

HIGH CHOLESTEROL POINTS

Liv3 This lies between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web.

S36 This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone.

P6 This lies two thumb's width up from the palm wrist crease towards the elbow, directly in the centre between the two tendons.

Li11 This lies 2cm beyond the end of the outer elbow crease with the arm bent.

Ear Point Ear point on the left hand side only.

