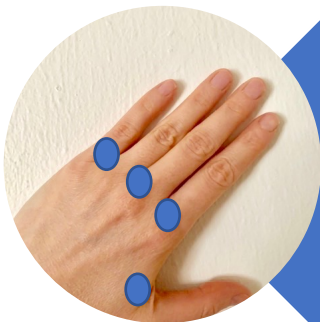


ACUPRESSURE: NEUROPATHY

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.



Ba Feng: 4 points on top of the foot and between each toe



Ba Xie: 4 points on top of the hand and between each finger



KI-3: in a groove at the inside of the ankle, behind the pointy bone



SP-3: on the inside of the foot, in the groove below the joint under the big toe