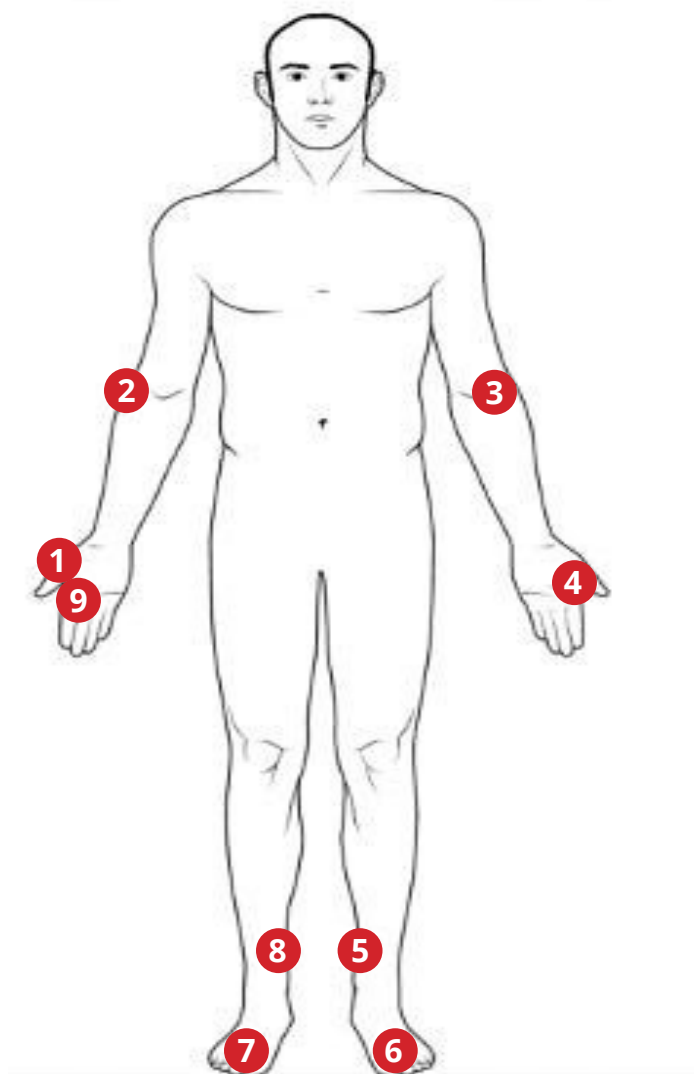


# NAET self treatment

A self treatment is done after a NAET treatment to help reduce reactions and symptoms after a treatment. It does **NOT** replace a NAET treatment.

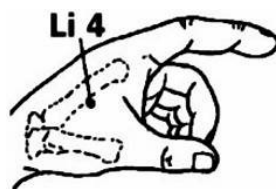
## Instructions

Every two hours after your treatment, massage/stimulate each point for 30 seconds in the proper sequence starting with point #1 and ending on the same point #9, (unless you are sleeping) for the next 24 hours.

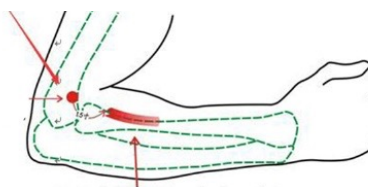


## Acupuncture point name and location

1+4+9 The LI4 pressure point is located in the web between the thumb and pointer finger. You can find it by bringing the thumb and pointer finger together. The highest point of the muscle that pops up when doing this is the pressure point.



2+3 LI11 is located in the depression of the elbow at the end of the crease, when the arm is flexed.



5+8 Sp6 is located 4 of your fingers above the inner ankle bone, just behind the tibia bone.



6+7 Liv 3 is located just above the web between the big toe and 2<sup>nd</sup> toe. Two of your fingers above the web between the bones.

