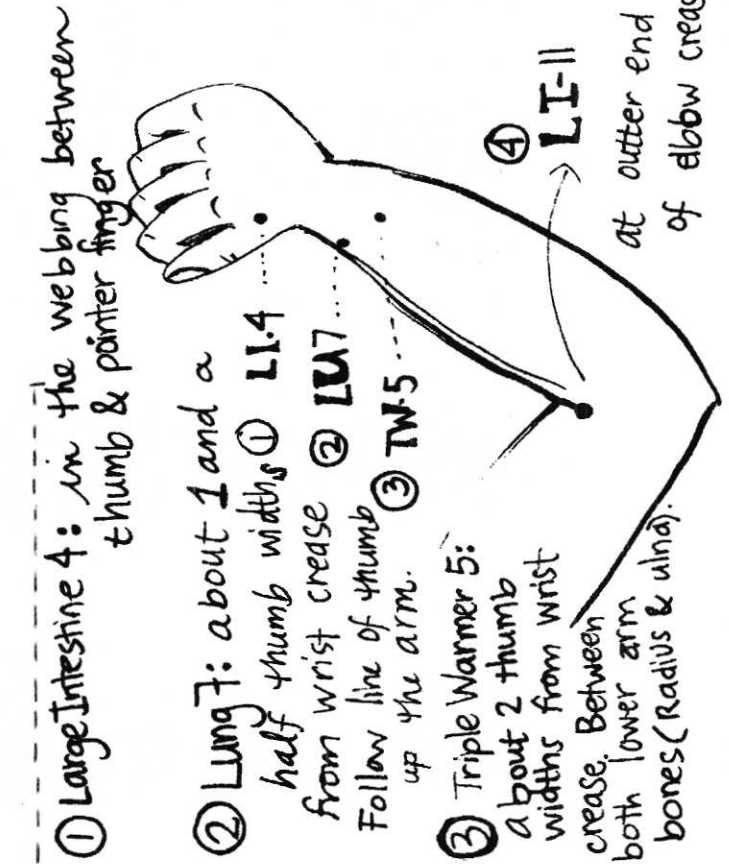


ST-36 one hand width below the bottom of knee cap on outer side of leg

SP-6 one handwidth above inner ankle, just behind the bone

LV-3 on top of foot, between webbing of big & 2nd toe

GB-40 front lower corner of outer ankle bone



① Large Intestine 4: in the webbing between thumb & pointer finger

② Lung 7: about 1 and a half thumb widths from wrist crease

③ Triple Warmer 5: Follow line of thumb up the arm.

④ LI-11 at outer end of elbow crease

Resources:

- cdc.gov/coronavirus/2019-ncov/index.html

Pharm.org

look under 'self help techniques' tab & 'acupressure' how to

Questions? email questions to: eleni@fredlund.net & melissa.ferrato@gmail.com

Directions:

- Roll up your sleeves & pant legs...
- Review point location
- Clean point location on arms & legs with soap
- Apply bean, seed, or bead - on both sides of the body.
- Relax for 30-45 minutes

Acupressure is an ancient healing tool, whether you use fingers, palm, or rounded object.

Place bean, seed or bead on medical tape/adhesive



Beans, Seeds & Beads Immunity Support

Using acupressure



with help from Eleni Fredlund & Melissa Ferrato Dr. Nityamo Lian & Dr. Noble Barroody