

This is a self-care treatment. Sit up straight with shoulders rolled back opening the chest.  
Apply moderate pressure on the point while breathing deeply into the chest.  
In locating the points, each point may feel slightly tender.  
Breathe in through the nose and out through the mouth.

Begin with moderate pressure and increase pressure with exhalation. Repeat 3x.

### Acupressure on Kidney 27

Located in the depression on the lower border of the clavicle, two finger-breadths away from the midline/sternum.

Press on point while breathing deeply into the chest. Increase pressure on exhalation.

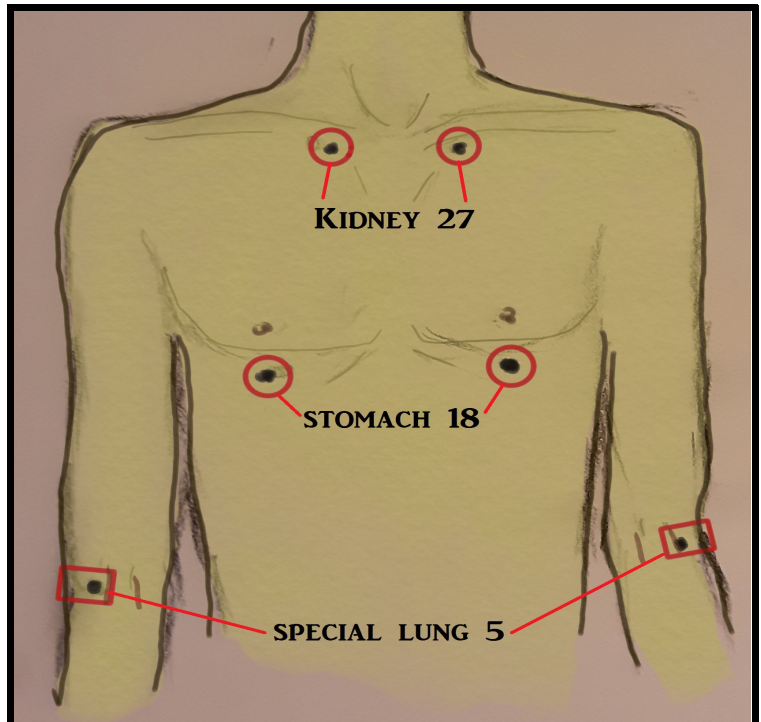
Do 2 or 3 deep breaths.

### Acupressure on Stomach 18

Located in the fifth intercostal space, directly below nipple. Press on point while breathing deeply into the abdomen.

Increase pressure on exhalation.

Do 2 or 3 deep breaths.

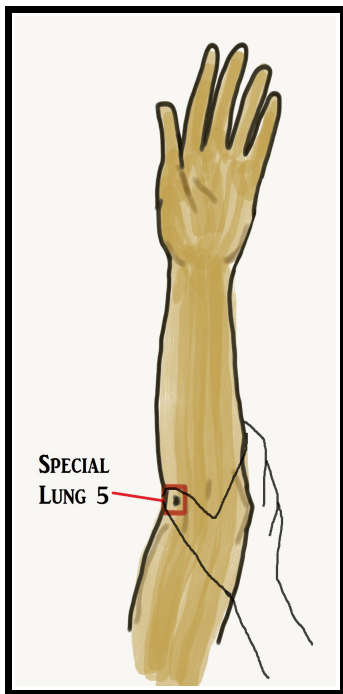


### Acupressure on (Special) Lung 5

*This point is wider than lung 5, almost the size of a stamp.*

*Start by locating Lung 5. With elbow slightly flexed, Lung 5 is located next to the tendon, on the radial side of the transverse cubital crease.*

Locate sensitive point/nodule near Lu. 5 and massage with small rotations for 3 - 5 minutes. Repeat on other arm.



**All points are to be massaged bilaterally (both sides of the body)**  
**Kidney 27 and Stomach 18 both sides can be done simultaneously-**  
**special Lung 5 is generally done sequentially.**