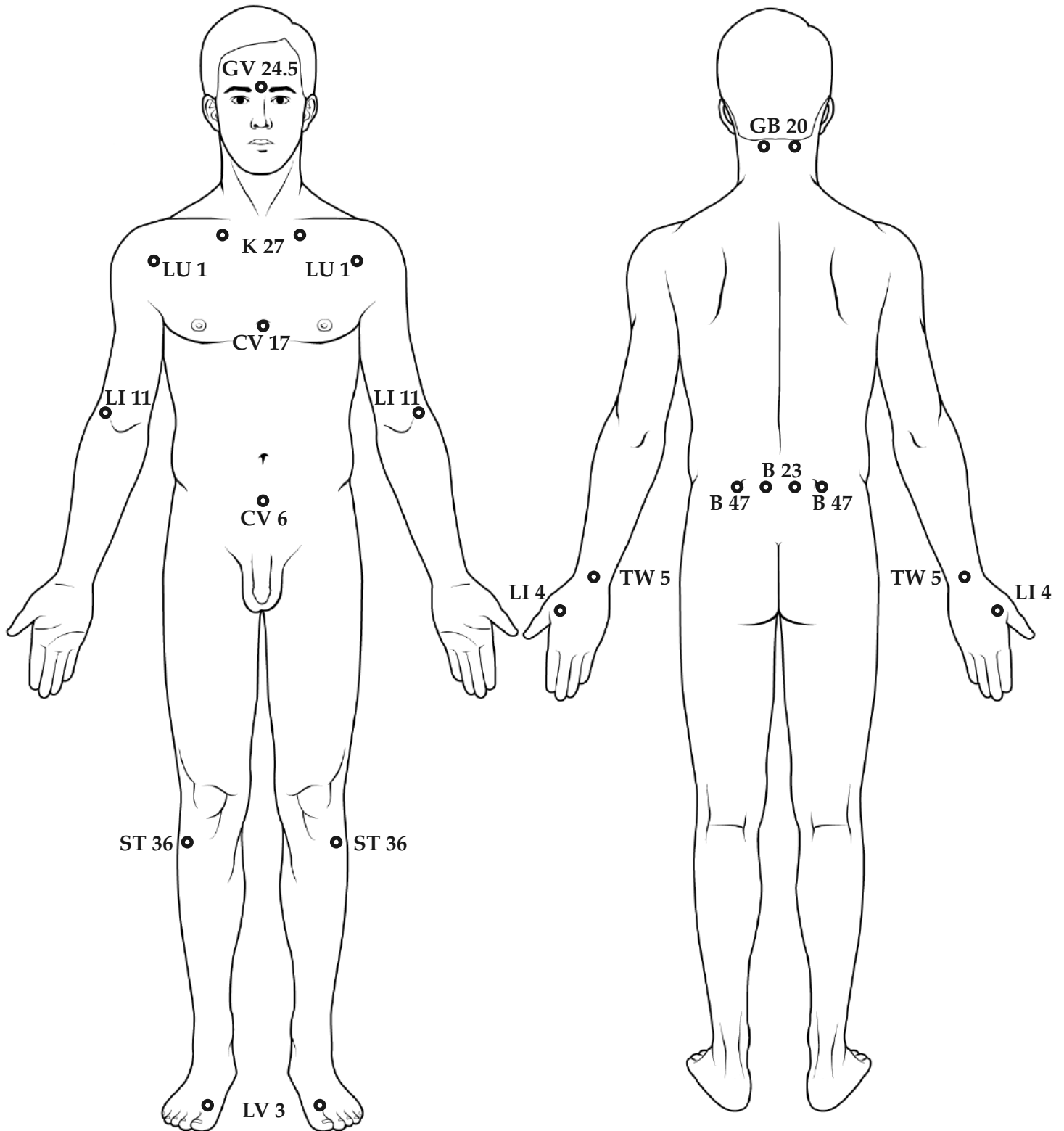


POSITIVE POINTS

12 Acupressure Self Care Power Points
for common conditions related to HIV/AIDS



THE IMMUNE BOOSTING FLOW FOR HIV/AIDS

This flow is specifically designed to treat clients with HIV/AIDS to address the most common complaints connected to this condition: immune system weakness; fatigue; digestive issues; depression; neuropathy, and muscular pain. The **Immune Boosting Flow for HIV/AIDS** works with the key Acupressure points known to have impact on these conditions.

When followed with the Basic Shoulder and Neck Release and Final Grounding, this protocol addresses additional points known to help relieve muscular pain (SI 10 / GB 21/ B 62 / GB 41)

Master Points: TW 5 B 62 GB 41

Base (Anchor) Points: Hold both points at once

- Lower Back: B 47
- Base of Skull: GB 20

Main Release Pattern:

1. UH - B 47** (both sides)
2. LH - Lv 3*
3. LH - ST 36**
4. LH - CV 6**

5. UH - GB 20 (both sides)
6. LH - LI 4*
7. LH - TW 5*
8. LH - LI 11**
9. LH - CV 17***
10. LH - Lu 1
11. LH - K 27** (both sides)
12. LH - GV 24.5

Basic Shoulder and Neck Release:

1. SI 10
2. GB 21
3. B 10***
4. GB 20

Final Grounding:

Massage both feet with special attention to holding points GB 41 and B 62 on each foot. Close by gently holding both feet and slowly releasing.

* Energy Gates: these points open energy blocks

** Tonic Points: these points revitalize the whole system

*** Calming Points: these points calm the body