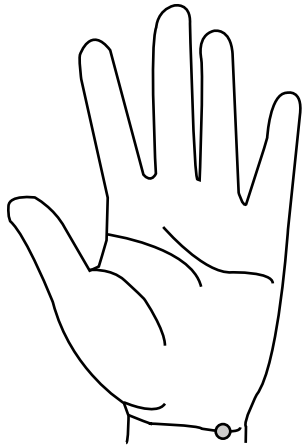


# 5 POINTS FOR STRESS RELIEF AND STRONG LUNG QI FOR WELL-BEING AND VITALITY

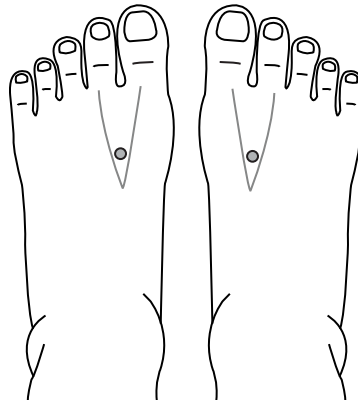
One of the best gifts you can give your body's immune system is a sense of calm and tranquility. Use these points to ease the effects of stress and boost your Lung Qi. The Lungs help disperse *defensive qi* to protect the body from "external pathogens"--Chinese Medicine's way of describing external influences that cause disease. **To learn more, visit: [www.ChineseFootReflexology.com/resource](http://www.ChineseFootReflexology.com/resource)**

## CALM THE SPIRIT



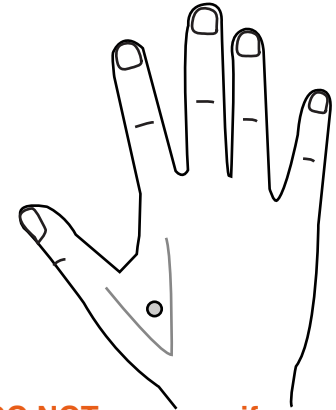
**Heart-7 Acupressure Point**  
Feel for indent on wrist crease, next to inside edge of tendon

**Massage Technique**  
Press and hold for 60 seconds as needed, up to once a day.



**DO NOT massage if pregnant**  
**Liver-3 Acupressure Point**  
In webbing between big and second toe, just above point of the V, where two bones meet

**Massage Technique**  
Press and hold for 60 seconds as needed, up to once a day

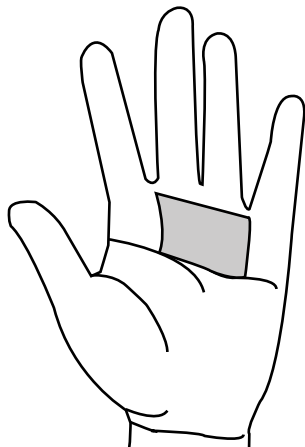


**DO NOT massage if pregnant**  
**Large Intestine-4 Acupressure Point**

In webbing between thumb and index finger, highest point of bulge when thumb is pressed against hand

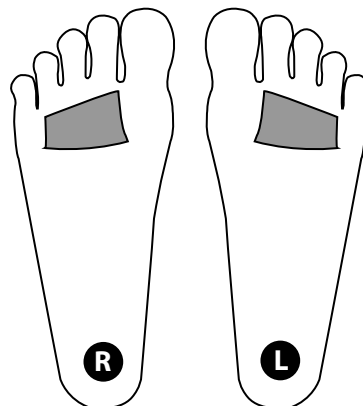
**Massage Technique**  
Press and hold for 60 seconds as needed, up to once a day

## STRENGTHEN LUNG QI



**Lung Reflexology Hand Point**  
Top portion of palm below three middle fingers

**Massage Technique**  
Use thumb to press and massage in small circles as needed, for 3 to 5 seconds throughout the day, or 30 to 60 seconds (60 seconds maximum in one day)



**Lung Reflexology Foot Point**  
Ball of foot, below three middle toes

**Massage Technique**  
Press in with thumbs and massage in small circles moving across and down point for 60 seconds once a day until heightened risk of germ exposure passes.

## CAUTION



**Please do not practice Chinese Reflexology if you are pregnant or have an acute heart condition. Some of the points on this chart are used to induce labor in Traditional Chinese Medicine.**

If you're not sure whether it's safe for you to practice reflexology, please check with your doctor first.

**DO NOT MASSAGE FOR MORE THAN THE RECOMMENDED TIMES.**