

BATTLEFIELD ACUPRESSURE

Technique: Press, Tap, or Circle Rub each point for 1 minute on both ears. Repeat 3-5 times. Stop if irritation occurs. Do not use if pregnant or if there is a chance of pregnancy. Do not use if skin is broken, has a rash, or if there is an ear infection.



Cingulate Gyrus: in the notch on top of your ear lobe



Thalamus: at the top of the fleshy part of your lower ear, above your ear lobe



Omega-2: on the line on top of your ear, halfway between the center of the ear and the face