

Usage on Specific Acupoint for Health Benefits



1 Palms

Lao Gong Acupoint

Lao Gong – Xin Bao Meridian

- The Xin Bao meridian directly connects to the heart, playing a protective role for the heart.
- Benefits: Calms the mind, purifies the heart, clears internal fire, relieves internal heat, stabilizes emotions, blood pressure, and heart rate.

Yong Quan Acupoint

Yong Quan – Shaoyin Shen Meridian

- Yongquan acupoint is essential for health preservation, disease prevention, and overall well-being.
- Benefits: Invigorates the kidneys, enhances vitality, addresses nervous weakness, fatigue, insomnia, high blood pressure, anxiety, diabetes, sinus issues, colds, and supports kidney health.



2 Soles

Du Meridian

The Du Meridian is linked to the kidneys



3 Backbone
Blow Downwards

- Effects of Kidney Weakness: In men, it can result in cold sperm and infertility, and women may experience cold sensitivity, difficulty getting pregnant, and freckle growth.
- The Du Meridian, located along the spine's center, controls Yang Meridians throughout the body, enhancing the transmission of Qi and blood, maintaining their flow, and regulating body temperature.

Ren Meridian

The Ren Meridian controls the body's Yin energy and is located on the front of the body.

- Benefits: Coordinates blood and glands, promotes limb flexibility, and prevents issues like dry eyes and mouth.



Stomach
(Ren Mai)

DISCLAIMER:

The iTeraCare is not a medical device. It does not treat or cure. For any medical condition, please consult your medical professional.

Bai Hui Acupoint

- This acupoint, known as the "hundred meetings" acupoint, is located at the center of the head.

- Benefits: Acts as a commander, collecting Yang energy (Qi) to enhance resistance to diseases throughout the body. increases resistance to diseases.



Da Zhui Acupoint

- Da Zhui increases overall energy and boosts the body's immune system.

- Functions include regulating fever, cough, shoulder and back discomfort, infantile convulsions, heat stroke, vomiting, jaundice, and rubella. Stimulating Da Zhui acupoint enhances the body's resistance.



Lymphatic System

The lymphatic system is a circulatory tissue.



- The lymphatic system is a crucial part of the circulatory tissue that maintains the body's internal balance.

- Functions: Supports overall health and hygiene by removing excess heat and toxins.

Ji Quan Acupoint (armpit)

- This acupoint relieves Qi circulation, activates meridians, and protects abdominal organs.

- Suitable for addressing conditions like heartache, chest tightness, frozen shoulder, cervical lymph nodes, dry throat, yellow eyes, inability to lift arms and shoulders, coronary heart disease, insufficient milk secretion, heart disease, and lung problems.



Chang Qiang Acupoint

- Located at the end of the coccyx, it relieves spasm and discomfort.

- Effective in treating conditions like hemorrhoids, rectal prolapse, bloody stool, constipation, inflammation of the genitals, prostatitis, nocturnal emission, impotence, low back discomfort, infantile convulsions, coccygeal bone discomfort, epilepsy, lumbar neuralgia, diarrhea, and schizophrenia.



Groin

- The groin area is crucial for lymphatic drainage from the lower extremities, lower abdomen, and pubic area.

- Obstruction in this region can lead to infections, inflammations, venereal diseases, and lymphangitis.



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Wei Zhong Acupoint

(Back of Knee)

- Supports the motor system, addressing issues like low back discomfort, lower limb paralysis, rheumatoid arthritis, calf cramps, neck discomfort, hip discomfort, knee discomfort, and disorders in the waist and lower extremities.

- It can also provide relief for nervous system disorders such as sciatica, cerebrovascular disease, and epilepsy.



Wei Zhong Acupoint

(Digestive, Urogenital, and Dermatological Systems)

- Effective for addressing digestive system diseases like abdominal discomfort, acute vomiting, diarrhea, gastroenteritis, and enteritis.

- Useful in managing urogenital diseases such as dysuria and enuresis.

- Benefits dermatological system issues like eczema, rubella, and psoriasis.

- Additionally, it can improve libido and support breast enhancement.

DISCOMFORT MANAGEMENT



INSOMNIA



NECK & SHOULDER



NECK & SHOULDER



NECK & SHOULDER / TRIGGER & FROZEN FINGER



BACK ACHE



BACK ACHE / LEG PROBLEMS



LEG DISCOMFORT & OTHER PROBLEMS



LEG DISCOMFORT & OTHER PROBLEMS



LEG DISCOMFORT & OTHER PROBLEMS



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