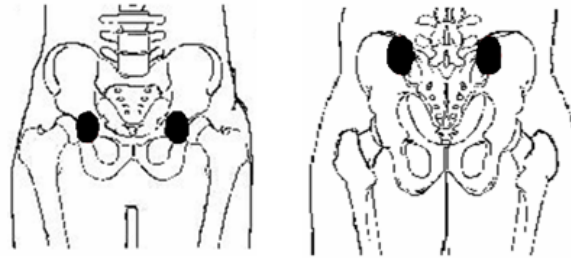


Circulation Sex Meridian Balance

NL reflex points



Anterior
Upper edge of
pubic bone

Posterior
Prominent knob
on hip bone at the
level of L5

Massage the reflex points. Do as best as you can with the back point

NV reflex points

Parietal Eminence
Widest part of head



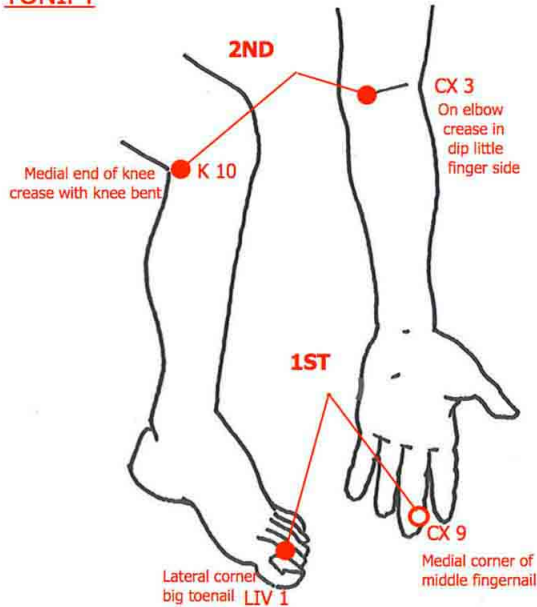
Usually a ridge between the ear & the top of the head

With the pads of 3 finger tips hold the Neurovascular (NV) reflex pts bilaterally.

CIRCULATION / SEX

7 pm - 9 pm

TONIFY



TOP DIAGRAM: Hold the 1st set of pts & then the 2nd set of pts on the same side of the body. Then repeat on the other side. Sometimes you can feel a pulsing, if you do, wait for it to equalise on the 2 pts before you move to the next set of points.

Meridian -

Trace with 2-3 fingers from **CSX1** just outside nipple down the middle of the inside of the arm to the end of the thumb side of the middle finger

CX9

Do this 6 times on both sides

