

## Kind of Pain      Pain Erase Points

Headache-general

apply to forehead at points marked A  
 apply to temples at points marked B  
 apply to hand point marked Y (figure 4)  
**Be careful to keep product out of eyes**

Headache-migraine or sinus

apply to forehead at points marked A  
 apply to hand point marked Y (figure 4)  
**Be careful to keep product out of eyes**

Nausea

apply to inside of wrists at points marked G

Toothache

apply directly in front of ears to points marked S (figure 1)  
**Do not apply to inside of mouth**

TMJ/jaw problems

apply directly to area of pain  
 apply to both sides of jaw at points marked T (figure 1)

Neck

apply to the area of pain  
 apply to the neck point marked U (figure 1)

Shoulder

apply to area of pain and  
 apply to points marked C

Between shoulder blades

apply to area of pain  
 apply to neck point marked U (figure 1)  
 and leg points marked O  
**Caution: always use very light finger pressure when applying to point O**

Soreness in rib cage

apply to area of pain

Abdomen

apply to abdominal points marked Q  
**Caution: Pain in this area should be examined by a physician.**

Upper arm

apply to area of pain and  
 apply to arm points marked D

Elbow area

apply to area of pain and  
 apply to arm points marked E

Lower arm

apply to area of pain and  
 apply to arm points marked F

Wrist

apply to area of pain and  
 apply to wrist points marked W (figure 4)

Hand

apply to area of pain

Hip

apply to area of pain and  
 apply to hip points marked H

Upper leg

apply to area of pain and  
 apply to leg points marked I and N

Knee

apply to area of pain and  
 apply to leg points marked J and O (figure 2 & 3)  
**Caution: always use very light finger pressure when applying to point O**

Lower leg

apply to area of pain and  
 apply to leg points marked K and P

Sciatic

apply to back points marked R

Spine

apply to area of pain on both sides of the spine

Foot

apply to area of pain and  
 apply to foot points marked V (figure 5)

Ankle

apply to area of pain and  
 apply to leg points marked S

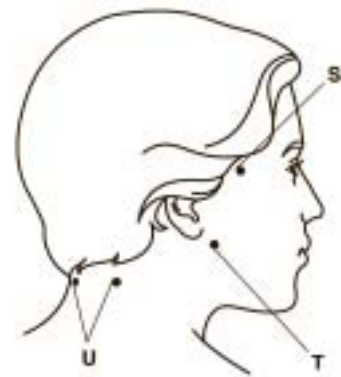


Figure 1

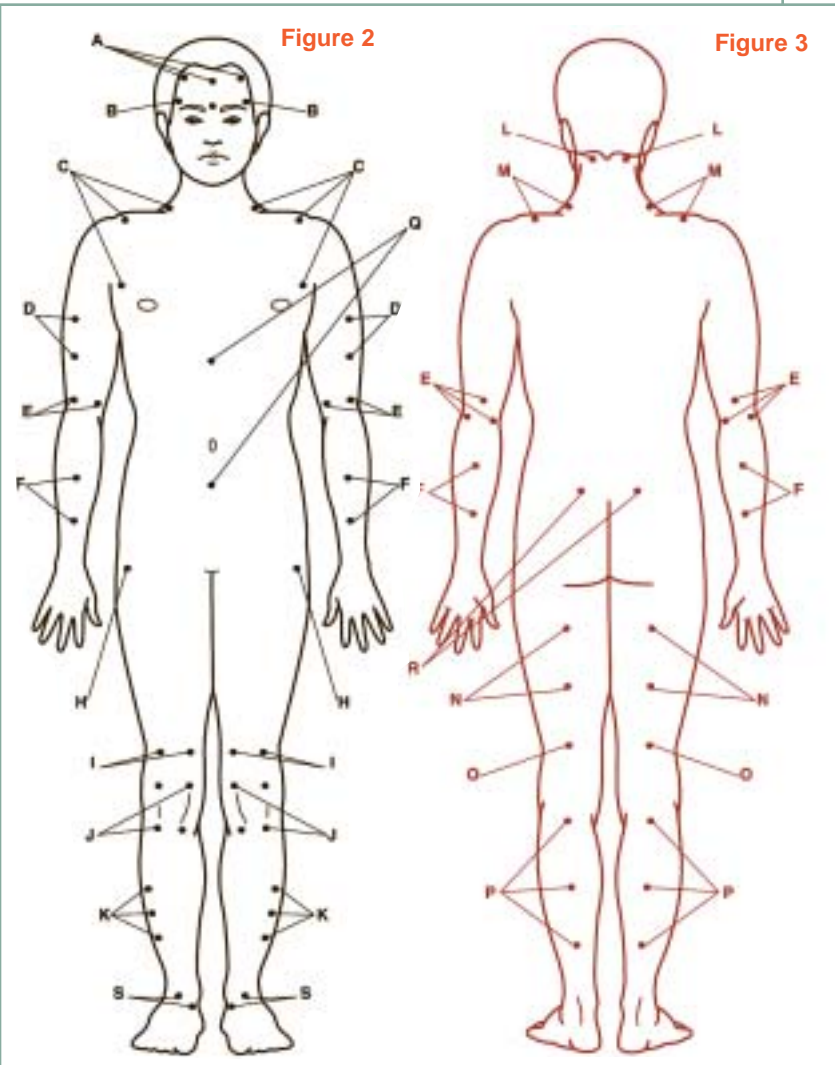


Figure 2

Figure 3

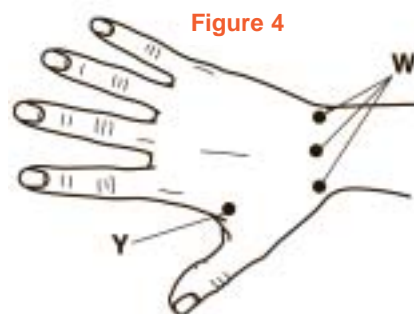


Figure 4



Figure 5