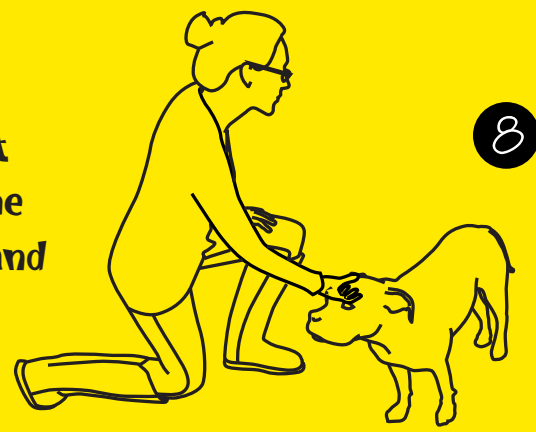


Calms the spirit & clears the mind:

Rub on top of the head, in a notch just forward of bony protuberance on the midline, between the ears. Use back and forth motion in the notch.



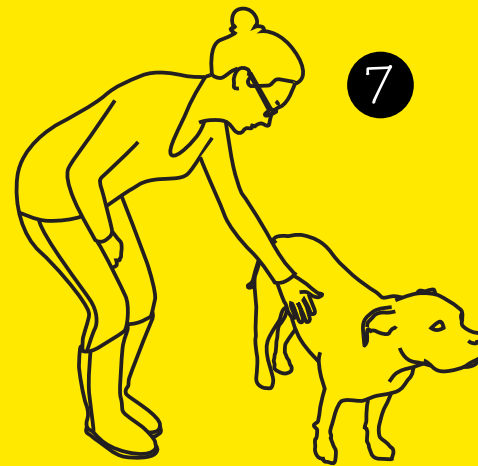
For coughs & bronchitis - supports the lungs:

Rub in the depression at the front of the chest, in the breast muscle, slightly below shoulder joint level.



Vomiting & digestive tract problems:

Rub on the midline of the belly, halfway between the end of the sternum bone and the umbilicus.



For allergies & infections - clears "heat" from upper body:

Lift the foot, flex the elbow, and you'll find a crease that forms on the outside of the elbow. Feel for the depression at the end of the crease, just in front of the bony prominence. Rub in circular motion



Gastrointestinal problems - supports health:

Rub just behind where 2nd to last rib joins the vertebra.



Digestion - boosts health:

Rub on the outside hind leg, just below the knee, in a clear depression in the middle of the muscle toward the front of the leg.



Nausea, vomiting & heart problems - brings calming:

Find the sole pad behind the wrist on the front leg. Move up the leg to the depression between two tendons that run up the back of the leg, rub in circular motion.

Supports kidneys & nourishes bodily fluids:

Rub on the inside hind leg, just above the ankle in a large pocket.

