

## Self-acupressure using small beans, mustard seeds, small grains or tiny beads

1. Choose your bean/seed or bead:

For ear-seeds: Use mustard seeds, quinoa grains, or seed beads. Save the plastic tray from the bought seeds and seed the seed in each hole. Cover all with first aid tape then use an exacto knife or scalpel (carefully!) to score along the lines of the seed tray. Then use the seeds from the tray. Reuse and reuse the trays.

For body points: Use beans like mung, adzuki, small black beans and white beans, or corn, or beads, or small magnets.



2. Place on adhesive medical tape: White paper tape or any good first aid tape



3. Clean ears/body (legs or arms) with alcohol or soap and water to remove oil from skin:
4. Find points on chart, and place beans, seeds or beads on point.

**For anxiety and stress:** Put seeds on Shen Men, Point Zero and Insomnia points

**For allergies:** Put seed on Allergy Point, Shen Men, Antihistamine, and Lung points

**For immunity:** Put seed on, Shen Men, Point Zero, and Lung points

