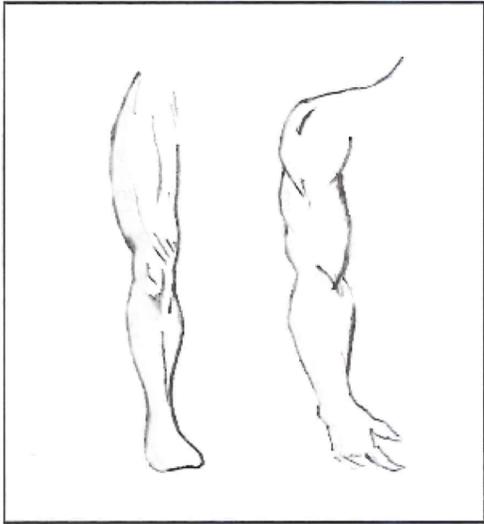
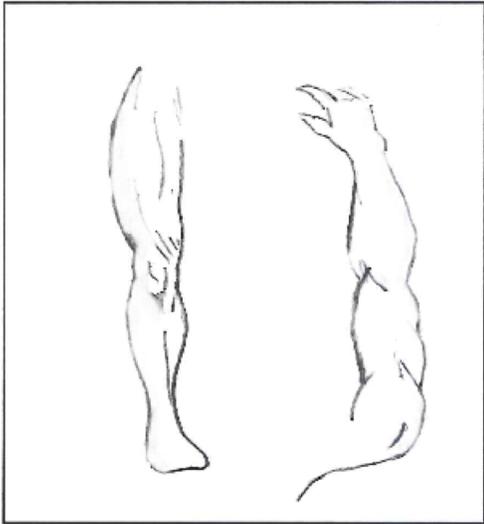


# SESSION 3

Using the Balance Method for Acupressure Pain Relief



Mirror



Reverse Mirror

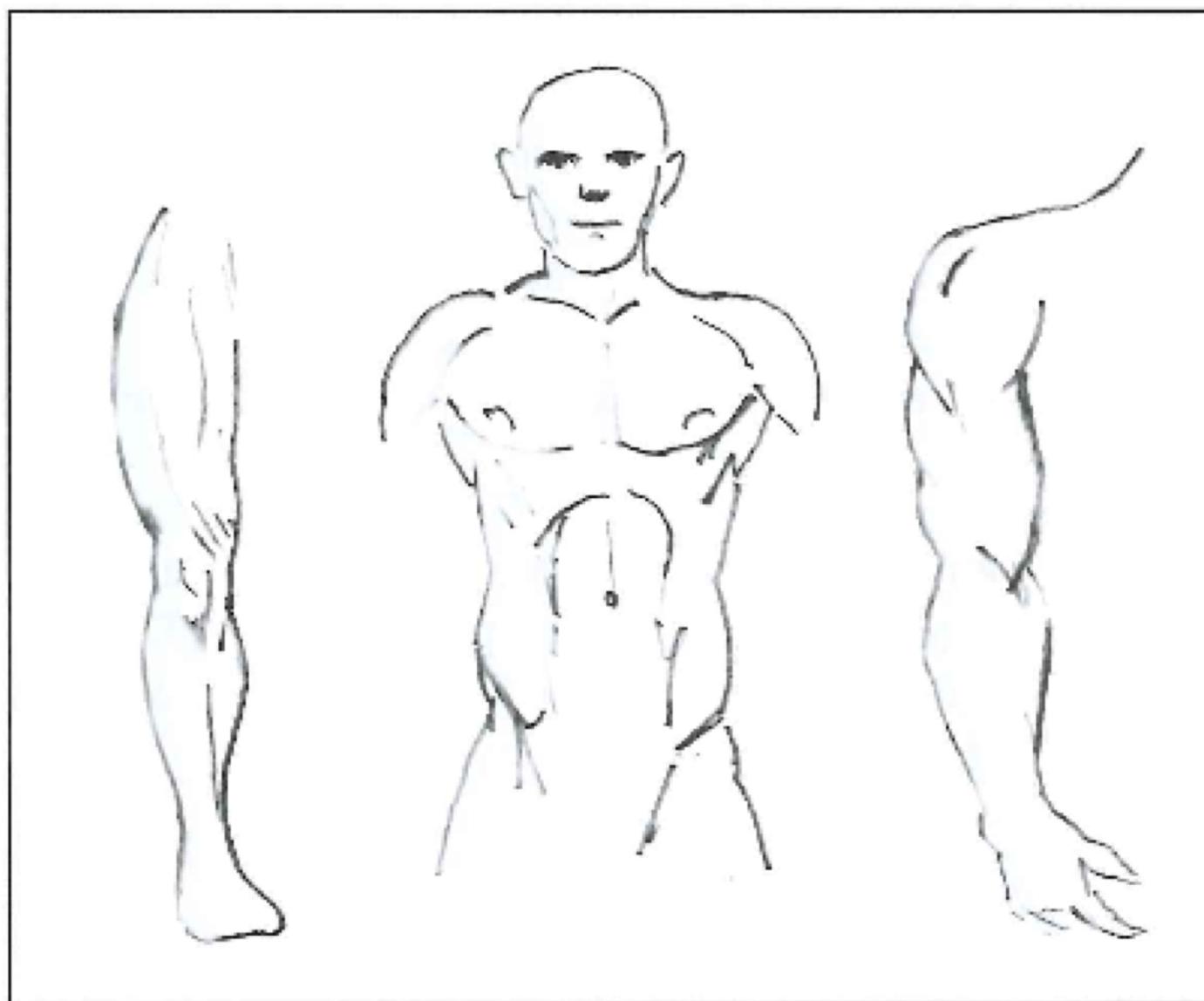
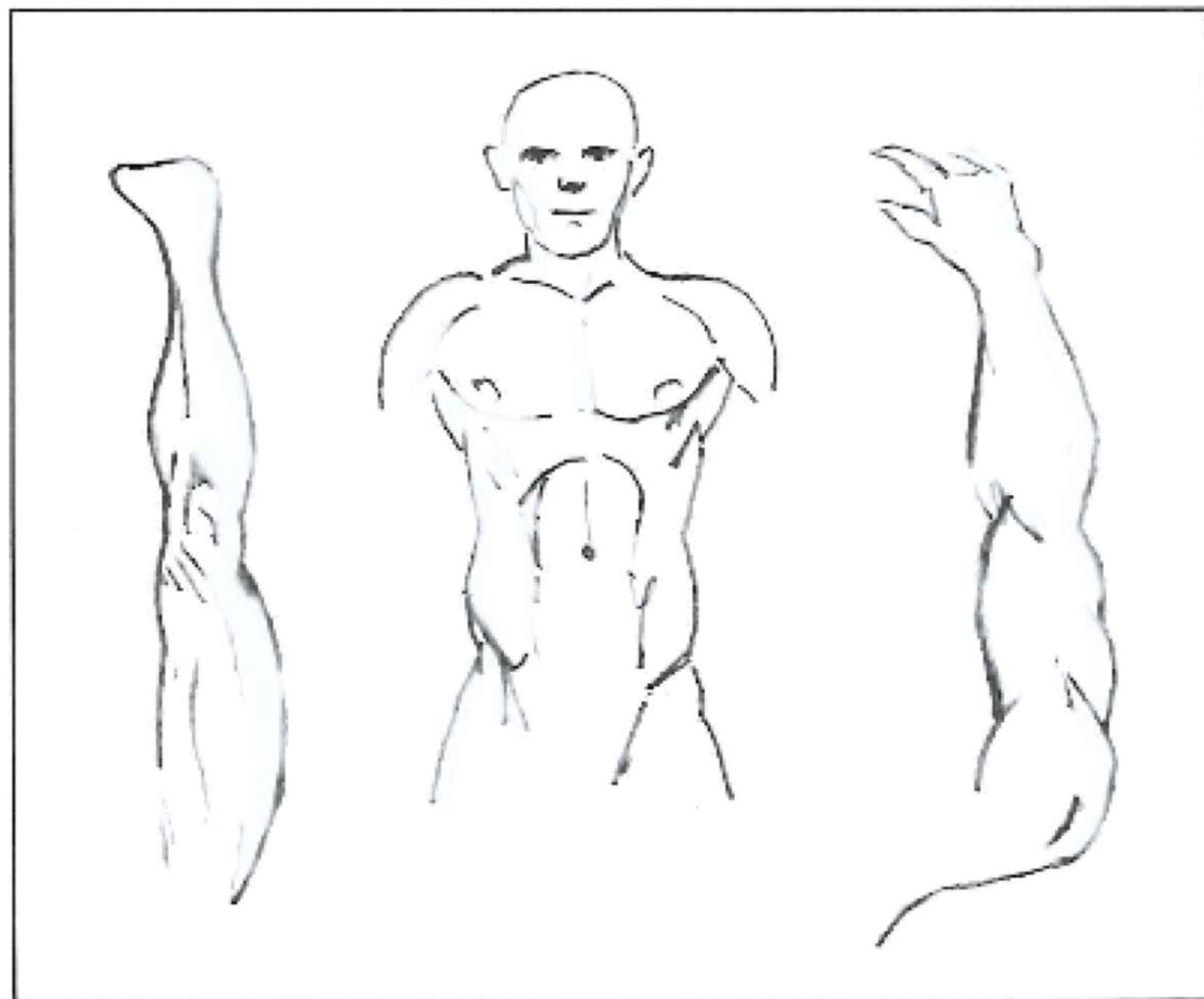


Image of Upper Limb to Head and Trunk  
and Image of Lower Limb to Head and Trunk



Reverse Image of Upper Limb to Head and Trunk  
and Reverse Image of Lower Limb to Head and Trunk

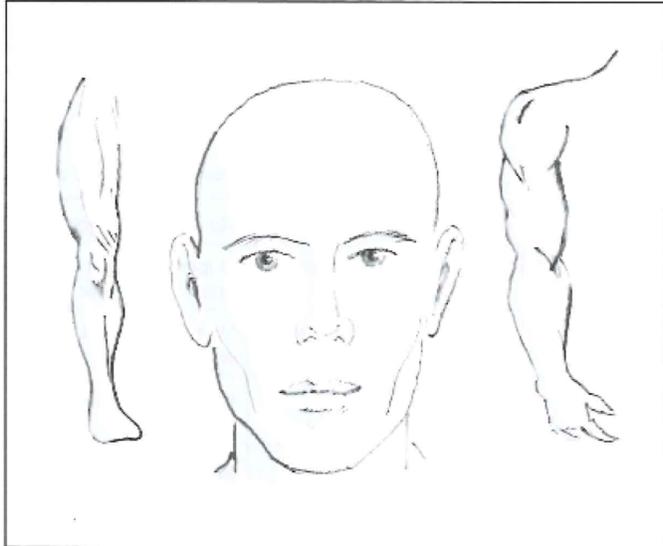
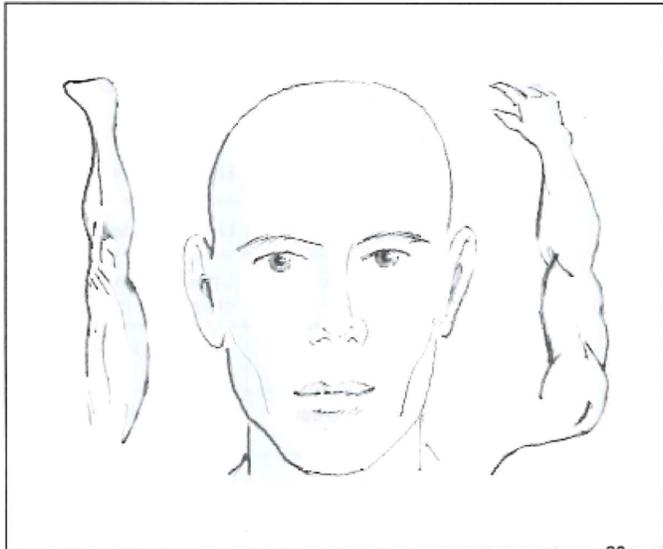


Image of Upper Limb to Head  
and Image of Lower Limb to Head

Key is to palpate to find  
the most sore spot(s)



Reverse Image of Upper Limb to Head  
and Reverse Image of Lower Limb to Head

The 'cheat sheet' for balancing channels:

SICK CH				SICK CH			
SI	BL	Sp	Ht	Lu	Sp	BL	LI
BL	SI	Lu	Kid	Sp	Lu	SI	St
Pc	Liv	St	SJ	St	LI	Pc	Sp
Liv	Pc	LI	GB	LI	St	Liv	Lu
SJ	GB	Kid	Pc	Ht	Kid	GB	SI
GB	SJ	Ht	Liv	Kid	Ht	SJ	BL

# Example 1:



SICK CHANNEL: Stomach Channel

# Example 1:



SICK CHANNEL: Stomach Channel

SICK CH				SICK CH			
SI	BL	Sp	Ht	Lu	Sp	BL	LI
BL	SI	Lu	Kid	Sp	Lu	SI	ST
Pc	Liv	St	SJ	St	LI	Pc	Sp
Liv	Pc	LI	GB	LI	St	Liv	Lu
SJ	GB	Kid	Pc	Ht	Kid	GB	SI
GB	SJ	Ht	Liv	Kid	Ht	SJ	BL

Sick Side Right : L / R. / L

ST - LI (Left) / Pc (Right) / Sp (left)

What area on the hand would this area of the foot relate to?

No matter what the area is you want the MOST SORE POINT ((or points) on that channel

# Headache: Temples –

GB 1 (Gall Bladder Channel)



