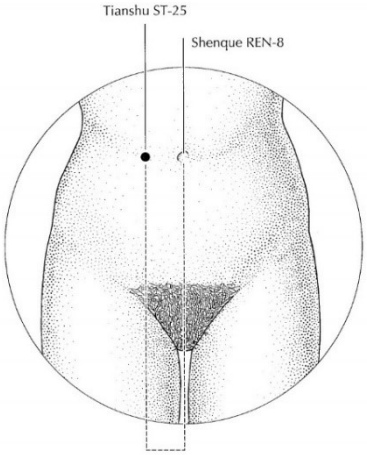
# True Fortune Acupuncture

*Abdomen Massage Guide*

**Point 1**

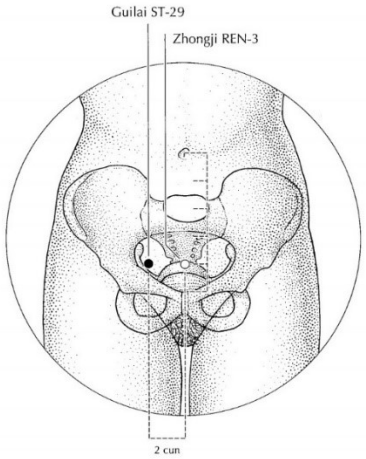



Find the outside edge of your abdominal muscles at the level of your belly button. Then, this first point is midway between the belly button and the outer edge of the muscles.

Use the fingers of your dominant hand (supported by your non-dominant hand) to press into this area and make small circles with your fingertips. Use enough pressure to influence the underlying physical structure and not just the skin, but not so much that it causes pain.

Repeat this for about one minute, and then do the opposite side.

**Point 2**

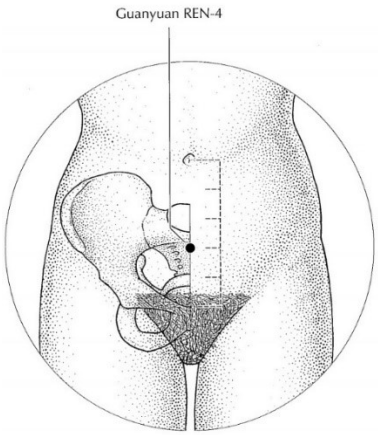



On the same line as the point above, move down until you are about an inch above the top of your pubic bone, and repeat the same massage technique described above.

You can also imagine a line between these two points, and massage from point one to point two using the technique described above. Move your finger tips down inch by inch until you arrive at point two.

Remember to do this on both sides.

**Point 3**




This point is located in the centre of your abdomen, slightly lower than halfway between your belly button and the top of your pubic bone.

Place the palm of your dominant hand over this point and make a circling motion with enough pressure to influence the underlying physical structure. Use your non-dominant hand for support and added pressure if you need it. Repeat this technique for five minutes.

To finish, rub your palms together until they feel hot, then place your palms over this point for a few minutes.