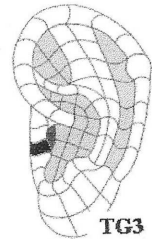
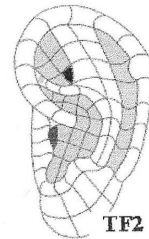
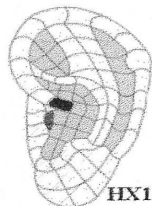
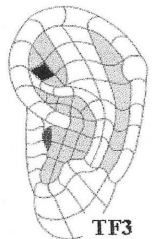
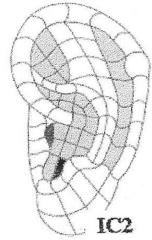
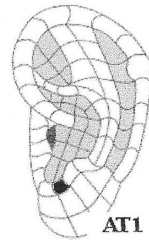
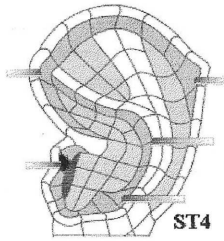
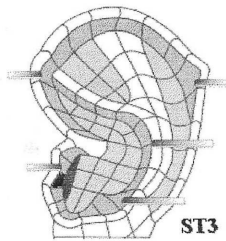
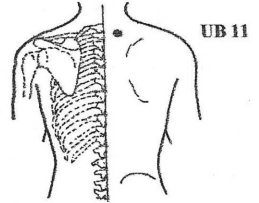
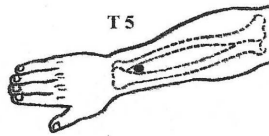
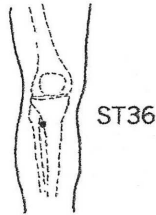
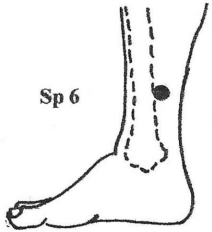
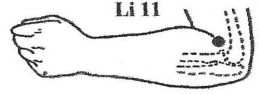
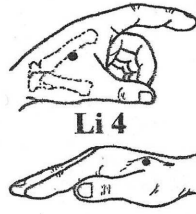
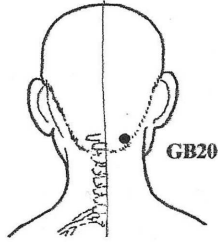
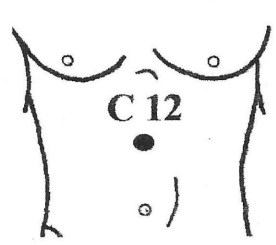


# COMMON COLD AND FLU



- C12** 4 cun above the navel, along the mid-line.
- 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.
- 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.
- 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.
- T05** The width of two thumbs above the most prominent crease of the upper wrist, in line with the middle finger. On the outside of the forearm.
- UB11** 1.5 Cun from the spine midline, 1 cun below a line level with the top of the shoulder blades. Easily stimulated with the Back-eze.
- EST03** Master Point 5: Chinese Inner Nose (Nasal Cavity), French Master Oscillation Point, Reticular Formation, Auditory Nerve, Deafness, Dumb Point. Located on the 3rd zone of the Subtragus. This point balances the left and right Cerebral Hemispheres, correcting problems of cerebral laterality.
- EST04** Chinese Larynx and Pharynx, Skin Master Point. Located on the 4th zone of the Subtragus.
- EAT01** FOREHEAD, THYROID CONTROL (TSH), EYE DISORDER 2 (MU 2)
- EIC02** LUNG 2, IPSILATERAL LUNG, ANTERIOR HYPOTHALAMUS
- ETF03** THIGH, Chinese Constipation Point, Antihistamine Point. Located on the 3th zone of the Triangular fossa.
- EHX01** Master Point 0, Point of Support, Solar Plexus, Umbilical Cord, Penis, or Clitoris, Sexual Desire, Bosch Point, Diaphragm, Hiccups. Located in a notch at the beginning of the Helix Root. This point brings the whole body toward a state of homeostatic balance
- ETF02** Master Point 1, (Shen Men), French Hip, Chinese Shen Men (Divine Gate), Pelvic Cavity, French Wonder Point. Located in the middle of the 2st zone of the Triangular Fossa. This master point alleviates pain, tension, anxiety, and depression.
- ETG03** Master Point 6: Stress Control Point, Allergy Point, Chinese External Nose, Appetite Control (Hunger Point), Chinese Adrenal (Suprarenal) Gland, Corpus, Callosum. Located on the 3rd zone of the Tragus. This master point activates ACTH and corticosteroid hormones to facilitate the body's response to chronic stress.