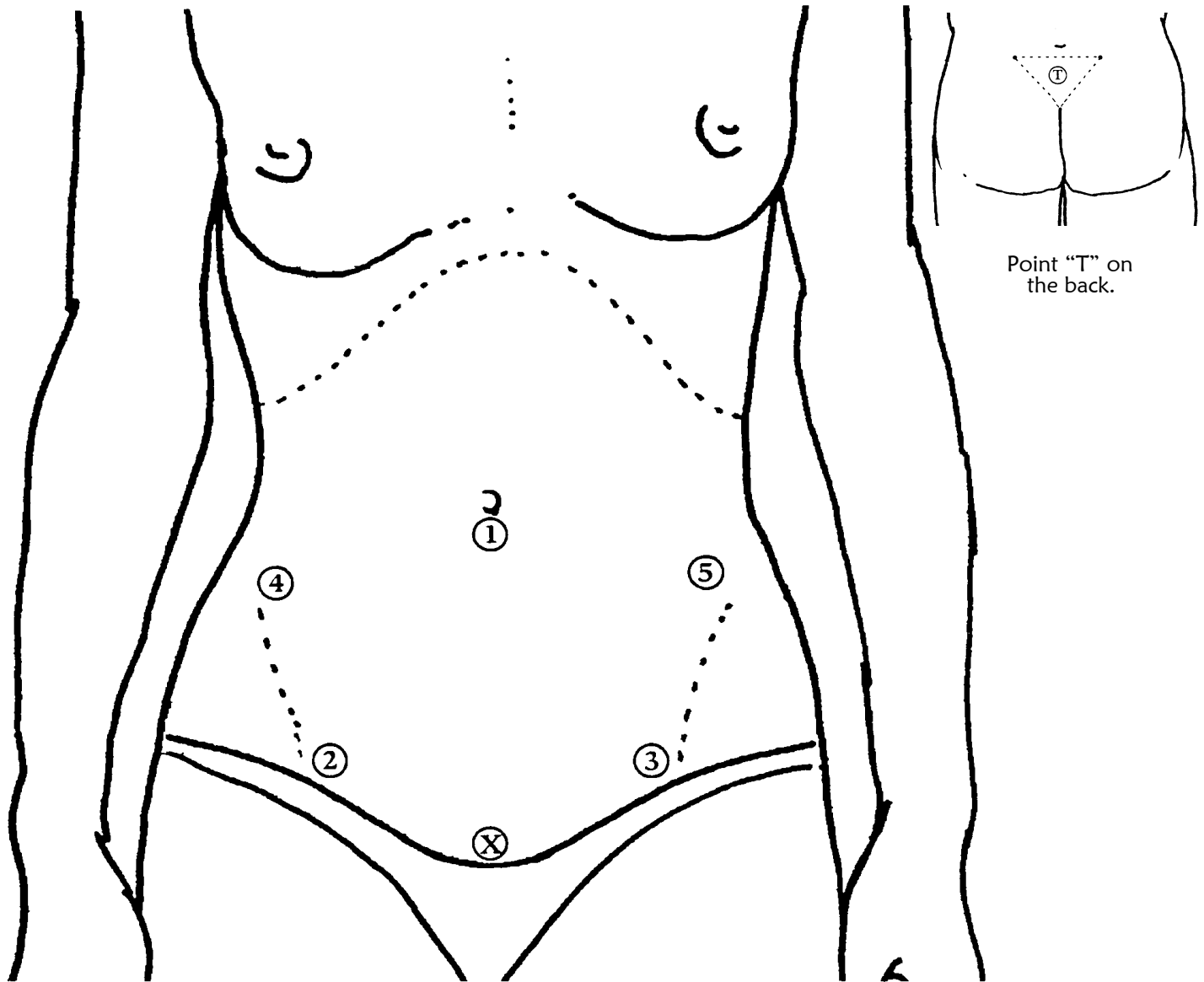


# Lower Abdomen

This set of points may be used to address any conditions or organs which are located between the navel and the pubic bone. This might include conditions of the reproductive organs, the colon, the bladder, hernias, etc.



**WORK FIRMLY.**

**Step 1:** Hold "X" and touch points "1" through "5".

**Step 2:** Hold on the back at point "T" and in "Through-fire" touch points "1" through "5" and "X".

**Step 3:** In "Matching-fire" touch points "1" and "X", "2" and "3", then "4" and "5".