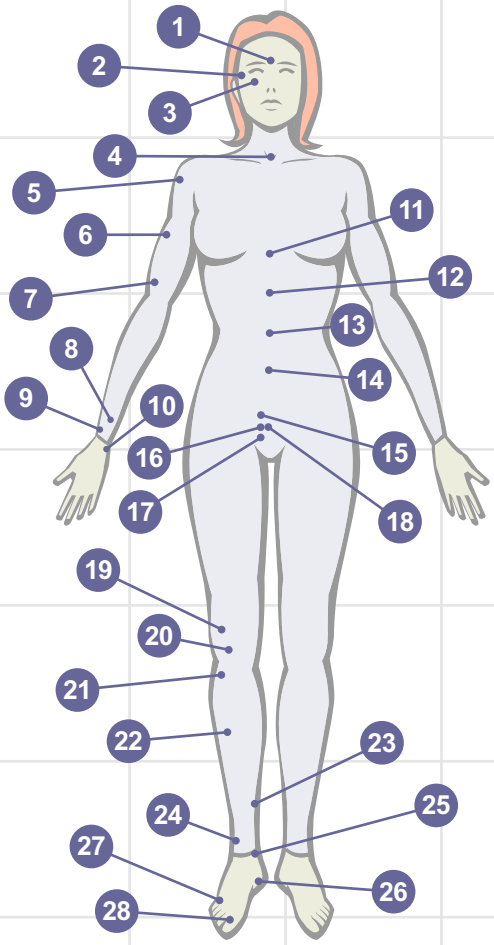
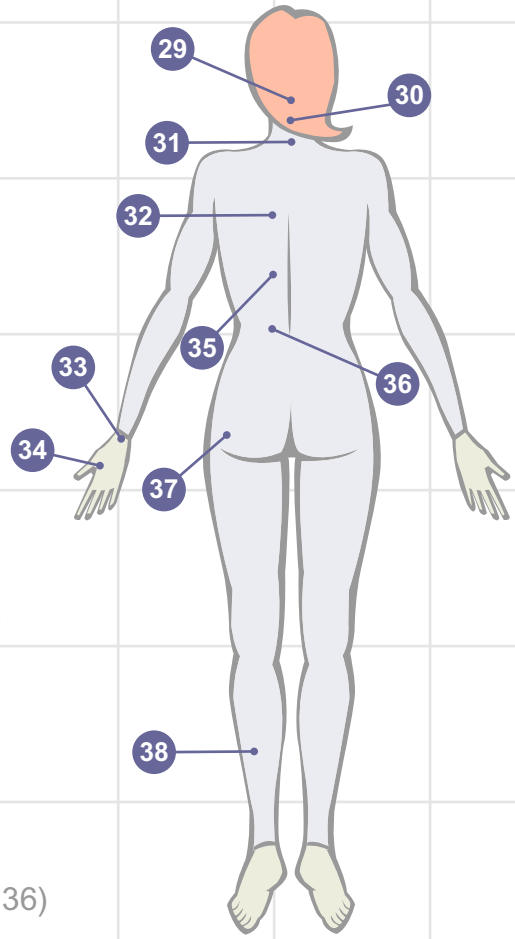
Acupressure chart



Stress (8, 10, 11, 20, 23, 32)
General headache (1, 29, 33, 34)
Headache at the temples (2, 33)
Insomnia (8, 10, 23, 25, 32)
Nausea and vomiting (8, 10, 20)
Fatigue (13, 18, 20, 34)
Sexual problems (8, 18, 20, 23, 25, 36)
Weight loss (12, 13, 14, 6)
Quitting smoking (4, 9, 11, 20, 26)



Common cold (3, 9, 31, 34)
High blood pressure (20, 23, 25, 28, 35)
Joint aches (7, 21, 24, 27, 33)
Neck pain (24, 29, 30, 33)
Shoulder pain (5, 7, 22, 38)
Hip pain (21, 24, 37)
Knee pain (19, 21, 24)
Menstrual problems (15, 16, 17, 18, 23, 36)