**PC 6**

Two of Mum's finger-widths up from the wrist crease, between the two tendons.

Pump it firmly.

Also good for asthma, or when the chest needs opening, for breathing or when feeling distressed/anxious.

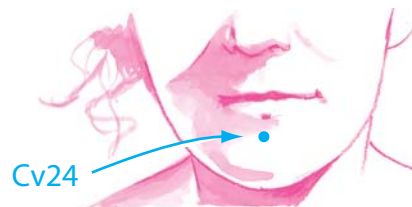
ST 36

Placing Mum's open hand with the index finger just under her kneecap, the point is found on the outer edge of the leg bone at the level of the bottom of her little finger. Now move outwards the width of her thumb. Lightly oil your thumb and massage in a line travelling down the leg very firmly for a distance equal to the width of her hand. Repeat.

If you can tell she is exhausted, with no heat symptoms (pp 100, 102), **moxa 7 peaks of heat** (pp 96-7).



POINTS FOR NAUSEA

**CV 24**

Where the slope changes direction, moving from the chin towards the mouth. **Press thumbnail and drill in many times, or pump it, alternating with Pc 6.**

Opening the chest

starting at the mid-line, massage outwards towards the breasts, not too hard at first, as breast tissue is very busy and sensitive when pregnant, and everyone is usually "stuck", thus sore here. Starting at the top, working between all the ribs, gently move away from the middle, until the area is reddened. **Return to Pc 6, and work that again.**

