

Chinese names for herbs

Chinese angelica	当归	(danggui)
Lotus seed	莲子	(lianzi)

Chinese names for acupoints

Baihuixue	百会穴
Yongquanxue	涌泉穴
Taichongxue	太冲穴
Sanyinjiao	三阴交

NOTE: Consult your physician before consuming any herbs.
Do not self-medicate.