

Cough, Fever, Running Nose



Fever 發燒

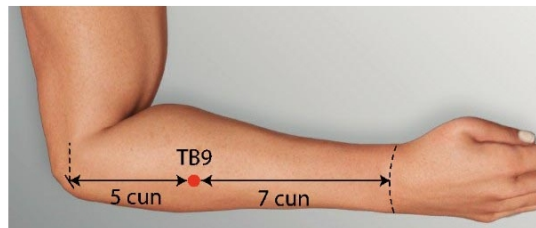


LI-20 (迎香穴)
Nose Block + Sneeze 鼻塞 + 打噴嚏

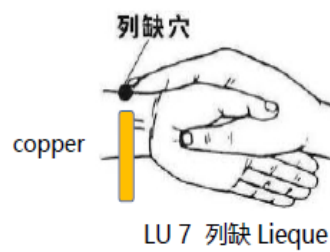


TE 9 Acupuncture Point

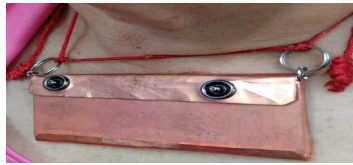
Sore throat 喉咙痛



Cough 咳嗽

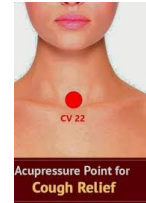


NECK Gadget



Wear in front :-

CV 22, known as *Tiantu* or "Heavenly Prominence," is a vital acupuncture point located in the center of the suprasternal fossa (the depression at the top of the sternum). It is a meeting point of the Conception and Yin Linking vessels, used primarily to treat respiratory issues like coughing, asthma, and sore throat.



Key Details About CV 22 (Tiantu):

- **Location:** Situated in the center of the suprasternal fossa, directly above the sternum.
- **TCM Actions:** This point diffuses lung Qi, transforms phlegm, benefits the throat, and restores the voice.
- **Indications:** It is effective for treating cough, asthma (dyspnea), sore/swollen throat, sudden loss of voice, hiccups, and throat tightness.
- **Acupressure Application:** Gentle pressure can be applied to the area to alleviate throat discomfort and cough.
- **Classification:** It is a "Window of Heaven" point and a meeting point of the Conception Vessel and Yin Linking vessel

Wear at the back :

Governing Vessel 14 (GV 14), located below the C7cap C sub 7

C7 vertebra, is a premier point for clearing heat, reducing fever, and boosting immunity by strengthening "Wei Qi" (defensive energy). It treats cold/flu symptoms, neck stiffness, asthma, and epilepsy, and is used for treating malaria, heatstroke, and mental disorders



Key Benefits and Uses of GV 14 (Dazhui)

- **Fever Reduction & Heat Clearance:** Highly effective for reducing high fever, malaria, and heatstroke, acting as a powerful antipyretic.
- **Immune System Support:** Known as the "point of greatest yang," it is used to strengthen immune function, boost white blood cell count, and protect against external pathogens.
- **Respiratory & Cold Relief:** Treats coughs, asthma, and common cold symptoms.
- **Neck & Spine Relief:** Addresses pain, stiffness, and rigidity in the neck and upper back.
- **Neurological & Psychological Benefits:** Calms the spirit and treats epilepsy, seizures, and mental illness.
- **Yang Tonification:** Applied to tonify yang deficiency, aiding in conditions like chronic fatigue, low energy, and cold limb