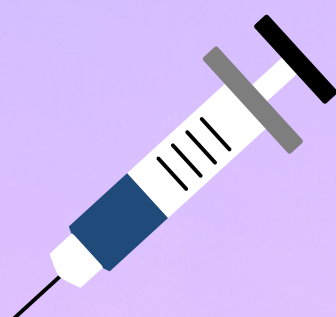


Fibromyalgia tender points:



1 BASE OF THE SKULL

A further sign of health is that we don't become undone by fear and trembling, but we take it as a message that it's time to stop struggling and look directly at what's threatening us, said Pema Chödrön.

2 LOWER NECK FRONT

If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with, said Deepak Chopra.

3 NECK AND SHOULDER

The greatest miracle on Earth is the human body. It is stronger and wiser than you may realize, and improving its ability to self heal is within your control, said Dr Fabrizio Mancini.

4 UPPER BREAST EDGE

Freedom from obsession is not about something you do; it's about knowing who you are. It's about recognizing what sustains you and what exhausts you, says Geneen Roth.

5 UPPER INNER SHOULDER

If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with, said Deepak Chopra.

6 SIDE BONE ELBOW

The human body has been designed to resist an infinite number of changes brought about by its environment. The secret of good health lies in successful adjustment to changing stresses on the body.

7 OUTER BOTTOCK

Learn to follow the inner self, healing is simply attempting to do more of those things that bring joy and fewer of those things that bring pain, said O. Carl Simonton .

8 HIP BONE

I promise you nothing is as chaotic as it seems. Nothing is worth diminishing your health. Nothing is worth poisoning yourself into stress, anxiety, and fear, said Steve Maraboli.

9 INNER KNEE

I promise you nothing is as chaotic as it seems. Nothing is worth diminishing your health. Nothing is worth poisoning yourself into stress, anxiety, and fear, said Steve Maraboli.

