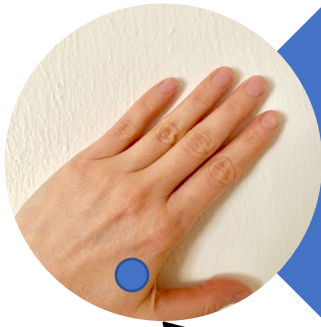


ACUPRESSURE: DIZZINESS

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.



LI-4: at the center of the web between the thumb and index finger



GB-8: on the side of the head, one finger-width above the high point of the ear



KI-1: in the center of the bottom of the foot, just underneath the ball of the foot



Du-20: on the center of the top of the head, in the line drawn between your ears