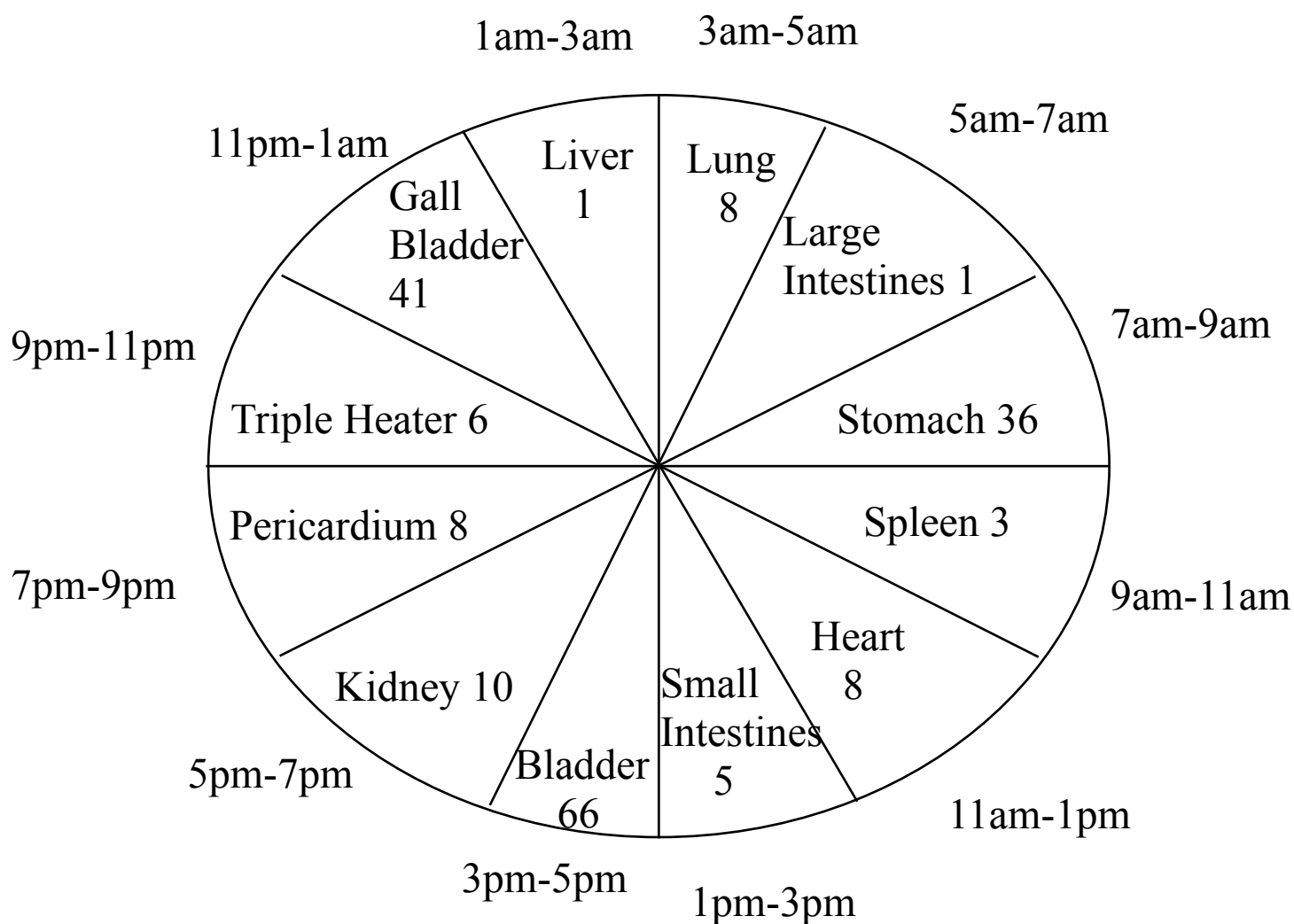


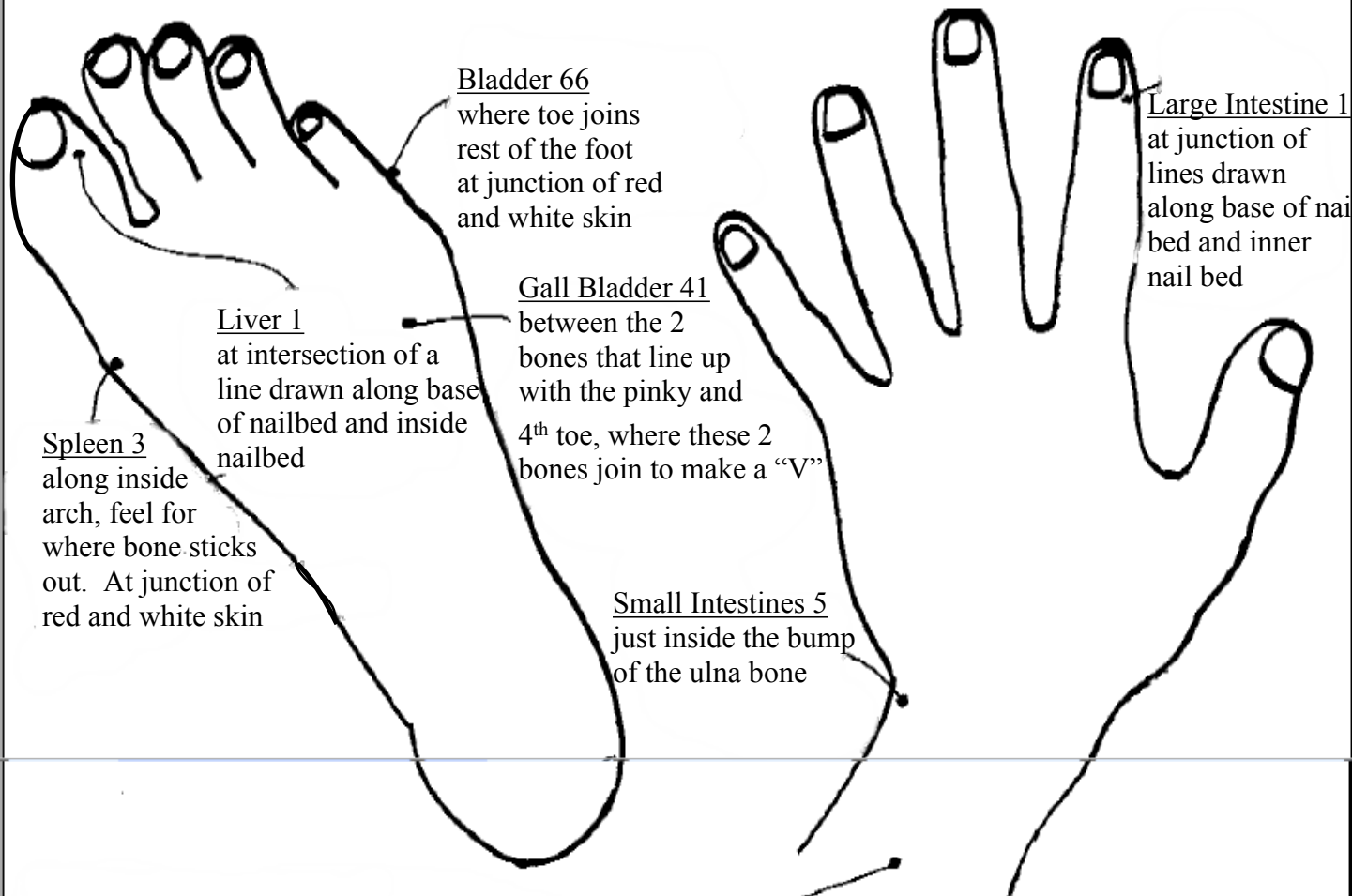
Acupuncture for Jet Lag

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How this works: There are 12 acupuncture meridians. There is a special point on each called the “Horary point” which is most active for a 2 hour window. When you stimulate this point in that window you are confirming and re-setting your body’s internal clock for that time. See Directions below.



1. What time is it RIGHT NOW in the Time Zone you are flying to?
2. Select the appropriate 2 hr window Acupuncture Meridian for that time.
3. The point to stimulate is listed there
4. Turn the page over for help on locating the point. (Or use Google for more help)
5. Stimulate the point with an object (ie. Pen cap, tooth pick, finger, nail file, etc.) by tapping on it 25 times (5 sets of 5)
6. Be sure to do the point on both sides of the body
7. As you advance to the next 2 hour time frame, do the next point listed. This will help reset your body clock to the new time zone. If you are already home with jet lag, do it for your current time zone.



The only 2 points not shown:

Kidney 10

behind you knee slightly reach behind it on the inside. Feel for the tendon of the Hamstring. It's right where the tendon joins the knee.

Stomach 36

also on the knee (lower leg)

Feel for the bump in front center of the leg. Go a thumb's width out from there.

Pericardium 8

make a fist. The tip of middle finger is touching the point

Lung 8

Find the wrist pulse with index finger. The point is next to your finger close to you

