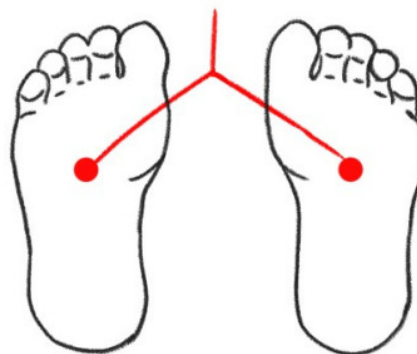


ST36

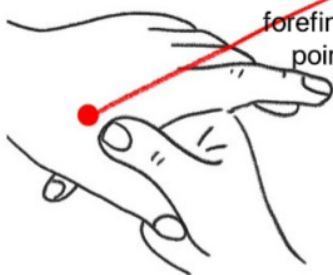


KD1

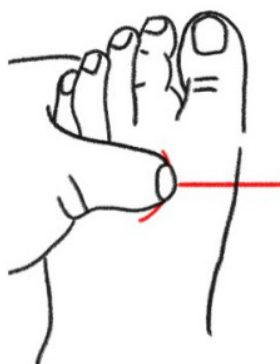


LI4

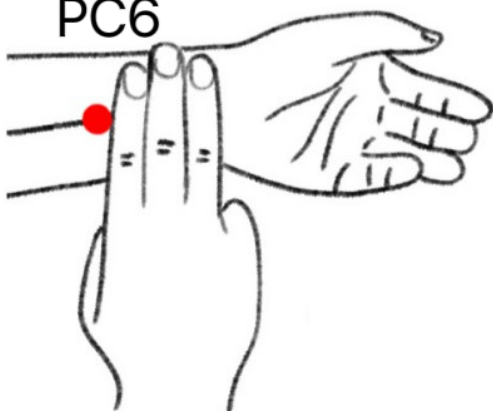
Clutch your thumbs and forefingers at the highest point of the muscles.



LV3



PC6



SP6



Quick Reference Guide: 6 Essential Points

Point	Use it for...
LI4	Headache, tension
ST36	Afternoon energy slump
LV3	PMS, irritability
KID1	Anxiety, insomnia, burnout
SP6	Bloating, period cramps, sleep
PC6	Nausea, anxiety, heart unrest