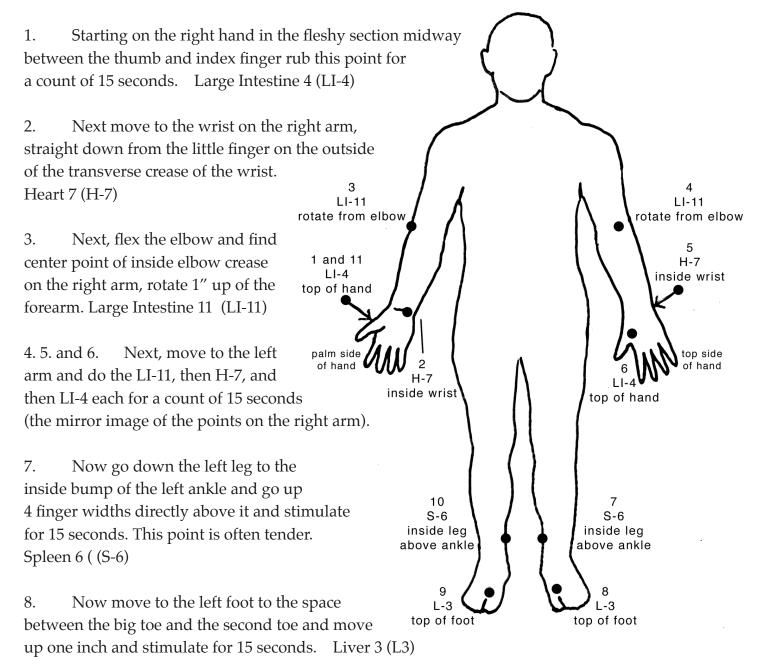
THE GATE POINTS OF ALLERGY ELIMINATION

These are the classic acupuncture points that help secure the treatment into the body through the meridians. Rub (or massage with an electronic massager) each point for a count of 15 seconds. Also stimulate these points throughout the 25 hour period after the treatment to help save the treatment should you come in contact with the allergen. These points can be used any time for general meridian balancing.



9. and 10. Now go to the other foot and stimulate L-3 on the right foot and then do S-6 on the right leg in the same way as the left leg points.

11. Now finish up by going back to the fleshy section on the top of the right hand and redoing LI-4 which completes the circuit of energy in a clockwise manner around the body.

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