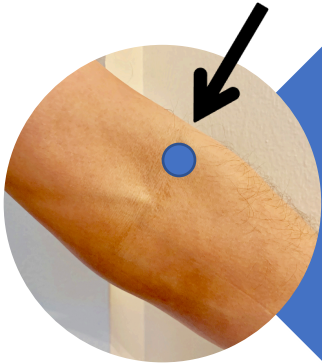


ACUPRESSURE: LUNG HEALTH

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.



LU-1: on the chest, in a groove below the shoulder (can feel with arm raised)



LU-5: in a groove on the thumb side of the elbow crease



RN-17: at the center of the chest, on the level between the 4th and 5th ribs



LU-9: on the thumb side of the wrist, below the crease