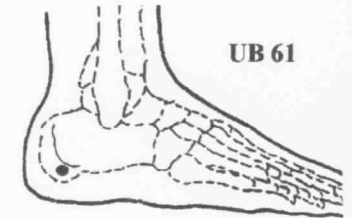
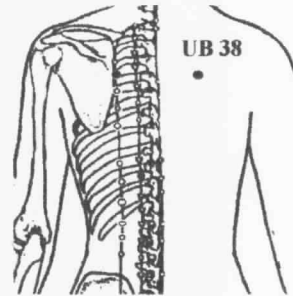
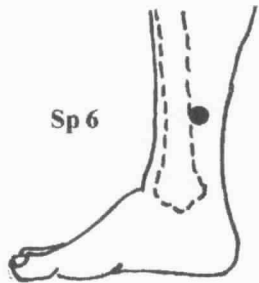
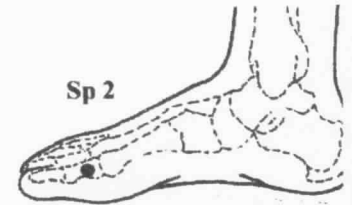
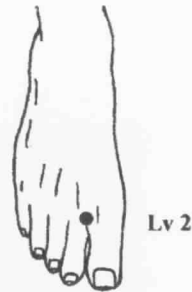
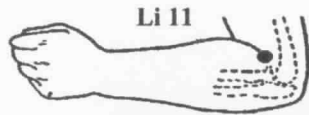
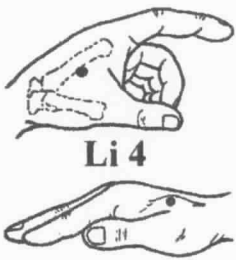
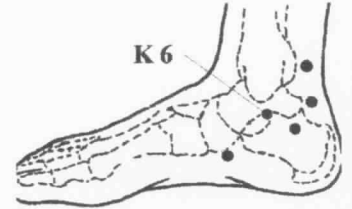
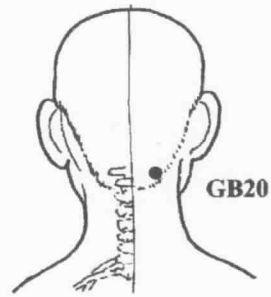
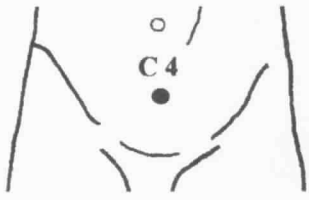


AcuPoint Analysis FATIGUE*

Points



AcuPoint Analysis
FATIGUE*
(DESCRIPTIONS)

| Point | Description |
|-------------|--|
| C04 | 3 cun below, and in line with the navel. |
| C06 | 1.5 Cun below the navel. |
| GB20 | This point is right under and against the base of the skull, in the two small muscular grooves at the back of the neck, two to three inches apart depending on the size of the head. |
| K06 | 0.5 cun below the crown of the inner ankle. |
| LI04 | On the back of the hand between the thumb and index finger metacarpal bones. Find the spot midway on the bone that connects the index finger to the wrist. Sometimes this point is easy to find by squeezing two fingers together to form a small mound and marking an imaginary point at the peak of that mound. Then probe inward toward the main body of the hand, right on the bone. |
| LI11 | On the extreme end of the outer crease of the elbow. Bend your arm tightly and place your Acu-Ki on the end of the crease. Keep your massager in place while opening the arm and stimulate the point on your relaxed arm downward toward your forearm. |
| LV02 | On top of the foot slightly behind the separation between the biggest and the second toes. |
| SP02 | Inside of your big toe. On the side just before the large bulging joint between the foot and the toe. |
| SP06 | The width of one hand (3 thumbs) above the crown of the inner ankle, just behind the shin bone on the front of the leg. |
| ST36 | The width of one hand (3 Cun) below the bottom of the kneecap, and the width of one thumb (1 Cun) toward the outside of the leg (direction of the small toe.) Found in the trough or valley where the two most prominent bones of the calf come together. |
| UB38 | 3 Cun from the spine midline, level with the fourth thoracic vertebra. Between the shoulder blade and the spine 4 cun below a line drawn between the tips of the shoulders. |
| UB61 | 1.5 cun directly below the hollow behind the outer ankle crown. At the junction at the change in skin color. |