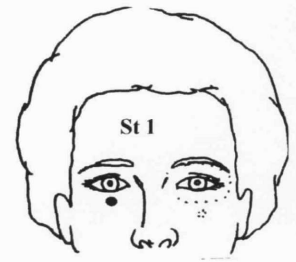
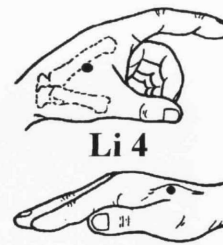
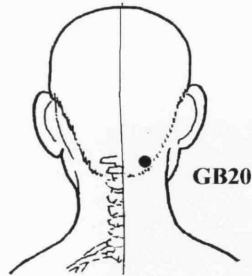
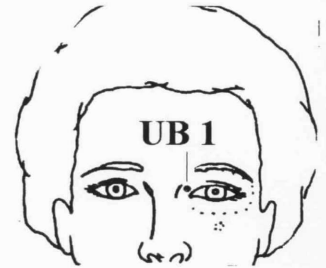
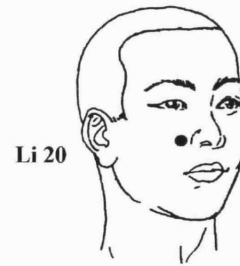
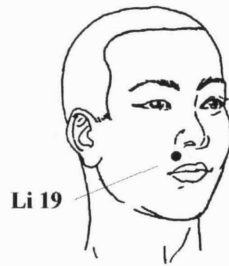
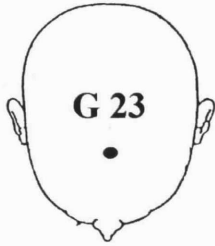


AcuPoint Analysis ALLERGIES HAY FEVER*

Points



- G23** On the midline of the skull 1 cun within the front hairline.
- LI19** The width of one thumb from the face centerline, midway between the nose and the upper lip.
- LI20** At the flare of the outer nostrils where they join the cheek, on the cheek, rather than on the nostrils.
- UB01** At the inner corner of the eye, very near and slightly above the tear duct; massage between the notch you feel above the eye in the skull and the tear duct.
- G24.5** On the centerline of the face between the two eyebrows. Where the bridge of the nose joins the forehead.
- 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.
- 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.
- ST01** Below the center of the eye in the small hollow which can be felt in the (orbicular) bone or eye socket bone.
- 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.
- UB02** At the inner edge of the eyebrow.