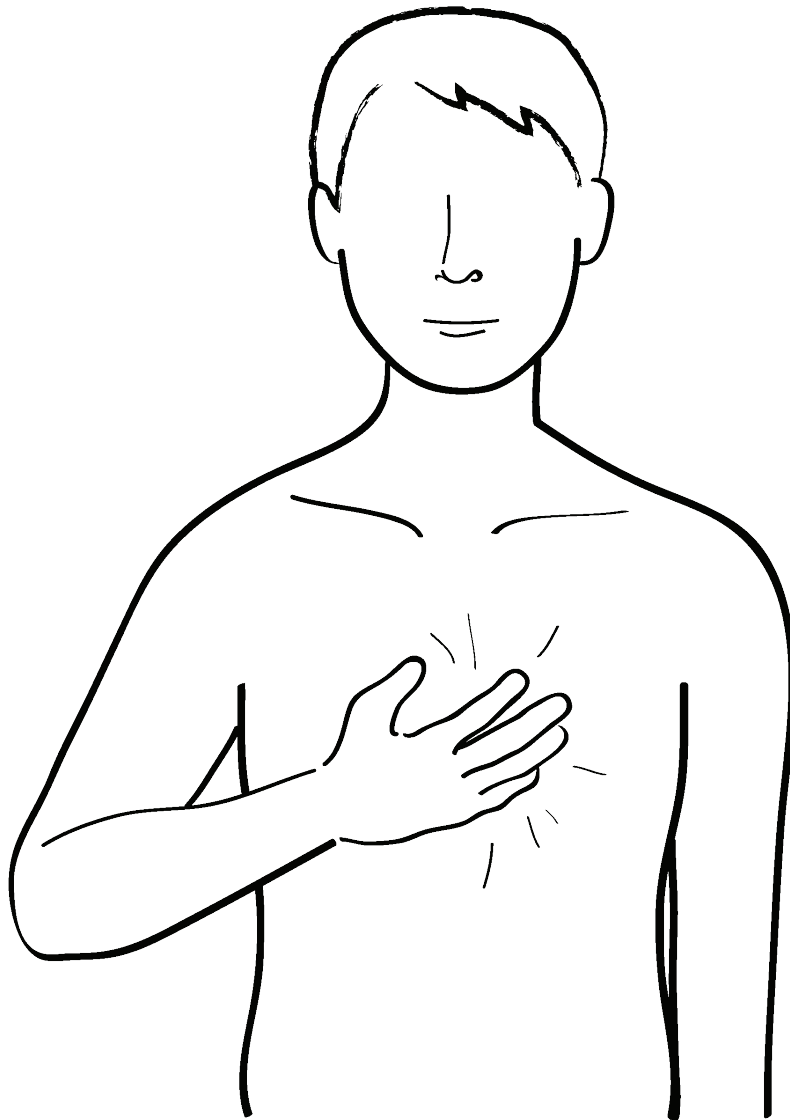


Dan zhong (膻中) acupressure point



Method: slightly hard slap on the acupressure point with the palm.
Remember to lock the jaws when slapping.

Effect: To relieve symptoms such as chest pain, abdominal pain, palpitations, shortness of breath, coughing, obesity, too thin, mastitis, cough disease.

Location: on the ventral midline, located at the midpoint between the nipples.