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## NAET GATE POINTS

■ Massage the points every 2 waking hours (between odd numbered hours) for the first 25 hours following your NAET treatment. With a point stimulator: 30 sec/point, or manually: 60 sec/point.

■ Massage the points once/ twice per day to balance and increase your overall energy.

1. R-LI 4- (on back of hand)  
midway between the thumb and index finger one finger width above the web.
2. R- Ht 7  
Medial (ulnar) of the transverse crease of the wrist
3. R-LI 11  
When the elbow is flexed, it is at the lateral end of the elbow crease
4. L- LI 11  
When the elbow is flexed, it is at the lateral end of the elbow crease
5. L- Ht 7  
Medial (ulnar) of the transverse crease of the wrist
6. L- LI 4 (on back of hand)  
midway between the thumb and index finger one finger width above the web.
7. L- Sp 6  
Four finger breadths directly above the tip of the medial malleolus.
8. L- Liv 3  
In the depression distal to the junction of the 1<sup>st</sup> and 2<sup>nd</sup> metatarsal bones.
9. R- Liv 3  
In the depression distal to the junction of the 1<sup>st</sup> and 2<sup>nd</sup> metatarsal bones.
10. R- Sp 6  
Four finger breadths directly above the tip of the medial malleolus.
11. R- LI 4 (on back of hand)  
midway between the thumb and index finger one finger width above the web.

