



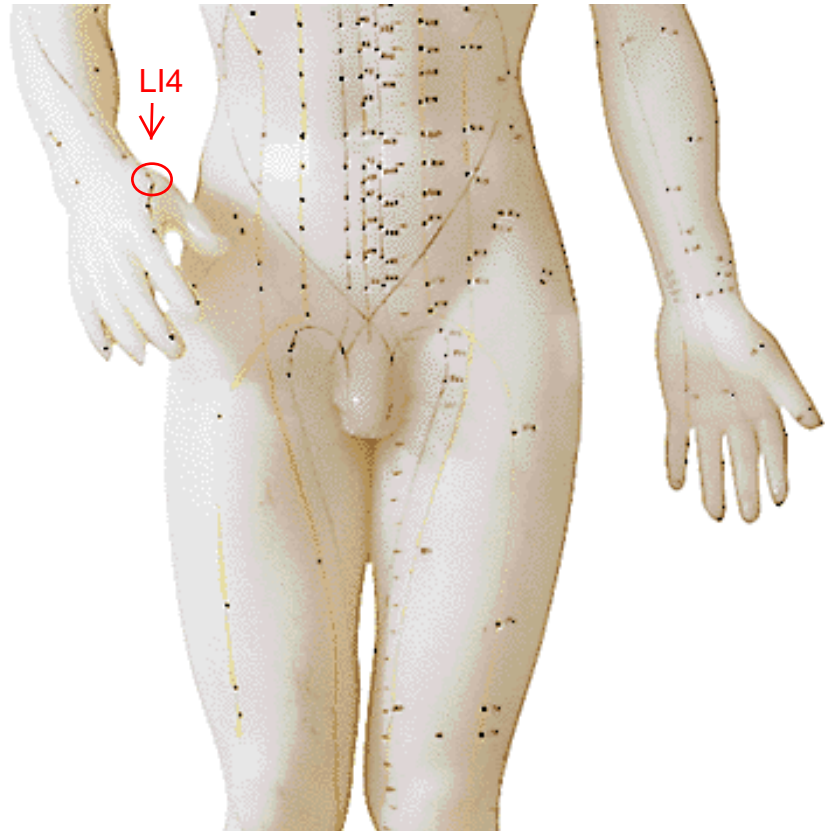
SP6: SAN YIN JIAO

Location: 3 cun above the tip of the medial malleolus just posterior to the tibial border.

Indications: Abdominal distention, loose stool, irregular menstruation, nocturnal emission, impotence, spermatorrhea, orchitis, enuresis, frequency of urination, retention of urine, hemiplegia.

4 fingers (cun) above the ankle bone. The point resides on the edge of one's lower leg bone.

<http://www.qi-journal.com/tcmarticles/acumodel/AcuModel.asp?-Token.AcuPhoto=Acu3&-Token.Acupoint=SP6>



LI4: HE GU

Location: At the highest spot of the muscle when the thumb and the index finger are brought close together.


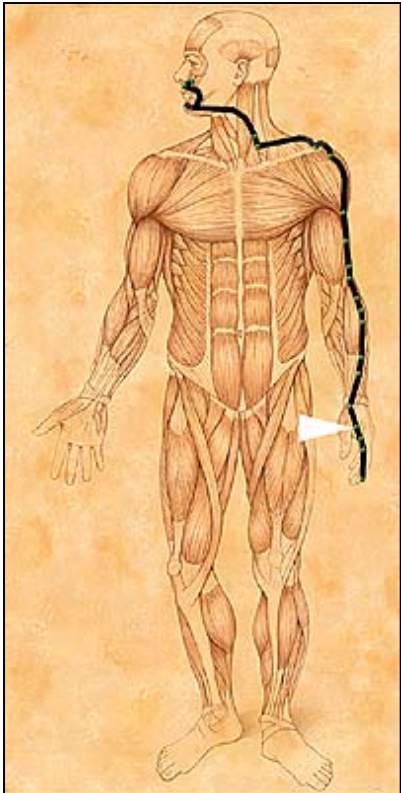
Indications: Headache, toothache, tonsillitis, rhinitis, pharyngitis, ophthalmalgia, facial paralysis, simple thyroid goitre, pain and paralysis of the upper extremities, arthritis of mandible, hyperhidrosis, hypohidrosis common cold with fever, etc

<http://www.qi-journal.com/tcmarticles/acumodel/AcuModel.asp?-Token.AcuPhoto=Acu2&-Token.Acupoint=LI4>

To use the Acupuncture Points Page, select the meridian on the left side of the page. A list of all of the points in the meridian will appear on the right side of the page. Once selected, images, locations, points, Chinese name, actions, and much more will appear.





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Liver						
Lung						
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Spleen						
Stomach						
Triple Burner						

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Abdominal Distention Abdominal Pain Amenorrhea Borborygmus Diarrhea Digestive Disturbances Dizziness
Dysmenorrhea Dysuria Eczema Edema Failure to Discharge Placenta Genital Pain Hemiplegia Hernia
Hypertension Impotence Infertility Insomnia Labor Difficult Leg Muscle Atrophy Leg Pain Leg Paralysis Leukorrhea
Menses Irregular Neurasthenia Nocturnal Emissions Reproductive System Disorders Urinary Dysfunction Urinary
Incontinence Urticaria Uterine Bleeding Abnormal Uterine Prolapse Vertigo



Massage of the uterine reflex points on your feet is very effective. The place to be massaged is a point located on the inside of each foot just half way between the anklebone and the heel of the foot. (see diagram).

Use the point of your thumb and press very deep on this point. You will feel a sharp pain when you locate the correct point if you are pregnant, ovulating, or menstruating. Hold this point as hard and long as you can stand it, at least five minutes, and do it at least three times per day. Some women have aborted by just doing this procedure and nothing else.

Direct Uterus Massage

Day 1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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Massaging the uterus directly, deeply and vigorously may encourage a miscarriage. Place your fist just below the belly button and push in as deep as you can without causing severe pain and agitate the area vigorously with the intention of dislodging the fetus. Please check the box if you have done this at least 3 times for that day.

Visualisation

Day 1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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Talk to the spirit of the embryo. Tell the embryo that it was a mistake to have implanted itself in you, that it was never your intention to become pregnant. Tell the embryo that you cannot, or do not desire to, take on the burden of care for it at this time in your life. You can not provide for it in the way that it needs and deserves to be cared for. Tell yourself and the embryo that you have the right to have sexual pleasure without fear of pregnancy and the burden of child rearing.

Tell the embryo to leave your body at once and to seek another woman who wants children. Tell it that there are many women who desire children who for some reason have not conceived. Send it on its way with compassion and a firm resolve to end this pregnancy.

This procedure is very important for clearing yourself of any ambiguities that you may hold in regard to ending your pregnancy. It also gives the spirit of the embryo a sense of direction and a place to go without being totally rejected. For most people this is very important.

Prayer

Day 1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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Make peace with your higher power, God, or whatever you believe in and ask for strength, forgiveness, and guidance to allow this miscarriage. Perhaps the following quote from Emmanuel's Book in regard to abortion will be helpful:

"One must be fully aware of every act in one's life, the act of conception no less than the act of abortion. But when, after profound prayer and consideration, there is a need to terminate a pregnancy, it is not an unforgivable act. If it is done with willingness to learn, it becomes a useful act.

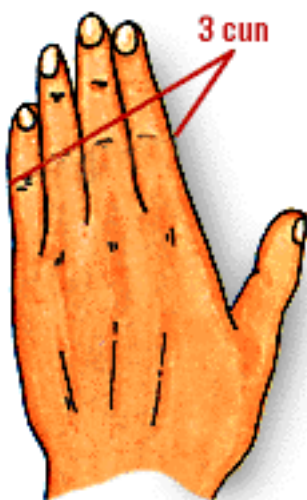
Remember, I am speaking from the world of Spirit and I know that no soul is ever destroyed... Should one feel guilt? No. Concern? Yes. Responsibility? Absolutely, as well as compassion and willingness to see the need behind that unfortunate act... In any manner it is perceived, it is a loss... if this act is used for growth, if it opens the way for you to find your own meaning, your own needs, your own truth and beingness, then it is a gift."

FINGER MEASUREMENT SYSTEM

This is a method to locate points by measuring the distance with either the length or width of the patient's fingers. **1 cun** (tsun) = approximately 1.3 inches



- Middle finger measurement: When the middle finger is flexed, the distance between the radial ends of the two interphalangeal creases of the patient's middle finger is taken as **1 cun** (see figure)
- Thumb measurement: The width of the interphalangeal joint of the patient's thumb is taken as **1 cun**.
- Four Finger measurement: When the four fingers (index, middle, ring and little fingers) keep closely together, their width on the level of the proximal interphalangeal crease of the middle finger is taken as **3 cun**. (see figure)



This measurement system should be used in combination with simple landmarks on the basis of the bone proportional measurement system.

BONE PROPORTIONAL MEASUREMENT (examples)

- From the midpoint of the anterior hairline to the midpoint of the posterior hairline = 12 cun.
- From the point below the spinous process of the 7th cervical vertebra (Dazhui DU14) to the midpoint of the posterior hairline = 3 cun.
- From the suprasternal fossa (Tian Tu, RN22) to the midpoint of the sternoxiphoid symphysis = 9 cun.
- Between the two nipples of the breast = 8 cun.
- From the medial border of the scapula to the posterior midline = 3 cun
- From the cubital crease to the dorsal crease of the wrist = 12 cun.

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