eight to ten hours per day for three consecutive days, followed by two days off completely. I have also found that using the holograms three days on and two days off aids in not being over stimulated and maximizes the hologram's effectiveness. This hourly and daily rotation seems to work consistently well, but in some cases Slim and Relief holograms are used longer. When there are options, move to different meridians every few uses. Action placements are for awake times only. Do not use Action discs at bedtime. But then again, there are also uses for Relief discs to calm certain meridians to aid the Sleep discs' effectiveness. I have also found that the Slim disc seems to be much more effective along with Action applications along certain meridians to rev up the body's metabolism. In some cases you may need to leave Relief discs on consistently for the full three days to achieve desired results, but always remove them for two days after using them for three days. Repeat this cycle as often as necessary. I have found that if you clean the area where you are going to apply a disc with hydrogen peroxide, the disc will adhere more securely, and in most cases will even stay on while in the shower. The hydrogen peroxide dries the skin out slightly, so therefore the disc adherence is stronger; but be careful not to touch the area with your hands or fingers because of the natural oils in your skin.

ATHLETIC PERFORMANCE APPLICATION

Again, in athletic performance, the same three days on, two days completely off, works consistently well. The major difference between general health application and sport would be for sports you would put the hologram on approximately one hour prior to the actual activity and then remove the hologram from immediately to two hours after the activity. In general health applications the holograms could be worn for as long as eight to ten hours per day, 3 days on, 2 days off completely. Again, I found multiple hologram applications work best, as well as mixing different types of holograms, such as Action, Relief, and Slim. I have also found that the Sleep holograms work as well to aid in recovery from exercise and competition trauma, as they do to improve the quality of your sleep. For the sports performance side, we use Sleep discs one hour before bedtime until you awake. Again, three days on, two days off seems to aid in the effectiveness of the Sleep disc.

For athletic performance I always eliminate the use of the hologram at least five to seven days out before any competition. This practice will ensure that you get the maximum effect from the holograms for competition day. For those athletes who compete on multiple days during the week, we limit the use of the discs just on competition days. I place the holograms on the preferred meridians about one half hour to maximum an hour prior to competing and then remove the holograms immediately after the competition.

HOLOGRAMS AND SPORTS

Some of the benefits received from utilizing holograms in sports applications are:

- Decreased lactic acid build up
- Maintaining a lower pH balance
- Maintaining longer aerobic power
- Maintaining longer anaerobic power
- Maintaining consistent blood flow
- Maintaining consistent blood oxygen levels
- Maximizing your body's performance

The following outlines multiple disc usage, disc type, and meridian placements that I have found, in most cases, to be extremely effective.

- Holograms can be used on single meridians on one side of the body, but, in most cases, I have found applying holograms to matching meridians creates the greatest result. For example, if you place a hologram on the left ankle meridian, you would also place a hologram on the right ankle meridian.
- For more detailed information on individual sports training and nutrition refer to www.winningfactor.com Sports Sciences Training Systems.

*** When choosing placements, choose the ones that correspond most closely to the sport or activity in which you are participating.**

MARATHON AND TRIATHLON

Placement: **BL-60** Relief and **LU-1** Action and **ST-36** Action

- **Location:** **BL-60** is on the outside of the ankle. At the very top of the anklebone, draw a straight line to the Achilles tendon. In the hollow between the tendon and the anklebone is where you would place the disc, parallel to the anklebone.
 - **Technical:** On the lateral ankle, in the depression midway between the external malleolus and the tendon calcaneus.
 - **Influence:** Aids in blood flow to the ankles and feet and relaxes the low back.
- **Location:** **LU-1** is on the outer part of the chest, four finger widths up from the armpit crease and one finger width inward.
 - **Technical:** On the lateral chest, inferior to the acromial end of the clavicle, 6 cun lateral to the Conception Vessel.
 - **Influence:** Aids in increasing the lungs' ability to absorb oxygen and release carbon dioxide and helps relax breathing.
- **Location:** **ST-36** is four finger widths below the kneecap, on the outside of the leg.
 - **Technical:** On the leg, one finger breadth lateral to the tibia's anterior crest, 3 cun inferior to ST-35 in the depression to the lateral side of the patella.
 - **Influence:** Aids in strengthening the whole body. Also aids in decreasing lactic build-up and increasing circulation to the knee area.

Illustrations of Point Placements are on pages 85-98.

SPORTS WITH PREDOMINANT ARM STRENGTH

Placement: PC-6 Action and LI-11 Action and CV-6 Relief

- **Location:** PC-6 is in the middle of the inner wrist, two-and-one-half finger widths below the wrist crease.
 - **Technical:** On the anterior forearm, 2 cun superior to the transverse wrist crease, between the tendons of palmaris longus and flexor carpi radialis muscles.
 - **Influence:** Aids in increasing circulation in the arms and decreasing lactic build-up in the arms.
- **Location:** LI-11 is located on the top, outer end of the elbow crease.
 - **Technical:** On the lateral side of the cubital crease when the elbow is close to full flexion.
 - **Influence:** Aids in core strength and total body circulation.
- **Location:** CV-6 is located two finger widths directly below the belly button.
 - **Technical:** On the lower abdomen, on the anterior midline, 1.5 cun inferior to the umbilicus.
 - **Influence:** Aids in strengthening hormone balance and release.

Illustrations of Point Placements are on pages 85-98.

SPORTS WITH PREDOMINANT LEG STRENGTH

Placement: GB-30 Action and LV-8 Action and BL-60 Relief

- **Location:** GB-30 is located by putting your thumb on your hipbone and stretching your index finger straight down the side of your leg. You want to slowly move your index finger 3 inches toward your gluteus maximus. If you press in that small indentation, it should feel a little bit tender.
 - **Technical:** In the gluteal region, one-third the distance from the greater trochanter to the sacral hiatus. Locate GB-30 while lying in the lateral recumbent position with the thigh flexed slightly.
 - **Influence:** Aids in increasing blood flow and reducing lactic acid in the lower leg.

- **Location:** LV-8 is on the inside of the knee, located by cupping your kneecap with your hands. Move your thumbs back just past the thighbone and press, straight in right from the knee, at the very bottom of the kneecap. If you come in two finger widths towards your groin, you'll feel it.
 - **Technical:** On the medial side of the knee, in the depression of the transverse popliteal crease between the upper border of the medial epicondyle of the femur and semitendinosus and semimembranosus tendons.
 - **Influence:** Aids in overall anaerobic endurance of the legs.

SPORTS WITH PREDOMINANT LEG STRENGTH (continued)

- **Location:** **BL-60** is on the outside of the ankle. At the very top of the anklebone, draw a straight line to the Achilles tendon. In the hollow between the tendon and the anklebone is where you would place the disc, parallel to the anklebone.

(Ancient Chinese said this meridian would give humans the ability to jump like rabbits and kick like mules.)

- **Technical:** On the lateral ankle, in the depression midway between the external malleolus and the tendon calcaneus.
- **Influence:** Aids in strengthening muscles of the leg and total back.

Illustrations of Point Placements are on pages 85-98.

SPORTS WITH PREDOMINANT BACK STRENGTH

Placement: CV-6 Action and BL-60 Action and BL-23 Relief

- **Location:** CV-6 is located two finger widths directly below the belly button.
 - **Technical:** On the lower abdomen, on the anterior midline, 1.5 cun inferior to the umbilicus.
 - **Influence:** Aids in strengthening hormone balance and release.
- **Location:** BL-60 is on the outside of the ankle. At the very top of the anklebone, draw a straight line to the Achilles tendon. In the hollow between the tendon and the anklebone is where you would place the disc, parallel to the anklebone.
 - **Technical:** On the lateral ankle, in the depression midway between the external malleolus and the tendon calcaneus.
 - **Influence:** Aids in strengthening muscles of the leg and total back.
- **Location:** BL-23 is located in the lower back, between the second and third lumbar vertebrae, two finger widths away from the spine at waist level.
 - **Technical:** On the lower back, 1.5 cun lateral to the lower border of the spinous process of the second lumbar vertebra (L2).
 - **Influence:** Aids in strengthening the lower back.

Illustrations of Point Placements are on pages 85-98.

TOTAL BODY STRENGTH

Placement: CV-4 Relief and CV-6 Action

- **Location:** CV-4 is four finger widths below the belly button.
 - **Technical:** In the pubic region, on the anterior midline, 2 cun superior to the upper border of the symphysis pubis.
 - **Influence:** Aids in influencing total body strength.
- **Location:** CV-6 is located two finger widths directly below the belly button.
 - **Technical:** On the lower abdomen, on the anterior midline, 1.5 cun inferior to the umbilicus.
 - **Influence:** Aids in strengthening hormone balance and release.

Illustrations of Point Placements are on pages 85-98.

SPORTS WITH PREDOMINANT CHEST STRENGTH

Placement: **ST-18** Action and **SP-17** Action and **CV-6** Relief

- **Location:** **ST-18** is two finger widths below the center of the nipple.
 - **Technical:** On the chest, on the midclavicular line, in the fifth intercostal space, 4 cun lateral to the anterior midline.
 - **Influence:** Aids blood flow and muscle endurance of the chest.
- **SP-17** is located in the fifth intercostals space, at the tender spot under the armpit, slightly below the nipple line.
 - **Technical:** On the lateral chest, in the fifth intercostals space, 6 cun lateral to anterior midline.
 - **Influence:** Aids in increasing the muscle strength of the chest.
- **CV-6** is located two finger widths directly below the belly button.
 - **Technical:** On the lower abdomen, on the anterior midline, 1.5 cun inferior to the umbilicus.
 - **Influence:** Aids in strengthening hormone balance and release.

Illustrations of Point Placements are on pages 85-98.

HORMONE BALANCE

Placement: CV-6 Action and CV-4 Action and BL-60 Relief

- **Location:** CV-6 is located two finger widths directly below the belly button.
 - **Technical:** On the lower abdomen, on the anterior midline, 1.5 cun inferior to the umbilicus.
 - **Influence:** Aids in strengthening hormone balance and release.
- **Location:** CV-4 is four finger widths below the belly button.
 - **Technical:** In the pubic region, on the anterior midline, 2 cun superior to the upper border of the symphysis pubis.
 - **Influence:** Aids in influencing total body strength.
- **Location:** BL-60 is on the outside of the ankle. At the very top of the anklebone, draw a straight line to the Achilles tendon. In the hollow between the tendon and the anklebone is where you would place the disc, parallel to the anklebone.
 - **Technical:** On the lateral ankle, in the depression midway between the external malleolus and the tendon calcaneus.
 - **Influence:** Aids in blood purification.

Illustrations of Point Placements are on pages 85-98.

SLEEP

Placement 1: H-7 Relief and EX-2 Sleep

Placement 2: PC-6 Relief and GV-16 Sleep

Placement 3: GV-24.5 Sleep and EX-2 Relief

- **Location:** H-7 is on the little finger side of the forearm at the crease of the wrist.
 - **Technical:** On the transverse wrist crease, in the small depression between the pisiform and ulna bones.
 - **Influence:** Aids in relieving anxiety, cold sweats, and insomnia due to overexcitement.

- **Location:** EX-2 is located at the depression of the temples, one-half inch to the outside of the eyebrows.
 - **Technical:** 1 cun posterior from the orbit and 1 cun anterior from the TMJ joint. EX-2 is 1 cun superior from this intersection.
 - **Influence:** Aids in relieving headaches and stress.

- **Location:** PC-6 is in the middle of the inner wrist, two-and-one-half finger widths below the wrist crease.
 - **Technical:** On the anterior forearm, 2 cun superior to the transverse wrist crease, between the tendons of palmaris longus and flexor carpi radialis muscles.
 - **Influence:** Aids in relieving insomnia and several other common complaints that can keep one from sleeping, such as anxiety, palpitations, nausea, and indigestion.

SLEEP (continued)

- **Location:** **GV-16** is in the center of the back of the head, in the large hollow under the base of the skull.
 - **Technical:** On the posterior head, 0.5 cun directly below the external occipital protuberance.
 - **Influence:** Aids in relieving insomnia as well as mental stress.

- **Location:** **GV-24.5** is directly between the eyebrows, in the indentation where the bridge of the nose meets the center of the forehead.
 - **Technical:** One cun up from the top of the bridge of the nose, between the eyebrow line.
 - **Influence:** Aids in relaxing the central nervous system for relieving anxiety and insomnia.

Illustrations of Point Placements are on pages 85-98.

HOLOGRAMS AND PHYSICAL ISSUES

The following outlines multiple disc usage, disc type, and meridian placements that I have found, in most cases, to be extremely effective. In some cases you may need to leave Relief discs on consistently for the full three days to achieve desired results, but always remove them for two days after using them for three days. Repeat this cycle as often as necessary.

*** When more than one placement is available choose the one that corresponds most closely to the issue that you are experiencing.**

ALLERGIES

Placement 1: K-27 Relief and LV-3 Relief and CV-6 Action

Placement 2: LV-3 Relief and CV-6 Action

Placement 3: TW-5 Relief and LV-3 Relief and ST-36 Action

Placement 4: LI-11 Relief and LV-3 Relief and ST-36 Action

- **Location:** K-27 is in the hollow below the collarbone, next to the breastbone.
 - **Technical:** On the lower border of the clavicle, 2 cun lateral to the anterior midline.
 - **Influence:** Aids in relieving allergies associated with chest congestion, breathing difficulties, asthma, coughing, and sore throats.
- **Location:** LV-3 is on the top of the foot, in the valley between the big toe and the second toe, two thumb widths back from the juncture of the big and second toes.
 - **Technical:** On the dorsum of the foot, between the first and second metatarsal bones, approximately 2 cun superior to the web margin.
 - **Influence:** Aids in relieving all kinds of allergic reactions, especially bloodshot eyes and neuromuscular disorders.
- **Location:** CV-6 is located two finger widths directly below the belly button.
 - **Technical:** On the lower abdomen, on the anterior midline, 1.5 cun inferior to the umbilicus.
 - **Influence:** Aids in relieving allergies that accompany constipation, gas, fatigue, general weakness, and insomnia.

ALLERGIES (continued)

- **Location:** **TW-5** is located two and one-half finger widths above the wrist crease on the outer forearm, midway between the two bones of the arm.
 - **Technical:** On the dorsal forearm, between the radius and ulna, 2 cun superior to TW-4 at the dorsal transverse wrist crease.
 - **Influence:** Aids in relieving allergic reactions by strengthening the immune system.

- **Location:** **ST-36** is four finger widths below the kneecap, on the outside of the leg.
 - **Technical:** On the leg, one finger breadth lateral to the tibia's anterior crest, 3 cun inferior to ST-35 in the depression to the lateral side of the patella.
 - **Influence:** Aids in strengthens the whole body to prevent as well as relieve allergies.

- **Location:** **LI-11** is located on the top, outer end of the elbow crease.
 - **Technical:** On the lateral side of the cubital crease when the elbow is close to full flexion.
 - **Influence:** Aids in relieving allergies, particularly inflamed skin disorders (such as hives and rashes), itching and fevers.

Illustrations of Point Placements are on pages 85-98.

ARTHRITIS

Placement 1: GB-20 Relief and ST-36 Action

Placement 2: LI-4 Relief and ST-36 Action

Placement 3: LI-11 Relief and ST-36 Action

Placement 4: TW-5 Relief and ST-36 Action

- **Location:** GB-20 is located below the base of the skull, in the hollow between the two large, vertical neck muscles, two to three inches apart (depending on the size of the head).
 - **Technical:** At the posterior head, at the junction of the occipital and nuchal regions, in the depression between the origins of the sternocleidomastoid and trapezius muscles.
 - **Influence:** Aids in relieving arthritis, as well as the following common complaints that often accompany arthritic pain: headaches, insomnia, stiff neck, neck pain, fatigue, and general irritability.
- **Location:** ST-36 is four finger widths below the kneecap, on the outside of the leg.
 - **Technical:** On the leg, one finger breadth lateral to the tibia's anterior crest, 3 cun inferior to ST-35 in the depression to the lateral side of the patella.
 - **Influence:** Aids in strengthening the body, benefits the joints, and relieves the fatigue that often results from the draining of dealing with arthritic pain.

ARTHRITIS (continued)

- **Location: LI-4** is located in the webbing between the thumb and index finger at the highest spot of the muscle when the thumb and index finger are brought close together.
 - **Technical:** On the dorsum of the hand, approximately at the midpoint of the second metacarpal bone, in the belly of the first interosseus dorsalis muscle.
 - **Influence:** Aids in relieving pain and inflammation in the hand, wrist, elbow, shoulder, and neck.

- **Location: LI-11** is located on the top, outer end of the elbow crease.
 - **Technical:** On the lateral side of the cubital crease when the elbow is close to full flexion.
 - **Influence:** Aids in relieving arthritic pain, especially in the elbow and shoulder.

- **Location: TW-5** is located two and one-half finger widths above the wrist crease on the outer forearm, midway between the two bones of the arm.
 - **Technical:** On the dorsal forearm, between the radius and ulna, 2 cun superior to TW-4 at the dorsal transverse wrist crease.
 - **Influence:** Aids in relieving rheumatism, tendonitis, wrist pain, and shoulder pain.

Illustrations of Point Placements are on pages 85-98.

BREATHING ISSUES

Placement 1: LU-1 Relief and BL-13 Relief and LU-10 Action

Placement 2: K-27 Relief and LU-9 Action

- **Location:** LU-1 is on the outer part of the chest, four finger widths up from the armpit crease and one finger width inward.
 - **Technical:** On the lateral chest, inferior to the acromial end of the clavicle, 6 cun lateral to the Conception Vessel.
 - **Influence:** Aids in relieving asthma, breathing difficulties, chest tension and congestion, coughing, and tension due to emotional distress.
- **Location:** BL-13 is one finger width below the upper tip of the shoulder blade, between the spine and the scapula.
 - **Technical:** On the upper back, 1.5 cun lateral to the lower border of the spinous process of the third thoracic vertebra (T3).
 - **Influence:** Aids in relieving asthma, coughing, sneezing, and severe muscle spasms in the shoulders and neck.
- **Location:** LU-10 is located on the palm side of the hand, in the center of the pad, at the base of the thumb.
 - **Technical:** Midpoint on the thenar eminence, on the dorsal-palmar surface.
 - **Influence:** Aids in relieving shallow breathing, coughing, and swollen throat.
- **Location:** K-27 is in the hollow below the collarbone, next to the breastbone.
 - **Technical:** On the lower border of the clavicle, 2 cun lateral to the anterior midline.
 - **Influence:** Aids in relieving chest congestion, breathing difficulties, asthma, coughing, and anxiety.

BREATHING ISSUES (continued)

- **Location:** LU-9 is located in the groove at the wrist fold, below the base of the thumb.
 - **Technical:** On the lateral side of the anterior wrist crease, in the depression on the radial side of the radial artery.
 - **Influence:** Aids in relieving lung problems, coughing, and asthma.

Illustrations of Point Placements are on pages 85-98.

COLDS / FLU

Placement 1: **GV-16** Relief and **K-27** Relief and **LI-4** Action

Placement 2: **GB-20** Relief and **K-27** Relief and **LI-11** Action

- **Location:** **GV-16** in the center of the back of the head, in the large hollow under the base of the skull.
 - **Technical:** On the posterior head, 0.5 cun directly below the external occipital protuberance.
 - **Influence:** Aids in relieving head congestion, red eyes, mental stress, headaches, and stiff neck.

- **Location:** **K-27** is in the hollow below the collarbone, next to the breastbone.
 - **Technical:** On the lower border of the clavicle, 2 cun lateral to the anterior midline.
 - **Influence:** Aids in relieving chest congestion, breathing difficulties, coughing, and sore throats.

- **Location:** **LI-4** is located in the webbing between the thumb and index finger at the highest spot of the muscle when the thumb and index finger are brought close together.
 - **Technical:** On the dorsum of the hand, approximately at the midpoint of the second metacarpal bone, in the belly of the first interosseus dorsalis muscle.
 - **Influence:** Aids in relieving colds, flu, head congestion, constipation, and headaches.

COLDS / FLU (continued)

- **Location:** **GB-20** is located below the base of the skull, in the hollow between the two large, vertical neck muscles, two to three inches apart (depending on the size of the head).
 - **Technical:** At the posterior head, at the junction of the occipital and nuchal regions, in the depression between the origins of the sternocleidomastoid and trapezius muscles.
 - **Influence:** Aids in relieving headaches, head congestion, arthritis, neck pain, and irritability.

- **Location:** **LI-11** is located on the top, outer end of the elbow crease.
 - **Technical:** On the lateral side of the cubital crease when the elbow is close to full flexion.
 - **Influence:** Aids in relieving cold symptoms, fever, constipation, and elbow pain; strengthens the immune system.

Illustrations of Point Placements are on pages 85-98.

CONSTIPATION (DAYTIME APPLICATION)

Placement 1: CV-6 Relief and LI-11 Relief and ST-36 Action

CONSTIPATION (BEDTIME APPLICATION)

Placement 2: CV-6 Relief and LI-4 Relief

- **Location:** CV-6 is located two finger widths directly below the belly button.
 - **Technical:** On the lower abdomen, on the anterior midline, 1.5 cun inferior to the umbilicus.
 - **Influence:** Aids in relieving pain in the abdominal muscles, constipation, colitis, and gas.
- **Location:** LI-11 is located on the top, outer end of the elbow crease.
 - **Technical:** On the lateral side of the cubital crease when the elbow is close to full flexion.
 - **Influence:** Aids in relieving fever, constipation, and indigestion. This is a powerful trigger point for the colon.
- **Location:** ST-36 is four finger widths below the kneecap, on the outside of the leg.
 - **Technical:** On the leg, one finger breadth lateral to the tibia's anterior crest, 3 cun inferior to ST-35 in the depression to the lateral side of the patella.
 - **Influence:** Aids in strengthening the whole body, digestion, and relieving stomach and intestinal disorders.

CONSTIPATION (continued)

- **Location:** **LI-4** is located in the webbing between the thumb and index finger at the highest spot of the muscle when the thumb and index finger are brought close together.
 - **Technical:** On the dorsum of the hand, approximately at the midpoint of the second metacarpal bone, in the belly of the first interosseus dorsalis muscle.
 - **Influence:** Aids in relieving constipation, headaches, toothaches, shoulder pain, arthritis, and labor pain.

Illustrations of Point Placements are on pages 85-98.

CRAMPS - MUSCLE

Placement: BL-57 Relief and LV-3 Action

- **Location:** BL-57 is located in the center of the base of the calf muscle, midway between the crease behind the knee and the heel, at the bottom of the calf muscle bulge.
 - **Technical:** On the posterior leg, 5 cun inferior to BL-40, along the line connecting BL-40 at the popliteal crease and BL-60 posterior to the lateral malleolus.
 - **Influence:** Aids in relieving leg cramps (especially in the calf muscle), knee pain, lumbago, and foot swelling.
- **Location:** LV-3 is on the top of the foot, in the valley between the big toe and the second toe, two thumb widths back from the juncture of the big and second toes.
 - **Technical:** On the dorsum of the foot, between the first and second metatarsal bones, approximately 2 cun superior to the web margin.
 - **Influence:** Aids in relieving foot cramps, headaches, tired eyes, and hangovers, as well as allergies and arthritis.

Illustrations of Point Placements are on pages 85-98.

DEPRESSION

Placement 1: BL-10 Relief and K-27 Relief and ST-36 Action

Placement 2: BL-43 Relief and K-27 Relief and ST-36 Action

Placement 3: CV-17 Relief and BL-10 Relief and ST-36 Action

- **Location:** BL-10 is located one-half inch below the base of the skull on the nuchal muscles one-half inch outward from either side of the spine.
 - **Technical:** In the nuchal region, on the lateral border of the trapezius muscle, 1.3 cun lateral to GV-15 at the level between cervical vertebrae C1 and C2.
 - **Influence:** Aids in relieving emotional distress, burnout, exhaustion, depression, and heaviness in the head.
- **Location:** K-27 is in the hollow below the collarbone, next to the breastbone.
 - **Technical:** On the lower border of the clavicle, 2 cun lateral to the anterior midline.
 - **Influence:** Aids in relieving anxiety, depression, chest congestion, breathing difficulties, asthma, coughing, sore throats, and premenstrual tension.
- **Location:** ST-36 is four finger widths below the kneecap, on the outside of the leg.
 - **Technical:** On the leg, one finger breadth lateral to the tibia's anterior crest, 3 cun inferior to ST-35 in the depression to the lateral side of the patella.
 - **Influence:** Aids in strengthening the whole body, toning the muscles, balancing the emotions, relieving fatigue, and counteracting depression.

DEPRESSION (continued)

- **Location:** **BL-43** is between the shoulder blades and the spine, at the level of the heart.
 - **Technical:** On the upper back, 3 cun lateral to the lower border of the spinous process of the fourth thoracic vertebra (T4), at the level of BL-14.
 - **Influence:** This calming point helps to balance the emotions. It aids in relieving anxiety, grief, and other emotional imbalances.

- **Location:** **CV-17** is on the center of the breastbone; three thumb widths up from the base of the bone.
 - **Technical:** On the sternal midline, level with the third intercostals space.
 - **Influence:** Aids in relieving nervousness, chest congestion, grief, depression, hysteria, and other emotional imbalances.

Illustrations of Point Placements are on pages 85-98.

DIABETES

Placement: **BL-20** Relief and **BL-17** Relief and **ST-36** Action

- **Location:** **BL-20** is on the middle of the back, one-and-one-half thumb widths to the left of the spinal column, on the lower border of the spinous process of the eleventh thoracic vertebrae.
 - **Technical:** On the middle of the back, 1.5 cun lateral to the lower border of the spinous process of the eleventh thoracic vertebra (T11).
 - **Influence:** Aids in fortifying the immune system and rejuvenating the internal organs.

- **Location:** **BL-17** is on the middle of the back, one-and-one-half thumb widths to the left of the spinal column, on the lower border of the spinous process of the seventh thoracic vertebrae.
 - **Technical:** On the middle of the back, 1.5 cun lateral to the lower border of the spinous process of the seventh thoracic vertebra (T7).
 - **Influence:** It aids in nourishing and invigorating the blood and soothing the stomach.

- **Location:** **ST-36** is four finger widths below the kneecap, on the outside of the leg.
 - **Technical:** On the leg, one finger breadth lateral to the tibia's anterior crest, 3 cun inferior to ST-35 in the depression to the lateral side of the patella.
 - **Influence:** Aids in strengthening the whole body, digestion, and relieving stomach and intestinal disorders.

Illustrations of Point Placements are on pages 85-98.

DIARRHEA (DAYTIME APPLICATION)

Placement 1: CV-6 Relief and SP-4 Relief and ST-36 Action

DIARRHEA (BEDTIME APPLICATION)

Placement 2: CV-6 Relief and LV-2 Relief

- **Location:** CV-6 is located two finger widths directly below the belly button.
 - **Technical:** On the lower abdomen, on the anterior midline, 1.5 cun inferior to the umbilicus.
 - **Influence:** Aids in relieving chronic diarrhea, constipation, and gas, as well as aids in strengthening the abdominal muscles.
- **Location:** SP-4 is located on the arch of the foot, one thumb width in back of the ball of the foot.
 - **Technical:** On the medial foot, in the depression distal to the base of the first metatarsal bone.
 - **Influence:** Aids in relieving indigestion, diarrhea, stomachaches, and nausea.
- **Location:** ST-36 is four finger widths below the kneecap, on the outside of the leg.
 - **Technical:** On the leg, one finger breadth lateral to the tibia's anterior crest, 3 cun inferior to ST-35 in the depression to the lateral side of the patella.
 - **Influence:** Aids in strengthening the whole body and toning the muscles, as well as aiding in digestion and the relief of stomach disorders.

DIARRHEA (continued)

- **Location:** LV-2 is at the juncture of the big and second toes.
 - **Technical:** On the dorsum of the foot, between the first and second metatarsophalangeal joints, 0.5 cun proximal to the web margin.
 - **Influence:** Aids in relieving diarrhea, stomachaches, headaches, and nausea.

Illustrations of Point Placements are on pages 85-98.

EAR ACHES (DAYTIME APPLICATION)

Placement 1: TW-17 Relief and **K-3** Action

EAR ACHES (BEDTIME APPLICATION)

Placement 2: TW-17 Relief and **K-3** Sleep

- ***Location: TW-17*** is in the indentation behind the earlobe.
 - ***Technical:*** At the ear, in the depression between the mastoid process and the mandible, behind the earlobe.
 - ***Influence:*** Aids in relieving ear pain, facial spasms, jaw pain, itchy ears, swollen throat, mumps, and toothaches.
- ***Location: K-3*** is midway between the inside of the anklebone and the Achilles tendon in the back of the ankle.
 - ***Technical:*** On the medial ankle, at the midpoint between the prominence of the medial malleolus and Achille's Tendon.
 - ***Influence:*** Aids in relieving earaches and ringing in the ears.

Illustrations of Point Placements are on pages 85-98.

FACIAL WRINKLES AND FACIAL TONE (BEDTIME ONLY)

Placement 1: ST-3 Relief and GV-24.5 Relief

Placement 2: ST-2 Relief and SI-17 Relief

In addition, you can apply a Relief disc directly on the most wrinkled area of your face and forehead. (Make sure you apply discs equally on both sides.)

- **Location:** ST-3 is at the bottom of the cheekbone, directly below the pupil.
 - **Technical:** On the face, level with the border of the ala nasi, in line with the pupil when the eyes are focused forward.
 - **Influence:** Aids in relieving acne, facial blemishes, poor complexion, and sagging cheeks, as well as improving facial circulation.
- **Location:** GV-24.5 is directly between the eyebrows, in the indentation where the bridge of the nose meets the center of the forehead.
 - **Technical:** One cun up from the top of the bridge of the nose, between the eyebrow line.
 - **Influence:** Aids in stimulating the pituitary gland, which is the master endocrine gland, to enhance the condition of the skin throughout the body.
- **Location:** ST-2 is one finger width below the lower ridge of the eye socket in line with the center of the iris in an indentation of the cheek.
 - **Technical:** On the face, on the infraorbital foramen, 0.5 cun inferior to ST-1 when the eyes are focused forward.
 - **Influence:** Aids in remedying acne and facial blemishes.

FACIAL WRINKLES AND FACIAL TONE (BEDTIME ONLY) (continued)

- **Location:** **SI-17** is in the indentation directly below the ear lobe and behind the jawbone.
 - **Technical:** On the neck, in the depression between the angle of the mandible and the anterior margin of the sternocleidomastoid muscle.
 - **Influence:** Aids in balancing the thyroid gland to increase the luster of the skin; aids in relieving hives.

Illustrations of Point Placements are on pages 85-98.

HEADACHES

Placement 1: BL-10 Relief and LV-3 Action

Placement 2: GV-16 Relief and GB-41 Action

Placement 3: GB-20 Relief and LV-3 Action

Placement 4: LI-4 Action and BL-10 Relief

- **Location:** BL-10 is located one-half inch below the base of the skull on the nuchal muscles one-half inch outward from either side of the spine.
 - **Technical:** In the nuchal region, on the lateral border of the trapezius muscle, 1.3 cun lateral to GV-15 at the level between cervical vertebrae C1 and C2.
 - **Influence:** Aids in relieving nerve pressure in the neck that causes headaches.
- **Location:** LV-3 is on the top of the foot, in the valley between the big toe and the second toe, two thumb widths back from the juncture of the big and second toes.
 - **Technical:** On the dorsum of the foot, between the first and second metatarsal bones, approximately 2 cun superior to the web margin.
 - **Influence:** Aids in relieving foot cramps, headaches, eye fatigue, hangovers, allergies, and arthritis.
- **Location:** GV-16 is in the center of the back of the head in a large hollow under the base of the skull.
 - **Technical:** On the posterior head, 0.5 cun directly below the external occipital protuberance.
 - **Influence:** Aids in relieving pain in the eyes, ears, nose, and throat, as well as mental problems, headaches, vertigo, and stiff necks.

HEADACHES (continued)

- **Location: GB-41** is located on the top of the foot, one inch above the webbing of the fourth and fifth toes in the groove between the bones.
 - **Technical:** On the dorsum of the foot, in the depression between the fourth and fifth metatarsals.
 - **Influence:** Aids in relieving hip pain, shoulder tension, arthritic pains that move all over the body, headaches, side aches, water retention, and sciatica.

- **Location: GB-20** is located below the base of the skull, in the hollow between the two large, vertical neck muscles, two to three inches apart (depending on the size of the head).
 - **Technical:** At the posterior head, at the junction of the occipital and nuchal regions, in the depression between the origins of the sternocleidomastoid and trapezius muscles.
 - **Influence:** Aids in relieving arthritis, headaches (including migraines), dizziness, stiff neck, neck pain, neuromotor coordination problems, eyestrain, and irritability.

- **Location: LI-4** is located in the webbing between the thumb and index finger at the highest spot of the muscle when the thumb and index finger are brought close together.
 - **Technical:** On the dorsum of the hand, approximately at the midpoint of the second metacarpal bone, in the belly of the first interosseus dorsalis muscle.
 - **Influence:** Aids in relieving frontal headaches, toothaches, shoulder pain, and labor pain.

Illustrations of Point Placements are on pages 85-98.

IMMUNE BOOST

Placement 1: BL-47 Relief and BL-23 Relief and K-27 Action

Placement 2: CV-17 Action and K-3 Action

Placement 3: K-27 Relief and CV-6 Action

- **Location:** BL-47 is located in the mid-lower back, between the second and third lumbar vertebrae, four finger widths away from the spine at waist level.
 - **Technical:** On the mid-lower back, 3 cun lateral to the lower border of the spinous process of the ninth thoracic vertebra (T9), at the level of BL-18.
 - **Influence:** Aids in fortifying the immune system, as well as aiding in the relief of lower-back aches and fatigue.
- **Location:** BL-23 is located in the lower back, between the second and third lumbar vertebrae, two finger widths away from the spine at waist level.
 - **Technical:** On the lower back, 1.5 cun lateral to the lower border of the spinous process of the second lumbar vertebra (L2).
 - **Influence:** Aids in nourishing the blood and fortifying the immune system, as well as aiding in the relief of lower-back aches and fatigue.
- **Location:** CV-17 is on the center of the breastbone; three thumb widths up from the base of the bone.
 - **Technical:** On the sternal midline, level with the third intercostals space.
 - **Influence:** Aids in relieving anxiety, anguish, and depression, as well as boosting the immune system and helping to regulate the thymus gland.

IMMUNE BOOST (continued)

- **Location: K-3** is midway between the inside of the anklebone and the Achilles tendon in the back of the ankle.
 - **Technical:** On the medial ankle, at the midpoint between the prominence of the medial malleolus and Achille's Tendon.
 - **Influence:** Aids in strengthening the immune system, as well as relieving fatigue, swollen feet, and ankle pain.

- **Location: K-27** is in the hollow below the collarbone, next to the breastbone.
 - **Technical:** On the lower border of the clavicle, 2 cun lateral to the anterior midline.
 - **Influence:** Aids in strengthening the immune system as well as relieving chest congestion, breathing difficulties, asthma, coughing, anxiety, and depression.

- **Location: CV-6** is located two finger widths directly below the belly button.
 - **Technical:** On the lower abdomen, on the anterior midline, 1.5 cun inferior to the umbilicus.
 - **Influence:** Aids in strengthening the condition of the immune system and the internal organs as well as relieving abdominal muscle pain, constipation, gas, and general weakness.

Illustrations of Point Placements are on pages 85-98.

IMMUNE FATIGUE

Placement 1: ST-36 Action and **LU-1** Relief

Placement 2: CV-6 Action and **LV-3** Relief

- **Location: ST-36** is four finger widths below the kneecap, on the outside of the leg.
 - **Technical:** On the leg, one finger breadth lateral to the tibia's anterior crest, 3 cun inferior to ST-35 in the depression to the lateral side of the patella.
 - **Influence:** Aids in strengthening the whole body, especially the immune system, as well as toning the muscles and also aiding in digestion and helping to relieve fatigue.

- **Location: LU-1** is on the outer part of the chest, four finger widths up from the armpit crease and one finger width inward.
 - **Technical:** On the lateral chest, inferior to the acromial end of the clavicle, 6 cun lateral to the Conception Vessel.
 - **Influence:** Helps increase the volume of oxygen in the bloodstream.

- **Location: CV-6** is located two finger widths directly below the belly button.
 - **Technical:** On the lower abdomen, on the anterior midline, 1.5 cun inferior to the umbilicus.
 - **Influence:** Aids in strengthening the condition of the immune system and the internal organs as well as relieving abdominal muscle pain, constipation, gas, and general weakness.

IMMUNE FATIGUE (continued)

- **Location:** LV-3 is on the top of the foot, in the valley between the big toe and the second toe, two thumb widths back from the juncture of the big and second toes.
 - **Technical:** On the dorsum of the foot, between the first and second metatarsal bones, approximately 2 cun superior to the web margin.
 - **Influence:** Aids in boosting the immune system and relieving fainting, eye fatigue, headaches, and hangovers.

Illustrations of Point Placements are on pages 85-98.

INDIGESTION / HEARTBURN

Placement 1: CV-12 Relief and BL-23 Relief and PC-6 Action

Placement 2: CV-6 Relief and BL-47 Relief and SP-4 Action

- **Location:** CV-12 is located on the midline of the body, one-half way between the base of the breastbone and the belly button.
 - **Technical:** In the upper umbilical region, on the anterior midline, 4 cun superior to the umbilicus.
 - **Influence:** Aids in relieving stomach pains, abdominal spasms, indigestion, heartburn, constipation, and emotional stress such as worry and frustration that often causes digestive problems.
- **Location:** BL-23 is located in the lower back, between the second and third lumbar vertebrae, two finger widths away from the spine at waist level.
 - **Technical:** On the lower back, 1.5 cun lateral to the lower border of the spinous process of the second lumbar vertebra (L2).
 - **Influence:** Aids in relieving indigestion, abdominal pain, and stomachaches.
- **Location:** PC-6 is located in the middle of the inner wrist, two-and-one-half finger widths below the wrist crease.
 - **Technical:** On the anterior forearm, 2 cun superior to the transverse wrist crease, between the tendons of palmaris longus and flexor carpi radialis muscles.
 - **Influence:** Aids in relieving stomachaches, indigestion, nausea, and anxiety.

INDIGESTION / HEARTBURN (continued)

- **Location:** **CV-6** is located two finger widths directly below the belly button.
 - **Technical:** On the lower abdomen, on the anterior midline, 1.5 cun inferior to the umbilicus.
 - **Influence:** Aids in relieving abdominal pain, lower back pain, constipation, gas, and digestive problems.

- **Location:** **BL-47** is located in the mid-lower back, between the second and third lumbar vertebrae, four finger widths away from the spine at waist level.
 - **Technical:** On the mid-lower back, 3 cun lateral to the lower border of the spinous process of the ninth thoracic vertebra (T9), at the level of BL-18.
 - **Influence:** Aids in relieving indigestion, abdominal pain, and stomachaches.

- **Location:** **SP-4** is located on the arch of the foot, one thumb width in back of the ball of the foot.
 - **Technical:** On the medial foot, in the depression distal to the base of the first metatarsal bone.
 - **Influence:** Aids in relieving abdominal cramps, stomachaches, indigestion, and diarrhea. Can also be helpful for balancing a person who is inclined toward anxiety or hypochondria.

Illustrations of Point Placements are on pages 85-98.

JAW / TMJ

Placement 1: GB-2 Relief and GB-20 Relief

Placement 2: ST-6 Relief and GB-20 Relief

- **Location: GB-2** is located in front of the ear hole, one-half inch below the depression that enlarges when the mouth is open.
 - **Technical:** With the mouth open, in the depression anterior to the auricular intertragic notch.
 - **Influence:** Aids in relieving jaw pain and the following head pains: earaches, pressure inside the ear, TMJ problems, toothaches, and headaches.
- **Location: GB-20** is located below the base of the skull, in the hollow between the two large, vertical neck muscles, two to three inches apart (depending on the size of the head).
 - **Technical:** At the posterior head, at the junction of the occipital and nuchal regions, in the depression between the origins of the sternocleidomastoid and trapezius muscles.
 - **Influence:** Aids in relieving jaw pain and other related problems, such as headaches, stiff necks, and neck pain.
- **Location: ST-6** is between the upper and lower jaw, on the (masseter) muscle that bulges when the back teeth are clenched.
 - **Technical:** On the cheek, 1 cun anterior and superior to the angle of the mandible, in the belly of the masseter muscle.
 - **Influence:** Aids in relieving jaw pain and spasms, TMJ problems, lockjaw, dental neuralgia, and toothaches.

Illustrations of Point Placements are on pages 85-98.

KNEE PAIN

Placement 1: BL-53 Relief and **ST-36** Action

Placement 2: BL-54 Relief and **ST-36** Action

Placement 3: GB-34 Relief and **ST-36** Action

Placement 4: K-10 Relief and **ST-36** Action

Placement 5: LV-8 Relief and **ST-36** Action

Placement 6: SP-9 Relief and **ST-36** Action

Placement 7: ST-35 Relief and **ST-36** Action

- **Location:** **BL-53** is on the outside of the knee, where the crease ends when the knee is bent.
 - **Technical:** On the transverse popliteal crease, lateral to BL-54, at the medial border of the tendon of the biceps femoris muscle.
 - **Influence:** Aids in relieving knee pain and stiffness.
- **Location:** **ST-36** is four finger widths below the kneecap, on the outside of the leg.
 - **Technical:** On the leg, one finger breadth lateral to the tibia's anterior crest, 3 cun inferior to ST-35 in the depression to the lateral side of the patella.
 - **Influence:** Aids in strengthening the whole body, toning the muscles, and relieving knee pain.
- **Location:** **BL-54** is in the center of the back of the knee in the crease of the knee joint.
 - **Technical:** At the midpoint of the transverse crease of the popliteal fossa, between the tendons of m., biceps femoris and m., semitendinosus.
 - **Influence:** Aids in relieving knee pain, stiffness, arthritis, back pain, and sciatica.

KNEE PAIN (continued)

- **Location:** **GB-34** is on the outside of the lower leg, below and in front of the head of the shinbone.
 - **Technical:** On the lateral side of the leg, in the depression anterior and inferior to the head of the fibula.
 - **Influence:** Aids in relieving excessive knee pain, muscular tension, aches, and muscle strains.
- **Location:** **K-10** is on the inner edge of the knee crease, in the hollow between two tendons.
 - **Technical:** On the medial side of the popliteal fossa, in the depression between tendons of the semitendinosus and semimembranosus muscles, when the knee is flexed.
 - **Influence:** Aids in relieving knee pain, genital disorders, and abdominal pain.
- **Location:** **LV-8** is on the inside of the knee, located by cupping your kneecap with your hands. Move your thumbs back just past the thighbone and press, straight in right from the knee, at the very bottom of the kneecap. If you come in two finger widths towards your groin, you'll feel it.
 - **Technical:** On the medial side of the knee, in the depression of the transverse popliteal crease between the upper border of the medial epicondyle of the femur and semitendinosus and semimembranosus tendons.
 - **Influence:** Aids in relieving knee pain, fibroids, and swelling in the knee.

KNEE PAIN (continued)

- **Location: SP-9** is on the inside of the leg, just below the bulge that is down from the inside of the knee and under the head of the shinbone.
 - **Technical:** On the medial leg, on the inferior border of the medial condyle of the tibia, in the depression between the posterior border of the tibia and gastrocnemius muscle.
 - **Influence:** Aids in relieving knee problems, swelling, leg tensions, varicose veins, edema, water retention, and cramps.
- **Location: ST-35** is just below the kneecap, in the outer indentation.
 - **Technical:** At the knee region, in the depression below the lateral side of the patella when the knee is flexed slightly.
 - **Influence:** Aids in relieving knee pain, knee stiffness, rheumatism of the feet, and edema.

Illustrations of Point Placements are on pages 85-98.

LOW BACK / SCIATICA

Placement 1: **BL-23** Relief and **CV-6** Action and **BL-48** Relief and **K-3** Relief

Placement 2: **BL-47** Relief and **CV-6** Action and **BL-48** Relief and **K-3** Relief

Placement 3: **BL-48** Relief and **CV-6** Action and **BL-23** Relief and **K-3** Relief

Placement 4: **BL-54** Relief and **CV-6** Action and **BL-48** Relief and **K-3** Relief

- **Location:** **BL-23** is located in the lower back, between the second and third lumbar vertebrae, two finger widths away from the spine at waist level.
 - **Technical:** On the lower back, 1.5 cun lateral to the lower border of the spinous process of the second lumbar vertebra (L2).
 - **Influence:** Aids in relieving lower-back aches, sciatica, and the fatigue that often results from the pain.

- **Location:** **CV-6** is located two finger widths directly below the belly button.
 - **Technical:** On the lower abdomen, on the anterior midline, 1.5 cun inferior to the umbilicus.
 - **Influence:** Aids in relieving lower-back weakness, toning weak abdominal muscles, and preventing a variety of lower-back problems.

- **Location:** **BL-48** is one to two finger widths outside the sacrum (the large bony area at the base of the spine) and midway between the top of the hipbone (iliac crest) and the base of the buttock.
 - **Technical:** On the middle back, 3 cun lateral to the lower border of the spinous process of the tenth thoracic vertebra (T10).
 - **Influence:** Aids in relieving lower-back aches, sciatica, pelvic tension, hip pain, and tension.

LOW BACK / SCIATICA (continued)

- **Location:** **K-3** is midway between the inside of the anklebone and the Achilles tendon in the back of the ankle.
 - **Technical:** On the medial ankle, at the midpoint between the prominence of the medial malleolus and Achille's tendon.
 - **Influence:** Aids in relieving swollen feet, ankle pain, menstrual cramps, earaches, ringing in the ears, and back pain.

- **Location:** **BL-47** is located in the mid-lower back, between the second and third lumbar vertebrae, four finger widths away from the spine at waist level.
 - **Technical:** On the mid-lower back, 3 cun lateral to the lower border of the spinous process of the ninth thoracic vertebra (T9), at the level of BL-18.
 - **Influence:** Aids in relieving lower-back aches, sciatica, and the fatigue that often results from the pain.

- **Location:** **BL-54** is in the center of the back of the knee in the crease of the knee joint.
 - **Technical:** In the sacral region, 3 cun lateral to the posterior midline, at the level of the fourth sacral foramen.
 - **Influence:** Aids in relieving back pain, sciatica, knee pain, and back stiffness, as well as arthritis in the knees, back, and hips.

Illustrations of Point Placements are on pages 85-98.

MEMORY / FOCUS (DAYTIME APPLICATION)

Placement 1: GB-20 Relief and CV-17 Action and LV-3 Action

Placement 2: BL-10 Relief and CV-17 Action and LV-3 Action

MEMORY / FOCUS (BEDTIME APPLICATION)

Placement 3: EX-2 Relief and GV-24.5 Relief

- **Location:** GB-20 is located below the base of the skull, in the hollow between the two large, vertical neck muscles, two to three inches apart (depending on the size of the head).
 - **Technical:** At the posterior head, at the junction of the occipital and nuchal regions, in the depression between the origins of the sternocleidomastoid and trapezius muscles.
 - **Influence:** Aids in remedying headaches and poor memory, and also relieving arthritic pain that inhibits the ability to concentrate, regardless of the pain's location.
- **Location:** CV-17 is on the center of the breastbone; three thumb widths up from the base of the bone.
 - **Technical:** On the sternal midline, level with the third intercostals space.
 - **Influence:** Aids concentration; helps relieve nervousness, chest congestion, insomnia, depression, anxiety, and other emotional imbalances that inhibit concentration and clear thinking.

MEMORY / FOCUS (continued)

- **Location:** **LV-3** is on the top of the foot, in the valley between the big toe and the second toe, two thumb widths back from the juncture of the big and second toes.
 - **Technical:** On the dorsum of the foot, between the first and second metatarsal bones, approximately 2 cun superior to the web margin.
 - **Influence:** Aids in relieving poor memory, headaches, fatigue, and poor concentration.

- **Location:** **BL-10** is located one-half inch below the base of the skull on the nuchal muscles one-half inch outward from either side of the spine.
 - **Technical:** In the nuchal region, on the lateral border of the trapezius muscle, 1.3 cun lateral to GV-15 at the level between cervical vertebrae C1 and C2.
 - **Influence:** Aids in relieving stress, burnout, overexertion, heaviness in the head, and unclear thinking. This point will help relax your neck allowing greater circulation into your brain.

- **Location:** **EX-2** is located at the depression of the temples, one-half inch to the outside of the eyebrows.
 - **Technical:** 1 cun posterior from the orbit and 1 cun anterior from the TMJ joint. EX-2 is 1 cun superior from this intersection.
 - **Influence:** Aids in improving memory and concentration, relieving mental stress, headaches, and dizziness.

MEMORY / FOCUS (continued)

- **Location:** **GV-24.5** is directly between the eyebrows, in the indentation where the bridge of the nose meets the center of the forehead.
 - **Technical:** One can up from the top of the bridge of the nose, between the eyebrow line.
 - **Influence:** Aids in improving concentration and memory, clearing the mind and uplifting the spirit.

Illustrations of Point Placements are on pages 85-98.

MENSTRUAL ISSUES

Placement 1: SP-13 Relief and **CV-6** Relief and **SP-4** Action

Placement 2: SP-12 Relief and **CV-4** Relief and **SP-6** Action

Placement 3: BL-31 Relief and **BL-32** Relief and **SP-13** Relief

- **Location: SP-13** is in the pelvic area, four finger widths down from the belly button, in the middle of the crease where the leg joins the trunk of the body.
 - **Technical:** On the lower abdomen, 4 cun lateral to the anterior midline, at the level of CV-3, 1 cun above the superior border of the pubic symphysis.
 - **Influence:** Aids in relieving menstrual cramps and abdominal discomfort.
- **Location: CV-6** is located two finger widths directly below the belly button.
 - **Technical:** On the lower abdomen, on the anterior midline, 1.5 cun inferior to the umbilicus.
 - **Influence:** Aids in relieving PMS, menstrual cramps, uroreproductive problems, irregular vaginal discharge, irregular periods, and constipation that increases menstrual pain.
- **Location: SP-4** is located on the arch of the foot, one thumb width in back of the ball of the foot.
 - **Technical:** On the medial foot, in the depression distal to the base of the first metatarsal bone.
 - **Influence:** Aids in relieving PMS, bloating, and menstrual and abdominal cramps.

MENSTRUAL ISSUES (continued)

- **Location:** **SP-12** is in the pelvic area, five-and-one-half finger widths below the belly button, in the middle of the crease where the leg joins the trunk of the body.
 - **Technical:** In the inguinal region, on the lateral side of the femoral artery, 3.5 cun lateral to the anterior midline.
 - **Influence:** Aids in relieving menstrual cramps and abdominal discomfort.

- **Location:** **CV-4** is four finger widths below the belly button.
 - **Technical:** In the pubic region, on the anterior midline, 2 cun superior to the upper border of the symphysis pubis.
 - **Influence:** Aids in relieving menstrual cramps, uroreproductive problems, irregular vaginal discharge, irregular menstrual periods, and incontinence.

- **Location:** **SP-6** is four finger widths above the inner anklebone, close to the back of the shinbone.
 - **Technical:** On the medial leg, 3 cun superior to the medial malleolus, on the posterior border of the tibia.
 - **Influence:** Aids in relieving water retention, menstrual cramps, irregular vaginal discharge, and genital pain.

- **Location:** **BL-31** is located in the center gluteal area, (refer to the Bladder Meridian Illustration Chart, page 85).
 - **Technical:** In the sacral region, in the first posterior sacral foramen.
 - **Influence:** Aids in relieving lower back pain, dysuria, constipation, irregular menstruation, morbid leukorrhea, and uterine prolapse.

MENSTRUAL ISSUES (continued)

- ***Location:*** **BL-32** is located in the center gluteal area, (refer to the Bladder Meridian Illustration Chart, page 85).
 - ***Technical:*** In the sacral region, in the second posterior sacral foramen.
 - ***Influence:*** Aids in relieving irregular menstruation.

Illustrations of Point Placements are on pages 85-98.

MOTION SICKNESS

Placement 1: **PC-5** Relief and **SI-17** Relief and **ST-36** Action

Placement 2: **PC-6** Relief and **SI-17** Relief and **LV-3** Action

- **Location:** **PC-5** is located four finger widths above the center of the inner wrist crease, between the tendons.
 - **Technical:** On the anterior forearm, 3 cun superior to the transverse wrist crease, between the tendons of palmaris longus and flexor carpi radialis muscles.
 - **Influence:** Aids in relieving upset stomach, nausea, and vomiting.
- **Location:** **SI-17** is in the indentation directly below the ear lobe and behind the jawbone.
 - **Technical:** On the neck, in the depression between the angle of the mandible and the anterior margin of the sternocleidomastoid muscle.
 - **Influence:** Aids in relieving nausea, ear pain, facial paralysis or spasms, jaw pain, itching in the ears, and swollen throat.
- **Location:** **ST-36** is four finger widths below the kneecap, on the outside of the leg.
 - **Technical:** On the leg, one finger breadth lateral to the tibia's anterior crest, 3 cun inferior to ST-35 in the depression to the lateral side of the patella.
 - **Influence:** Aids in digestion and relieves nausea, stomach disorders, and fatigue.

MOTION SICKNESS (continued)

- **Location:** **PC-6** is located in the middle of the inner wrist, two-and-one-half finger widths below the wrist crease.
 - **Technical:** On the anterior forearm, 2 cun superior to the transverse wrist crease, between the tendons of palmaris longus and flexor carpi radialis muscles.
 - **Influence:** Aids in relieving nausea, indigestion, stomachaches, and wrist pain.

- **Location:** **LV-3** is on the top of the foot, in the valley between the big toe and the second toe, two thumb widths back from the juncture of the big and second toes.
 - **Technical:** On the dorsum of the foot, between the first and second metatarsal bones, approximately 2 cun superior to the web margin.
 - **Influence:** Aids in relieving nausea and cramps.

Illustrations of Point Placements are on pages 85-98.

NECK PAIN (DAYTIME APPLICATION)

Placement 1: GB-21 Action and BL-10 Relief

NECK PAIN (BEDTIME APPLICATION)

Placement 2: BL-2 Relief and BL-10 Relief

Placement 3: GB-20 Relief and BL-10 Relief

Placement 4: GV-16 Relief and BL-10 Relief

Placement 5: TW-16 Relief and BL-10 Relief

- ***Location:*** GB-21 is on the highest point of the shoulder, one to two inches out from the base of the neck, on the tightest spot.
 - ***Technical:*** In the suprascapular region, midway between the tip of the acromion process and below the spinous process of the seventh cervical vertebra (C7).
 - ***Influence:*** Aids in relieving stiff neck, irritability, shoulder tension, and poor circulation.

- ***Location:*** BL-10 is located one-half inch below the base of the skull on the trapezius muscles one-half inch outward from either side of the spine.
 - ***Technical:*** In the nuchal region, on the lateral border of the trapezius muscle, 1.3 cun lateral to GV-15 at the level between cervical vertebrae C1 and C2.
 - ***Influence:*** Aids in relieving stress, exhaustion, stiff necks, and sore throats.

NECK PAIN (continued)

- **Location:** **BL-2** is in the indentation of the inner eye socket, where the bridge of the nose meets the ridge of the eyebrows.
 - **Technical:** On the face, at the medial end of the eyebrow, on the supraorbital notch.
 - **Influence:** Aids in relieving neck pain, headaches, hay fever, eye fatigue, and pain in general.

- **Location:** **GB-20** is located below the base of the skull, in the hollow between the two large, vertical neck muscles, two to three inches apart (depending on the size of the head).
 - **Technical:** At the posterior head, at the junction of the occipital and nuchal regions, in the depression between the origins of the sternocleidomastoid and trapezius muscles.
 - **Influence:** Aids in relieving stiff necks, neck pain, arthritis in the neck, and headaches.

- **Location:** **GV-16** is in the center of the back of the head, in the large hollow under the base of the skull.
 - **Technical:** On the posterior head, 0.5 cun directly below the external occipital protuberance.
 - **Influence:** Can be beneficial for the eyes, ears, nose, and throat. Aids in relieving headaches, vertigo, stiff necks, and neck pain.

NECK PAIN (continued)

- **Location:** **TW-16** is in the indentation at the base of the skull, one to two inches in back of the earlobe (depending on the size of the head).
 - **Technical:** On the lateral neck, posterior and inferior to the mastoid process on the posterior border of the sternocleidomastoid muscle.
 - **Influence:** Aids in relieving stiff necks, shoulder and neck pain, and headaches.

Illustrations of Point Placements are on pages 85-98.

OBESITY

Placement 1: **ST-34** Action and **SP-4** Slim and **CV-12** Slim

Placement 2: **ST-40** Action and **SP-4** Slim and **CV-12** Slim

- **Location:** **ST-34** is five finger widths from the top of the kneecap, slightly toward the outside edge of the thighbone.
 - **Technical:** On the anterior thigh, on a line between the anterior superior iliac spine and the superolateral patella, 2 cun superior to the lateral patella.
 - **Influence:** Aids in digestion and calming the stomach.
- **Location:** **ST-40** is located dead center on the shinbone, three fingers toward the outside from centerline.
 - **Technical:** On the leg, one cun lateral to ST-38 at the midpoint of a line between ST-35 at the lateral patella and the lateral malleolus.
 - **Influence:** Aids in increasing oxygen into the bloodstream.
- **Location:** **SP-4** is located on the arch of the foot, one thumb width in back of the ball of the foot.
 - **Technical:** On the medial foot, in the depression distal to the base of the first metatarsal bone.
 - **Influence:** Aids in strengthening the stomach and spleen and also aids in digestion.
- **Location:** **CV-12** is located on the midline of the body, one-half way between the base of the breastbone and the belly button.
 - **Technical:** In the upper umbilical region, on the anterior midline, 4 cun superior to the umbilicus.
 - **Influence:** Aids in digestion and harmonizing the stomach.

OBESITY (continued)

Disc placement works well. If you want to have excellent results, you must also address nutrition, exercise, and pH factors. They are all elements that are key for achieving success with Obesity.

Refer to www.winningfactor.com Weight Management Training System.

Illustrations of Point Placements are on pages 85-98.

PARKINSON'S

Placement: PC-6 Relief and LV-3 Action

- **Location:** PC-6 is located in the middle of the inner wrist, two-and-one-half finger widths below the wrist crease.
 - **Technical:** On the anterior forearm, 2 cun superior to the transverse wrist crease, between the tendons of palmaris longus and flexor carpi radialis muscles.
 - **Influence:** Aids in mental disorders, epilepsy, insomnia, and circulation.
- **Location:** LV-3 is on the top of the foot, in the valley between the big toe and the second toe, two thumb widths back from the juncture of the big and second toes.
 - **Technical:** On the dorsum of the foot, between the first and second metatarsal bones, approximately 2 cun superior to the web margin.
 - **Influence:** Aids in promoting liver function.

Illustrations of Point Placements are on pages 85-98.

SHOULDER PAIN

Placement 1: GB-20 Relief and **LI-4** Action

Placement 2: GB-21 Relief and **LI-4** Action

Placement 3: TW-15 Relief and **LI-4** Action

Placement 4: LI-14 Relief and **LI-4** Action

You may also place a Relief disc directly on your pain area.

- **Location: GB-20** is located below the base of the skull, in the hollow between the two large, vertical neck muscles, two to three inches apart (depending on the size of the head).
 - **Technical:** At the posterior head, at the junction of the occipital and nuchal regions, in the depression between the origins of the sternocleidomastoid and trapezius muscles.
 - **Influence:** Aids in relieving arthritis in the shoulders and neck, headaches, and stiff neck.
- **Location: LI-4** is located in the webbing between the thumb and index finger at the highest spot of the muscle when the thumb and index finger are brought close together.
 - **Technical:** On the dorsum of the hand, approximately at the midpoint of the second metacarpal bone, in the belly of the first interosseus dorsalis muscle.
 - **Influence:** Aids in relieving aching in the arm, shoulder tension, and stiff necks.

SHOULDER PAIN (continued)

- **Location:** **GB-21** is on the highest point of the shoulder, one to two inches out from the base of the neck, on the tightest spot.
 - **Technical:** In the suprascapular region, midway between the tip of the acromion process and below the spinous process of the seventh cervical vertebra (C7).
 - **Influence:** Aids in relieving shoulder tension, nervousness, irritability, and fatigue.

- **Location:** **TW-15** is on the shoulders, midway between the base of the neck and the outside of the shoulders, one-half inch below the top of the shoulders.
 - **Technical:** In the scapular region, on the superior angle of the scapula, at the insertion of the levator scapulae muscle.
 - **Influence:** Aids in relieving muscular tension, stiff necks, and shoulder pain.

- **Location:** **LI-14** is on the outer surface of the upper arm, one-third of the way down from the top of the shoulder to the elbow. Find a wiry muscle band by rubbing the fingers over the bone on the outside of the arm.
 - **Technical:** On the lateral brachial region, on the anterior margin of the insertion of the deltoid muscle, on the line connecting LI-11 at the cubital crease and LI-15 inferior to the acromion.
 - **Influence:** Aids in relieving aching in the arm, shoulder tension, and stiff necks.

Illustrations of Point Placements are on pages 85-98.

SPRAINS AND SWELLING

Placement 1: BL-60 Relief and **GB-40** Action

Placement 2: BL-62 Relief and **GB-40** Action

Placement 3: K-3 Relief and **GB-40** Action

Placement 4: K-6 Relief and **GB-40** Action

- **Location: BL-60** is on the outside of the ankle. At the very top of the anklebone, draw a straight line to the Achilles tendon. In the hollow between the tendon and the anklebone is where you would place the disc, parallel to the anklebone.
 - **Technical:** On the lateral ankle, in the depression midway between the external malleolus and the tendon calcaneus.
 - **Influence:** Aids in relieving swollen feet, ankle pains, thigh pain, rheumatism in the foot joints, and lower back pain.
- **Location: GB-40** is in the large hollow directly in front of the outer anklebone.
 - **Technical:** At the lateral ankle, in the depression anterior and inferior to the lateral malleolus.
 - **Influence:** Aids in relieving ankle sprain, toe cramps, and sciatic pain that travels into the side of the foot.
- **Location: BL-62** is in the first indentation directly below the outer anklebone. This hollow is one-third the distance from the outer anklebone to the bottom of the heel.
 - **Technical:** On the lateral foot, in the depression directly inferior to the lateral malleolus, at the dorsal-plantar skin junction.
 - **Influence:** Aids in relieving heel pain, ankle pain, insomnia, and general foot pains.

SPRAINS AND SWELLING (continued)

- **Location: K-3** is midway between the inside of the anklebone and the Achilles tendon in the back of the ankle.
 - **Technical:** On the medial ankle, at the midpoint between the prominence of the medial malleolus and Achille's tendon.
 - **Influence:** Aids in relieving swollen feet and ankle pain, and strengthening the ankle joint.

- **Location: K-6** is one thumb width below the inside of the anklebone.
 - **Technical:** On the medial ankle, in the depression 1 cun inferior to the medial malleolus.
 - **Influence:** Aids in relieving swollen ankles, as well as heel and ankle pain.

Illustrations of Point Placements are on pages 85-98.

TOOTHACHES (DAYTIME APPLICATION)

Placement 1: LI-4 Action and TW-13 Relief

TOOTHACHES (BEDTIME APPLICATION)

Placement 2: ST-6 Relief and ST-3 Relief

- **Location:** LI-4 is located in the webbing between the thumb and index finger at the highest spot of the muscle when the thumb and index finger are brought close together.
 - **Technical:** On the dorsum of the hand, approximately at the midpoint of the second metacarpal bone, in the belly of the first interosseus dorsalis muscle.
 - **Influence:** Aids in relieving headaches and toothaches and is also traditionally used as a general pain reliever, decongestant, and anti-inflammatory point.
- **Location:** TW-13 is on the outer surface of the upper arm, one thumb width in back of the base of the upper arm muscle (the deltoid) and two finger widths higher up toward the shoulder.
 - **Technical:** On the posterior border of the deltoid muscle, 2 cun inferior to TE-14 at the posterior and inferior to the acromion.
 - **Influence:** Aids in relieving toothaches, elbow pain, shoulder pain, and painful arm extension.
- **Location:** ST-6 is between the upper and lower jaw, on the (masseter) muscle that bulges when the back teeth are clenched.
 - **Technical:** On the cheek, 1 cun anterior and superior to the angle of the mandible, in the belly of the masseter muscle.
 - **Influence:** Aids in relieving jaw pain and spasm, TMJ problems, lockjaw, sore throats, dental neuralgia, and toothaches.

TOOTHACHES (continued)

- **Location:** **ST-3** is at the bottom of the cheekbone, directly below the pupil.
 - **Technical:** On the face, level with the border of the ala nasi, in line with the pupil when the eyes are focused forward.
 - **Influence:** Aids in relieving toothaches, head congestion, and sinus pain.

Illustrations of Point Placements are on pages 85-98.

WRIST PAIN

Placement 1: TW-4 Relief and **PC-6** Action

Placement 2: TW-5 Relief and **PC-6** Action

Placement 3: PC-7 Relief and **PC-6** Action

- **Location: TW-4** is located by following the outside of the arm to the hollow in the center of the wrist at the crease.
 - **Technical:** On the dorsal transverse wrist crease, between the tendons of the muscles extensor digitorum and extensor digiti minimi.
 - **Influence:** Aids in relieving wrist tendonitis, rheumatism, pain when grasping, carpal tunnel syndrome, and wrist pain; also aids in strengthening the wrist.
- **Location: PC-6** is located in the middle of the inner wrist, two-and-one-half finger widths below the wrist crease.
 - **Technical:** On the anterior forearm, 2 cun superior to the transverse wrist crease, between the tendons of palmaris longus and flexor carpi radialis muscles.
 - **Influence:** Aids in relieving nausea, anxiety, and wrist pain.
- **Location: TW-5** is located two and one-half finger widths above the wrist crease on the outer forearm, midway between the two bones of the arm.
 - **Technical:** On the dorsal forearm, between the radius and ulna, 2 cun superior to TE-4 at the dorsal transverse wrist crease.
 - **Influence:** Aids in relieving rheumatism, tendonitis, and wrist pain; also aids in increasing resistance to colds.

WRIST PAIN (continued)

- **Location:** **PC-7** is located in the middle of the inside of the wrist crease.
 - **Technical:** At the transverse wrist crease, between the tendons of palmaris longus and flexor carpi radialis muscles.
 - **Influence:** Aids in relieving wrist problems, such as carpal tunnel syndrome, rheumatism, and wrist tendonitis.

Illustrations of Point Placements are on pages 85-98.

DANGERS OF ELECTROMAGNETIC FREQUENCIES (EMF'S)

There is more research than ever on the negative effects of EMF's. The issues created by EMF's can vary from fatigue to cancer and many issues in between.

- To address EMF issues, place a Protect or Relief disc in your cell phone, on your computer monitor, and any other electronics that emit electromagnetic frequencies. To protect your body from airwave EMF's, put a Relief disc on CV-4 or CV-6 or both CV-4 and CV-6.
- **Location: CV-4** is four finger widths below the belly button.
 - **Technical:** In the pubic region, on the anterior midline, 2 cun superior to the upper border of the symphysis pubis.
 - **Influence:** Aids in blocking EMF's from the whole body.
- **Location: CV-6** is located two finger widths directly below the belly button.
 - **Technical:** On the lower abdomen, on the anterior midline, 1.5 cun inferior to the umbilicus.
 - **Influence:** Aids in blocking EMF's from the whole body.

ARTHRITIS IN PETS

I have found the Relief disc to be extremely beneficial for arthritic pets. Shave the area where you are going to place the disc and wipe it with hydrogen peroxide. Place one Relief disc directly on the affected joint and one Relief disc on the under-belly, dead-center where the stomach and ribcage meet.

Illustrations of Point Placements are on pages 85-98.

LOCATION INDEX

BLADDER

BL-2 is in the indentation of the inner eye socket, where the bridge of the nose meets the ridge of the eyebrows.

BL-10 is located one-half inch below the base of the skull on the rope muscles one-half inch outward from either side of the spine.

BL-13 is one finger width below the upper tip of the shoulder blade, between the spine and the scapula.

BL-17 is on the middle of the back, one-and-one-half thumb widths to the left of the spinal column, on the lower border of the spinous process of the seventh thoracic vertebrae.

BL-20 is on the middle of the back, one-and-one-half thumb widths to the left of the spinal column, on the lower border of the spinous process of the eleventh thoracic vertebrae.

BL-23 is located in the lower back, between the second and third lumbar vertebrae, two finger widths away from the spine at waist level.

BL-31 is located in the sacral region, in the first posterior sacral foramen.

BL-32 is located in the sacral region, in the second posterior sacral foramen.

BL-43 is between the shoulder blades and the spine, at the level of the heart.

BL-47 is located in the mid-lower back, between the second and third lumbar vertebrae, four finger widths away from the spine at waist level.

BL-48 is one to two finger widths outside the sacrum (the large bony area at the base of the spine) and midway between the top of the hipbone (iliac crest) and the base of the buttock.

BL-53 is on the outside of the knee, where the crease ends when the knee is bent.

BL-54 is in the center of the back of the knee in the crease of the knee joint.

BL-57 is located in the center of the base of the calf muscle, midway between the crease behind the knee and the heel, at the bottom of the calf muscle bulge.

BL-60 is on the outside of the ankle. At the very top of the anklebone, draw a straight line to the Achilles tendon. In the hollow between the tendon and the anklebone is where you would place the disc, parallel to the anklebone.

BL-62 is in the first indentation directly below the outer anklebone. This hollow is one-third the distance from the outer anklebone to the bottom of the heel.

CONCEPTION VESSEL

CV-4 is four finger widths below the belly button.

CV-6 is located two finger widths directly below the belly button.

CV-12 is located on the midline of the body, one-half way between the base of the breastbone and the belly button.

CV-17 is on the center of the breastbone; three thumb widths up from the base of the bone.

GALLBLADDER

EX-2 is located at the depression of the temples, one-half inch to the outside of the eyebrows.

GB-2 is located in front of the ear hole, one-half inch below the depression that enlarges when the mouth is open.

GB-20 is located below the base of the skull, in the hollow between the two large, vertical neck muscles, two to three inches apart (depending on the size of the head).

GB-21 is on the highest point of the shoulder, one to two inches out from the base of the neck, on the tightest spot.

GB-30 is located by putting your thumb on your hipbone and stretching your index finger straight down the side of your leg. You want to slowly move your index finger 3 inches toward your gluteus maximus. If you press in that small indentation, it should feel a little bit tender.

GB-34 is on the outside of the lower leg, below and in front of the head of the shinbone.

GB-40 is in the large hollow directly in front of the outer anklebone.

GB-41 is located on the top of the foot, one inch above the webbing of the fourth and fifth toes in the groove between the bones.

GOVERNING VESSEL

GV-16 is in the center of the back of the head, in the large hollow under the base of the skull.

GV-24.5 is directly between the eyebrows, in the indentation where the bridge of the nose meets the center of the forehead.

HEART

H-7 is on the little finger side of the forearm at the crease of the wrist.

KIDNEY

K-3 is midway between the inside of the anklebone and the Achilles tendon in the back of the ankle.

K-6 is one thumb width below the inside of the anklebone.

K-10 is on the inner edge of the knee crease, in the hollow between two tendons.

K-27 is in the hollow below the collarbone, next to the breastbone.

LARGE INTESTINE

LI-4 is located in the webbing between the thumb and index finger at the highest spot of the muscle when the thumb and index finger are brought close together.

LI-11 is located on the top, outer end of the elbow crease.

LI-14 is on the outer surface of the upper arm, one-third of the way down from the top of the shoulder to the elbow. Find a wiry muscle band by rubbing the fingers over the bone on the outside of the arm.

LUNG

LU-1 is on the outer part of the chest, four finger widths up from the armpit crease and one finger width inward.

LU-9 is located in the groove at the wrist fold, below the base of the thumb.

LU-10 is located on the palm side of the hand, in the center of the pad, at the base of the thumb.

LIVER

LV-2 is at the juncture of the big and second toes.

LV-3 is on the top of the foot, in the valley between the big toe and the second toe, two thumb widths back from the juncture of the big and second toes.

LV-8 is on the inside of the knee, located by cupping your kneecap with your hands. Move your thumbs back just past the thighbone and press, straight in right from the knee, at the very bottom of the kneecap. If you come in two finger widths towards your groin, you'll feel it.

PERICARDIUM

PC-5 is located four finger widths above the center of the inner wrist crease, between the tendons.

PC-6 is located in the middle of the inner wrist, two-and-one-half finger widths below the wrist crease.

PC-7 is located in the middle of the inside of the wrist crease.

SMALL INTESTINE

SI-17 is in the indentation directly below the ear lobe and behind the jawbone.

SPLEEN

SP-4 is located on the arch of the foot, one thumb width in back of the ball of the foot.

SP-6 is four finger widths above the inner anklebone, close to the back of the shinbone.

SP-9 is on the inside of the leg, just below the bulge that is down from the inside of the knee and under the head of the shinbone.

SP-12 is in the pelvic area, five-and-one-half finger widths below the belly button, in the middle of the crease where the leg joins the trunk of the body.

SP-13 is in the pelvic area, four finger widths down from the belly button, in the middle of the crease where the leg joins the trunk of the body.

SP-17 is located in the fifth intercostals space, at the tender spot under the armpit, slightly below the nipple line.

STOMACH

ST-2 is one finger width below the lower ridge of the eye socket in line with the center of the iris in an indentation of the cheek.

ST-3 is at the bottom of the cheekbone, directly below the pupil.

ST-6 is between the upper and lower jaw, on the (masseter) muscle that bulges when the back teeth are clenched.

ST-18 is two finger widths below the center of the nipple.

ST-34 is five finger widths from the top of the kneecap, slightly toward the outside edge of the thighbone.

ST-35 is just below the kneecap, in the outer indentation.

ST-36 is four finger widths below the kneecap, on the outside of the leg.

ST-40 is located dead center on the shinbone, three fingers toward the outside from centerline.

TRIPLE WARMER

TW-4 is located by following the outside of the arm to the hollow in the center of the wrist at the crease.

TW-5 is located two and one-half finger widths above the wrist crease on the outer forearm, midway between the two bones of the arm.

TW-13 is on the outer surface of the upper arm, one thumb width in back of the base of the upper arm muscle (the deltoid) and two finger widths higher up toward the shoulder.

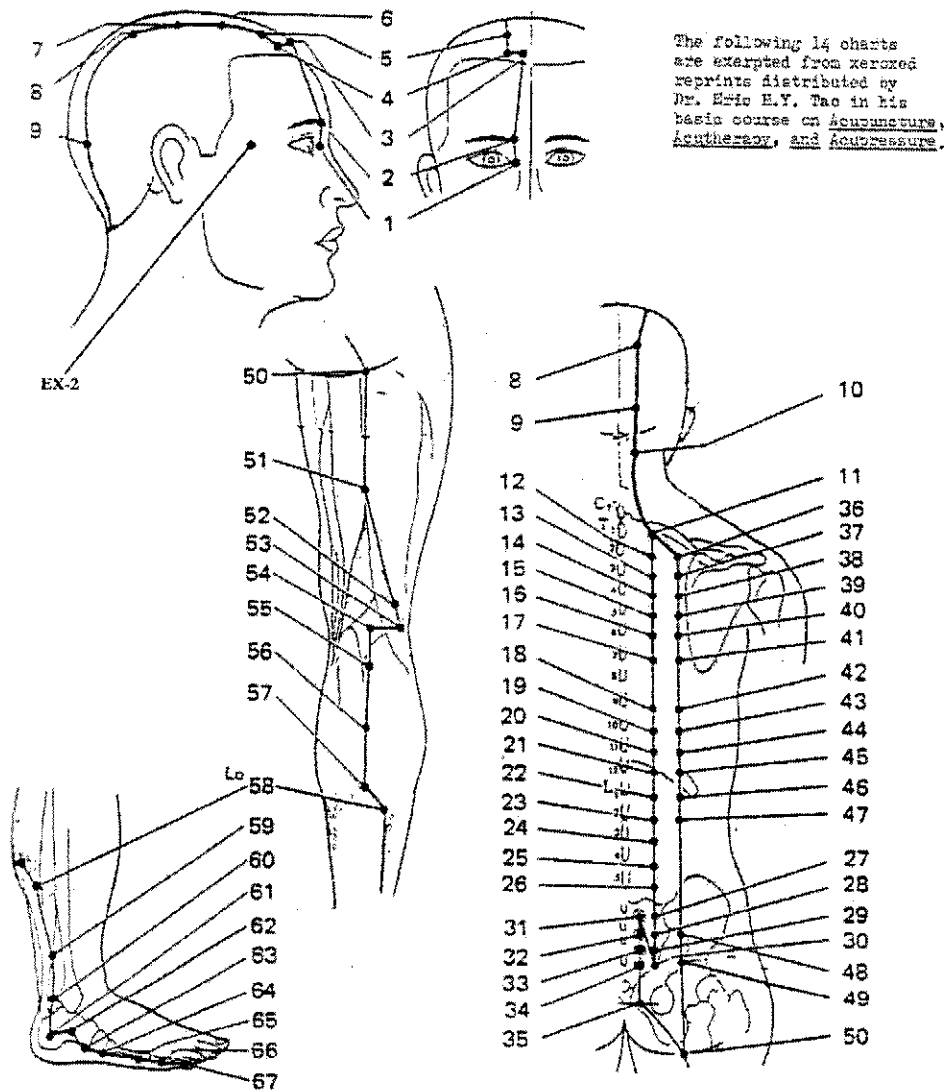
TW-15 is on the shoulders, midway between the base of the neck and the outside of the shoulders, one-half inch below the top of the shoulders.

TW-16 is in the indentation at the base of the skull, one to two inches in back of the earlobe (depending on the size of the head).

TW-17 is in the indentation behind the earlobe.

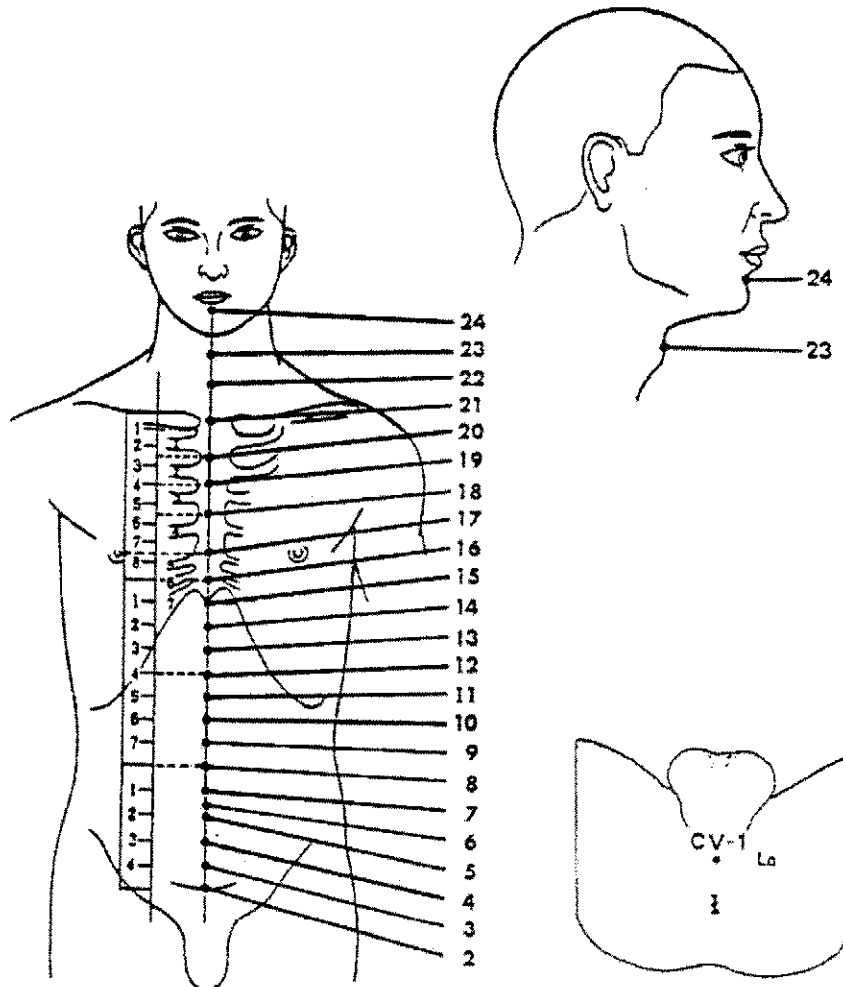
BLADDER MERIDIAN (BL)

67 points



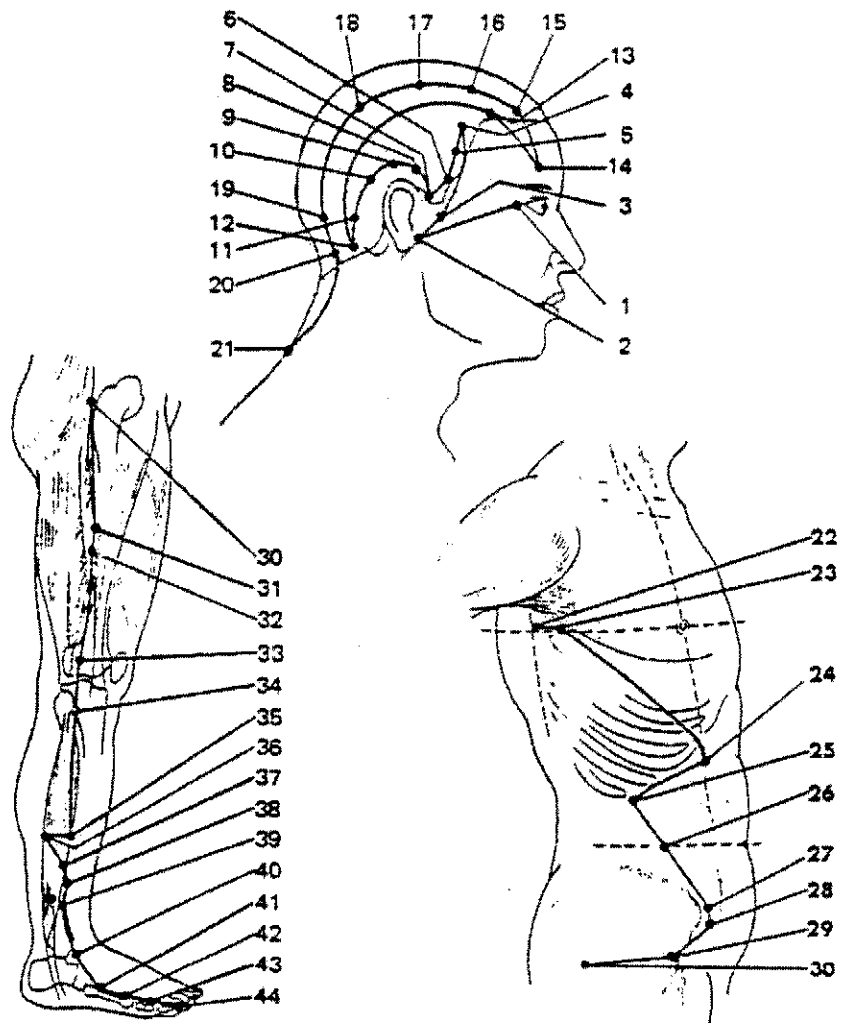
CONCEPTION VESSEL (CV)

24 points



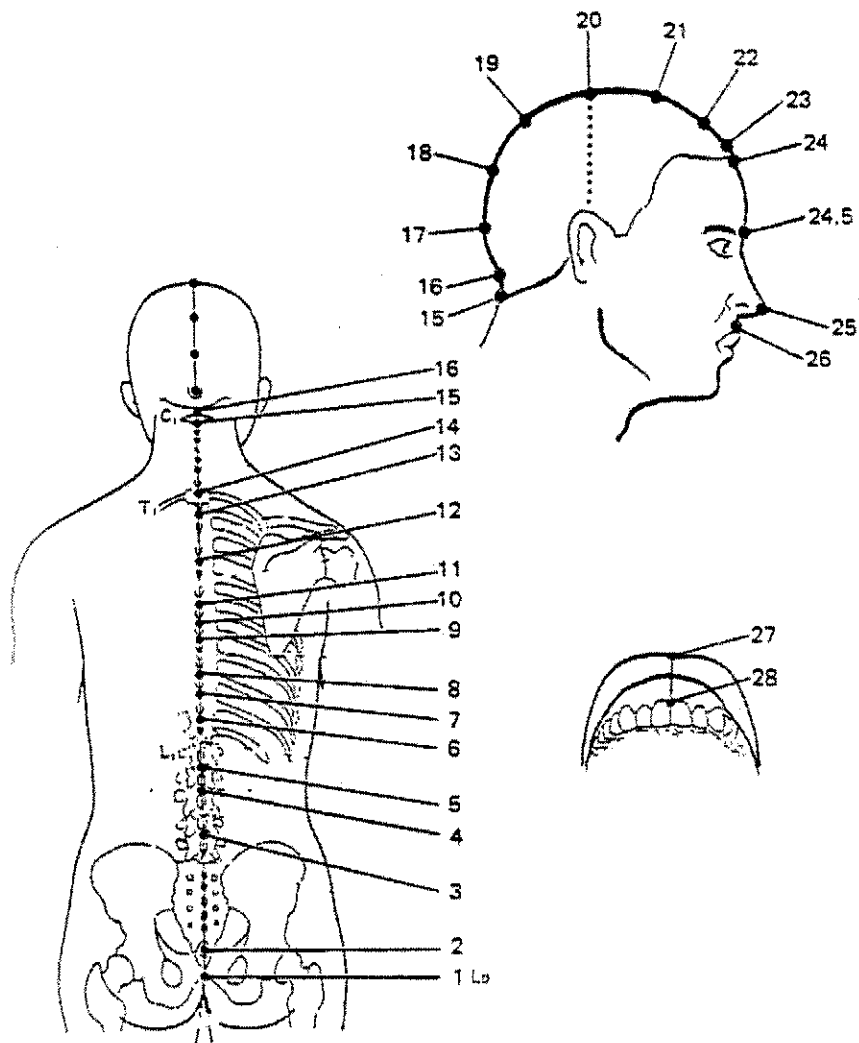
GALLBLADDER MERIDIAN (GB)

44 points



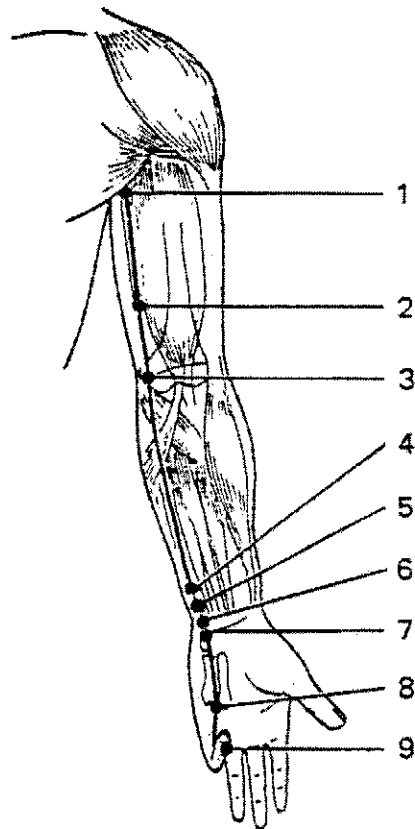
GOVERNING VESSEL (GV)

28 points



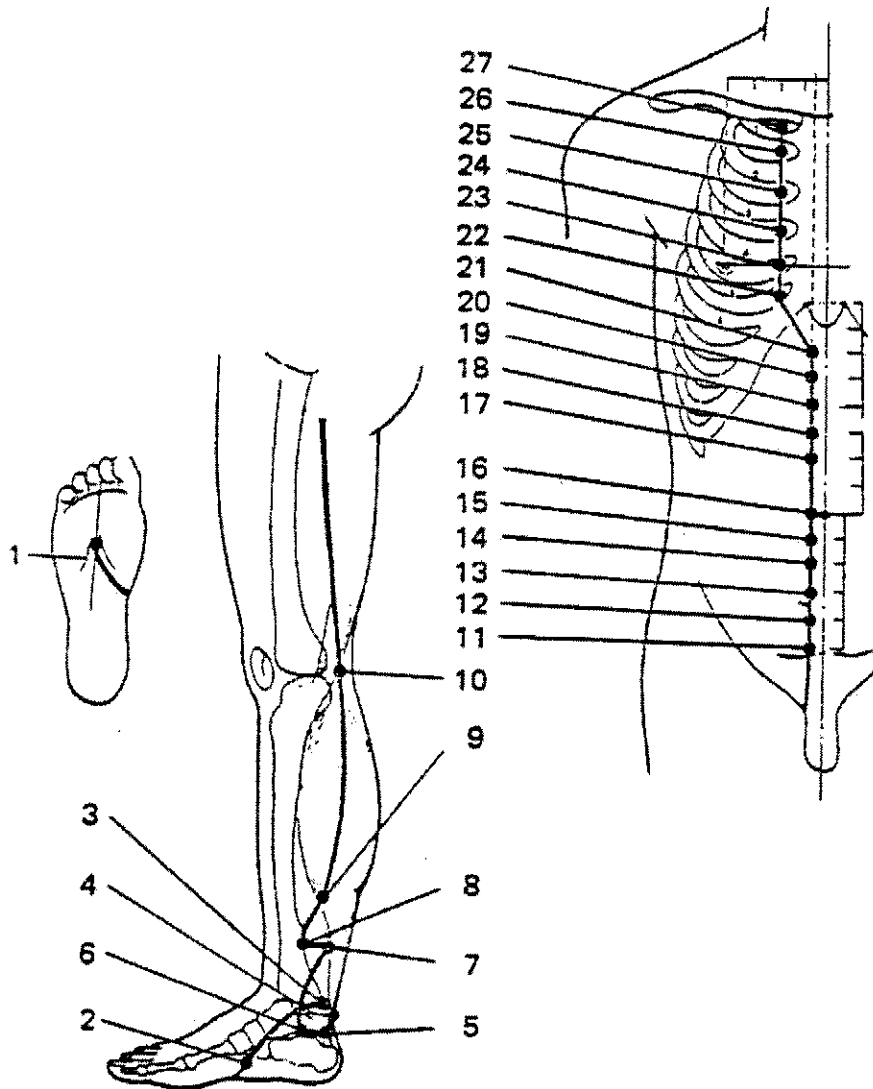
HEART MERIDIAN (HT)

9 points



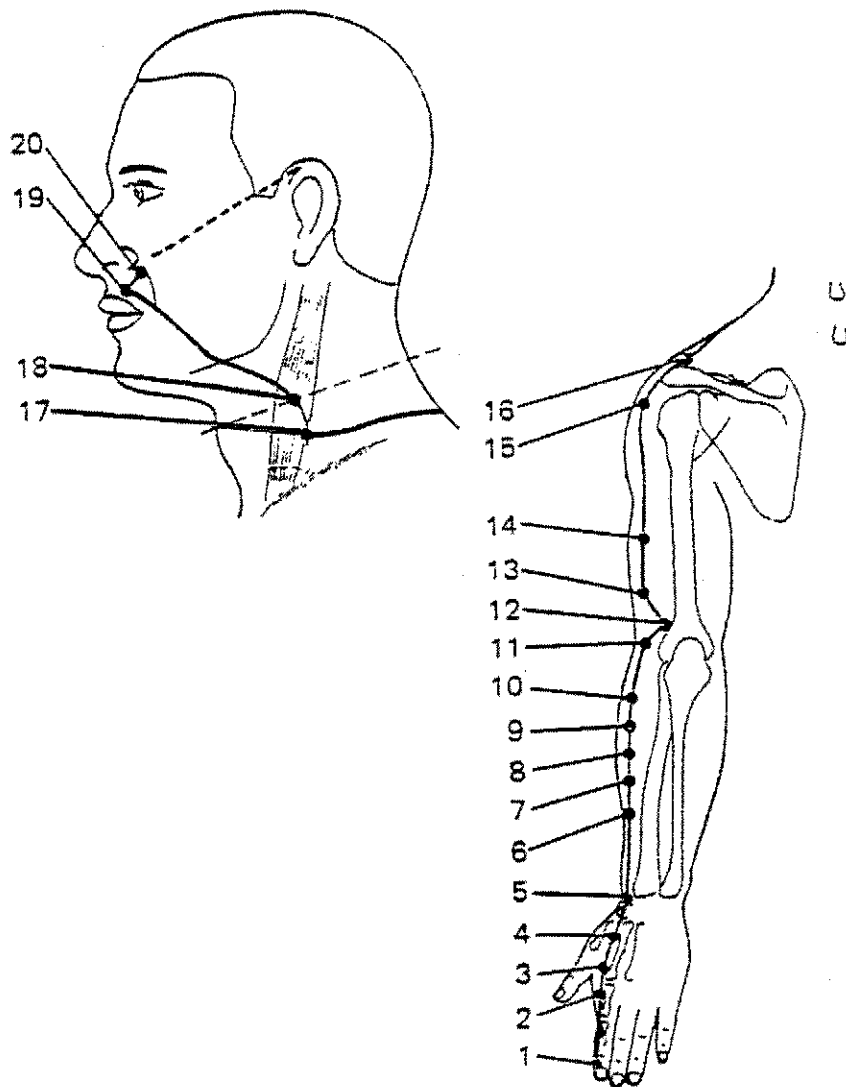
KIDNEY MERIDIAN (KI)

27 points



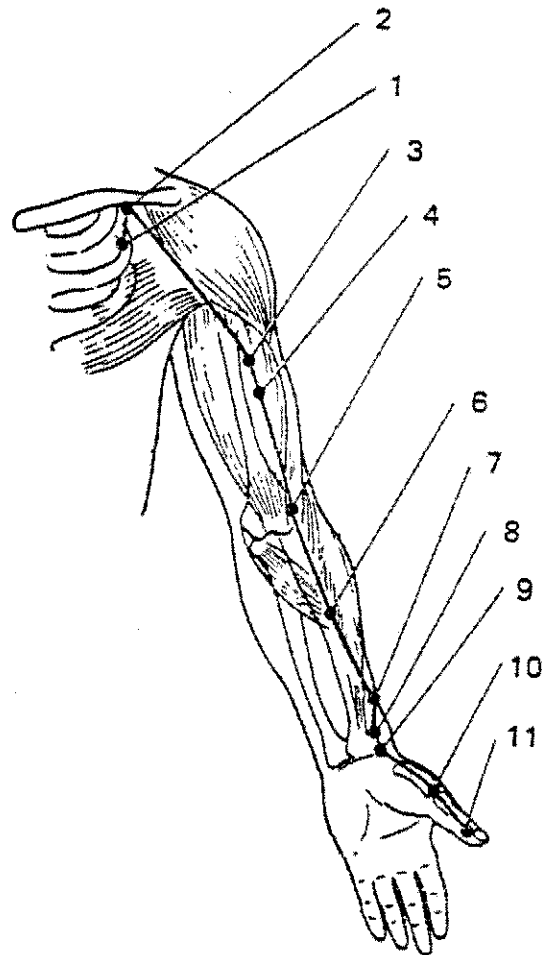
LARGE INTESTINE MERIDIAN (LI)

20 points



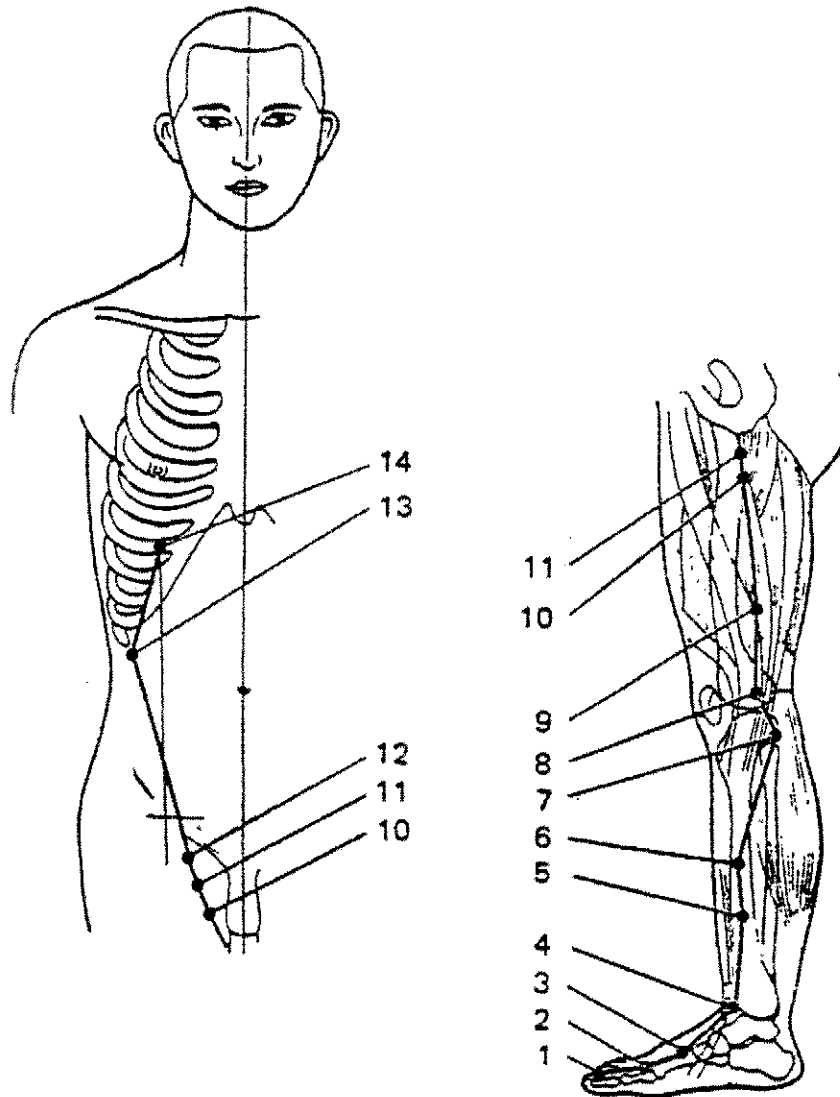
LUNG MERIDIAN (LU)

11 points



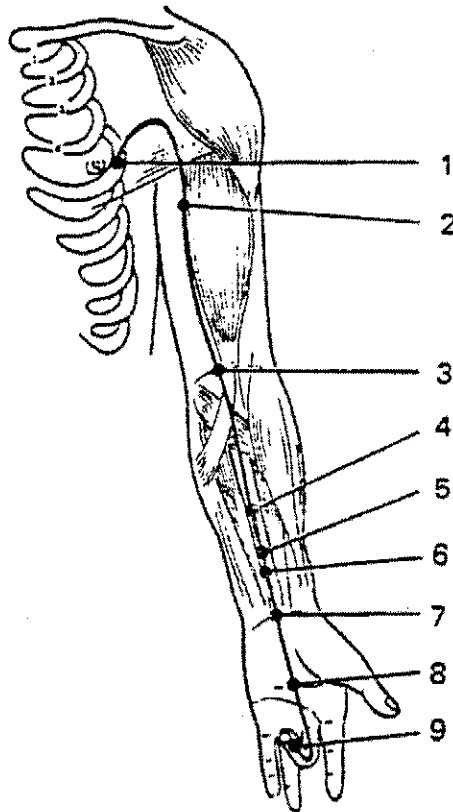
LIVER MERIDIAN (LV)

14 points



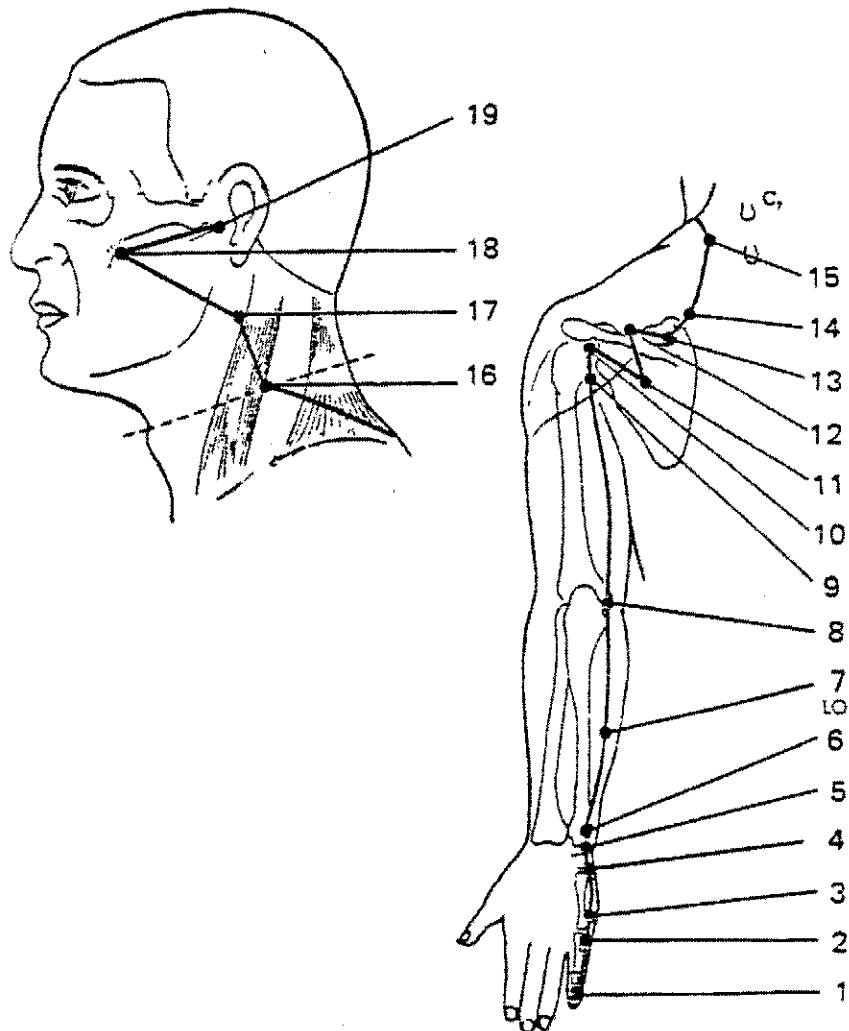
PERICARDIUM (PC)

9 points



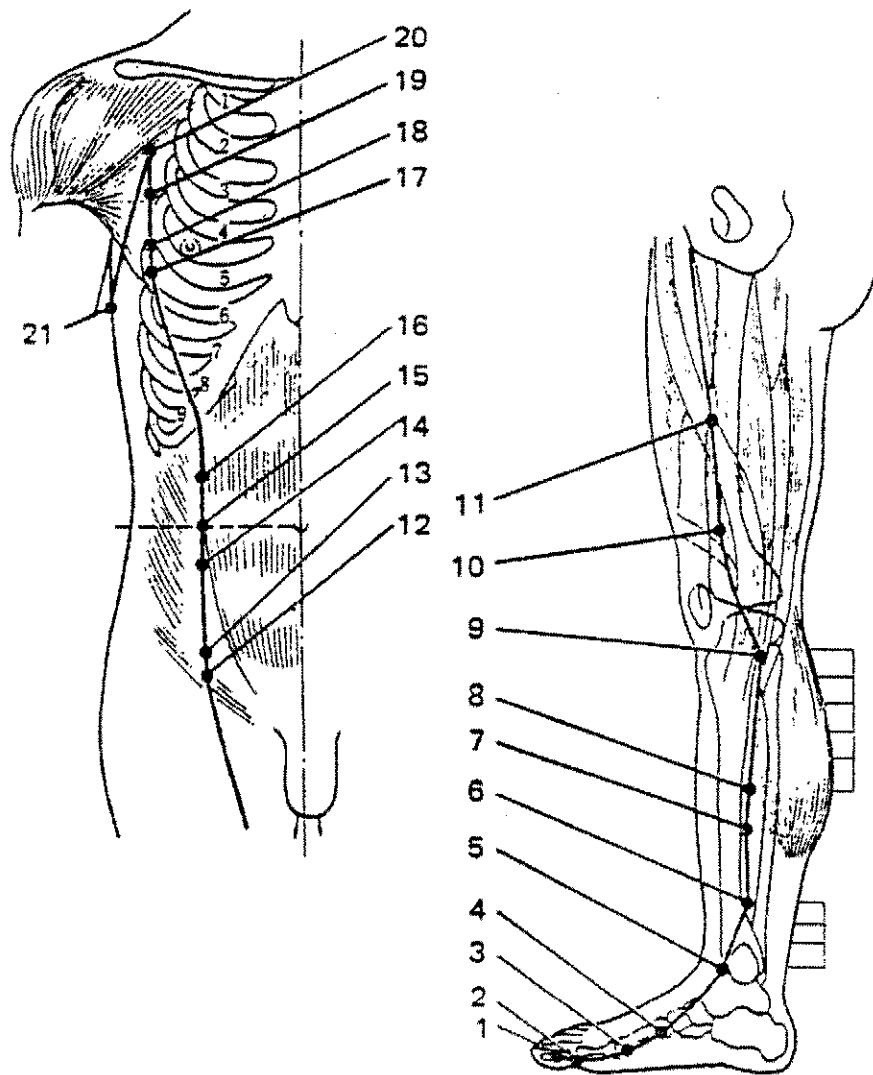
SMALL INTESTINE MERIDIAN (SI)

19 points



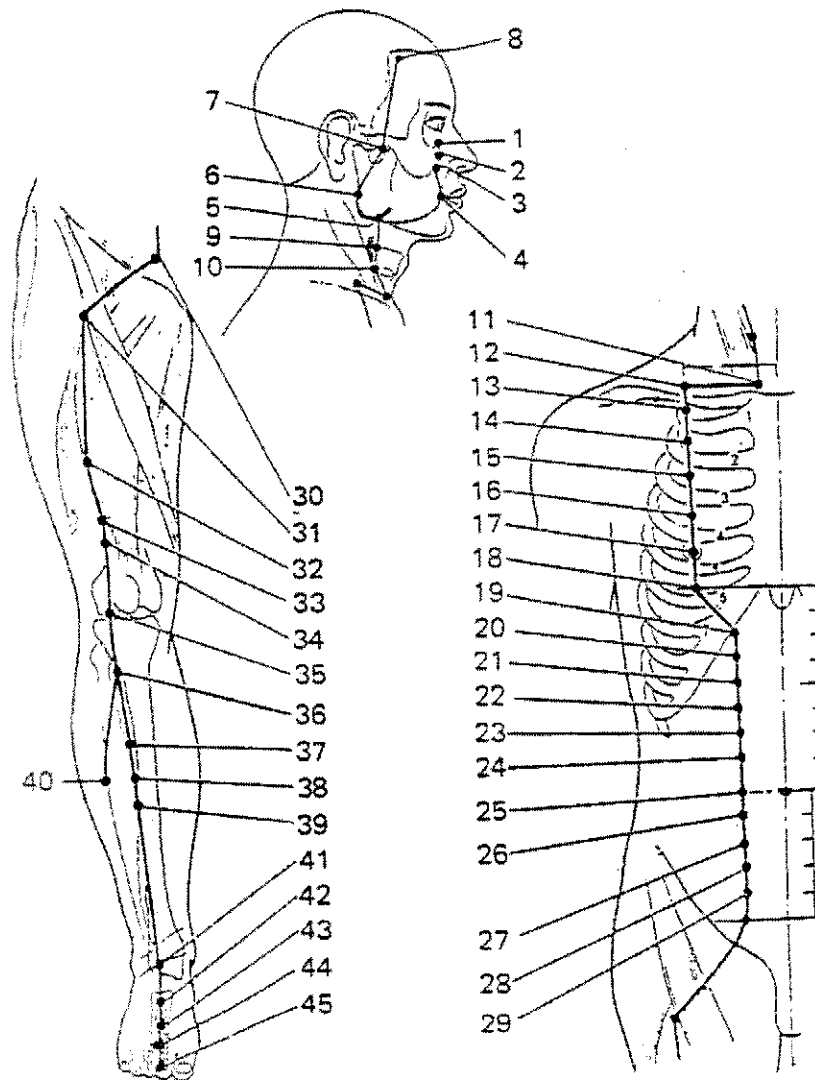
SPLEEN MERIDIAN (SP)

21 points

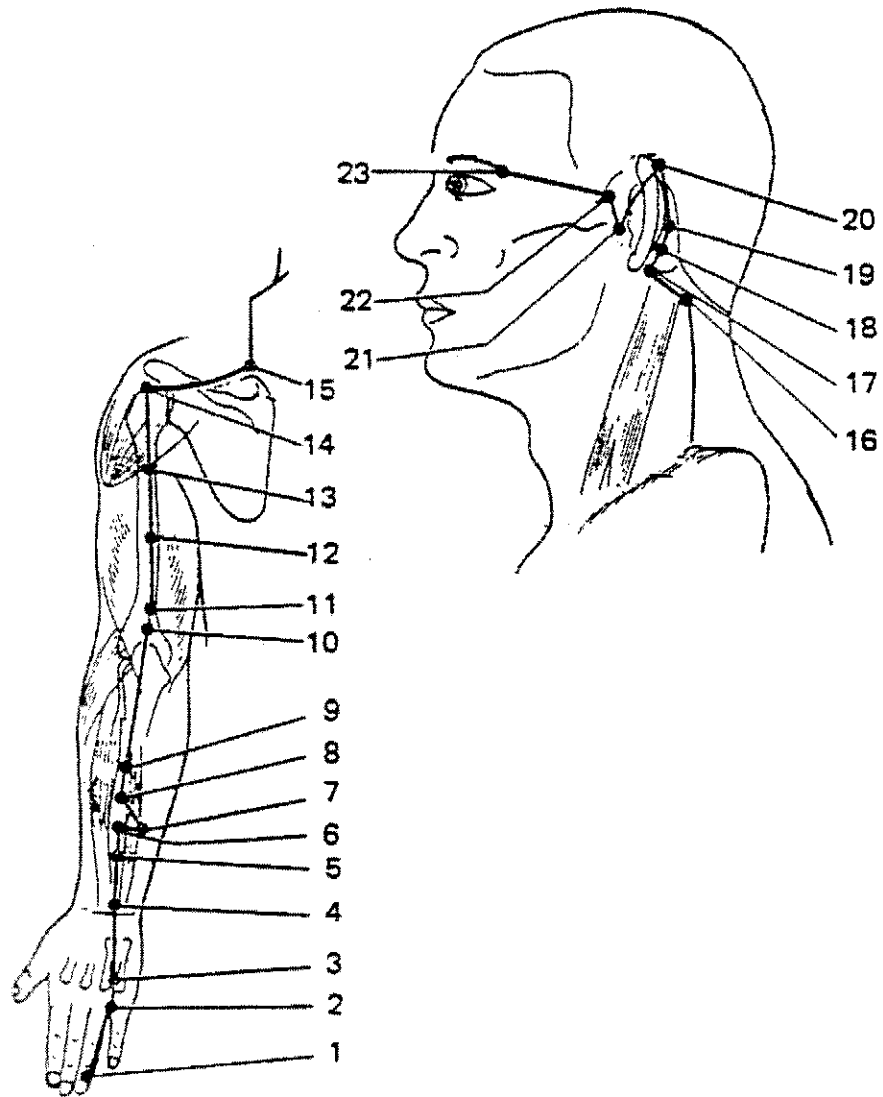


STOMACH MERIDIAN (ST)

45 points



TRIPLE WARMER (TW)
23 points



HOLOGRAPHIC CHIP SCIENCE

Holographic chips that communicate with the body to help promote proper balance in several areas of interest to all human beings: deeper rest, energy, allergies, libido, relief from discomfort and weight management.

For over 3,000 years, the Chinese have developed the art of promoting an inner energy flow that was considered the basis of healing. Physical disease was thought to have an origin of stagnated energy. Once this "blockage" of energy was dispersed and a greater flow of energy stimulated, symptoms of illness would normalize. These energy flows run throughout the body on pathways called "meridians, mapped out from traditional Chinese medical texts and named after different organs and body systems. Along the meridians, various concentrations of energy, known as "points, can be stimulated through massage, needle or heat application to promote well-being. There have been many applications of palm energy, mineral and gem placement and most recently, electrical stimulation on specific acupuncture points to influence the human energy field. A common example of energy flow can be seen in a garden hose. The water freely flows until a kink occurs in the hose. This slows the flow down to a trickle. This juncture is where the blockage of water is occurring. If we straighten the kink (compared to stimulating an acupuncture point along a stagnant meridian) the strength of the flow is restored. Our CieAura Transparent Holographic Chips™ influence key points to create the desired effect.

Acupuncture points are simple to understand, because there's almost a natural connection in how we instinctively treat them. For instance, there's a Bladder #1 point that is bi-lateral and exists on both sides of the bridge of the nose. Stimulation of these points energize this very long energy pathway that begins at the nose bridge and continues down to the small toe, so it runs through the entire body. If you think about it, when you're tired you instinctively rub these points, and that energizes that meridian. Same for the Lung #1 point located between the first intercostals space of the ribs about two inches from the area where the armpit is joined to the body.

We are published in Medical Journal Proven results !!