**TIP OF THE WEEK** point L.I.

**L. I. 4 is a very strong point for pain, especially in the head or intestines. Often used for anesthesia and dental work.**

**Indications:**

* Head and face pain: headache and bodyache, dizziness, congestion, swelling and pain of the eye, nasosinusitis, epistaxis (nosebleed), toothache in the lower jaw, trismus (lockjaw), deafness, mumps, swelling of the face, facial paralysis, facial tic, swelling of the pharnyx.
* Aversion to cold, fever, febrile disease
* Dysmenorrhea, amenorrhea, dystocia (difficult or abnormal labor/childbirth).
* Gastric pain, lower abdominal pain, constipation, diarrhea, dysentery.
* Hemiplegia, finger spasm, pain in the arm, infantile convulsion.
* Every type pf pain and psychogenic tense.
* Use in conjunction with LIV 3 (the Four Gates) in order to alleviate pain.

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| *Push on the point with a finger, closed pen or narrow blunt object for up to 3 minutes.* |
| http://www.acupuncture.com/images/li4.jpg  **Location:**  On the dorsum of the hand, between the 1st and 2nd metacarpal bones, in the middle of the 2nd metacarpal bone on the radial side. Squeeze your thumb against your pointer finger, and it is at the top of the fleshy part. |