

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.



Point Zero: in a groove on the horizontal line at the center of the ear, or on some ears, where the horizontal line ends



Ear Shenmen: located under the ridge in the triangle-shaped groove in your upper ear