
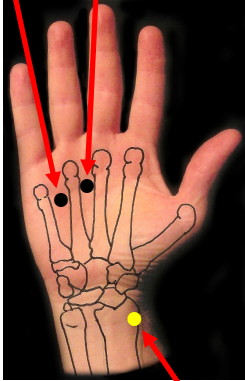

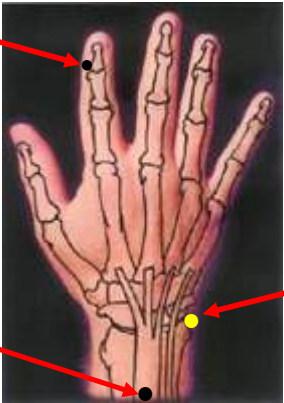
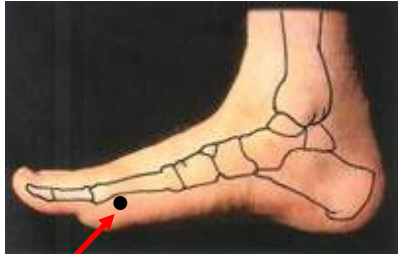


Jet Lag Elimination Treatment

Abundance Acupuncture, Beaver Dam, Wisconsin (920) 356-1578
www.acupuncturerestoreshealth.com

<p>LV1 Right behind the toe nail on the inside of the big toe</p>  <p>UB66 On the outside of the foot, just under the bone behind the knuckle of the little toe.</p> <p>GB41 Between the bone behind the little toe and the tendon</p>	<p>HT8</p> <p>PC8 On the inside of the hand</p>  <p>LU8 On the wrist behind the thumb</p>	<p>ST36 Below the knee, on the curve of the bone on the outside of the leg</p>  <p>KD10 On the inside of the leg, behind the knee on the hamstring tendon</p>
<p>LI 1 Just behind the finger nail on the index finger</p>  <p>LI 1 Just behind the finger nail on the index finger</p> <p>TW6 Between the ulnar and radius (forearm bones)</p> <p>SI5 On the <u>side</u> of the wrist at the end of the ulnar (forearm bone)</p>	 <p>SP3 on the inside of the foot</p>	

time	point
11 AM to 1 PM	HT8
1 PM to 3 PM	SI5
3 PM to 5 PM	UB66
5PM to 7 PM	KD10
7 PM to 9 PM	PC8
9 PM to 11 PM	TW6
11 PM to 1 AM	GB41
1 AM to 3 AM	LV1
3 AM to 5 AM	LU8
5 AM to 7 AM	LI 1
7 AM to 9 AM	ST36
9 AM to 11 AM	SP3

Eliminate Jet Lag While You Fly

Use these key acupressure points to activate your meridians to synchronize your body's internal clock. Stimulate the points on both sides of the body with something like a ballpoint pen 25 to 30 times in short blasts of five strokes. First determine the time of day at your destination, then upon boarding the aircraft set your watch to match the time at your destination. For example, if you are leaving Chicago Monday at 7:00 PM to go to Munich, Germany, it is 2:00 AM Tuesday in Munich. Set your watch to 2:00 AM and stimulate LV1 (see chart). Starting at 3:05 AM (destination time) begin stimulating LU8. This can be repeated several times until it is 5:05 AM then move on to LI1. Continue to change points every two hours of flight as you move through time zones. After you depart the airplane you may continue to stimulate points if you wish.