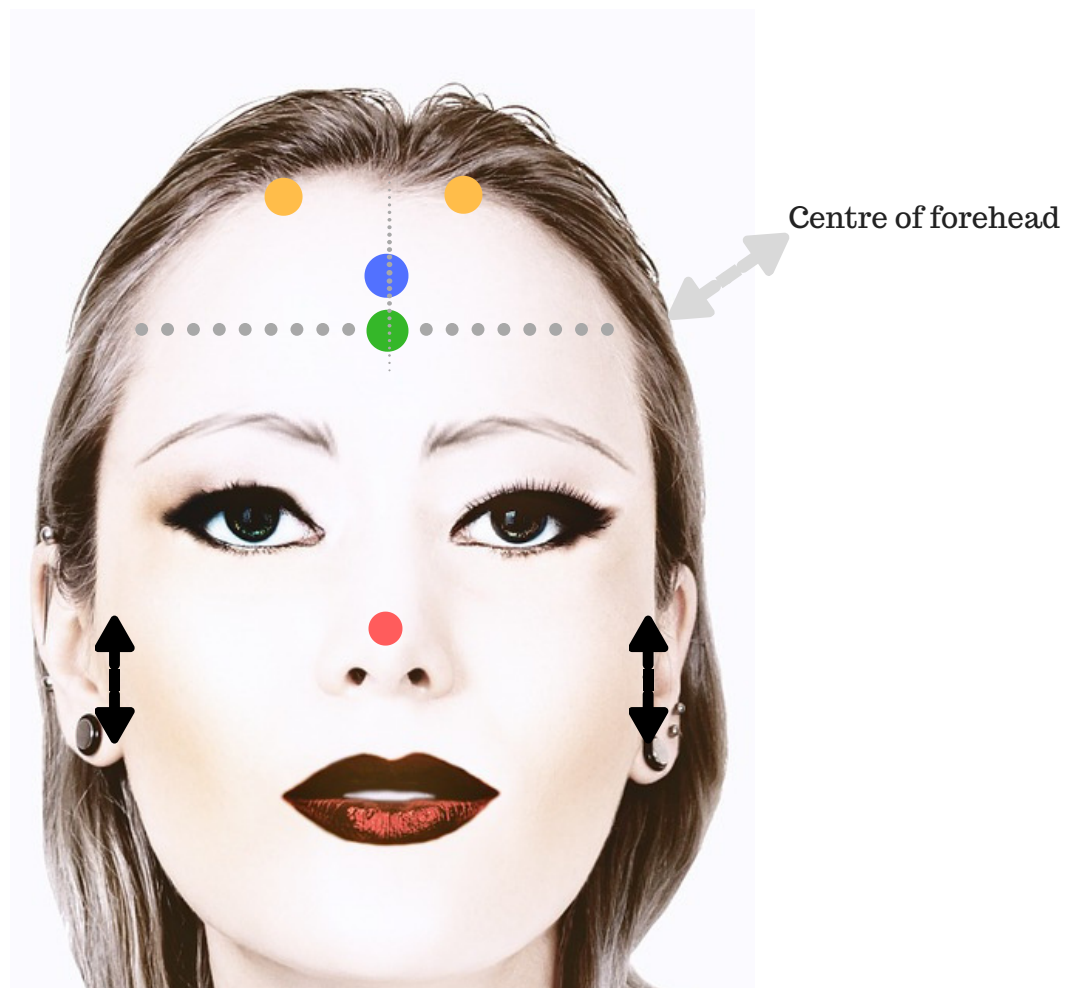


Back pain




Step 1. Rub up and down in front of ears 12 to 15 times



Step 2. Use your eyes, pupils and lips as guidelines for the points.

Step 3. Press on each point firmly for 30-40 seconds.

 This point can be found on your nose towards the tip, in a small dip, in line with where the nostrils start.

 This point can be found in the centre of your forehead in the top third, (if your forehead was divided into three layers).

 This point can be found in the very centre of your forehead.

 This point can be found near the hairline in line with the inner corner of your pupils.

Step 4. Repeat Step 1 to finish.