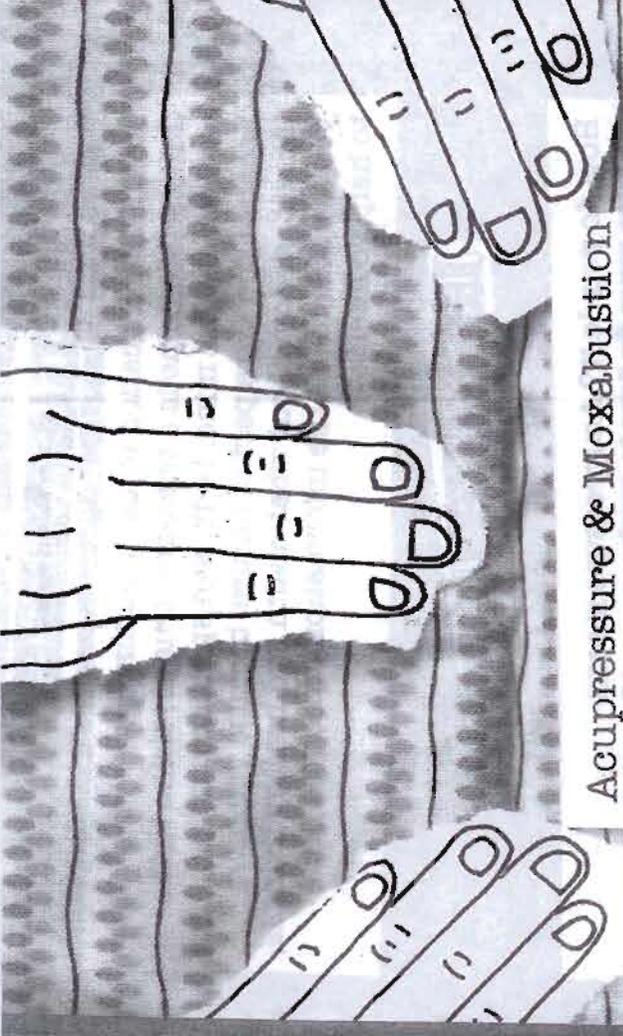




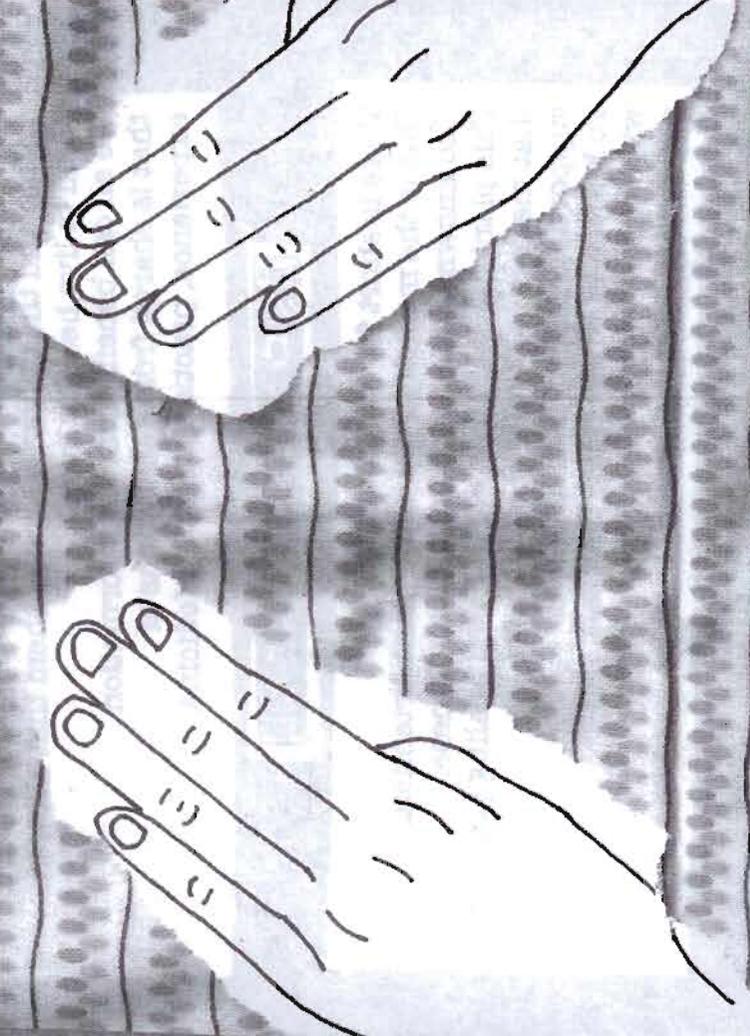
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Acupressure & Moxabustion

♀ self - health care





This little publication is just a beginning. Chinese Medicine is a tried-and-true medicine that reminds us that mind, body, and spirit are one. Because you are a part of nature, because you have inherit wisdom about what health and healthy living is, you are able to use the information presented here to help yourself.

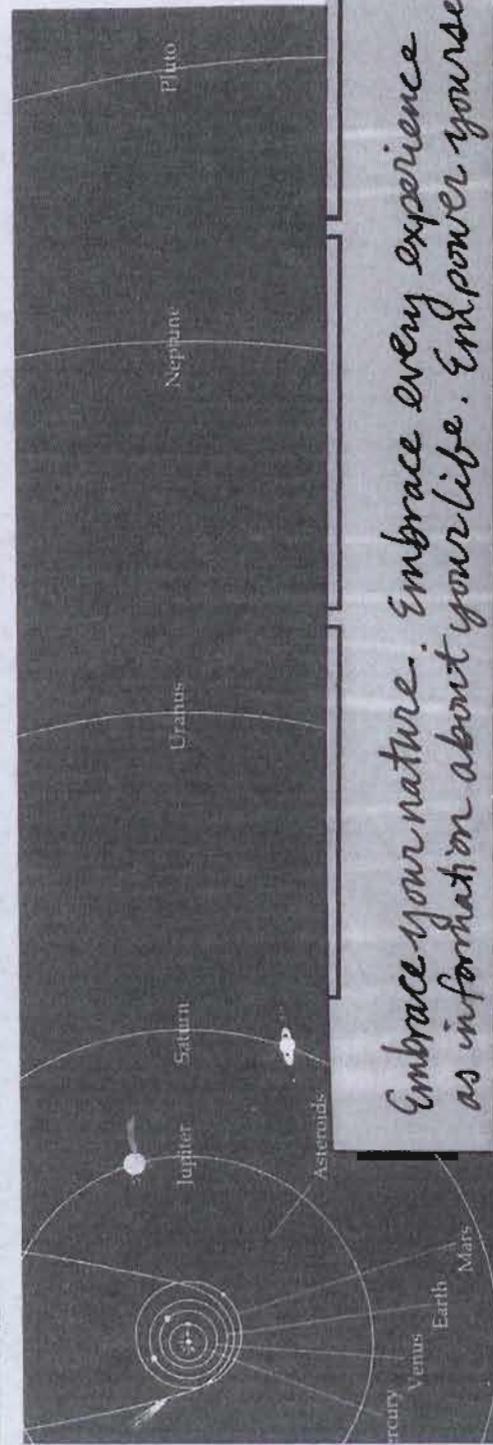


How do you do it? Acupressure means you use your fingers to push on specific points of yourself- sites of transformation. Thousands of years ago your ancestors began an exploration of health by connecting with nature within and the universe around them that allowed them to live healthy lives. We all can benefit from the information that is shared from generations of experience, practice, science- Medicine.



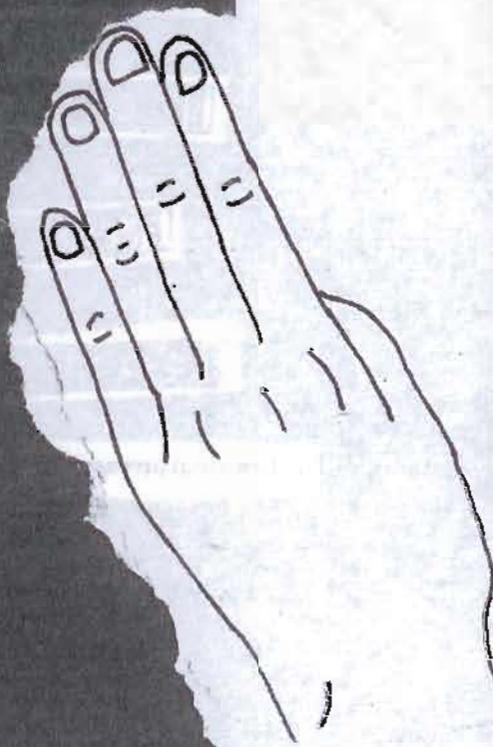
Moxa is short for Moxabustion. This is the medicinal use of the plant Artemisia, also known as Mugwort, or Ai Ye in Chinese. This plant has warming, earth-based healing properties that make it particularly suitable for supporting healthy menstruation. To know how to use it you may talk with a healthcare professional, someone trained in Chinese Medicine.

*Where are the sites of transformation?*



*Embrace your nature. Embrace every experience as information about your life. Empower yourself*

*With  
Self-healthcare.*

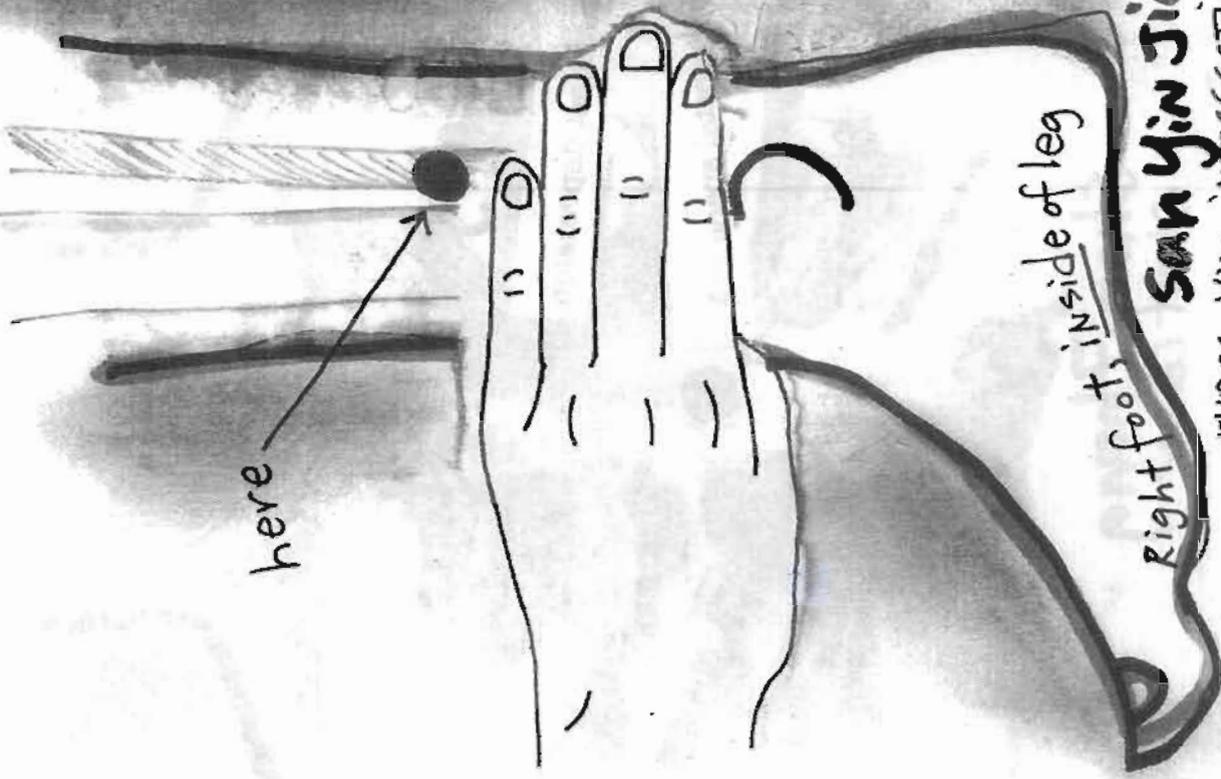
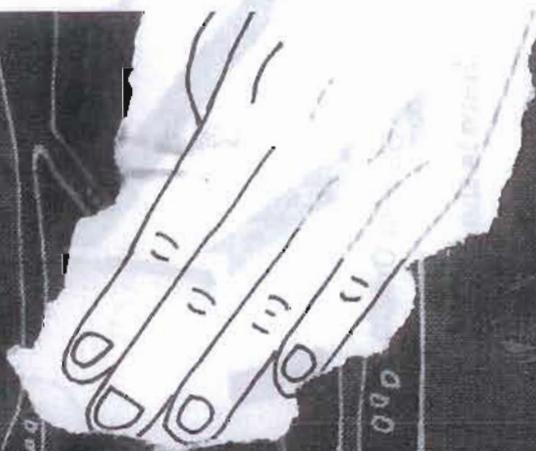


& this  
is  
how:

Light pressure  
to build &  
support

Strong pressure  
to disperse  
& reduce

Build, reduce  
what do you  
feel?



Right foot, inside of leg  
**San Yin Jiao**  
THREE YIN INTERSECTION

Regulates the uterus and menstruation.

scanty flow. Painful menses. Weak & tired  
after bleeding. Use acupressure or Moxa  
during painful menses or irregular cycle.  
DONOT USE DURING PREGNANCY. (SP6)

Middle of your chest.

midline chest depression.

4th intercostal space. →

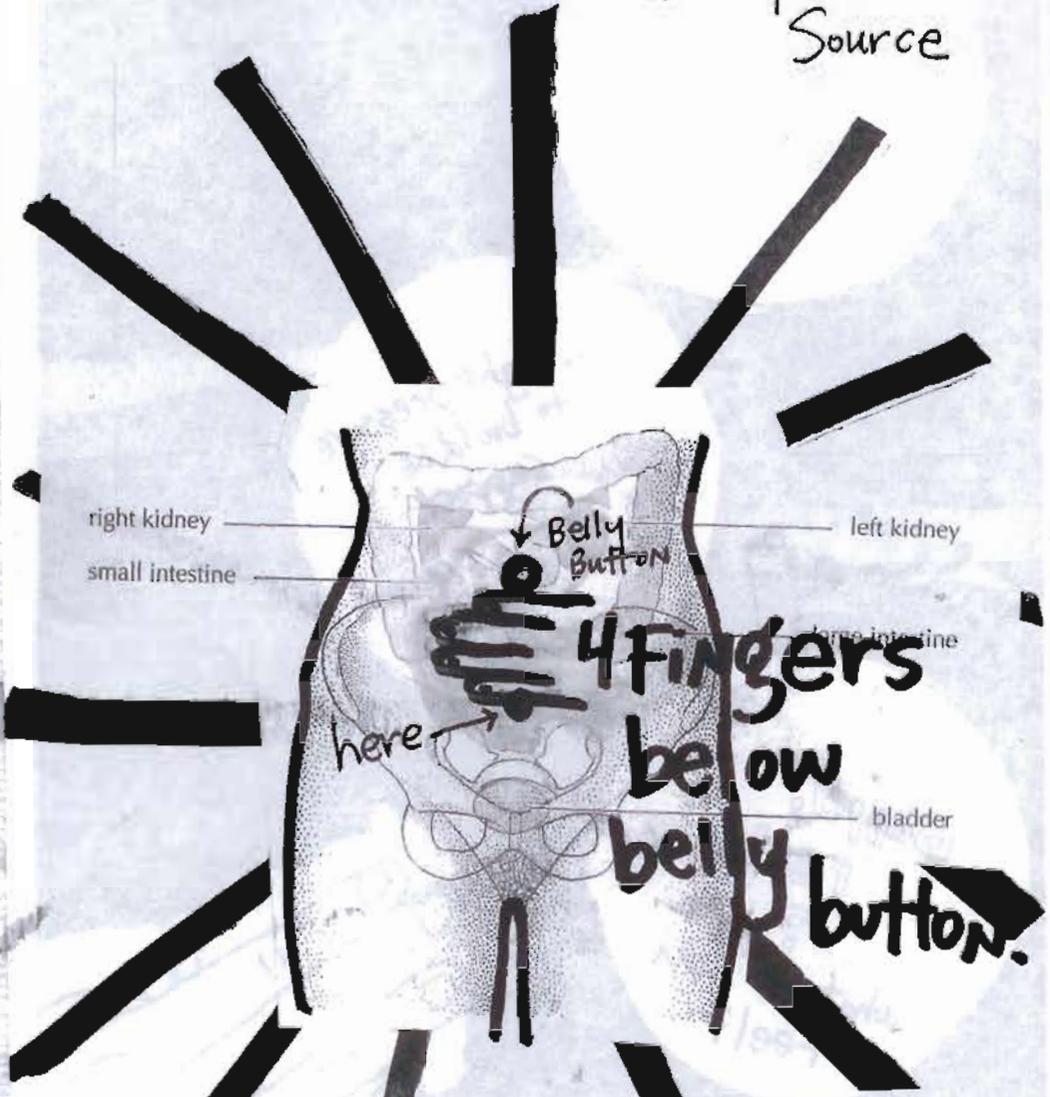
here →

Shan Zhong  
Chest Center

Painful & tender breasts. Feeling stuck.

Acupressure only. (CV17)

Gate of the Source



right kidney

small intestine

left kidney

large intestine

bladder

Belly Button

4 Fingers  
below  
belly  
button.

here →

Gate of Origin. Sea of Blood. Great Sea. Bolster yourself!

Here is the source

of all movement.

Regulate the uterus & menstruation. Promote fertility. Warm coldness. Relieve pain. Moxa or acupressure. Do NOT use during pregnancy (cv.4)