

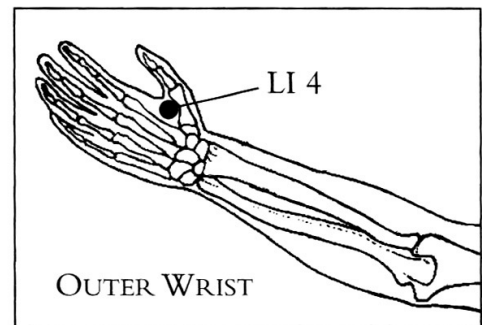
# ACUPRESSURE POINTS FOR BALANCING APPETITE & DIGESTION

*From the following list, select one or two key points related to digestion. Hold for two to three minutes.*

**LI 4, Hoku** (located in the webbing between the thumb and index finger, at the highest spot of the muscle that protrudes when the thumb and index finger are brought close together): Holding LI 4 detoxifies the body and relieves allergies, constipation, and sinus pain.

**GV 26, Center of the Person** (located two-thirds of the way between the upper lip and the nose): Holding GV 26 clears the mind, curbs the appetite, and relieves allergies, pain, and dizziness.

**Sp 16, Abdominal Sorrow** (located below the edge of the ribcage, a half-inch in from the nipple line): Holding Sp 16 relieves emotional upset and diaphragmatic tension and balances appetite and food cravings.



**Sp 10, Sea of Blood** (located on the inner thigh, four finger-widths above the kneecap): Holding Sp 10 balances mood swings, relieves sugar cravings, and helps regulate the menstrual cycle.

**St 36, Three Mile** (located four finger-widths below the outside kneecap, one finger-width outside the shinbone): Holding St 36 relieves mood swings, fatigue, indigestion, and nausea; it also reinforces emotional stability, tones the muscles, and aids digestion.

