

General Allergies

Some points are useful as part of a treatment regime, which should include dietary controls. A balanced diet including appropriate vitamin and mineral supplements can also be of great value - see page 0.1.

P O I N T S

Liv3 This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web.

Li4 This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist. See page 8 for a detailed description of this point.

Li11 This lies 2cm beyond the end of the outer elbow crease with the arm bent.

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.

S44 This lies in the web between the second and third toes.

Sp6 This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind the tibia bone at this point.

Sp10 This lies at the lower end of the muscular bulge, two fingers above the inside of the knee cap.

Ear Ear point

