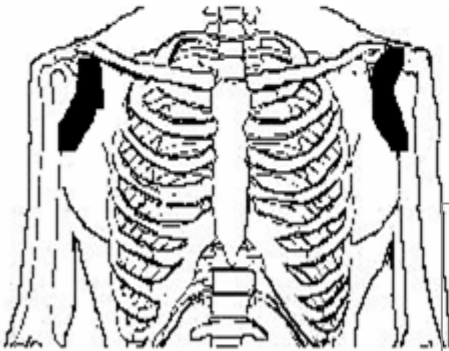
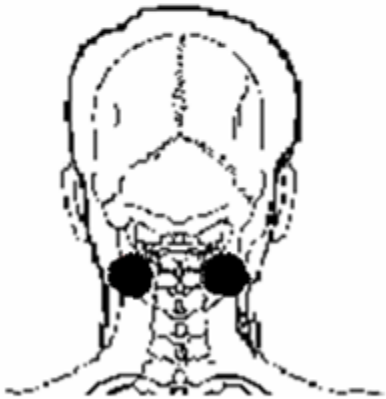


Conception Vessel/Central Nervous System



Anterior

In the creases of the shoulder joint



Posterior

Back of the head, just under the base of the skull

Massage the **Anterior/ Front** & **Posterior/ Back** reflex points. Do as best as you can with the back points if doing you're own balance

NV reflex points

Frontal eminences between the eyebrows and hairline, and on the anterior fontanel



With the pads of thumb & 1st fingers hold the frontal eminences at the same time holding both middle fingers on the anterior fontanel

You can also massage up the back of the neck from the nape up. Keep massaging up a few times as well as massaging the reflex points, holding the NV reflex points & tracing the meridian.

Meridian –
Trace with 2-3 fingers up from the centre of the pubic bone to between the point of the chin and the lower lip. Repeat around 6 times

