

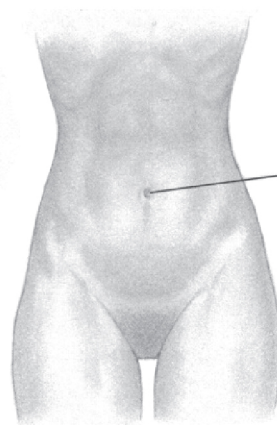


Fertility Moxabustion Points

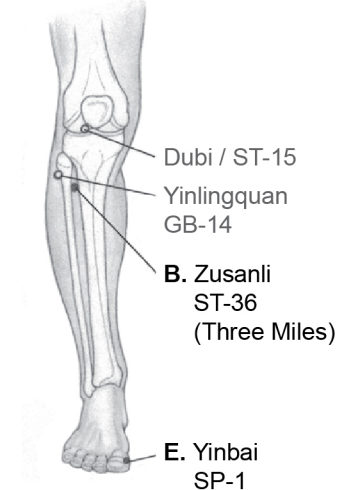
Apply moxa daily to each of the points shown, depending on where you are in your menstrual cycle.

Pre-ovulation Moxibustion Points

- A. Shenque; Conception Vessel 8
Location: Navel
- B. Zusanli Stomach 36
Location: Just below the kneecap and slightly to the outside of the leg
- C. Sanyinjiao Spleen 6
Location: Inside of calf just above the ankle



A. Shenque
CV-8



Dubi / ST-15
Yinlingquan
GB-14

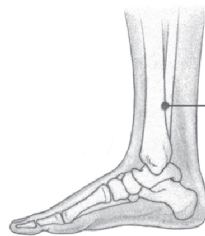
B. Zusanli
ST-36
(Three Miles)

E. Yinbai
SP-1

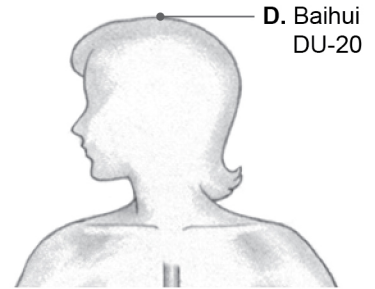
Post-ovulation Moxibustion Points

If you become pregnant, continue using moxa on the post-ovulation points until week 28.

- B. Zusanli Stomach 36
Location: Just below the kneecap and slightly to the outside of the leg
- D. Baihui Governing Vessel 20
Location: Crown of the head
- E. Yinbai Spleen 1
Location: Big toe at the bottom, outer corner of the toenail



C. Sanyinjiao
SP-6



D. Baihui
DU-20