

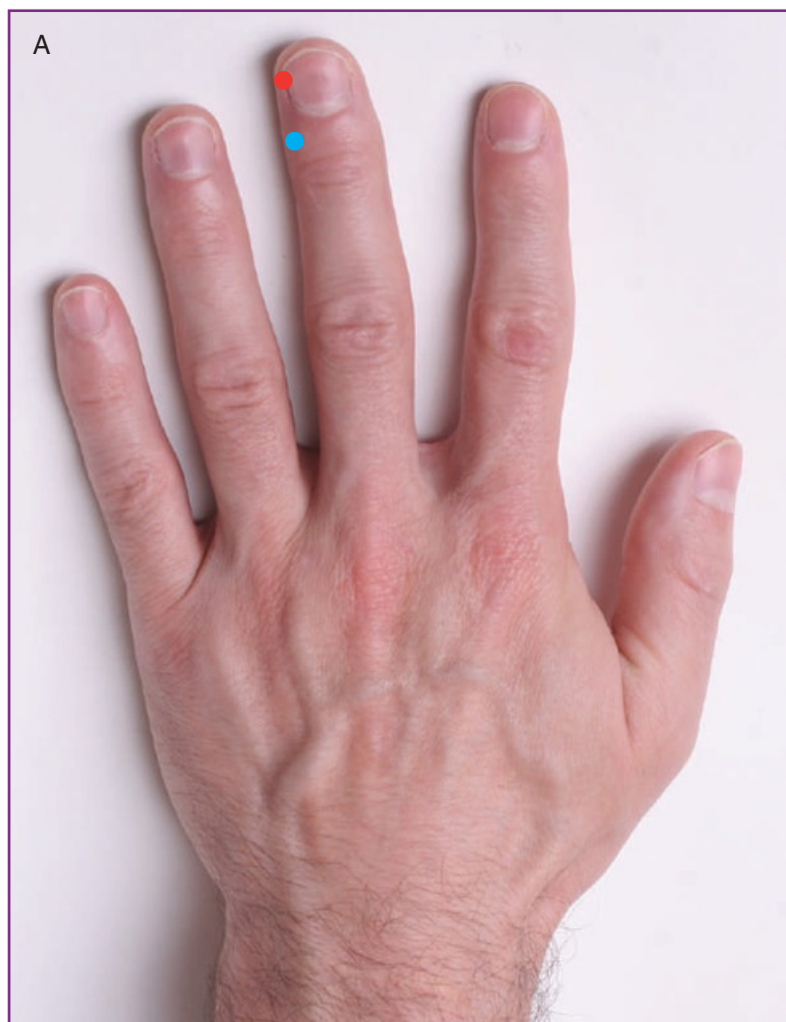
Migraine protocol

hemi-crania

Explanation:

When Yang energy rises to collect in the upper body, protocol the Sishen Cong (photograph B) reduces excess Yang, alleviating pain and inflammation.

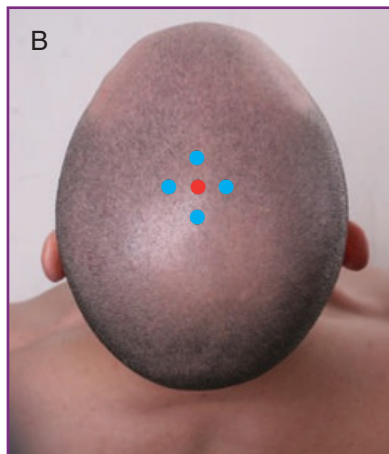
Hand Trigger Points: (30 seconds)



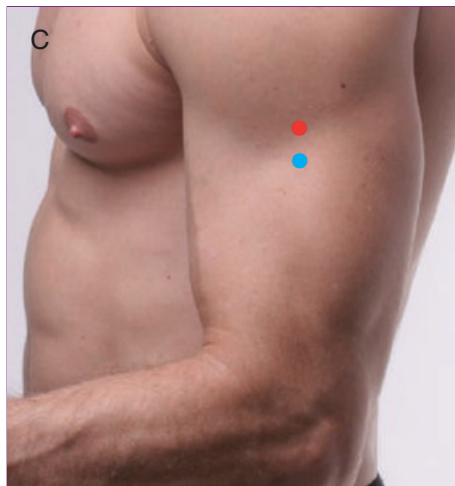
Migraine protocol

hemi-crania

Body Trigger Points :
(Blue at 12, 3, 6 and 9 o'clock
for 15 seconds each)



Master Points:
(90 seconds)



5 Element Points:
Metal Yang / Full (30 seconds each)

