

Acupoints for Symptom Relief

Anxiety: Armpit + Wrist Crease

Constipation: Sit R, L tip of scap + L Coccyx

Diarrhea: Sit L, R tip of scap + R Coccyx

Digestion: Forehead + Under Clavicle +
Base of Ribs + Inguinal Crease

Fever: C7-T1 + Between thumb & index

Grief: Between thumb & index +
Palmar side of thumb

Insomnia: Sternal notch + Top of pubic bone

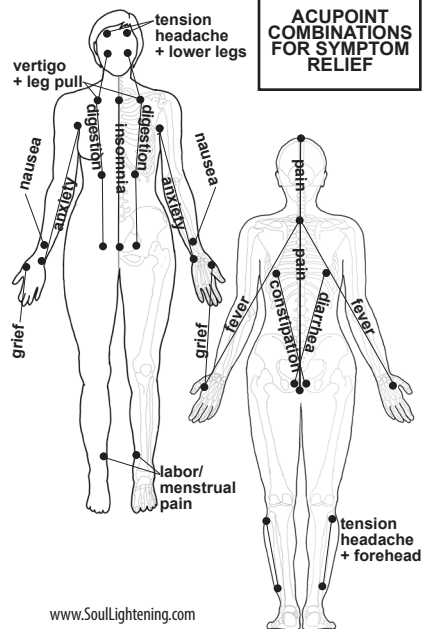
Labor/Menstrual Pain: Inner leg above ankle

Nausea: Inner forearm, above wrist crease

Pain: Tip of coccyx + Top of head

Tension Headache: Forehead + Outer leg
above ankle + Below head of fibula

Vertigo: Energy Rush + Leg pull



Digital Associations

Thumb: Grief—Inspiration LU

Index: Feeling stuck—Letting Go .. Lg. Int

Middle: Vulnerability—Compassion PC

Ring: Invasion—Protection TW

Inner Pinky: Anxiety—Serenity HT

Outer Pinky: Confusion—Discernment .. SI

Big Toe (inner): Anger—Creativity LV

Big Toe (outer): Mental Unrest—Focus SP

2nd Toe: Depression—Appetite for Life.. ST

3rd Toe: Grounded—Ungrounded --

4th Toe: Frustration—Movement GB

5th Toe: Exhaustion—Flow of Life BL

Ball of Foot: Fear—Safe & Secure KD

