

5 ELEMENT PATCH PLACEMENT PROTOCOL
White + Yang **Tan / Left - Yin**

DAY 1 : Wood **White / Right + GB 41*** **Tan / Left - Lv 3**
GB 41 Above Tears*

On the top of the foot, one inch above the webbing of the 4th and 5th toes in the groove between the bones

Relieves hip pain, shoulder tension, arthritic pain that moves thru out the body, headaches, sideaches, water retention and sciatica

Lv 3 Bigger Rushing

On the top of the foot, in the valley between the big toe and second toe

Relieves fainting, dizziness, fatigue, headaches, confusion, nausea, irritability, eye fatigue, hangovers, allergies

DAY 2 : FIRE **White/ Right + TW 5*** **Tan / Left - P6***
TW5 Outer Gate

2 1/2 finger widths above the wrist crease on the outer forearm, midway between the two bones of the arm

Relieves rheumatism, tendonitis, wrist pain and shoulder pain

P 6 Inner Gate

In the middle of the inner side of the forearm, 2 1/2 finger widths up from the wrist crease

Relieve nausea, anxiety, palpitations, wrist pain

DAY 3 : EARTH **White/ Right + St 36** **Tan / Left - Sp4***
St 36 3 Miles Running

4 finger widths below the kneecap, one finger width to the outside of the leg/shinbone. If you are on the correct spot a muscle should flex as you move your foot up and down

Strengthens the body, benefits the joints, relieves fatigue and general weakness, improves muscle tone and endurance, aids digestion, relieves knee pain, shin splints

Sp 4 Grandfather, Grandson

In the upper arch of the foot, 1 thumb width from the ball of the foot

Relieves PMS, bloating, abdominal cramps

DAY 4 : METAL **White / Right + LI 4** **Tan / Left - Lu 7***

LI 4 Joining the Valley (Hoku) > In the webbing between the thumb and index finger at the highest spot of the muscle when the thumb and index finger are brought close together

Relieves pain and inflammation in the hand, wrist, elbow, shoulder and neck.
Can also reduce headache pain, toothaches, shoulder pain and relieve constipation

Lu 7 Broken Sequence

Located in the slight depression at the origin of the lower arm bone on the thumb side, about 1 thumbs width up from the wrist crease

Addresses lung weaknesses, asthma, tonsillitis, bronchitis with cough, nasal discharge, sore throat, wrist weakness

ALTERNATE METAL POINTS : White/ LI 11

Tan / Lu 1

LI 11 Crooked Pond

On the upper edge of the elbow crease in the fleshy part of the lower arm muscle bulge formed when you bend your elbow

Lu 1 Letting Go

On the outer part of the upper chest, 4 fingers widths up from the armpit crease and 1 finger width inward Below the clavicle / collarbone

Relieves breathing difficulties, chest tension and congestion, emotional tensions, coughing, asthma and skin disorders

DAY 5 : WATER

White + / Right B 62*

Tan - / Left K3

B62 Calm Sleep

Directly below the outer anklebone, in the first indentation, approx. 1/3 the distance from the outer anklebone to the bottom of the heel

Relieves heel pain, ankle pain, insomnia, general foot pains, can also relieve back pain that causes difficulty sleeping

K3 Bigger Stream

Midway between the *inside* anklebone and the Achilles tendon in the back of the ankle > straight back from anklebone

Relieves swollen feet, ankle pain, earaches, ringing in the ears, back pain
Also good for wisdom tooth pain

REGULAR 4 POINT BROCHURE PROTOCOL

(3/7 Day Fast Start Program)

Patches are placed on both sides of the body at these locations

> white on right , tan patch on left

DAY 1 & 6:

P 6 Inner Gate*

In the middle of the inner side of the forearm, 2 1/2 finger widths up from the wrist crease

Relieve nausea, anxiety, palpitations, wrist pain

DAY 2 :

St 36 3 Miles Running

4 finger widths below the kneecap, one finger width to the outside of the leg/shinbone If you are on the correct spot a muscle should flex as you move your foot up and down

Strengthens the body, benefits the joints, relieves fatigue and general weakness, improves muscle tone and endurance, aids digestion, relieves knee pain, shin splints

DAY 3 & 7 :

Lu 1 Letting Go

On the outer part of the upper chest, 4 fingers widths up from the armpit crease and 1 finger width inward Below the clavicle / collarbone

Relieves breathing difficulties, chest tension and congestion, emotional tensions, coughing, asthma and skin disorders

DAY 4 > No Patches

DAY 5 :

K3 Bigger Stream

White Patch on Right Ankle / Tan Patch on Left Ankle

Midway between the *inside* anklebone and the Achilles tendon in the back of the ankle > straight back from anklebone

Relieves swollen feet, ankle pain, earaches, ringing in the ears, back pain
Also good for wisdom tooth pain

DAY 6: See placement for Day 1

DAY 7 : See placement for Day 3

ALTERNATE FOR DAY 7 : Inner & Outer Gate Points

White + / Right TW 6

Tan - / Left K3

(Also excellent for jet lag, travel across time zones)

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CV 17 Sea of Tranquility

On the center of the breastbone, 3 thumb widths up from the base of the bone

Relieves nervousness, anxiety, chest tension, anguish, depression, hysteria and other emotional imbalances

It's interesting that many of these points are also used by acupressure therapists for strengthening the Immune System and so going through this rotation could have far reaching benefits to improved resistance to colds and flu, improvement of immune function for those suffering from chronic fatigue, fibromyalgia, chemotherapy exhaustion, adrenal exhaustion and more.

RESOURCE: Acupressure's Potent Points: A Guide To Self-Care for Common Ailments
- Michael Reed Gach, 1990

For more information/specifics on acupressure points and placement contact:
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