

Apply the Acupressure Point of Heart, on day 7 of the 10-day treatment plan.

The Point is in the deepest spot of the left auricle (not inside but next to the ear canal). Watch the video to find the Point on the left ear.

Massage the Point with circular movements clockwise and counterclockwise. The longer you massage the point, the better result you will achieve. Now, find the Point of Heart on the right ear and repeat the massage. Repeat the massage several times a day. You can achieve best results if you put a buckwheat grain on the point and secure it with a white adhesive plaster. The massage with the grain is even more effective.