

MASTER POINTS

All "Master Points" normalize nervous system function, reduce stress and balance the body for better health. Do these points morning and evening. Rub each point for 10-15 seconds.

LI 4 (Large intestine 4)

- All pain from the neck up; constipation; abdominal pain; skin disorders

Lu 7 (Lung 7)

- Respiratory problems; neck pain; skin disorders; headache; balances yin organs

GV 20 (Governing Vessel 20)

- Psychological stress; weakness of memory; harmonizes the nervous system

ST 36 (Stomach 36)

- All pain from the neck down; digestive problems; jet lag

SP 6 (Spleen 6)

- Water retention; male/female reproductive problems; digestive problems; rheumatism

BL 54 (Bladder 54)

- Back Pain; neck pain; urinary problems

SP 21 (Spleen 21)

- Master balancer of the body top to bottom, side to side and inside/outside

KI 27 (Kidney 27)

- Effects every organ of the body; balances the hemispheres of the brain

