

MASTER/COUPLE TREATMENT FOR RELAXING THE YANGQIAO

- 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 Yangqiao:

1. Place magnets on UB 62 on left and right foot. (*Master points*) Press magnets 7 times.
2. Place magnets on SI 3 on left and right hand. (*Couple points*) Do not press magnets.
3. Place black leads of the ion pumping cords on UB 62 on left and right foot.
4. Place red leads of the ion pumping cords on SI 3 on left and right hand. (*Do not cross cords*)



How to locate UB 62 and SI 3



UB 62

In a depression directly below the outer ankle bone (external malleolus).



SI 3

When making a fist, this point is located on the outer edge of the hand, in a depression behind the knuckle of the little finger, at the juncture of the red and the white skin.