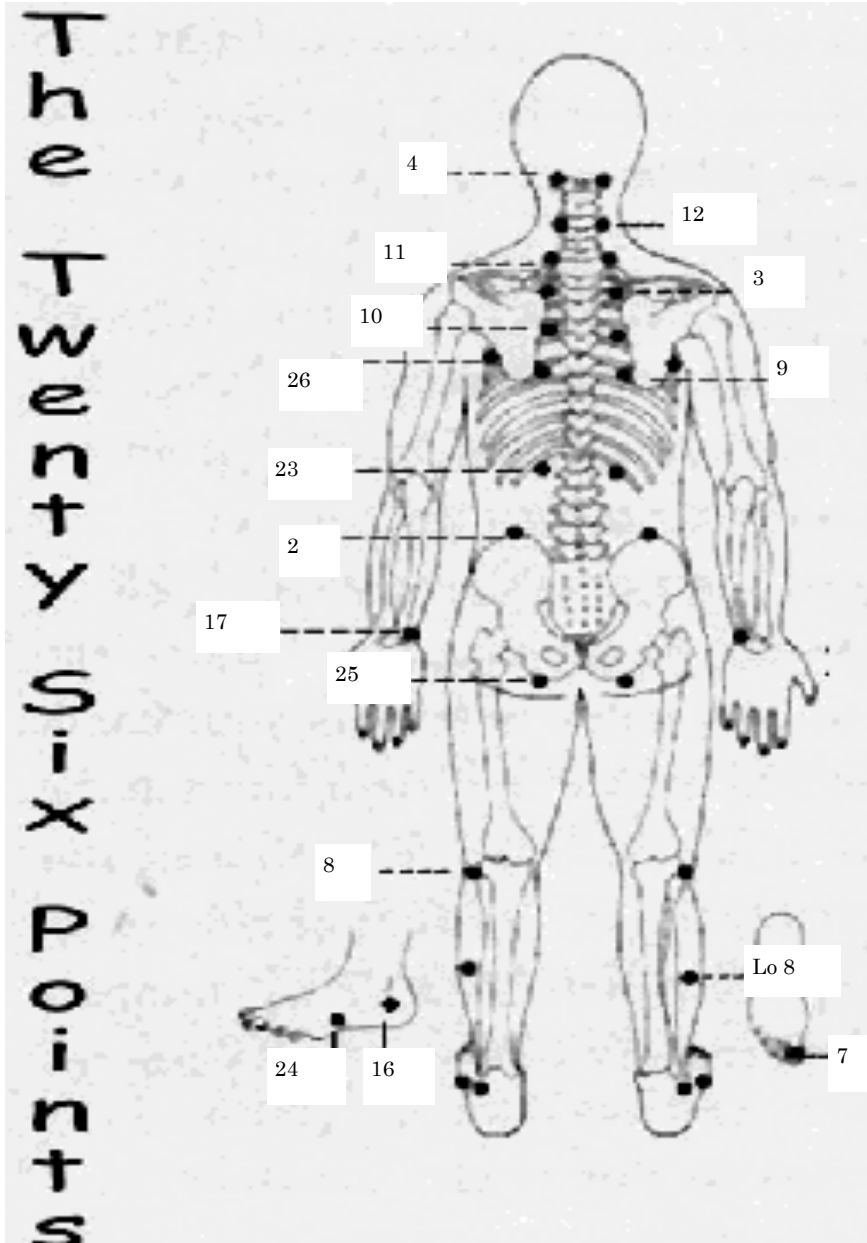


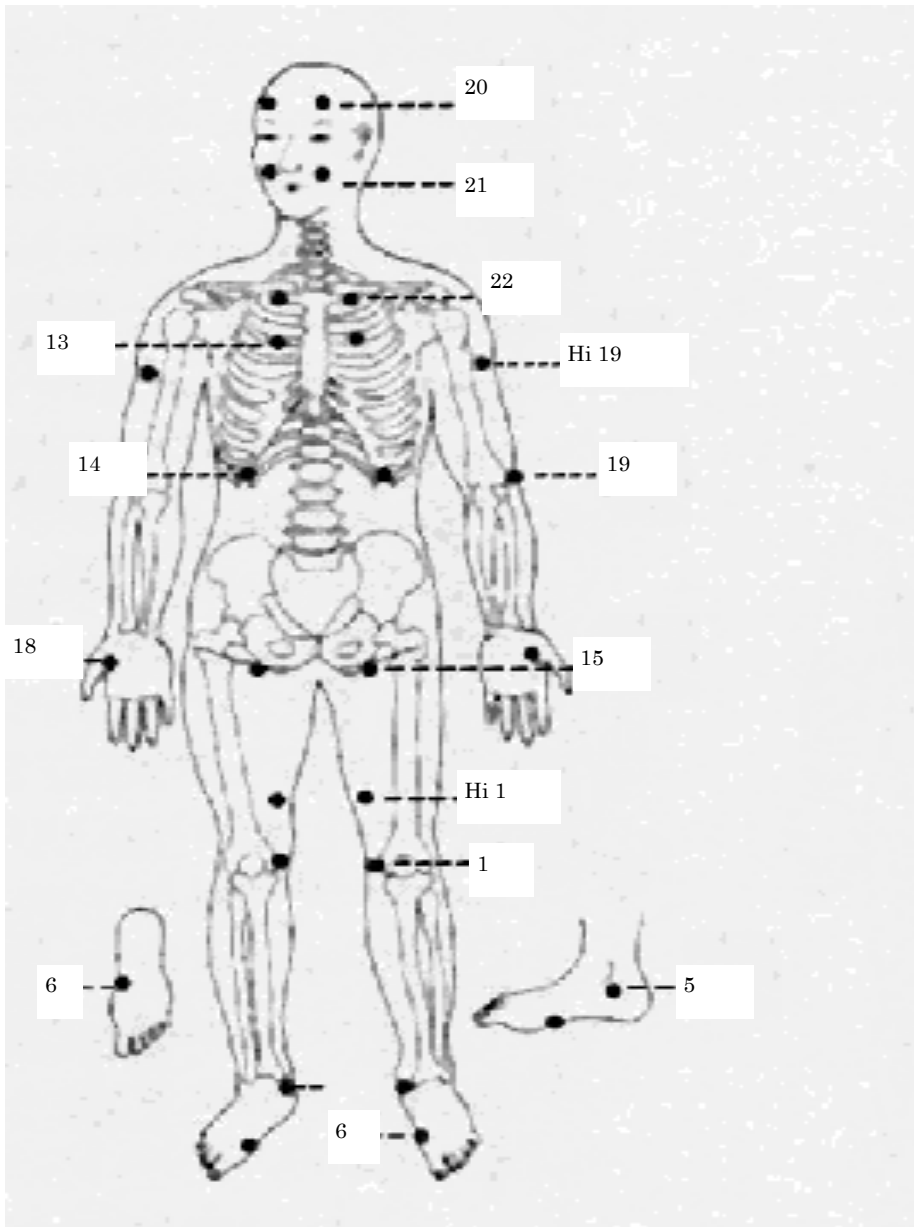
If your hands are idle, they are better used to self-treat yourself, as the more you improve your health the better!

Remember, if something serious is occurring then call the clinic, or seek advice if urgent or severe conditions are occurring. Dr Teague is always there for advice or to suggest when medical attention is needed.

The Acupressure Points

Below is a picture of the points which are numbered for ease of use.





The Points You Need To Use Initially Are:

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