

ACUPRESSURE: DEPRESSION

Technique: Press, Tap, or Circle Rub each point for 1 minute. Repeat 3-5 times. Stop if irritation occurs. Pregnancy caution: check with a Licensed Acupuncture provider before use.



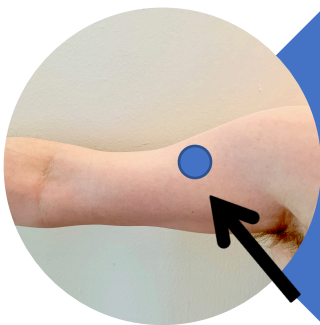
Ear Shenmen: located under the ridge in the triangle-shaped groove in your upper ear



LV-3: on the top of the foot, between the big toe bone and 2nd toe bone



ST-36: on the outside of the leg bone, in a groove a few inches below the knee cap



LU-3: on the inside of the upper arm, one hand's width from the armpit