



Head, neck, shoulder pain, tension, and tightness.

Invigorating, awakens awareness of the total body, and promotes circulation of the legs and back.

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| <ol style="list-style-type: none"> <li>1. Lower back, emergency pressure point - fainting, unconsciousness.</li> <li>2. Coughing, hoarseness, sore throat, immune system.</li> <li>3. Respiratory, chest cold, asthma, letting go / grief release.</li> <li>4. Neck, shoulder, back, bones.</li> <li>5. Pulmonary weakness, cough, chest pain, fluid buildup.</li> <li>6. Mid-thoracic tension, blood, skin, heart.</li> <li>7. Arm, skin.</li> <li>8. Respiratory.</li> <li>9. Upper abdomen.</li> <li>10. Hand, ear.</li> <li>11. Chest, heart, lungs, ribs.</li> <li>12. Neck.</li> </ol> | <ol style="list-style-type: none"> <li>13. Emergency pressure point - anxiety heart palpitations.</li> <li>14. Face, head, eyes, ears, mouth, teeth.</li> <li>15. Lower abdomen, bladder, intestines, male / female organs, energy storehouse.</li> <li>16. Lower back, leg.</li> <li>17. Leg, knee, muscles, tendons.</li> <li>18. Upper abdomen, energizing point.</li> <li>19. Lower abdomen, large intestine, bladder, male / female organs.</li> <li>20. Foot, leg, upper back.</li> <li>21. Chest, ribs, depression, nervous system.</li> </ol> |
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**NOTE:** Points indicated on arm, hand, leg or foot, are located on either arm, hand, leg or foot.