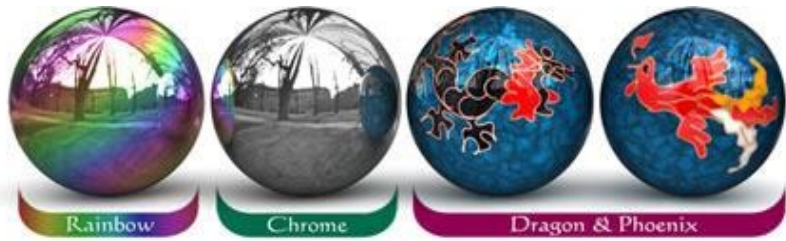


Chinese Medicine Balls

(Baoding Balls, Healing Balls, Qi Gong Balls, etc.)

These steel balls originated in the Chinese city of Baoding during the Ming Dynasty (1368-1644 AD). According to traditional Chinese beliefs, the vital organs of the human body are all connected to the fingers. By manipulating these iron balls, it stimulates the circulation of blood and energy throughout the body.



1.



2.



3.



Standard Sizes & Weights

(Measurements are the diameter of a average set of medicine balls.)



1. Children 35 mm = 1.4 inches.

2. Tall Adults 55 mm = 2.2 inches.

3. Average man 40 to 50 mm = 1.5 - 2.0 inches

4. Average woman 35 to 40 mm = 1.3 - 1.5 inches.

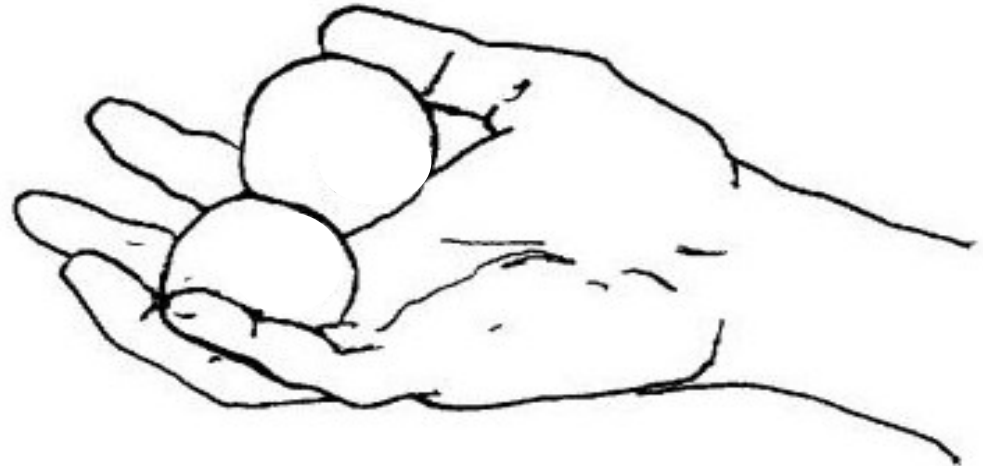
Anything over 8 oz. is too heavy.

1. 2.00 oz. = 0.125 lbs.

2. 4.00 oz. = 0.25 lbs.

3. 6.00 oz. = 0.375 lbs.

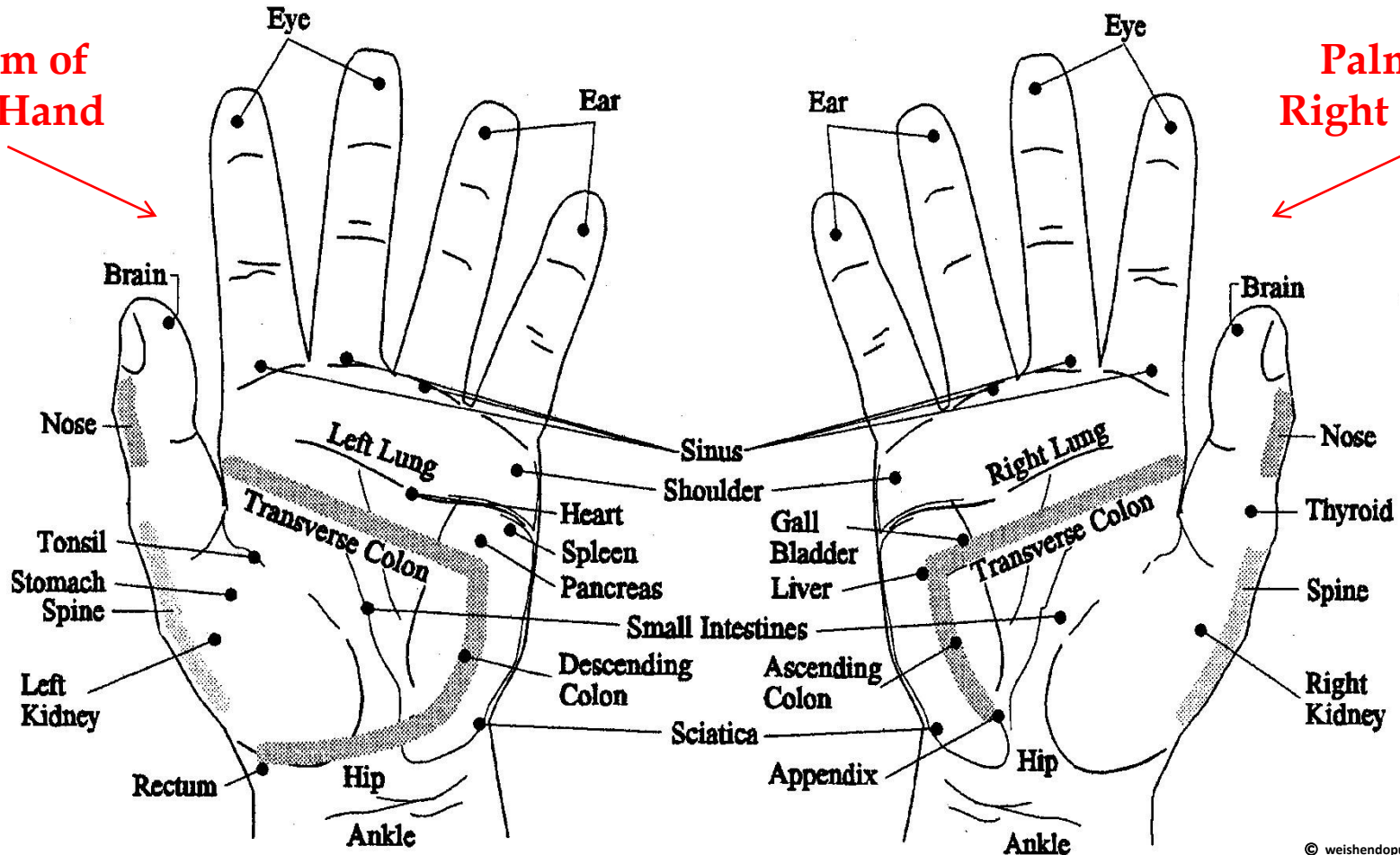
4. 8.00 oz. = 0.5@½ lbs.



Pressure Points

Palm of
Left Hand

Palm of
Right Hand



**Bottom of
Right Foot**

**Bottom of
Left Foot**

