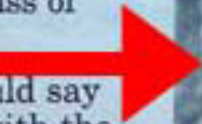


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4 Lower a fever by pressing your elbow.

"Chinese medicine says that a fever can be quelled by releasing blocked energy from the meridian that runs along the outside of the elbow," says acupuncturist Peggy Regis, co-owner of New York City's Cornerstone Healing. Bend your left arm 90 degrees, fingers pointing up, then press the outside of your elbow (same side as your left thumb) where the skin crease ends for 30 seconds. Release and repeat for 10 minutes.