


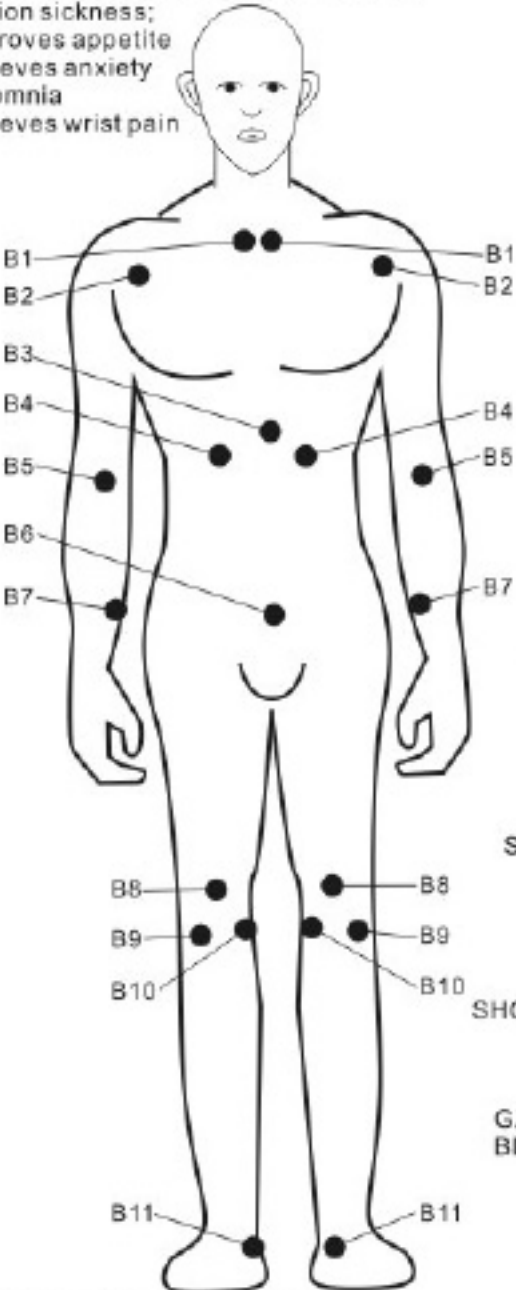
**PL012 Operating Procedure:**

Place the end of the pen to a desirable point, and press down for 15 seconds to achieve relaxation.

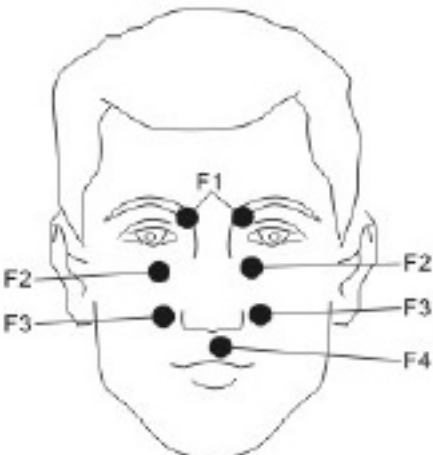
## Acupuncture point chart

**B1** Hiccups, coughing, sore, throats  
**B2** Fatigue  
**B3** Indigestion, relieves stress, headaches  
**B4** Motion sickness;  
     improves appetite  
**B5** Relieves anxiety  
**B6** Insomnia  
**B7** Relieves wrist pain



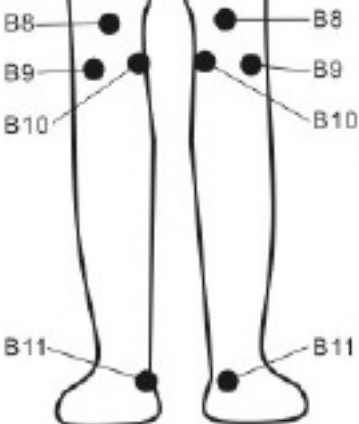


**B1** B1  
**B2** B2  
**B3** B3  
**B4** B4  
**B5** B5  
**B6** B6  
**B7** B7  
  
**B8** B8  
**B9** B9  
**B10** B10  
  
**B11** B11

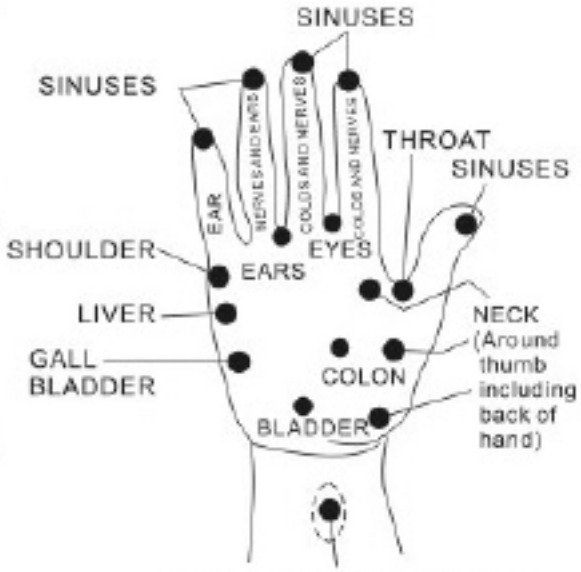


**F1**  
**F2** F2  
**F3** F3  
**F4** F4

**F1** Improves eyesight  
**F2** Improves complexion  
**F3** Relieves stuffy nose and burning eyes.  
**F4** Relieves cramps, dizziness.



**B8** B8  
**B9** B9  
**B10** B10  
  
**B11** B11



**SINUSES**  
**SINUSES**  
**SHOULDER**  
**LIVER**  
**GALL BLADDER**  
**BLADDER**  
**COLON**  
**BLADDER**  
**THROAT SINUSES**  
**NECK**  
 (Around thumb including back of hand)

**LOWER LUMBAL ASSISTANT**  
 (Including back of hand)

**B8** Knee pain and muscle strains  
**B9** Calf muscle strains  
**B10** Relieves knee problem, water retention  
**B11** Tired eyes, hangovers