



[Contents]

20 MINUTES HEALTH COACHING MANUAL

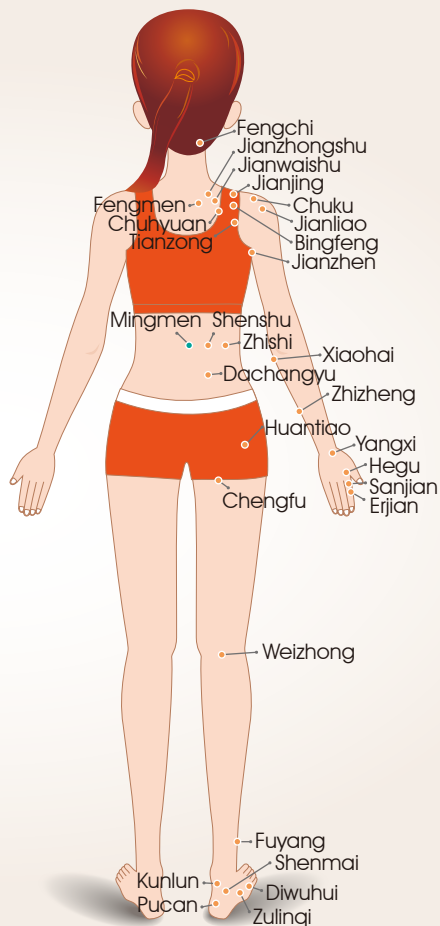
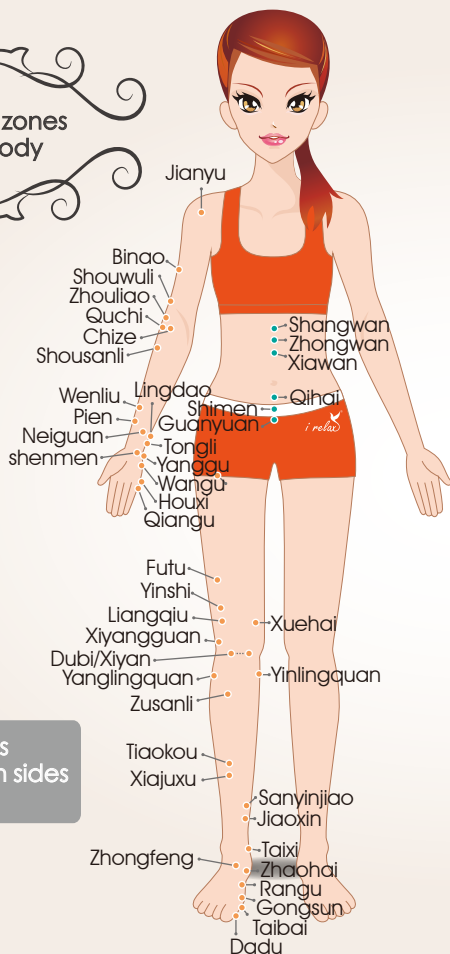
by Doctors

**Complete Chart
for
Acupressure Zones**

01	Neck and shoulder pain.....	P4
02	Stiff neck	P5
03	Frozen shoulder.....	P6
04	Backache, flash back.....	P7
05	Tennis elbow.....	P8
06	Computer hand, DeQuervain's syndrome.....	P9
07	Peripheral nerve paralysis-Hand.....	P10
08	Peripheral nerve paralysis-Foot.....	P11
09	Plantar fasciitis.....	P12
10	Thigh and calf pain.....	P13
11	Knee pain.....	P14
12	Release tiredness.....	P15
13	Insomnia.....	P16
14	Premenstruation syndrome.....	P17
15	Menopause.....	P18
16	Facial revival.....	P19
17	Body firming.....	P20
18	Arms and legs firming.....	P21



Acupressure zones chart for body



● Singular points
● Points on both sides of body

1. Neck And Shoulder Pain

5 zones to relax the shoulder muscles, active blood, soothes pain

Intensity: ●●●●●4567●●●●●



A: Relieve neck, shoulder muscle stiffness, pain, spasticity

B: Ease neck pain
(Press by hand)

C: Relieve stiff neck

D: Treat muscle pain on neck, relieve cramps

E: Treat shoulder & back pain



2. Stiff Neck

5 zones to relieve stiff neck discomfort

Intensity: ●●●●●4567●●●●●



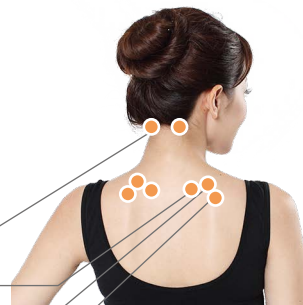
A: Relieve neck, shoulder muscle stiffness, pain, spasticity

B: Ease neck pain
(Press by hand)

C: Relieve neck and back pain

D: Treat neck muscle pain, cramps

E: Reduce shoulder stiffness



3. Frozen Shoulder

7 zones to relieve shoulder pain and discomfort

Intensity: ●●●●●4567●●●●●



4. Backache, Flash Back

6 zones to relieve back pain, muscle spasms

Intensity: ●●●●●5678910



5. Tennis Elbow

4 zones to treat elbow pain and discomfort

Intensity: ●●●●456●●●●●

For hand: ●23●●●●●●●●●●

A: Ease pain on elbow and arm



B: Reduce joint discomfort on elbow

C: Relieve tension elbow

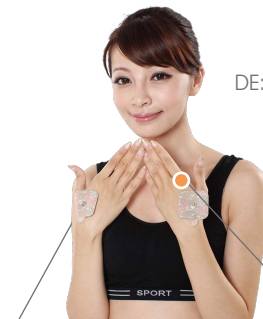
D: Soothing wrist and forearm pain

6. Computer Hand, DeQuervain's Syndrome

7 zones to relieve pain and discomfort on palm, wrist, arm

Intensity: ●●●●4567●●●●●

For hand: ●23●●●●●●●●●●



A: Soothing numbness on finger and palm

B: Improve blood circulation

C: Ease wrist and forearm pain

DE: Improve hand joint disorders



F: Loosen tight muscles

G: Reduce the shoulder, elbow, arm pain

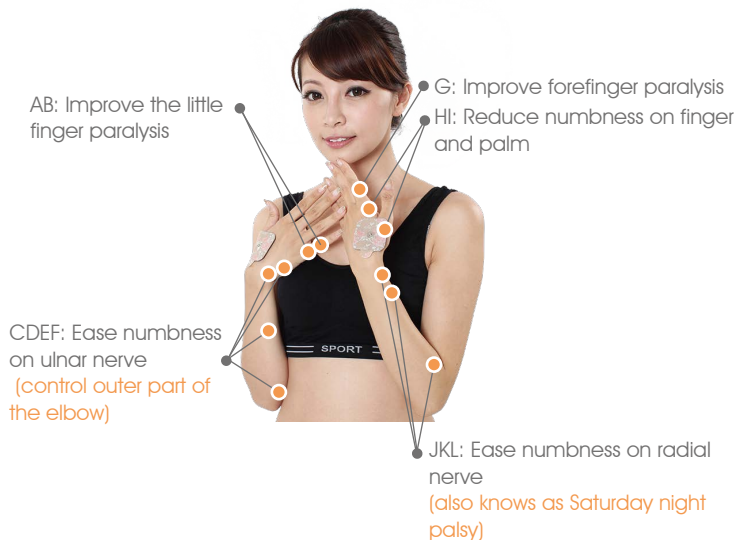
7

Peripheral Nerve Paralysis-hand

12 zones to improve paralysis on hand and arm

Intensity: ●●●●456●●●●●●

For hand: ●23●●●●●●●●●●



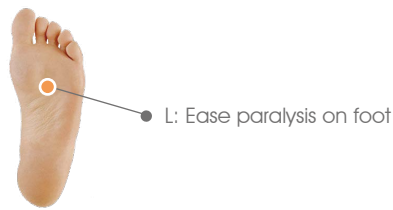
8

Peripheral Nerve Paralysis-foot

9 zones to improve paralysis on foot

Intensity: ●●●●4567●●●●●

A: Soothing paralysis on leg ● B: Improve blood circulation ●



9. Plantar Fasciitis

7 zones to treat pain on sole of the foot

Intensity: ●●●●●5678●●



10. Thigh And Calf Pain

9 zones to relieve leg ache

Intensity: ●●●●●5678●●



11. Knee Pain

6 zones to relieve pain on knee joint

Intensity: ●●●●●5●6●7●8●●●

AB: Ease knee pain



C: Improve blood circulation for leg

D: Relieve knee pain

EF: Help knee joint disorders

12. Release Tiredness

6 zones to improve neurasthenia and reduce fatigue

Intensity: ●●●3●4●5●6●●●●●●

A: Treat physical weakness

BD: Improve neurasthenia

C: Reduce fatigue



E: Improve nervous breakdowns

F: Enhanced body strength, good for kidney



13. Insomnia

6 zones to stimulate the body metabolic cycle, solve insomnia problem

Intensity: ●●●●●5678●●



14. Premenstruation Syndrome

6 zones to treat menstrual discomfort

Intensity: ●●●●●5678●●



Menopause

4 zones to improve menopausal syndrome

Intensity: ●●●●●567●●●●



B: Treat body weakness, adjust hormonal

D: Improve irregular heartbeats, insomnia

16 Facial Revival

4 zones to stimulate the body metabolic cycle,
improve dull skin for healthy and beautiful
complexion

Intensity: ●●●●●5678●●



- C: Prevent aging, enhanced body strength, good for kidney

- D: Improve blood circulation

17. Body Firming

9 zones to eliminate belly fat, firming body shape

Intensity: ●●●●●5678●●●



I RELAX 20

18. Arms And Legs Firming

7 zones to firm your arms and legs

Intensity: ●●●●●5678●●●



21 I RELAX