

# Acupuncture Guide

Please follow the simple guide to find your condition and locate the relevant points of acupuncture. When treating a condition for which more than three points are listed, start by trying out the first three points. If the effect is not satisfactory, vary the points until you find the best combination for you. Click 20 – 25 times on each acupoint you are treating.

When treating migraine or headache, you must apply stimulation to the opposite side of the body. If the headache or migraine is on the right side of the head, you should apply stimulation to the left side of your body, for example on the left arm or the left hand.

Below is the list of conditions and corresponding acupoints (numbered). Match the condition to the appropriate acupoint.

## Head and neck

- Head injury or pain: 8, 3, 7, 6, 2, 10, 1, 11, 20, 23
- Headaches:
  - in general: 1, 3, 7, 4, 6, 2, 10, 11, 19, 20
  - migraine: 1, 7, 12
- Throat: 10, 3, 14, 1, 7, 12
- Toothache: 4, 1, 18, 21
- Ears: 3, 1
- Neuralgia: 4
- Neck: 8, 1, 7, 16, 17, 26, 23
- Neck whiplash: 8, 4, 1, 7

## Torso

- Chest: 3, 2, 1, 7
- Abdomen:
  - upper: 5, 6
  - lower: 9, 5, 6, 2, 19
- Ovaries and uterus: 8, 13, 5, 6
- Menstruation: 13, 5, 2, 15, 26, 19
- Testicles: 4, 5, 6
- Urinary tract /genitals: 13, 25, 26, 19
- Hernia: 5, 6, 19
- Sciatica: 9, 4, 5, 6, 24, 22
- Muscle cramps: 25
- Muscle pain from straining or twisting: 4
- Lungs: 7
- Stomach: 8, 5, 6, 2
- Backache:
  - in general: 9, 4, 5, 6, 17, 20, 22, 23
  - upper back: 17, 22, 23, 9, 4
  - lower back: 4, 5, 6, 20
- Lumbago: 9, 4, 5, 6, 14, 1, 7, 24

## Arms and legs

- Arms: 8, 3, 2, 12, 17, 23
- Arthritis/arthrosis, gout: Use Pain®Gone at the site of the pain
- Legs: 9, 4, 5, 6
- (Nocturnal) leg cramps: 4
- Thighs: 9
- Elbows: 8, 3, 2, 14, 1, 23
- Ankles: 4, 5, 6, 1, 25, 18, 19, 20
- Hands: 3, 2, 10, 1, 12
- Hips: 4, 5, 6
- Knees: 9
- Armpits: 2, 12
- Forearms: 8, 2, 10, 1, 12
- Wrists: 7, 3, 12
- Shoulders: 8, 3, 2, 14, 1, 7, 17, 26
- Fingers: 10, 3, 2, 1, 12
- Feet: 4, 5, 6, 1, 25, 18, 19, 20

