

3. HEART & CIRCULATORY DISORDERS

High Blood Pressure (hypertension)

Hypertension is common in the civilised world. Effective treatment is vital. Without it there is a risk of a stroke. It is therefore essential that treatment is monitored by either taking the blood pressure yourself or seeing your doctor. Use Electro-Acupuncture and see your doctor.

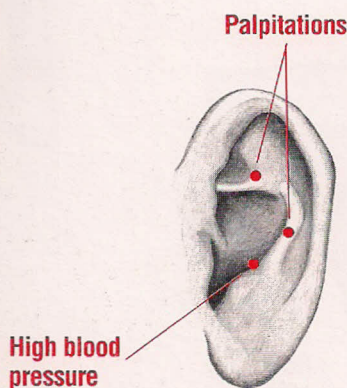
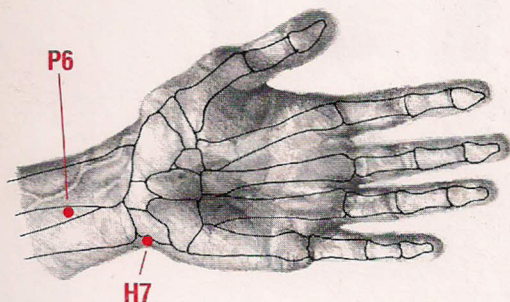
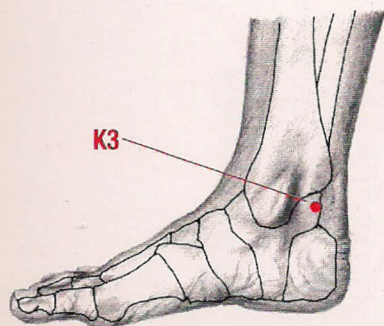
P O I N T S

K3 This lies midway between the tip of the inner ankle bone and the achilles tendon (in the hollow)

P6 This lies two thumb's width up from the palm wrist crease towards the elbow, directly in the centre between the two tendons.

S36 This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone.

Ear Ear point - on the LEFT SIDE ONLY



Palpitations

Palpitations are caused by the heart beating irregularly. It often feels like a fluttering in the left side of the chest. Mineral deficiency is a common cause - a balanced diet including appropriate vitamin and mineral supplements can be of great value. In some cases palpitations are caused by reaction to coffee. It is therefore advisable for sufferers to avoid coffee completely in addition to using Electro-Acupuncture, as this can speed up improvements.

P O I N T S

H7 This lies on the little finger side of the palm wrist crease just inside the small prominent bone.

P6 As described above under Hypertension

Ear Ear point