



- 1. Lower back, emergency pressure point - fainting, unconsciousness.
- 2. Coughing, hoarseness, sore throat, immune system.
- 3. Respiratory, chest cold, asthma, letting go / grief release.
- 4. Neck, shoulder, back, bones.
- 5. Pulmonary weakness, cough, chest pain, fluid buildup.
- 6. Mid-thoracic tension, blood, skin, heart.
- 7. Arm, skin.
- 8. Respiratory.
- 9. Upper abdomen.
- 10. Hand, ear.
- 11. Chest, heart, lungs, ribs.
- 12. Neck.

- 13. Emergency pressure point - anxiety heart palpitations.
- 14. Face, head, eyes, ears, mouth, teeth.
- 15. Lower abdomen, bladder, intestines, male / female organs, energy storehouse.
- 16. Lower back, leg.
- 17. Leg, knee, muscles, tendons.
- 18. Upper abdomen, energizing point.
- 19. Lower abdomen, large intestine, bladder, male / female organs.
- 20. Foot, leg, upper back.
- 21. Chest, ribs, depression, nervous system.

NOTE: Points indicated on arm, hand, leg or foot, are located on either arm, hand, leg or foot.