



**Large Intestine 4 A very strong "Qi" moving point.
Connected to the Large Intestine Meridian**

This point is powerful! It is a very common point used to treat the head and face, but also pain anywhere in the body.

LI4 TREATS:

- Headaches
- Sinus Infections
- Toothache
- Redness and swelling of the eyes
- Swelling or puffiness in the face
- Constipation
- General pain point (relieves stagnation)

Location of LI4:

LI4 is found on the dorsum of the hand, between the 1st and 2nd metacarpal bones. (Between the thumb and index finger in the the fleshy part of the muscle.)

To treat this point, I want you to first connect to your breath. Then begin to apply pressure with your opposite hand. You can apply a constant appropriate pressure or pulsating pressure, as if you are pressing a button. You are in control of the treatment, so do what feels right and comfortable. It is recommended to treat both hands. Breathe and hold each point with positive intent, for about 10 minutes, and you should begin to experience some relief from symptoms. You can always have a friend or partner holds this point for you, which allows you to relax and breathe with greater ease.