

AcuDetox/AcuWellness Points

1 SYMPATHETIC:

Relaxes muscles & calms nervous system

2 SHEN MEN:

Calming, reduces cravings, anxiety, & insomnia

3 KIDNEY:

Provides access to emotional reserves, clears blood, & reduces fear

4 LIVER:

Helps detoxify, reduces anger, & depression

5 LUNGS

Helps detoxify & restore joy



SYMPATHETIC (1):

Body Level: Balances the sympathetic nervous system, has a strong analgesic and relaxant effect upon internal organs and dilates blood vessels.

Mind Level: Reduces epinephrine/norepinephrine levels of relaxation.

Spirit Level: Calms the spirit, provides serenity (Yin time).

SHEN MEN (2):

Body Level: Alleviates pain, tension, excessive sensitivity, and reduces hypertension.

Mind Level: Calms the mind and relieves anxiety, depression, insomnia, and restlessness.

Spirit Level: Opens connection to spirit, one's heart, and opens the ability to love self and others.

KIDNEY (3):

Body Level: Stimulates the physiological and hormonal functions.

Mind Level: Influences the mental state of happiness and relieves fear.

Spirit Level: Reminds one of their own will and intention to overcome the addictions and allows one to hear the positive.

LIVER (4):

Body Level: Stimulates the physiological and hormonal functions and relieves muscles and cramps.

Mind Level: Aids in clear thinking and decision making, relieves frustration, depression, and anger.

Spirit Level: Helps on connect with their internal self and find direction in their life.

LUNG (5):

Body Level: The lung is an important organ for detoxification and regulates pores.

Mind Level: Aids in regulation of grief/sadness, improves sense of connection, sense of self respect, and sense of integrity.

Spirit Level: Reminds one of the connections with heaven and provides inspiration.