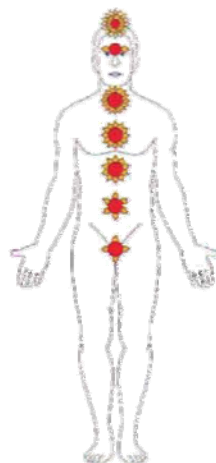
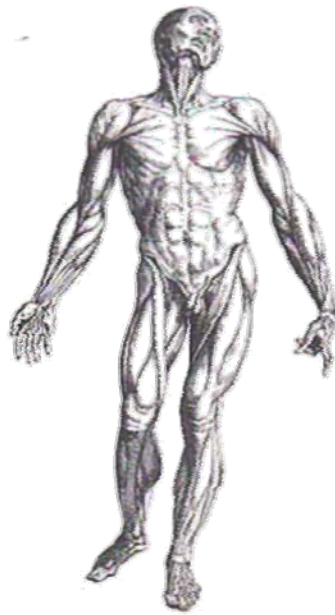




Ten Master Points





1. Large Intestine 4 (Li 4 – Adjoining Valley)

Relieves headaches relaxes muscular tension and helps to balance flow of energy between upper and lower parts of the body. Used to clear excess heat and promote healthy functioning bowels.

Note: Not to be used on pregnant women

**2. Large Intestine 11 (Li 11 – Pool at the Crook ,
elbow crease)**

Relieves and clears excess heat and damp from the body, pain in the arm, elbow and shoulder.

Also helps regulate intestinal activity

3. Spleen 6 (Sp 6 – Three Yin Meeting)

Located at the crossing point of the 3 Yin meridians.

Nourishes overall Yin of the body by strengthening the Spleen, Liver and Kidney meridians.

Considered a major point for regulating monthly cycles, relieving cramps, easing menopause.

Note: Not to be used on pregnant women.

4. Stomach 36 (St 36 – Three Mile Foot)

Good for revitalizing the blood of entire body

5. Liver 3 (Lv 3 – Bigger Rushing)

Excellent relieving stress in the body

Note: This point can be sensitive, start with light pressure



Ten Master Points

6. Kidney 3 (Kd 3 – Supreme Stream)

This point is considered to be the “Source Point” for the kidney meridian, it has a tonifying effect on the entire body

7. Bladder 23 (Bd 23 – Associated point of the Kidney)

This point is activated in conjunction with Kd 3 to tonify the body

8. Gall Bladder 20 (Gb 20 – Wind Pool)

This point is helpful in relieving head aches and colds, neck stiffness and pain. It helps regulate the internal movement of energy

9. Spleen 10 (Sp 10 – Sea of Blood)

This point helps to prevent stagnation in the blood, especially in the lower abdominal region. It is also healing and nourishing for the skin.

10. Stomach 40 (St 40 – Abundant Splendor)

This point is very useful for reducing mucus and congestion

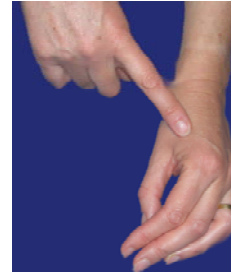
General

- * Press all points with light pressure initially and increase pressure to firm, should be little to no pain.
- * Hold points between 1 -2 minutes before moving to next point
- * Points can be pressed on both sides of body simultaneously or on at a time



Ten Master Points

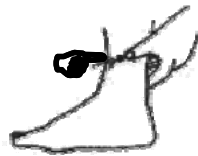
1. Large Intestine 4
(Li 4 - Adjoining Valley)



2. Large Intestine 11
(Li 11- Pool at the Crook)



3. Spleen 6
(Sp 6- Three Yin Meeting)



4. Stomach 36
(St 36- Three Mile Foot)



5. Liver 3
(Lu 3- Bigger Rushing)



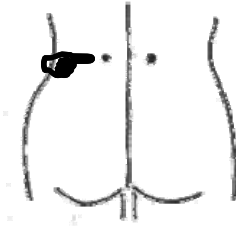


Ten Master Points

6. Kidney 3
(Kid3- Supreme stream)



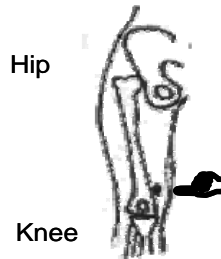
7. Bladder 23
(B23- Associated Point of Kidney)



8. Gall Bladder 20
(Gb20- Wind Pool)



9. Spleen 10
(Sp10- Sea of blood)



10. Stomach 40
(St40- Abundant Splendour)

