

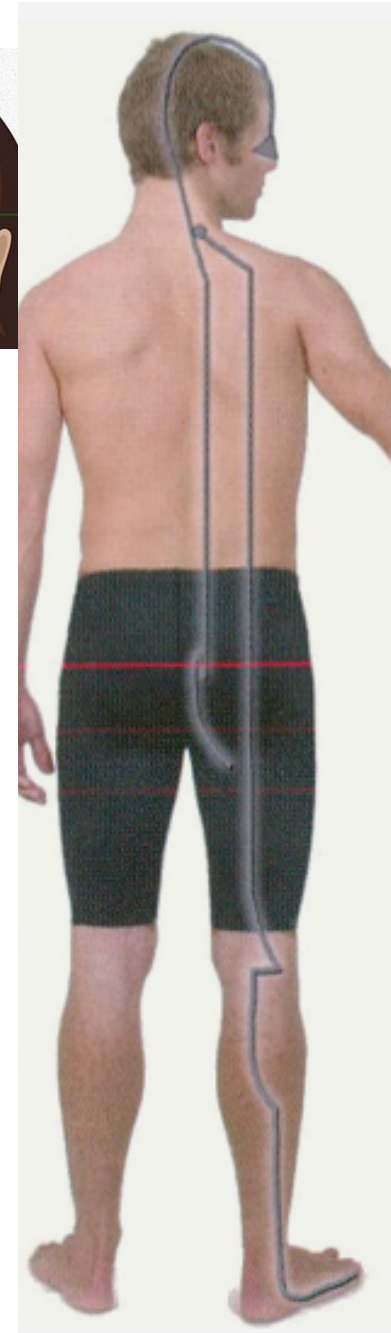
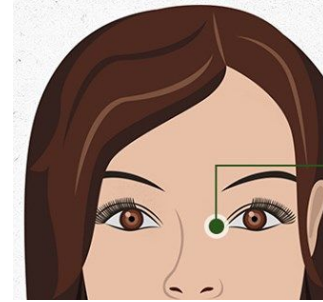
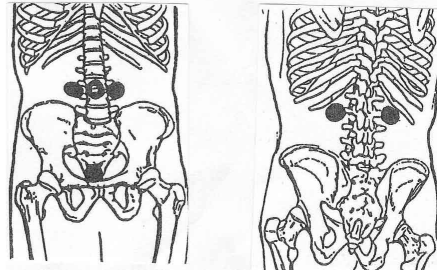
Bladder Meridian

Reflex points (*Neurolymphatics*)

FRONT: One inch (2.5cm) either side of the navel and a point at the centre of the pubic bone.

BACK: One and a half inches (4cm) each side of spine at level of second lumbar. (L2)

*Sacrospinalis
Bladder*



Meridian - Trace
2-3 fingers from the inside corner of the eye BL1, down to BL67, the outside corner of the little toe. On both sides. If someone can't do this for you then start with the eye & swop hands at the back. Or just touch the eye point and then the toe point a few times. To connect the 1st & last points on the Meridian.

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

With the pads of 2 finger tips hold the Neurovascular (NV) reflex points.



Hold the 1st set of points & then the 2nd set of points on the same side of the body. Then repeat on the other side of the body. 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.

BLADDER Acu points

