
Acupuncture

Massage

*with the
E-Power
Machine*



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ACUPUNCTURE MASSAGE WITH THE E-POWER AND ENERGY WAND



The E-Power Machine is a powerhouse for balancing the 8 main systems of the body. It generates negative potential energy for the body to absorb. This energy is what our cells need to function at their best.

When you use the E-Power Machine with the Energy Wand, you are able to harness the healing power of acupuncture.

Acupuncture helps manage pain, reduce symptoms from common concerns, and can help slim and shape the body.

Enjoy this E-Book sharing the acupuncture points for massage that will help to increase your wellness.





Energy Wand

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- Use the Energy Wand to target acupuncture points as illustrated throughout this E-Book. Make sure you set up and use the E-Power per the instructions - "How to Use the E-Power".
- Make direct contact with your skin in the area of the acupuncture point using the Energy Wand.
- Tap each area with the Energy Wand 10 times.
- Comb each area with the Energy Wand 10 times.

1.Reduce Headache



Acupuncture Point: Fengchi (GB 20);
Indications: Headache, common cold, nasal congestion, rigid or painful neck, dizziness, vertigo...

2. Relieve Dizziness



Acupuncture Point: Baihui (DU 20);
Indications: Dizziness; headache; tinnitus; visual dizziness; nasal congestion...

3. Reduce Migraines

Acupuncture Point: Taiyang (EM 5);
Indications: Migraine, unilateral headache, redness, swollen or painful eyes...

4. Reduce shoulder and neck pain





Acupuncture Point: Jianjing (GB 21);
Indications: Shoulder pain, soreness, rigid or painful neck, and limited movement in the shoulders and arms



How to Stimulate Acupuncture Points with the E-Power and Energy Wand


5. Reduce back pain



SOQI®

Acupuncture Point: Wei Zhong (BL 40);
Indications: Back pain, lumbar pain, muscle spasm, and weakness of the lower extremities...


6. Reduce lower back pain



SOQI®

Acupuncture Point: Shenshu (BL 23);
Indications: Lumbar pain, low back pain, weakness of knees...


7. Reduce knee pain



SOQI®

Acupuncture Point: Dubi (ST 35);
Indications: Knee problems, swelling and pain of the knee joint, limited knee mobility, and weakness of lower leg.


8. Reduce lower leg pain



SOQI®

Acupuncture Point: Zusanli (ST 36);
Indications: Lower leg pain, swelling and pain around the knee joint, and muscle weakness in the lower leg.


9. Reduce elbow pain



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Acupuncture Point: Quchi (LI 11);
Indications: Pain in elbow, weak grip, tennis elbow or sports injury, muscle weakness or tenderness.

10. Reduce arthritic hand pain





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Acupuncture Point: Yangchi (TE 04);
Indications: Pain in the wrists, arms, and shoulders.



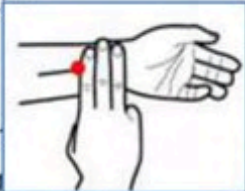

How to Stimulate Acupuncture Points with the E-Power and Energy Wand (Session Two: For Common Illnesses)

11. Increase Sleep Quality





Acupuncture Point: Daling (PC 07);
Indications: Sleep deprivation, poor sleep,
and racing or anxious thoughts...

12. Control Blood Pressure





Acupuncture Point: Neiguan (PC 06);
Indications: High blood pressure, chest tightness,
heartache, palpitations, stroke...

13. Control Blood Sugar



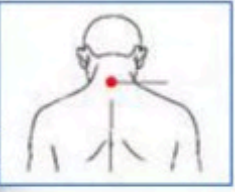

Acupuncture Point: Rangu (KI 02);
Indications: High or low blood sugar, diabetes,
intense thirst, and dry mouth...

14. Reduce High Cholesterol





Acupuncture Point: Fenglong (ST 41);
Indications: High cholesterol, Hypertension, cough/cold...

15. Cold and Flu Prevention



Acupuncture Point: Dazhui (DU 14);
Indications: Cold or flu, especially in children, asthma,
or fever...

16. Control Asthma



Acupuncture Point: Yuji (LU 10);
Indications: Asthma, cough, sore throat, loss of voice,
fever, feverish sensation on the palms....

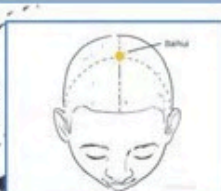



17. Reduce Frequent Urination





Acupuncture Point: Taixi (KI 03);
Indications: Frequent need to urinate, deafness, tinnitus, irregular menstruation, lumbar pain...

18. Reduce Hair Loss





Acupuncture Point: Baihui (DU 20);
Indications: Hair loss, palpitations, forgetfulness, dementia and insomnia...

19. Warm Cold Hands and Feet





Acupuncture Point: Hegu (LI 14);
Indications: Cold hand and cold feet, head and facial pain, general pain...

20. Improve Gynecological Problems



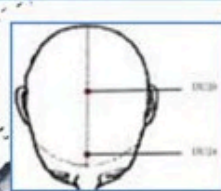

Acupuncture Point: Sanyinjiao (SP 06);
Indications: Irregular menstruation, dysmenorrhea, enuresis, dysuria...

21. Relieve Constipation





Acupuncture Point: Qihai (RN 06);
Indications: Constipation, abdominal pain, diarrhea, indigestion, and vomiting...

22. Improve your Memory





Acupuncture Point: Shenting (DU 24);
Indications: Memory loss, forgetfulness...

23. Reduce or Relieve Chest Pain



Acupuncture Point: Tanzhong (RN 17);
Indications: Chest pain and oppression of the chest, cardiac pain, palpitations...

24. Address Menopausal Problems




Acupuncture Point: Shenmen (HT 07);
Indications: Menopause symptoms- hot flushes, difficulty sleeping, feel tired and irritable, palpitations...



How to Stimulate Acupuncture Points with the E-Power and Energy Wand

(Session Three: Beauty & Slimming)


25. Tighten Facial Skin



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Acupuncture Point: Jiache (ST 06);
Indications: Round or full cheeks, swelling of the cheeks, neck, or chin, toothaches and/or jaw pain...

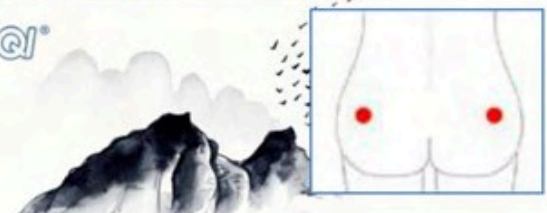
26. Reduce Wrinkles



SOQI®

Acupuncture Point: Quanliao (SI 18);
Indications: Sagging facial skin, wrinkles, loose skin, or facial paralysis...


27. Shape Your Thighs



SOQI®

Acupuncture Point: Huantiao (GB 30);
Indications: Weakness or numbness in the lower extremities, pain in the lower back and legs, excessive weight gain in the thighs...


28. Reduce Excess Belly Fat



SOQI®

Acupuncture Point: Tianshu (ST 25);
Indications: Abdominal fat and stomach distension, constipation, diarrhea, and irregular menstruation...


29. Prevent Weight Gain



SOQI®

Acupuncture Point: Daimai (GB 26);
Indications: Waist obesity and menstrual related pains, cramping, bloating a/or migraines...

30. Eliminate Excess Arm Fat



SOQI®

Acupuncture Point: Shaohai (HT 03);
Indications: Excess arm fat, elbow pain, and limited movement in the elbow joints...



Below is more information on the E-Power Machine.

- [How to Use the E-Power Machine](#)
- [Energy Wand](#)
- [Skin Rejuvenation Facial with the E-Power Machine](#)



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