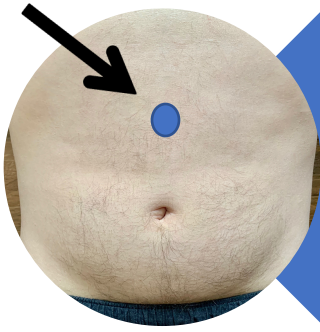
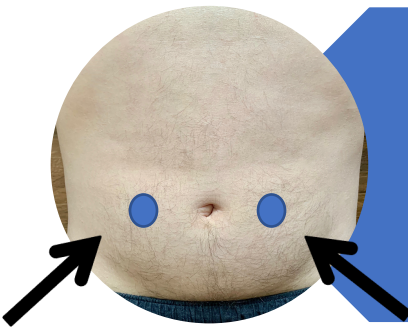


ACUPRESSURE: DIGESTION

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.



RN-12: midline of the abdomen between the belly button and ribs



ST-25: on both sides of the belly button, about 2 finger-widths away



PC-6: in the center of the inside of the wrist, 2 finger-widths below the wrist crease



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