

Apply the Acupressure Point Chi ze, on day 1 of the 10-day treatment plan.

Bend your left lower arm to 90 degrees in elbow. The Point is on the inner side of the elbow joint, above the string. Watch the video to find the Point.

Massage the Point Chi ze with circular movements clockwise and counterclockwise. The longer you massage the point, the better result you will achieve. Now, find the Point Chi ze on the right hand 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.