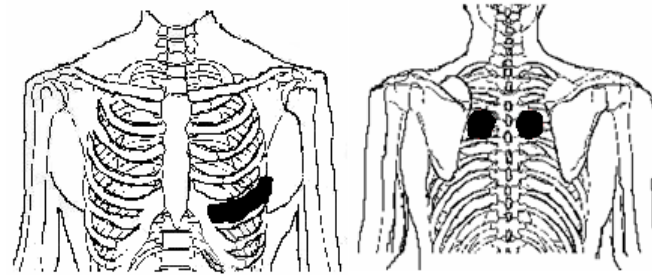
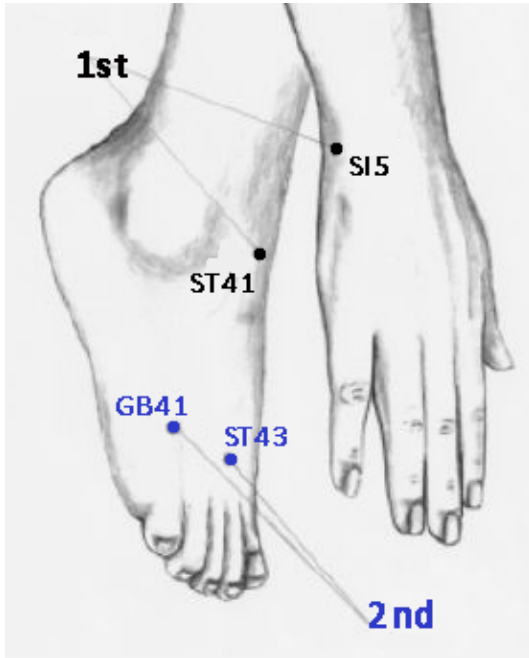


# Stomach Meridian Balance

## NL reflex points



### Anterior

Left side only  
Between the 5<sup>th</sup>/6<sup>th</sup> ribs

### Posterior

Between T5/T6  
2 cm, either side of the spine

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

## NV reflex points

Frontal eminences between the eyebrows and hair line



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



**Meridian - Trace**  
with 2-3 fingers from below the eye **ST1** down to the jaw, around the cheek to the Frontal Eminences (NV pts) over the eye, down the jaw & front of the neck, out slightly along the collarbone, down the chest & abdomen, across the front of the hip, down the outside of the front of the leg to the end of the 2<sup>nd</sup> toe **ST45**  
Do this 6 times on both sides

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.