

MASTER/COUPLE TREATMENT FOR RELAXING THE REN

- The south pole - the smooth, unmarked side - of the magnet always faces the skin. (*"Smooth-side skin"*)
- All treatments are bilateral i.e. both sides of the body.
- Cords are applied to master and couple points on the same side of the body. They are never crossed from side to side.
- Treatments should last between 20 to 45 minutes.
- Magnets are taped on the body.

To relax Ren:

1. Place magnets on Lu 7* on left and right arm. (*Master points*) Press magnets 7 times.
2. Place magnets on K 6 on left and right foot. (*Couple points*) Do not press magnets.
3. Place black leads of the ion pumping cords on Lu 7* on left and right hand.
4. Place red leads of the ion pumping cords on K 6 on left and right foot. (*Do not cross cords*)



How to locate Lu 7* and K 6



Lu 7*

*(This is an alternative location for this point):
One and one half body inches above the wrist crease, on the inner aspect of the forearm below the thumb, in the depression on the lateral side of the radial artery.



K 6

In a depression, one body inch (one thumb width) below the inner ankle bone (medial malleolus).