

## Anxiety and Stressful States

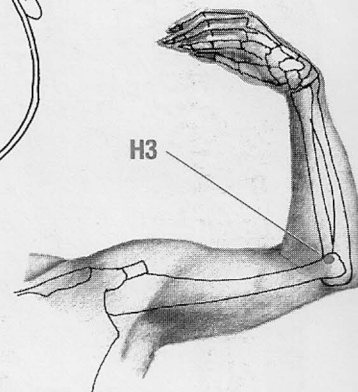
*This can be treated effectively using Electro-Acupuncture.*

### P O I N T S

**Gv20** This point lies right at the top of the head where two imaginary lines cross, one drawn from the top of one ear to the top of the other ear, the other line drawn from the top of the nose right over the top of the skull to the back of the skull. Where these lines cross is Gv20.



**H3** This is at the end of the inner elbow crease.

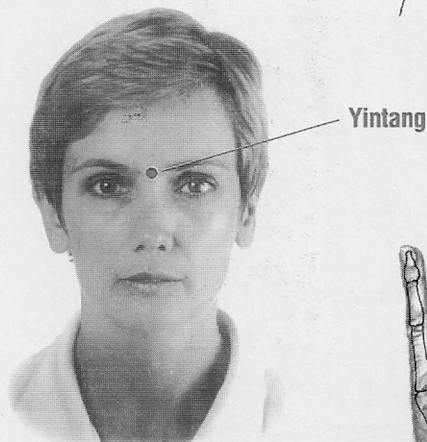


**H7** This lies on the little finger side of the palm wrist crease just inside the small prominent bone.

**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.

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

**Yintang** This lies directly between the eyebrows, just above the bridge of the nose.



**Ear** Ear points.

