

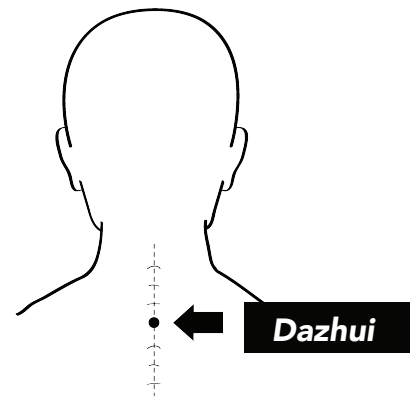
Acupressure points boosting the immune system

大椎 *Dazhui Point*

Method : To tap, palm press, rub massage method, each about one minute.

Effect : To increase qi-energy in body. Moreover, stimulate Dazhui brings great calming effect on a variety of neurological disorders.

Location : Located between the seventh cervical and first thoracic bone

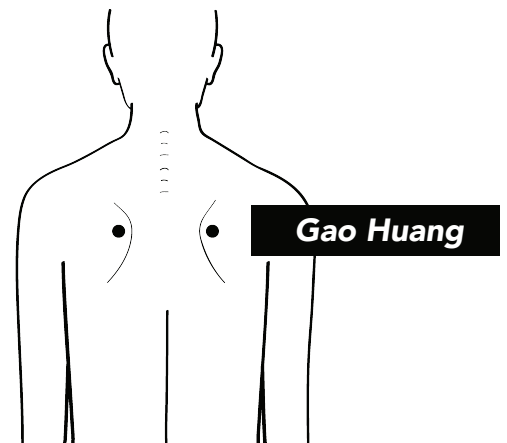


膏肓 *Gao Huang Point*

Method : To tap, palm press, kneading method to massage, each about one minute.

Effect : To boost up the physical strength, function of lung.

Location : 3 inches next to the fourth thoracic bone

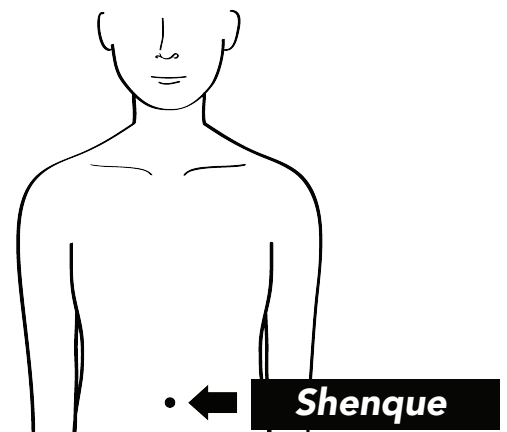


神闕 *Shenque Point*

Method : To tap, palm press, rub massage method, each about one minute.

Effect : It is beneficial to gastrointestinal function, immunity system, aging prevention and stroke prevention.

Location : Located in the center of the navel.

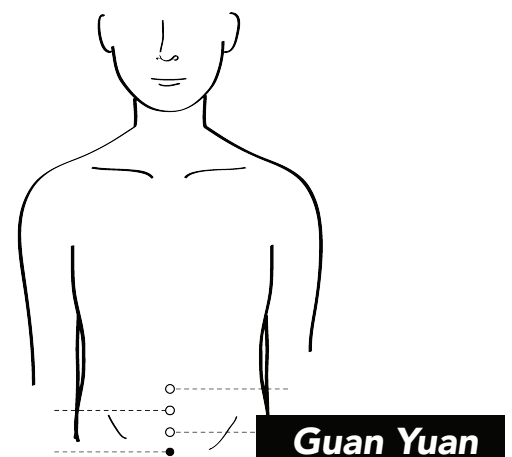


關元 *Guan Yuan Point*

Method : To tap, palm press, rub massage method, each about one minute.

Effect : Boost up the physical strength and help body to recover. This point is important to the health and longevity. Stimulation of this point can also prevent male sexual dysfunction.

Location : On the ventral midline, three inches below the belly button



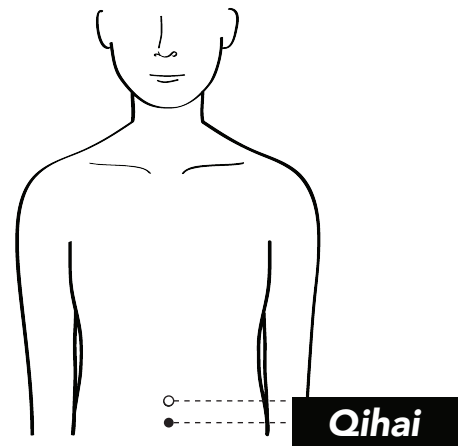
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氣海 *Qihai Point*

Method : To tap, palm press, rub massage method, each about one minute.

Effect : To strengthen kidney and prevent diseases. It also enhances the body's immunity, longevity, health, as well as male sexual function.

Location : On the ventral midline, 1.5 inches below the belly Button.

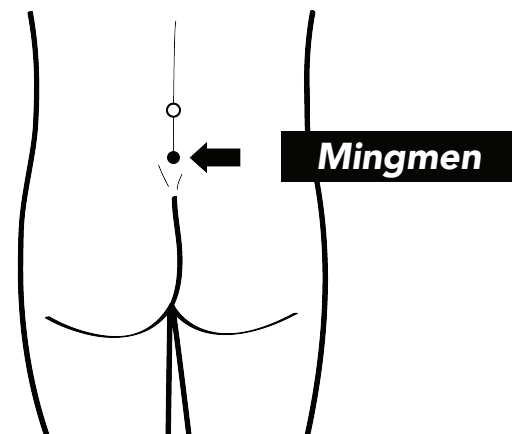


命門 *Mingmen Point*

Method : To tap, palm press, rub massage method, each about one minute.

Effect : Stimulation of this point can boost up physical strength. The point should be massaged when people need recovery from physical weakness and energy recession. It is beneficial for longevity, kidney function and relieves symptoms such as back pain, impotence, premature ejaculation.

Location : On the dorsal midline, below the second lumbar bone.



足三里 *Zusanli Point*

Method : Tap massage for about one minute

Effect : Stimulation of this point strengthens the function of the stomach, boosts up qi-energy, enhances physical fitness and longevity. It can also prevent stroke, coronary heart disease, influenza and other infectious diseases as well as improve metabolism.

Location : 3-inch below knee

