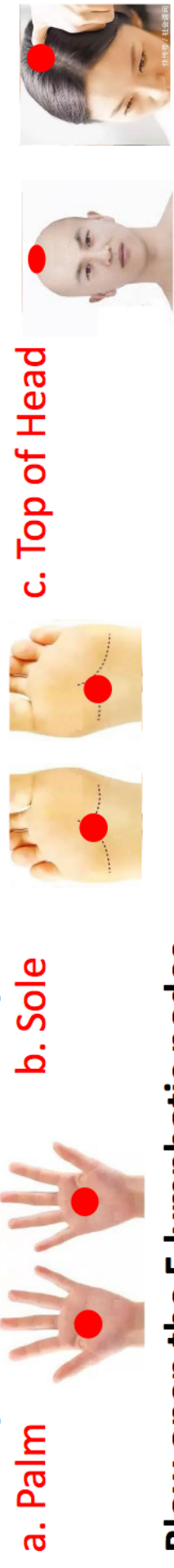


**B) How to blow? (Any order is fine! Because it's your body, you may find your own flow.)**

**1. Blow open the 3 acupuncture points**

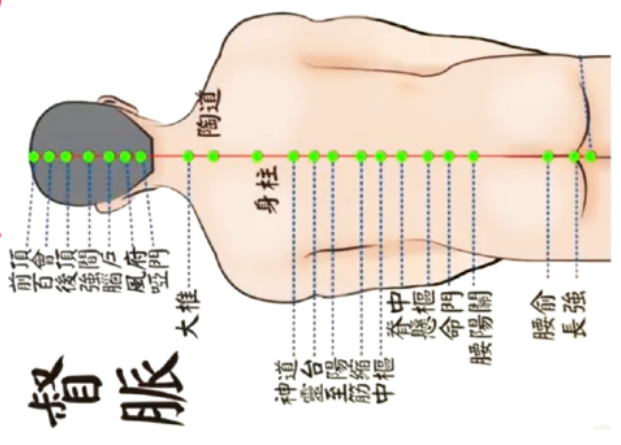


**2. Blow open the 5 lymphatic nodes**



**3. Blow on the 2 main Vessel**

**a. (Back, Du Mai) Governing Vessel**



**b. (Front, Ren Mai) Conception vessel**

