Quick REMAP

1. This acupoint is located on the back of the hand. It is in the webbing between the thumb and index finger.
2. This acupoint can be found by starting at the kneecap. From there, go down just below the bulge (tibial tuberosity) at the top of the lower leg bone (tibia). From the bottom of the bulge, move about a quarter of an inch to the outer edge of that bone (lateral from the anterior border of the tibia).
3. Midway between the ends of the eyebrows
4. Ear Relaxation Point Located in the upper front hollow— just below the rim of the ear

**R** ---- Reed

**E** ---- Eye

**M** ---- Movement

**A** ---- Acupressure

**P** ---- Psychotherapy