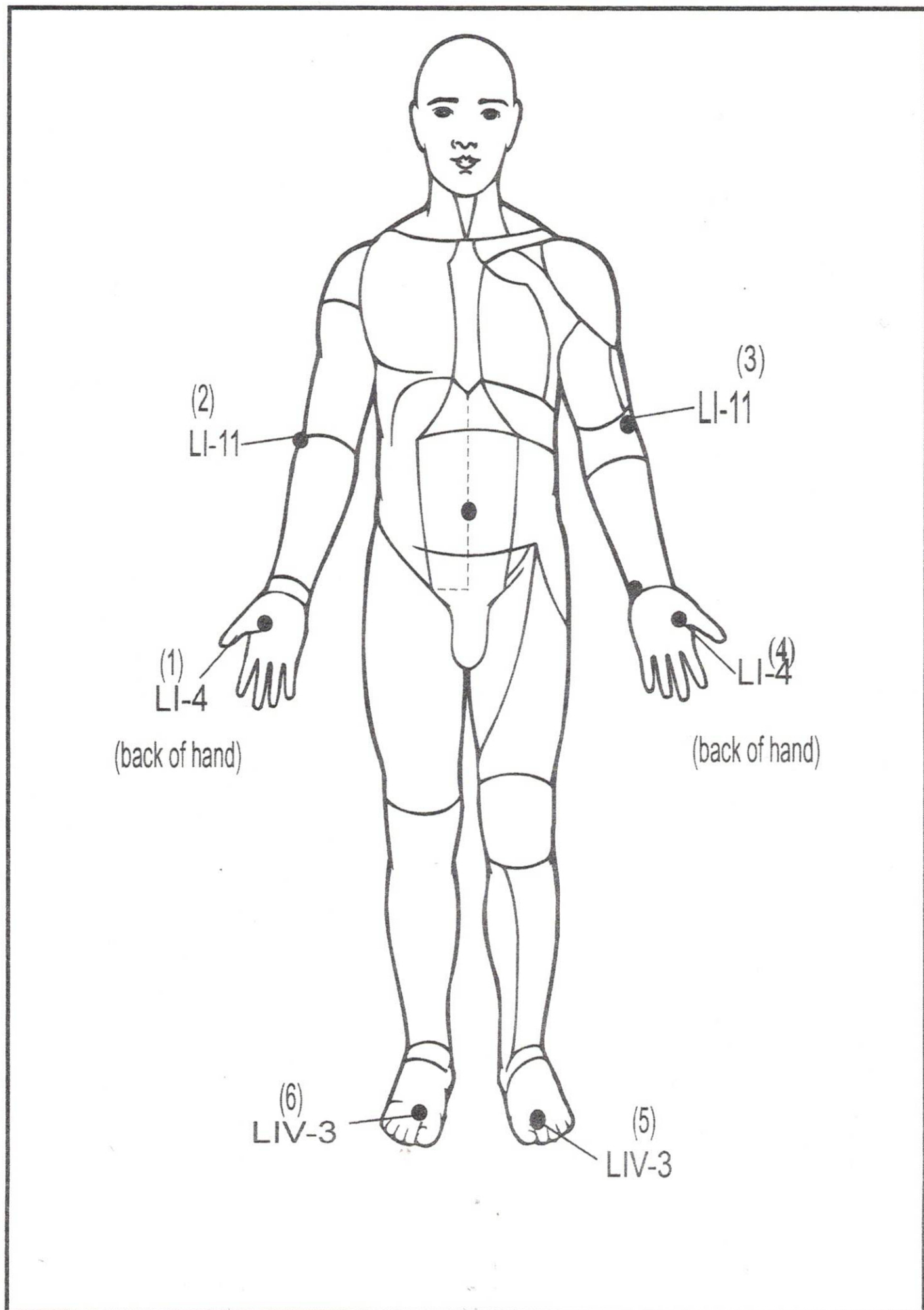


Stimulating these acupuncture points in the following combination will help to:

Support your NAET treatments, especially if substance treated is difficult to completely avoid for the 25 hours. Rub points every two hours (not necessary during sleep hours) while thinking of substance treated.

Strengthen your immune system. At the first sign of a cold/flu, put sputum/mucus in a tissue and place in a shot glass. Hold glass while rubbing points. This treatment can also be done to support your immune system even when you are well.

Calm down an allergic reaction. If you know what you are reacting to and have access to it, put it in a shot glass and stimulate points a couple of rounds until you feel better. If you do not have access to substance, think of it while rubbing points. If you do not know what you are reacting to just rub points.



Acu-Points for Self-balancing