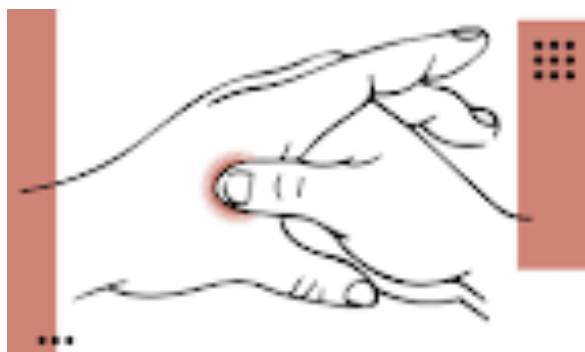
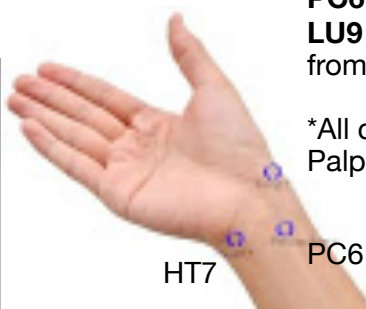


Acupuncture Points for Emergency Field Medicine:



LI4 - Used for Pain anywhere in the body, regulates the head and face. Headache and Wind-heat (Heat Exhaustion release) Anxiety, and calms the Spirit.



HT7 Heart Regulation,

PC6 Nausea

LU9 Opens the Lungs. Clears Heat from the Chest, Asthma, SOB.

*All calm the Mind, Emotions, Stress, Palpitations, Insomnia.



PC6 - Number One Point for Nausea, also Opens the Chest, relaxes the muscles around the heart.



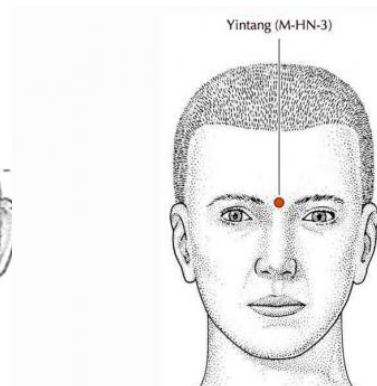
Anmian - for Insomnia, Anxiety, Sleep Well Pt.

Anmian →



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Memory



Calm Shen