**TIP OF THE WEEK** point P.C. 6

**Location:** *On the anterior forearm, 3 fingers superior to the transverse wrist crease, between the tendons of palmaris longus and flexor carpi radialis muscles.*



*Push on the point with a finger, closed pen or narrow blunt object for up to 3 minutes.*

***Treats:*****•** Nausea**•**Abdominal Fullness**•** Abdominal Pain**•** Arm Contraction**•** Arm Pain**•** Asthma**•** Cardiac Arrhythmia

**•** mourning sickness**•** Cardiac Pain**•** Chest Discomfort

**•** Chest Pain**•** Elbow Problems**•** Fever**•** Headache Migraine

**•** HiccoughHypochondriac Region Pain**•** Hysteria**•** Insomnia

**•** Jaundice**•** Memory Impaired**•** Menses Irregular**•** Mental Disorders**•** Metabolic **•** Vomiting**•** Palpitations**•** Seizures

**•** Stomach Pain**•** Surgical Pain or Post Surgical Shock

**•** motion sickness