

# ACUPRESSURE: STOP SMOKING

**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.



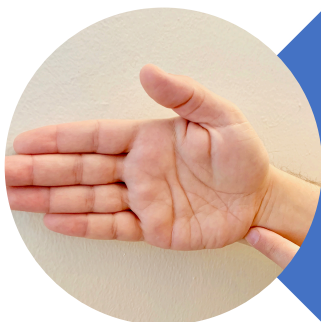
Ear Lung: in the center of the hollow in the lower part of the ear



LI-5: on the top of the wrist, in the groove below the thumb bone



Tim Mee: below LI-5, over the bony ridge on the side of the wrist



HT-7: just below the inside of the wrist crease, on the pinky finger side of the arm