

# Miriam Lee's Magic Ten

Energetics	Point	Add-in	Energetics
Face & Mouth <b>Command Point</b>	LI-4	LV-3*	Expel Wind, Subdue LV Yang, Soothe LV Qi, Calm Shen
Expel Wind, Clear Heat, Cool Xue, Resolve Damp	LI-11	KI Gate*	Tonify KI Xu of all etiologies, Tonify SP, Resolve Damp
Head & Nape <b>Command Point</b>	LU-7	* Additional Points recommended by Elizabeth Fordyce	
Abdomen <b>Command Point</b>	ST-36		
Tonify SP, Resolve Damp, Nourish Xue & Yin, Soothe LV, Tonify KI, Calm Shen	SP-6		