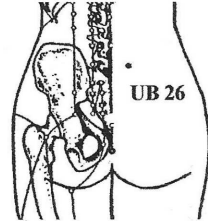
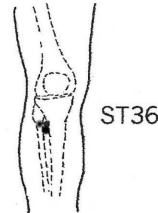
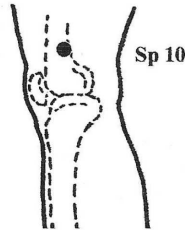
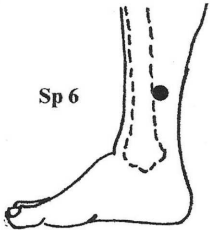
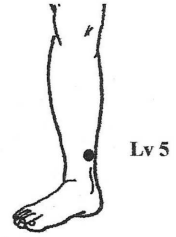
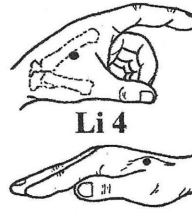
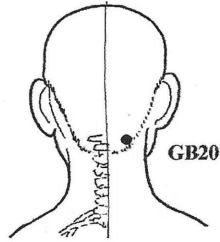
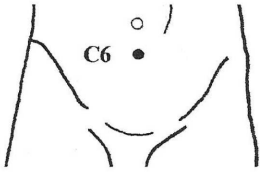


# AcuPoint Analysis MENSTRUAL CRAMPS



**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.

**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.

**LV05** 5 Cun above the crown of the inner ankle, just to the inside rear of the front (shin) bone.

**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.

**SP10** The width of two thumbs above the top of the kneecap, in the inner thigh, approximately in line with the crown of the inner ankle.

**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.

**UB26** 1.5 cun from the spine midline, on a level between the 5th lumbar and the first sacral vertebra. 4 cun below the waist line. Easily stimulated with the Back-eze.