

**Additional file 1. Anatomical locations of the acupuncture points**

<b>Acupuncture point</b>	<b>Anatomical location</b>	<b>Function according to TCM</b>
ST 25	Middle of the abdomen, 2 cun lateral to the umbilicus.	Regulates spleen, stomach, and intestines.
ST 36	3 cun below patella, 1 cun lateral of the tibial rim.	Strengthens spleen and stomach.
ST 40	At the midpoint of a line between ST35 at the lateral patella and the lateral malleolus.	Transforms phlegm and dampness.
ST 44	Proximal to the web margin between the 2nd and 3rd metatarsal toes, at the junction of the red and white skin.	Clears heat from stomach, resolves damp heat.
LI 4	On the dorsum of the hand, between the 1st and 2nd metacarpal bones, in the middle of the 2nd metacarpal bone on the radial side.	Expels wind and releases the exterior, tonifies qi and strengthens immunity
LI 11	With the elbow flexed, the point is on the lateral end of the transverse cubital crease.	Clears heat, cools blood, resolves dampness, expels exterior wind.
SP 6	3 cun above the medial malleolus, dorsal tibial rim.	Strengthens spleen and stomach, resolves dampness.
PC 6	2 cun above the transverse crease of the wrist, between the tendons of m. palmaris longus and m. flexor carpi radialis.	Regulates heart qi, calms the shen, harmonizes stomach.