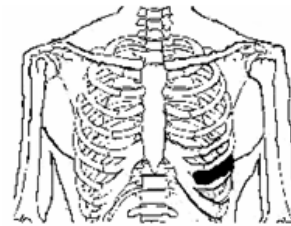
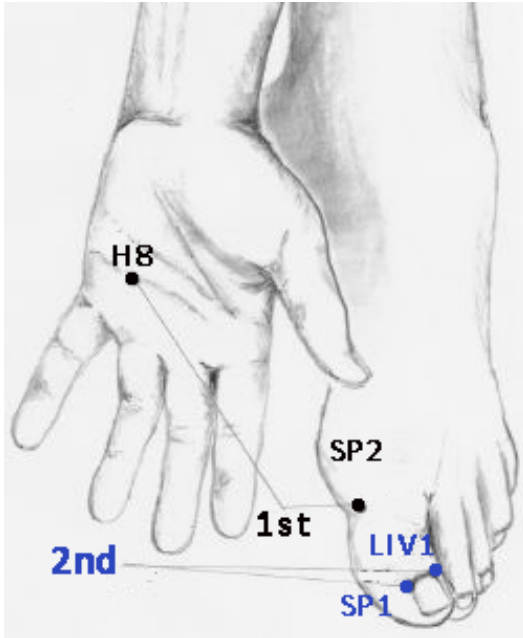


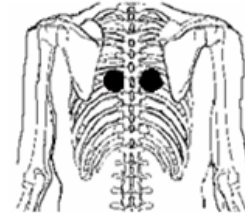
# Spleen Meridian Balance

## NL reflex points



### Anterior

On the left side only, between the 7<sup>th</sup> and 8<sup>th</sup> Ribs



### Posterior

Between the T7 and T8, 2 cm to either side of the spine

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

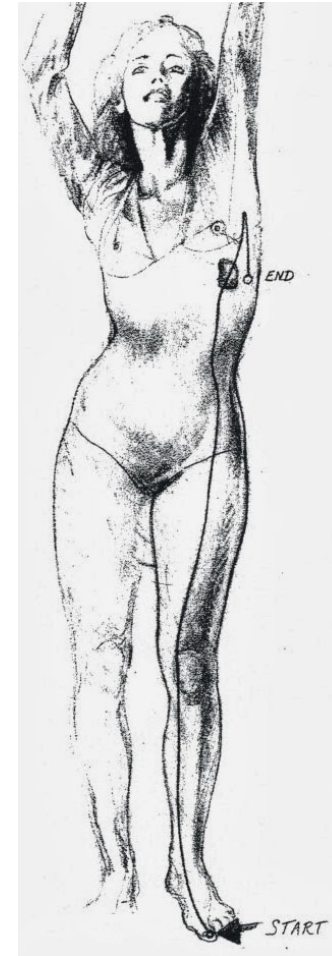
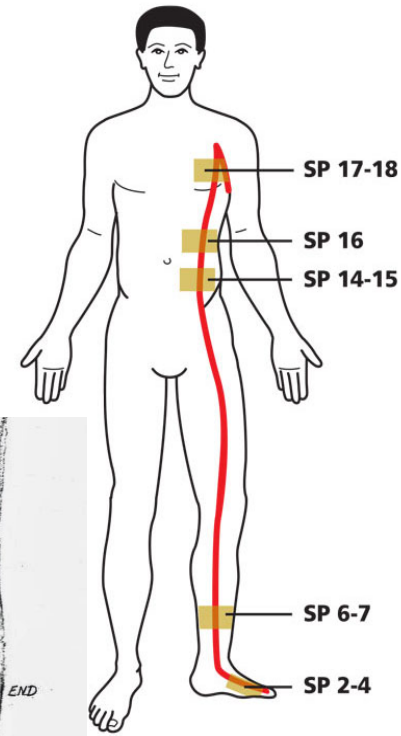
Hold the **1<sup>st</sup> set of points** & then the **2<sup>nd</sup> set of points** on the same side of the body. Then repeat on the other side. Sometimes you can feel a pulsing, if you do, wait for it to equalise on the 2 points before you move to the next set of points.

## NV reflex points

Parietal bone, just above and behind the ears, on both sides of the head



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



### Meridian –

Trace with 2-3 fingers up from the medial side of big toe **SP1** up leg & body to arm crease & down side seam to 9<sup>th</sup> rib **SP18** Do this 6 times on both sides