

General wellness points: There are 361 Acupoints located on the meridians and 250 additional points located within muscles or bony pomades.

**Yin Tang**- located on the stop- calms the spirit, brings in focus and clarity

**Bau Hui**- located at the lumbosacral space. Raises yang energy, regulates the emotions, warms the body and raises the immune system.

**BL 17** – Located \*1.5 cun lateral (to the outside) of the 7<sup>th</sup> thoracic vertebra. Regulates, tonifies and invigorates Blood, facilitates flow and enriches Yin. Immunostimulation, use for fatigue and non responsive skin conditions.

**PE 6**- located above the transverse crease of the wrist between tendons. Regulates and tonifies heart Chi, Yang, blood and yin.

**LI 11**- with flexed elbow, point is at the lateral end of crease. Enhances immune system, regulates lungs and drains pathogenic influences. Good for allergies and infectious disease, Skin disorders, endocrine disorders, and helps stop itching.

**St 36**- located in the lateral portion of the cranial tibia muscle. Regulates, tonifies, and strengthen spleen, lung, kidney and stomach. Drains pathogenic influences, Benefits allergies and generalized weakness, fatigued extremities, builds immune system, indigestion, diarrhea and constipation, consumptive disorder, hypertension, seizures, and shock. (Do not use if pregnant but can benefit difficult labor)

