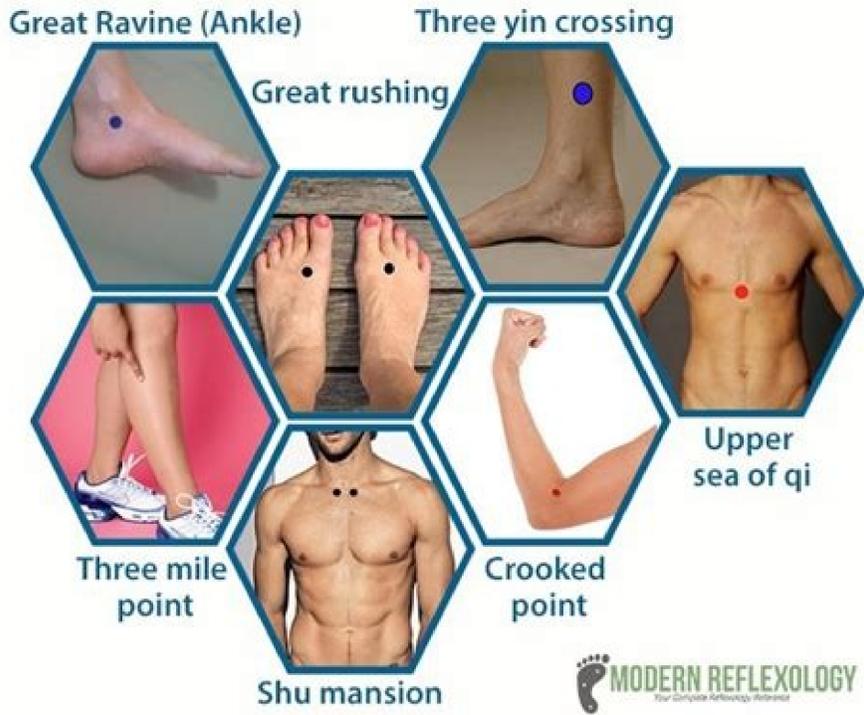


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EFFECTIVE IMMUNITY BOOSTERS



Cautions

- Acupressure works best for minor aches and pains
- Don't use acupressure as your only form of treatment; consult with a licensed health care provider if you have symptoms that are acute or persistent
- Acupressure is not recommended:
 - If you are more than 3 months pregnant
 - If you have a heart condition
 - Just before heavy exercise
 - If the skin over the point is not smooth and healthy

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The Hearty Soul

Put Pressure on These 9 Points for 3 Minutes and Watch What Happens to Your MEMORY : The Hearty Soul

Best Acupressure Points

Knowing where key acupressure points are located on your body can assist you in a variety of situations. One key point located on the head can quickly alleviate headaches.

Locations of Best Acupressure Points

- Stomach 36 - Leg Three Miles**
- Ancient physicians believed this point could treat all diseases
 - Restores and builds energy in stomach and spleen
 - Strengthens stomach and alleviates abdominal pain
 - Improves digestion and all digestive problems
 - Alleviates dizziness, coldness, and numbness in legs
 - Chinese soldiers used to stop every three miles to massage this point for renewed energy
- Spleen 6: Three Yin Intersection**
- Meeting point of the three yin channels: liver, spleen, and kidney
 - Important treatment for all gynecological, sexual, urinary, digestive, and emotional imbalances
 - Nourishes and builds blood
 - Treats abdominal pain, anxiety, diabetes, headaches, insomnia, menstrual cramps
 - Avoid during pregnancy
- Liver 3: Great Surge**
- Main need for Qi activity
 - Source point of liver meridian
 - Releases built-up energy that causes anger, anxiety, depression, irritability, tension headaches, and PMS
 - Releases caged energy
 - Soothes aggressive and nervous energy
 - Nourishes tendons and ligaments by alleviating tightness, tension, and spasms
 - Especially effective when used with Large Intestine 4
- Gallbladder 30: Jumping Circle OR Jumping Round**
- Strengthens and comforts lower back, legs, and hip joints
 - Alleviates hip pain, sciatic pain, and rheumatism
 - Releases tendons
 - Restores joint mobility
- Kidney 1: Gushing Spring**
- Very important point for grounding, connecting with earth, and rooting energy downward
 - Helpful to calm someone in a disturbed state of restlessness or shock
 - Helpful for anxiety, dizziness, headaches, hypertension, and insomnia
- Bladder 23: Back Shu Point of the Kidney OR Sea of Vitality**
- Powerful place to strengthen both yin and yang kidney energy
 - Replenishes body during times of personal transformation
 - Builds core energy
 - Fortifies digestive organs and immune system
 - Strengthens lower back and knees
 - Alleviates low back pain and fatigue
- Small Intestine 11: Celestial Gathering**
- Alleviates sore shoulders and back

Acupressure point pc-6.

> Study acupressure the easiest way! See all acupressure points and meridians in full interactive 3D (zoom, pan, swivel and touch) and with the help of 2D illustrated images? And detailed text. This app creates a fun, easy and interactive way to learn, search or share information and provides a portable acupressure guide (in a quick and easy way to search for anything related to acupressure from anywhere). VFocus the main focus of this application is on ease of use and easy to use. Be able to quickly switch between information about different acupressure points and meridians. Better understand the flow and locations of points and meridians with simple and interactive 3D functionality. Study interactively, with an eye on the acupressure or meridians points to show your name, learn more about a selected point or meridian by clicking on that name (this will lead you directly to the detailed information and images about the selection). VGET A feeling for this application youtube: vvalidity: this application is created in cooperation with TotalHealth (www.totalhealth.eu), a training center based on The Based in the Netherlands, specializing in acupressure and Chinese medicine. The information contained in this application is well verified and approved by your teachers. It can always happen that something ends in this case notify me and I will release an update correcting any possible errors as soon as possible. VCONTACT Feel free to contact me with any questions, comments or ideas for possible updates. Deep Sleep is recognized as a very important physiological process, which also contributes to maintaining various functions and body systems. According to the Pittsburgh Sleep Quality Index (PSQI), also known as the most used tool in the field of evaluation of self-perceived sleep quality, a combination of acupressure points can be more effective than the treatment of single acupressure points. Mother © All. The present study was based on the eligible studies extracted in an earlier metanalysis that worked based on the association rules and examined the possible acupressure combination of kernel to improve sleep quality. Results. Depending on the a priori algorithm, we summarized 26 acupressure points such as bammie data from the 32 eligible studies based on an earlier metanalysis and analyzed them. The top 10 most frequency acupressure points were HT7, SP6, PC6, KI1, GV20, EM5, former HN3, former HN16, KI3 and MA-FT1. In addition, as deduced from 21 association rules, the main relevant rules in combining acupressure points (former HN3, former HN16) => (GV20) and (HT7, KI1) => (pc6). Conclusions. To use acupressure to improve sleep quality, integration (former HN3, former HN16, GV20) with acupressure points (HT7, KI1, PC6) can be considered as the combination of Acupressure kernel.1. Introduction to the essentiality of sleep as a vital physiological process intricate in humans can not be denied. Over the years, numerous studies [1, 2] have suggested that this process is affected by three elements, which are social, cultural and environmental in nature. Currently, high in stress and low sleep quality [3] result from the social and organizational demands experienced by the individuals. In addition, an increase in the number of related to sleep quality. Conducting accidents causing more than 2000 fatal accidents and 40,000 lesions not fatal to each year, two instant consequences due to lack of sleep or poor sleep

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