



Thank you for your order!

How to Apply Your Body Seeds

1. **Clean the Area:** Use 70% rubbing alcohol to thoroughly clean the area where you will apply the body seed. Let it dry completely.
2. **Select Your Points:** Refer to the images below to choose your points.
3. **Apply the Body Seed:** Carefully place a body seed on the selected point, holding in place for a time to ensure it adheres securely to the skin.
4. **Enjoy Long-Lasting Support:** Body seeds can stay in place for 3-5 days, even during regular daily activities like showering or exercising.

Pro Tip: Gently press on body seeds periodically to enhance their stimulation.

Improve Lung Function

1. Find the meaty part of your palms at the base of your thumbs.
2. This area is near acupuncture point Lung 10. It activates your lung function by cooling heat in your lungs and relieving throat discomfort.



Whole Body Nourishment

1. Place 4 fingers from the tip of your inside ankle. The point should be just below your tibia bone.
2. This is acupuncture point Spleen 6. It is good for any kind of dryness .
Avoid using when pregnant.



Menstrual Problems

1. Find this point on the inner side of your lower leg about halfway between the Achilles tendon and the inner ankle bone.
2. This is acupuncture point Kidney 4. It is good for all kinds of menstrual problems, low energy, stiff back, and heel pain.



Digestion



1. Measure 4 fingers down from your kneecap, and move just off the bone towards your outer leg.
2. This is ST 36 which strengthens the Stomach and Spleen functions. These are central to digestion in Traditional Chinese Medicine (TCM).

Constipation

1. Find your wrist crease and move two thumb widths up the arm toward the elbow.
2. Acupuncture point SJ 5 promotes the flow of Qi and relieves stagnation, particularly in the upper and middle parts of the body. SJ 5 releases blocked energy, smoothing digestion and supporting bowel movement.



Urgent Bowels, No Toilet

1. On your outer arm, find a point 4 fingers from the wrist crease, right under the bone.
2. This acupuncture point is called Intestine Gate. Pressing down on it can help hold off urgent bowel movements.



Anxiety

1. Turn your palm up and look at the inside of your wrist. Find the place three finger widths up from the wrist crease and between the two tendons in the center of your arm.
2. This point is PC 6 - known for its calming effects, especially for nausea, anxiety, and stress.



Pain

1. Squeeze your thumb against your index finger and find the highest point on the bump.
2. This point is Large Intestine 4 (LI4) and is a key point for whole body pain, especially head and neck.
Avoid using when pregnant.



Stiff Neck

1. Make a loose fist. Find the point where the pink and white skin meet, below the knuckle.
2. This is acupuncture point SI 3. It relaxes tendons and helps clear blocked energy from the back of the neck.





Frozen Shoulder

1. Find the spot roughly halfway between the knee and ankle joint, along the front side of the leg. Then, measure a finger width away from (outside) the tibia bone.
2. ST 38 is a special "empirical point", meaning it has been discovered through centuries of clinical practice to be especially effective for specific conditions—in this case it is well known for treating frozen shoulder.

Back Pain

1. Start between your second and third knuckle. Slide down all the way until you hit bone and press down. Find the same point between your fourth and fifth knuckle.
2. These points are called “Yao Tong”, which translates to ‘back/hip sore.’ These points are especially good for if it is hard to get up from bending over.



Hemorrhoids

1. Lift your heel and on the back of the leg, find the center of the calf muscle.
2. UB57 is a primary acupuncture point for hemorrhoids and can also aid with constipation, as straining during bowel movements often aggravates hemorrhoids.

