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CrossLinqing

Back disorders

Note: Can regulate and relieve spasms in the back muscles. Has a relaxing effect on tension.

CrossLinq sizes:

A = Small

B = Medium

C = Large

If you are in any doubt, please choose a slightly larger CrossLinq rather than one that is too small!



Positioning:

Above the ankle on the outside of the foot

Present CrossLinqs to both sides of the body

CrossLinq size: B or C

Back disorders

Note: Can regulate and relieve spasms in the back muscles. Has a relaxing effect on tension.

CrossLinq sizes:

A = Small

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If you are in any doubt, please choose a slightly larger CrossLinq rather than one that is too small!



Positioning:

In the middle on the wrist on the inside of the lower arm

Present CrossLinqs to both sides of the body

CrossLinq size: A or B



Positioning:

On the outside of the upper body at the level of the iliac crest

Present CrossLinqs to both sides of the body

CrossLinq size: B or C



Positioning:

Below the wrist on the back of the hand between ring finger and little finger

Present CrossLinqs to both sides of the body

CrossLinq size: A or B



Positioning:

On the back of the hand between ring finger and little finger

Present CrossLinqs to both sides of the body

CrossLinq size: A or B

Elbow pain

Note: Has an anti-inflammatory and pain-relieving effect.

CrossLinq sizes:

A = Small

B = Medium

C = Large

If you are in any doubt, please choose a slightly larger CrossLinq rather than one that is too small!



Positioning:

Next to the elbow on the outside of the lower arm

Present CrossLinqs to both sides of the body

CrossLinq size: B or C



Positioning:

On the wrist on the outside of the lower arm

Present CrossLinqs to both sides of the body

CrossLinq size: A or B



Positioning:

On the back of the hand below the little finger

Present CrossLinqs to both sides of the body

CrossLinq size: A or B



Positioning:

On the back of the hand between thumb and index finger

Present CrossLinqs to both sides of the body

CrossLinq size: A or B

CrossLinqing

Elbow pain

Note: Has an anti-inflammatory and pain-relieving effect.

CrossLinq sizes:

A = Small

B = Medium

C = Large

If you are in any doubt, please choose a slightly larger CrossLinq rather than one that is too small!



Positioning:

On the wrist on the inside of the lower arm

Present CrossLinqs to both sides of the body

CrossLinq size: B or C

Inflammation of the bladder (urinary bladder)

Note: Can exert a regulatory effect on the inflammation process and reduce inflammation.

N.B.: If you have bladder stones, always have the cause investigated by a doctor.

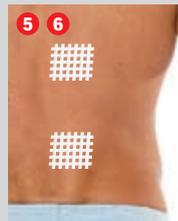
CrossLinq sizes:

A = Small

B = Medium

C = Large

If you are in any doubt, please choose a slightly larger CrossLinq rather than one that is too small!



Positioning:

Next to the spine at the bottom edge of the shoulder blade and 1 hand's width beneath. Present CrossLinqs to both sides of the body

CrossLinq size: B or C



Positioning:

Outside of the hollow of the knee

Present CrossLinqs to both sides of the body

CrossLinq size: B or C



Positioning:

Just below the calf in the middle on the lower leg

Present CrossLinqs to both sides of the body

CrossLinq size: B or C



Positioning:

On the Achilles tendon

Present CrossLinqs to both sides of the body

CrossLinq size: A or B

Inflammation of the bladder (urinary bladder)

Note: Can exert a regulatory effect on the inflammation process and reduce inflammation.

N.B.: If you have bladder stones, always have the cause investigated by a doctor.

CrossLinq sizes:

A = Small

B = Medium

C = Large

If you are in any doubt, please choose a slightly larger CrossLinq rather than one that is too small!!



Positioning:

About 1 hand's width below the navel

Present 1 CrossLinq in the middle

CrossLinq size: A or B



Positioning:

1-2 fingers' width below CrossLinq No. 10

Present 1 CrossLinq in the middle

CrossLinq size: A or B



Positioning:

On the bridge of the foot in the middle between the ankles

Present CrossLinqs to both sides of the body

CrossLinq size: B or C



Positioning:

On the bridge of the foot between the large toe and the 2nd toe

Present CrossLinqs to both sides of the body

CrossLinq size: A or B