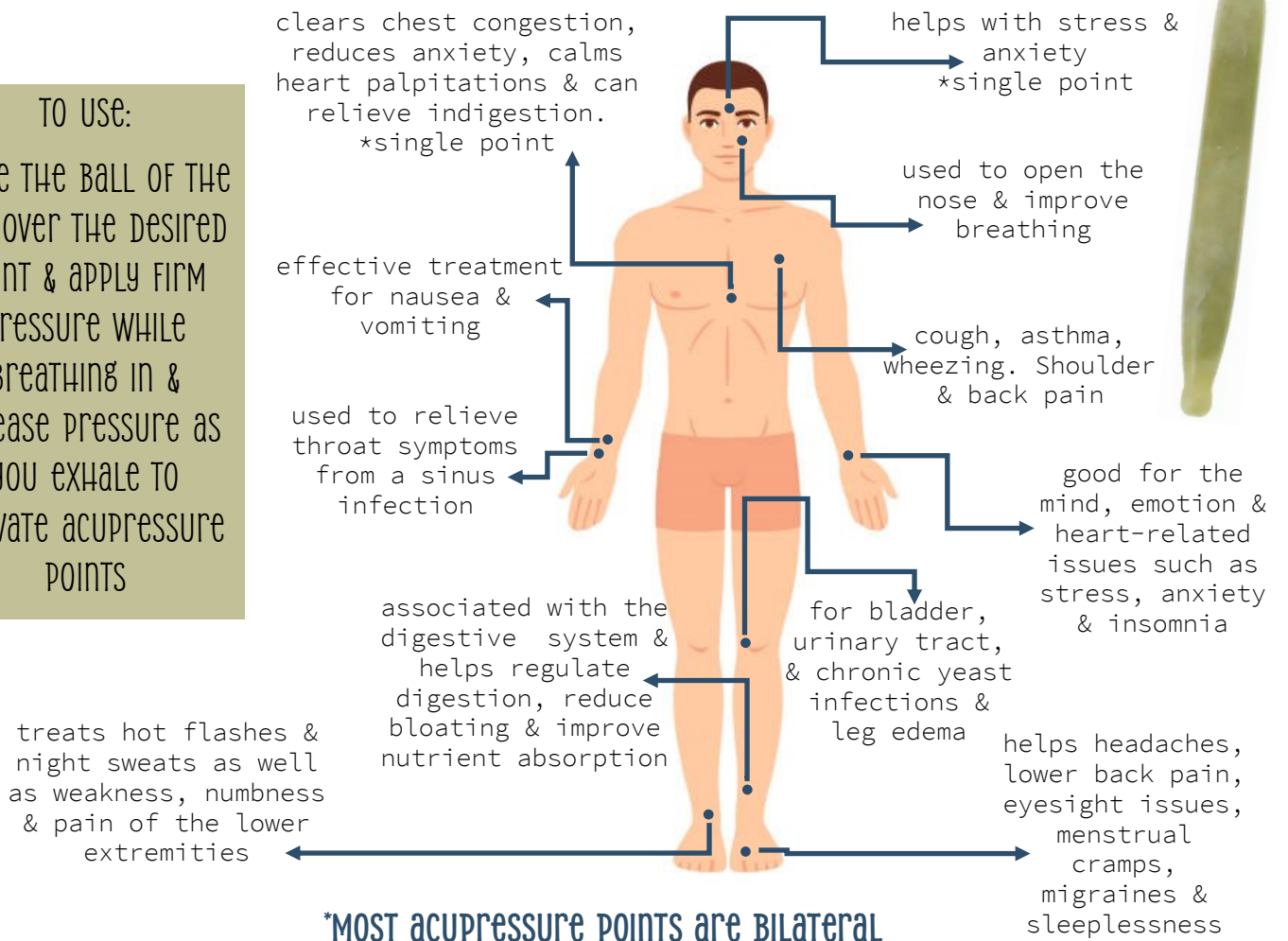


# COMMON acupressure POINTS

**TO USE:**  
 PLACE THE BALL OF THE PEN OVER THE DESIRED POINT & APPLY FIRM PRESSURE WHILE BREATHING IN & RELEASE PRESSURE AS YOU EXHALE TO ACTIVATE acupressure POINTS



**\*MOST acupressure POINTS are BILATERAL**

