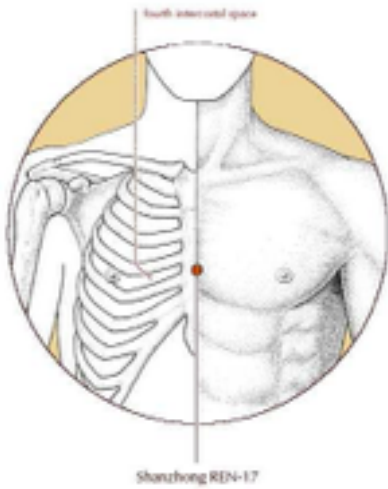


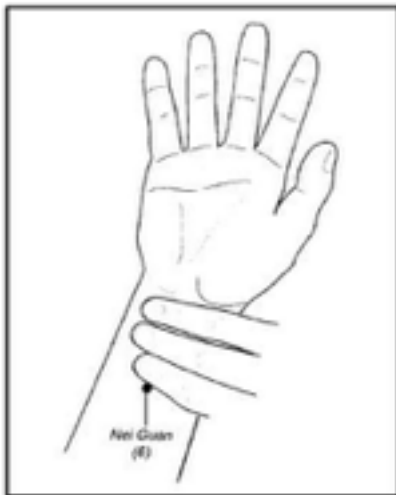
## Acupressure for Self Care



Acupuncture Point Ren 17  
Chest Center  
Opens the chest, helps with anxiety



Acupuncture Point Heart 7  
Spirit Gate  
Calms the spirit, for anxiety



Acupuncture Point Pericardium 6  
Inner Pass  
Calms the heart and spirit, sedating  
for anxiety also great for nausea

Acupuncture Point Stomach 36  
Leg 3 Miles  
Boosts energy, helps digestion





Acupuncture Point Spleen 6  
3 Yin Crossing  
Eases digestion, calming  
cools menopausal symptoms

Acupuncture Point Liver 3  
Supreme Surge  
Eases mood (anger, PMS)  
Calming, grounding  
Also good for eyes

