

THE GATE POINTS of N.A.E.T.

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.

1. Starting on the right hand in the fleshy section midway between the thumb and index finger rub this point for a count of 15 seconds. Large Intestine 4 (LI-4)

2. Next move to the wrist on the right arm, straight down from the little finger on the outside of the transverse crease of the wrist. Heart 7 (H-7)

3. Next, flex the elbow and find center point of inside elbow crease on the right arm, rotate 1" up of the forearm. Large Intestine 11 (LI-11)

4. 5. and 6. Next, move to the left arm and do the LI-11, then H-7, and then LI-4 each for a count of 15 seconds (the mirror image of the points on the right arm).

7. Now go down the left leg to the inside bump of the left ankle and go up 4 finger widths directly above it and stimulate for 15 seconds. This point is often tender. Spleen 6 (S-6)

8. Now move to the left foot to the space between the big toe and the second toe and move up one inch and stimulate for 15 seconds. Liver 3 (L3)

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.

