



Acupressure Points Chart

Applying any Sound Vitality System to the above acupressure points relieves pain in these areas listed.

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| 1. | Lower back, emergency pressure point, fainting, unconsciousness | 12. | Neck |
| 2. | Coughing, hoarseness, sore throat, immune system | 13. | Emergency pressure point, anxiety heart palpitations |
| 3. | Respiratory, chest cold, asthma, letting go/grief release | 14. | Face, head, eyes, ears, mouth, teeth |
| 4. | Neck, shoulder, back, bones | 15. | Lower abdomen, bladder, intestines, male/female organs, energy storehouse |
| 5. | Pulmonary weakness, cough, chest pain, fluid buildup | 16. | Lower back, leg |
| 6. | Mid-thoracic tension, blood, skin, heart | 17. | Leg, knee, muscles, tendons |
| 7. | Arm, skin | 18. | Upper abdomen, energizing point |
| 8. | Respiratory | 19. | Lower abdomen, large intestine, bladder, male/female organs |
| 9. | Upper abdomen | 20. | Foot, leg, upper back |
| 10. | Hand, ear | 21. | Chest, ribs, depression, nervous system |
| 11. | Chest, heart, lungs, ribs | | |

sound vitality

A sweeping protocol is beneficial where there is substantial increased pain on application of the Infratonic. Start with the BALANCE setting. Sweep from a foot above to a foot below the injury with occasional whole body sweeps. See how close you can get with little or no discomfort. It is valuable to finish with a few sweeps to bring the body into the healing process where:

1. There may be increased pain.
2. There may be pain that moves.
3. There may be stubborn pain that does not respond to “put it where it hurts.”

