

Sheraleebbeebe@comcast.net 650-305-9100




In Chinese Medicine, Energy System Health Comes First

- ◆ Without energy or oxygen there is no life
- ◆ Blood Flow is sustained by Qi Energy and meridians
- ◆ Energy is the foundation for all physiological systems
- ◆ Energy comes from breath and an unseen network that connects every thing

Energy Source in Breathing

- ◆ Because of the energy and oxygen link, The supply of energy improves with the quality of breathing habits.
- ◆ Hence relaxed diaphragmatic breathing supports improved energy flow throughout the body.

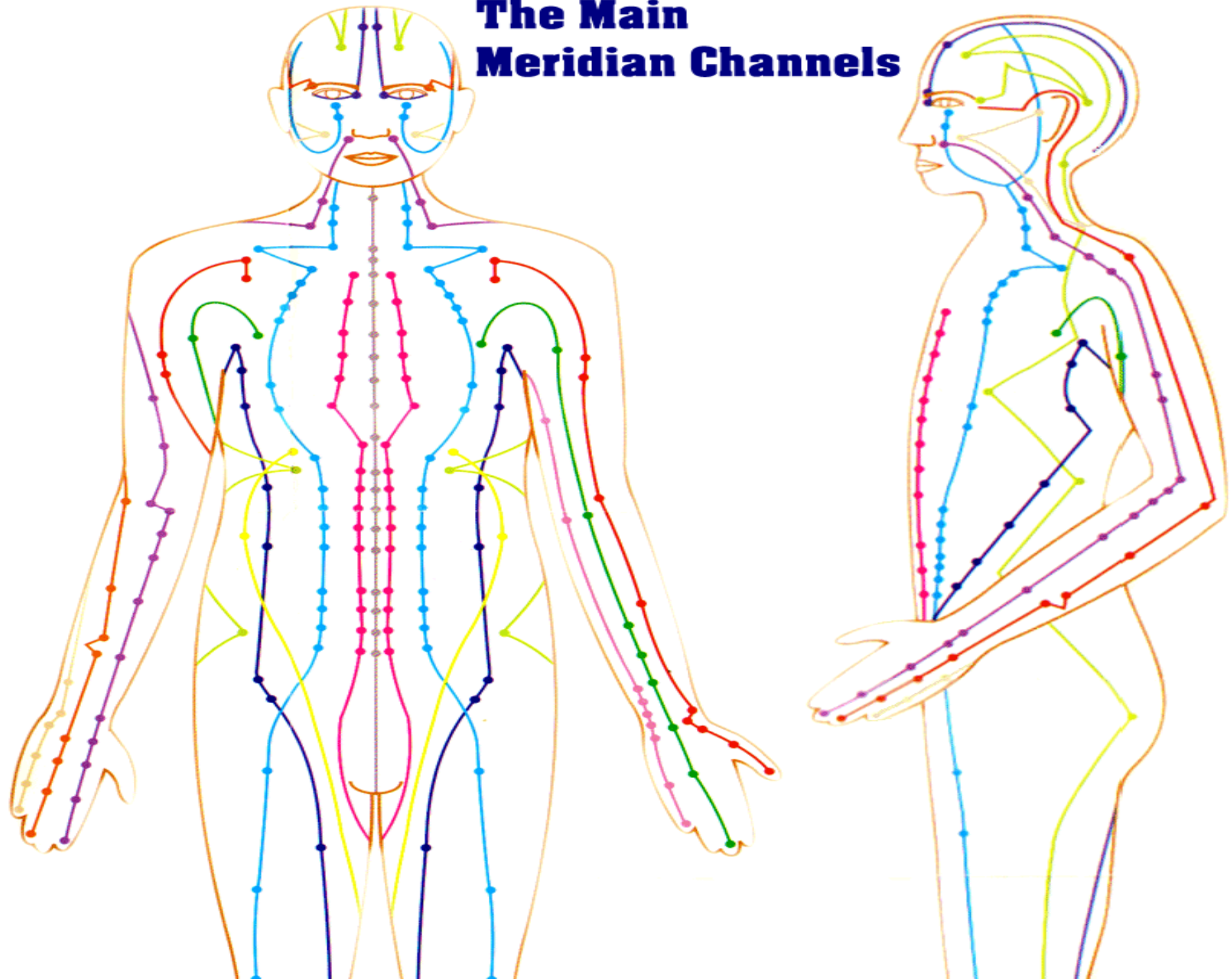




Energy Meridians are like the electrical wiring in our home

- ◆ Meridians run throughout the body to deliver and move energy.
- ◆ Chinese Medicine is concerned with eliminating energy blockages in the channels or meridians and AC Points.
- ◆ Meridians are named by the life function associated with them.

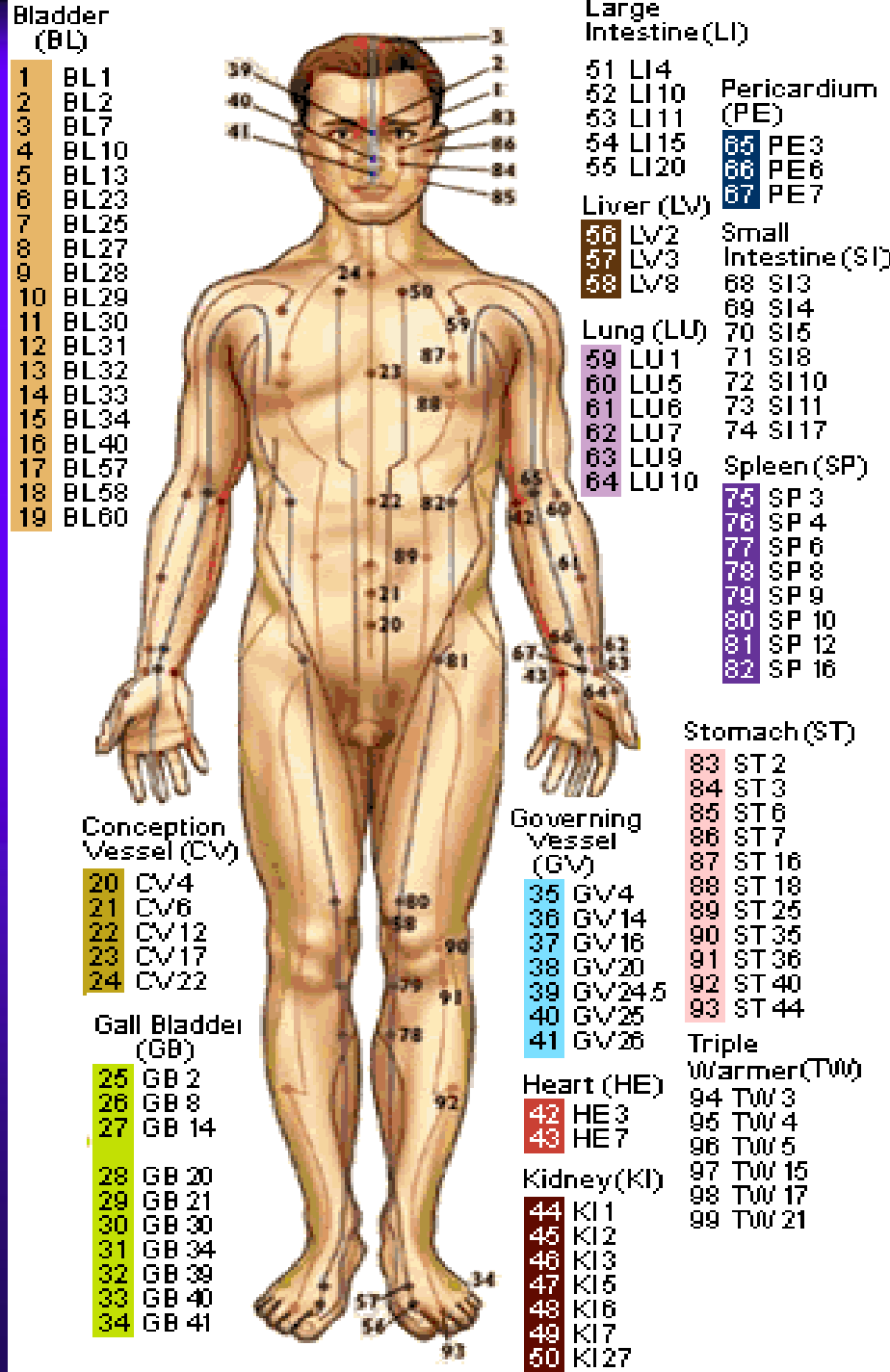
The Main Meridian Channels





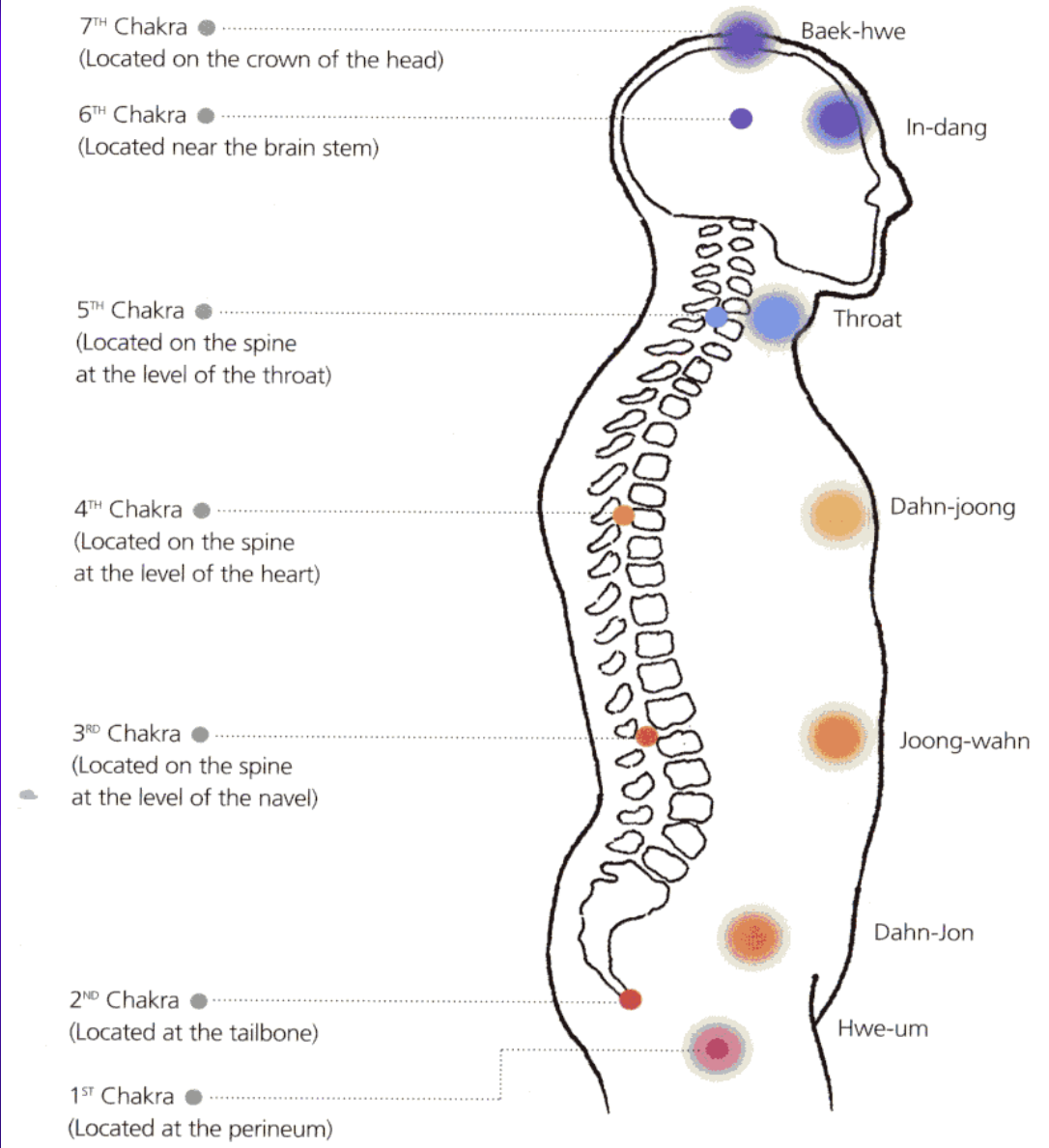
Acupressure Points

- ◆ There are hundreds of tiny reservoirs of heat electromagnetic along the surface of the skin, and more deeply within the body, known as acupuncture points
- ◆ These can be stimulated with needles or massage pressure, stretching and specific energy meridian exercises.





Chakra's are part of Meridians they serve as the central control units that feed the meridians. It is believed that complete health begins and ends with this system



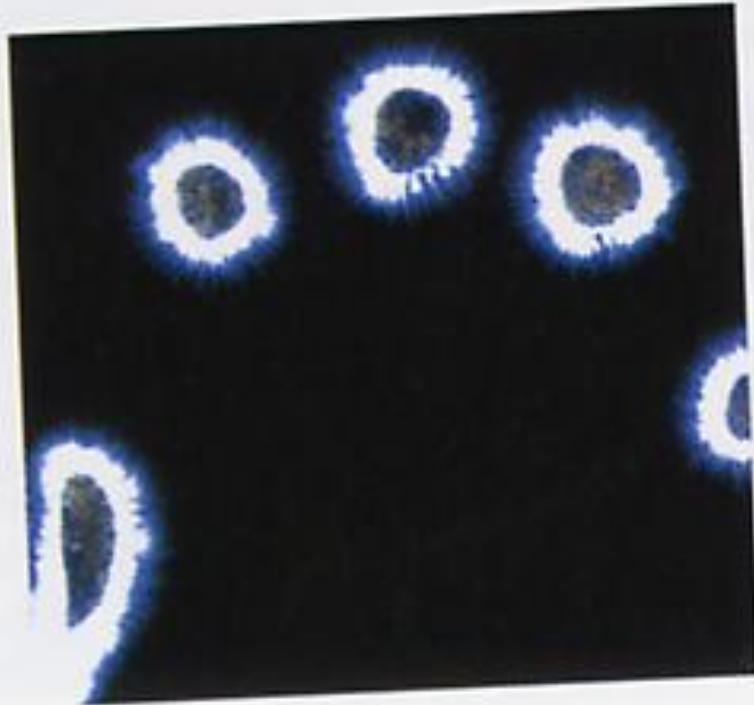
▲ Locations of the Chakra, along the line of your spine, and their corresponding energy points along the front surface of the body. These energy points and physical landmarks will help in feeling and visualizing each Chakra.



Scientific Tests Demonstrate that Meridians Exist.

- ◆ Can be viewed through radioactive isotopes injected into the acupuncture points that show duct-like tubules about 0.5 – 1.5 microns in diameter.
- ◆ Meridians have also been seen through Kirlian photography first invented in 1939, a precursor to infrared photography

Energy photo of finger tips Healthy V/S one with disease



Energy Photograph



A hand of a Ki practioner

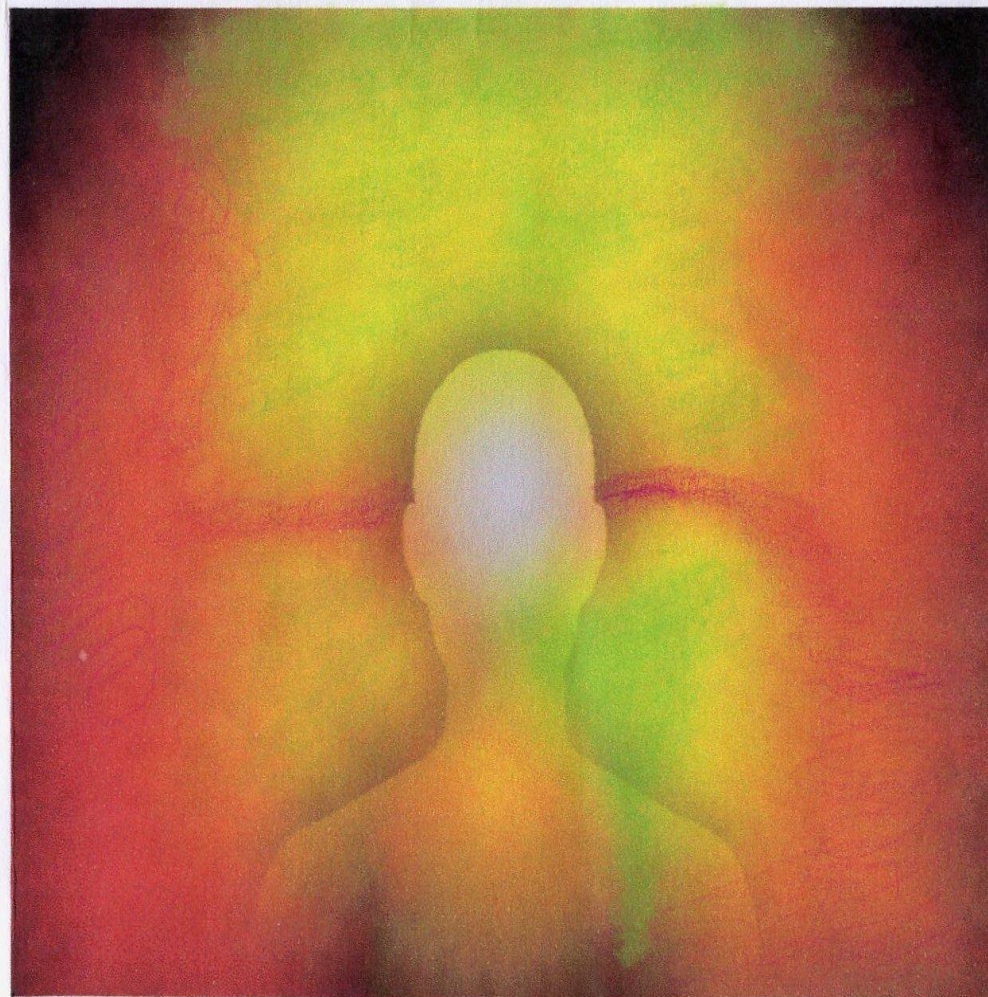
The picture on the left shows a hand at a normal state. The picture on the right shows a hand while emitting Ki energy. You can see that the picture on the right is much brighter and clearer.

Chi of a leaf



A Ki energy picture of a leaf of a tree
The pictures of energy emitted from a living body using high voltage discharge of electricity are called Kirlian pictures. They are used for determining abnormalities or diagnosing illnesses.

This is me




2006/04/19 04:26



Energy Blockages

- ◆ When we abuse or cause stress to our bodies, and when we perceive life as stressful, intense or constant
 - Our energy system becomes overloaded
 - The reaction is similar to an overloaded circuit where the breaker trips
 - the system requires resetting to restore energy flow.
 - Physically this can appear as tension and knots, areas of poor circulation, tired and drained of vital energy



Resetting the circuit breaker and energy flow

- ◆ Can be done in a combination of ways
 - acupuncture
 - acupressure
 - massage
 - energy meridian exercise like Medical Qi Gong.
 - Meditation
 - Relaxation
 - Herbs and natural remedies



these methods also help

- All body tapping causing vibration
- Stretching-opening all joints and tissues to energy flow
- Opening the joints with rotational movements
- Oxygenating with deep diaphragmatic breathing
- Mind body awareness exercises
- Relaxation of tension
- Accepting and letting go of emotional issues you can't control
- All of these techniques are long-term-lifestyle health maintenance, daily practices



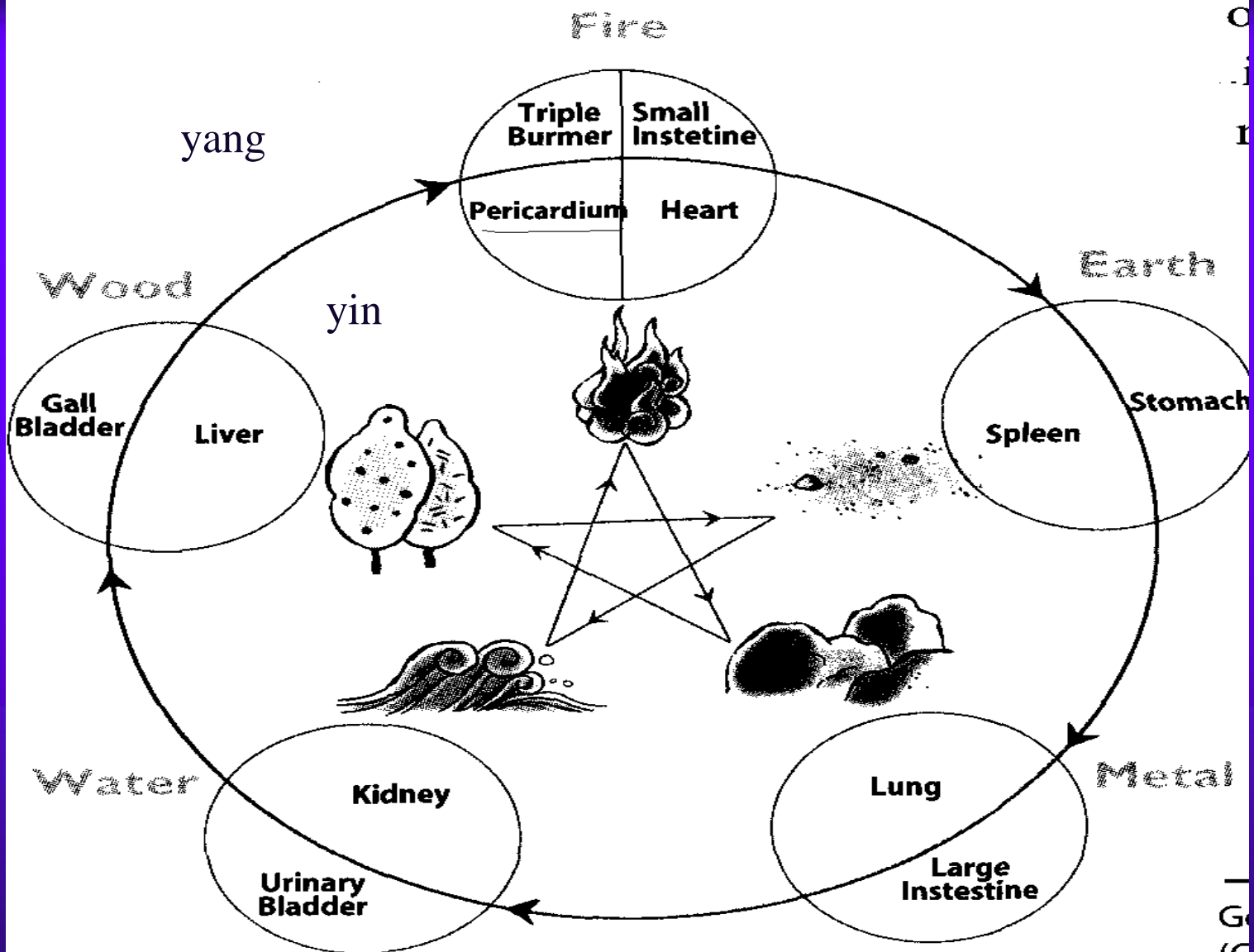
Types of Energy Meridian Exercise

- Ti Chi
 - Yoga
 - Qi Gong 7,000 styles
 - Ai Chi (in water)
 - Shaking or Vibration
 - ◆ Similar techniques within many different cultures
 - Korea, Japanese,
 - India, Tibet
 - South America, most aboriginal cultures
- The Chinese systems is the most refined and studied by science

The Small Universe Within Us

- ◆ 365 acupressure points
- ◆ 12 main energy meridians
- ◆ 6 are yin or feminine
- ◆ 6 are yang or masculine
- ◆ 3 of each in the arms
- ◆ 3 of each in the legs
- ◆ Meridians are bi Lateral both sides of the body
- ◆ Each AC point is part of a larger system
- ◆ Meridians have a variable number of points on the line 9-60
- ◆ The Bladder Meridian of the spine has the greatest # 60





The relationship between the five organs and Ki energy

Details

- ◆ One need not memorize the location of each Acupressure point,
- ◆ Understanding the flow of the meridian or the line it travels is important
- ◆ Understanding that the body needs to be flexible along all points of the line
- ◆ Acupressure Points are called gateways, and are often visible as a small dent in the skin, or skull, a depression in muscle tissue.



Disease and Energy

- ◆ Stagnant chi, means poor blood flow, and poor tissue or cellular health
- ◆ If energy/chi is imbalanced the blood becomes imbalanced a precursor to disease
- ◆ If energy circulates poorly blood thickens or clots and becomes stagnant
- ◆ Poor breathing, causes poor chi in the belly resulting in poor digestion
- ◆ When energy flows through the meridians more fully, blood circulation becomes more even and smooth





Emotions and Energy

- ◆ Are intimately related
- ◆ Culprits to degenerating health are mindsets and lifestyles
- ◆ If mind is habitually fearful kidneys are weakened
- ◆ If depressed the Lungs are weakened
- ◆ If habitually angry the liver is weakened
- ◆ If habitually judgmental and critical the stomach is weakened

Imbalances in the Body

- ◆ Chinese Medicine Techniques are to used to heal the imbalances that result from
 - Shortage of sleep,
 - poor circulation
 - Lack of movement
 - Noise pollution/distraction
 - mind chatter, negative thinking, negative inner voice
 - Excessiveness, working, eating, drinking
 - Excessive use of stimulants and addictions
 - Over work, without rest
 - Poor self care, poor relationship with self





Application

- ◆ Use of specific exercises, acupressure points and herbs
 - Return the bodies natural balance
 - relieve the mind of worry and ease depression
 - Assist peace of mind
 - Raising the energy level to stimulate recovery, it takes energy to heal
 - Calm anxious nerves and release excess hyper, stagnated or agitated energy



Energy flows like a river

- ◆ Working with the energy meridians and acupressure points, eliminates congestion and improves circulation
- ◆ Restoring flow interrupts and disorganizes the patterns of illness
- ◆ The Dynamic Balance that Chinese medicine calls health, manifests as smooth and constant flow, like a healthy stream or river
- ◆ Note a pond cut off from flow stagnates and rots



Poor Energy Flow

- ◆ Pain is considered the result of congested energy, blood or moisture
- ◆ If poor circulation persists, tissues, muscles tendons, nerves, blood vessels, and internal organs become swollen, fibrous, and hardened which further impedes adequate circulation undermining the functional health



Qi

- ◆ The strength of our Qi manifests our physical mental and emotional states,
- ◆ Restoring Chi flow reduces inflammation reduces pain and promotes healing
- ◆ Practitioners working with the energetic system never loose site of the whole
 - Body-feeling
 - Mind-Thinking
 - Energy
 - Consciousness
 - Breath



General Concepts

- ◆ **Deficient Qi:** Fatigue, depression, pale swollen tongue
- ◆ **Stuck Qi:** Will feel dull pain, bloating, congestion, fullness in the chest and abdomen
- ◆ **Deficient Blood:** Dizziness, pale dry skin, hair loss, pale lips and tongue, thin pulse
- ◆ **Stuck Blood:** Feel a localized, fixed stabbing pain

The Lung Meridian

- ◆ The main function of your lungs is respiration and the **release of 70% of the bodies waste and toxins**
- ◆ About 23,000 breathes per day
- ◆ 10,000 quarts of air into your lungs
- ◆ The health of the cells require oxygen
- ◆ the lungs rebalance the CO₂ and O₂ in the lungs and blood stream





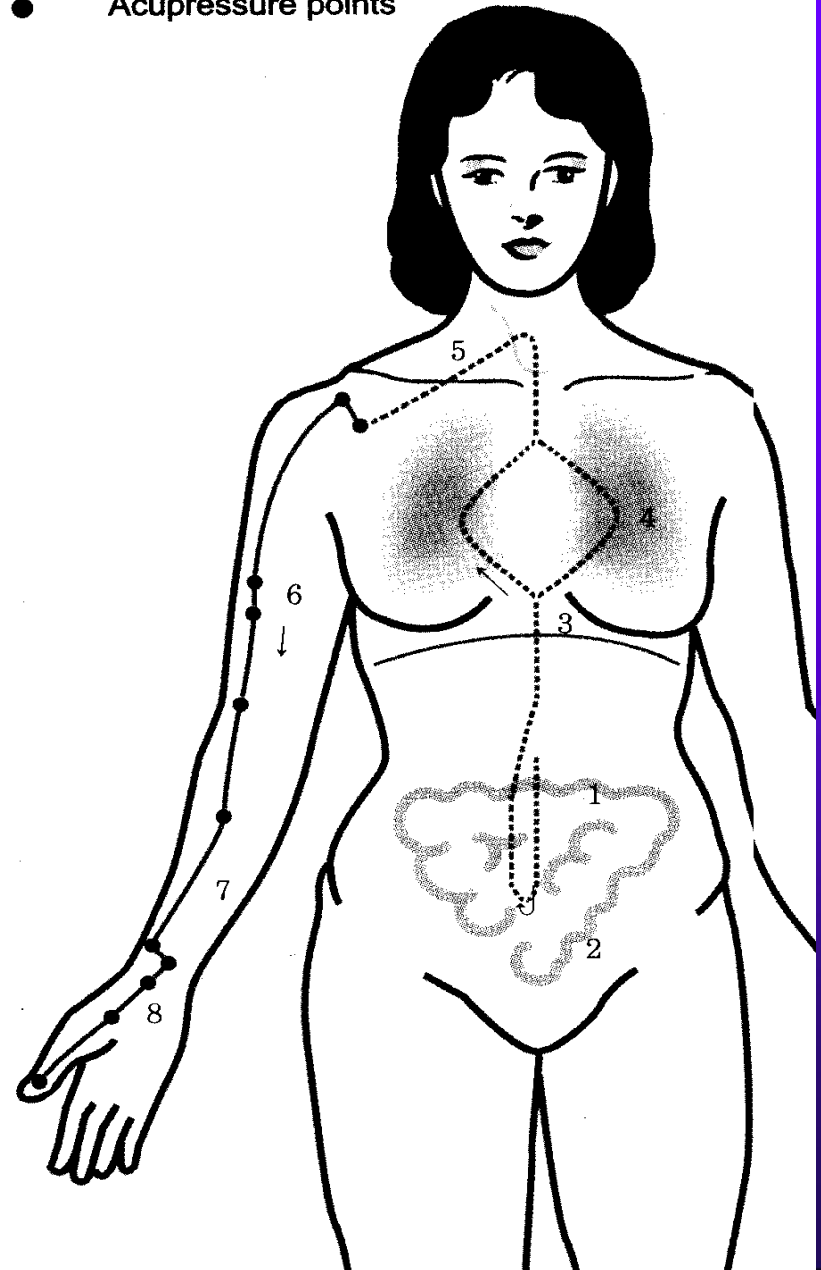
Lungs

- ◆ Lung function declines yearly especially for those who smoke 1 and 2%
- ◆ Lung function does not have to decline, Conscious breathing can create improved capacity even in older folks

The Lung Meridian:

- The deep parts of this meridian can be accessed through tapping on the center of the chest or the back causing vibration

- Meridians flowing along the skin's surface
- - - Meridians flowing inside the body
- Acupressure points



Lung (LU) Meridian

11 Points

Yin

Partner: Large Intestine (LI)

Season: AUTUMN

Element: METAL - AIR

Emotion: GRIEF

Color: WHITE

Begins: Under clavicle in shoulder/chest CREASE

Ends: Radial corner of thumb's NAILBED

Functions:

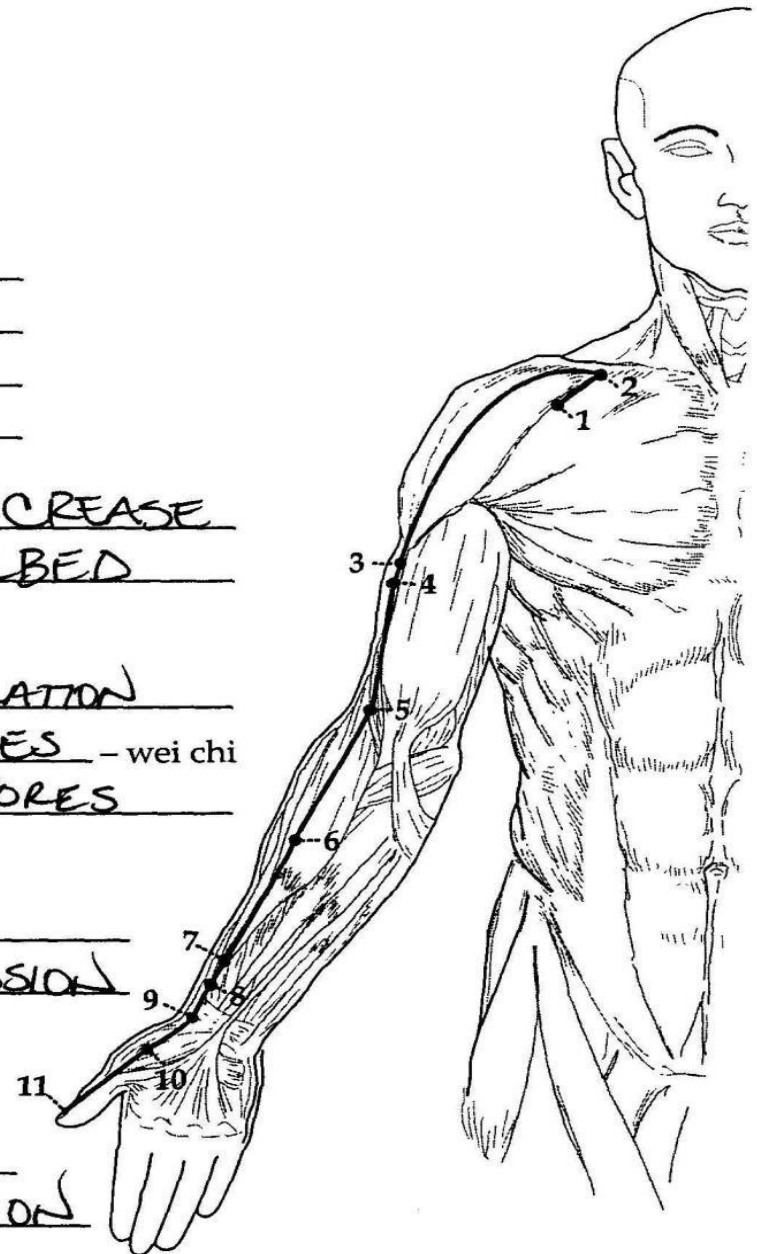
- Helps absorb chi through INHALATION
- Establishes energetic BOUNDARIES - wei chi
- Enables skin to breathe through PORES

Imbalances:

- Chronic coughs, FATIGUE
- Confusion, irritability, DEPRESSION
- ISLATION, lack of self-esteem

Used for:

- GRIEF
- Upper back and shoulder TENSION
- Asthma, coughing, bronchitis
- CHEST pain, and face EDEMA



The Lung Meridian

Causes: One becomes isolated and closed off so that exchange of Qi with the environment and others is restricted

Mental Aspect: worry which causes one's chest to feel blocked and stiff, and over anxious and hypersensitive emotional state, getting concerned after taking on too much work, becoming too anxious over fine details and being unable to relax and breathe deeply, a lack of spirit and motivation, exhaustion and lethargy

Physical Aspect: hunched shoulders, shallow breathing, difficulty in breathing, discomfort in lying on the back, susceptibility to colds and coughing especially after the upper body has been exposed to wind and cold, feverishness with pain between the shoulder blades, watery eyes, pale complexion, dry skin, lack of stamina, extreme fatigue





Lung Meridian Deficiency

Problems:

- ◆ flushed faces
- ◆ dry mouth
- ◆ chest congestion felt as fullness and tension
- ◆ neuralgia in arms and wrists
- ◆ hot palms
- ◆ low **energy**
- ◆ **poor health of the skin**
- ◆ Coughing
- ◆ asthma
- ◆ sore throat
- ◆ shortness of breath
- ◆ Pain at L1 and tenderness along the meridian



Emotions and the Lung Meridian

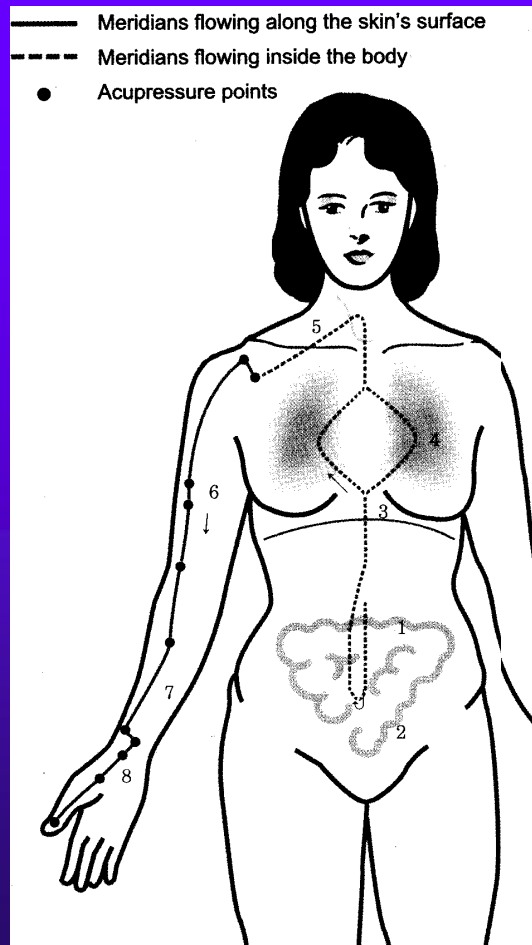
- ◆ Intense emotion re: sadness and grieving regret,
 - chest tightens,
 - expansion is inhibited,
 - less O₂ into the system,
 - dropping the energy supply to the entire body
 - Chest tightening can occur with any increase in tension



Self Massage:

- ◆ Massage with a variety of strokes such as
 - Stripping
 - Thumb pressure and circles on the acupressure points to the inner arm and bicep,
- ◆ deep central abdominal massage
- ◆ Wringing the wrist
- ◆ Massage the Thumb attention on outside edge
- ◆ L1 point massage or tapping (hollow below clavicle)

Energy Meridian Exercises:



- ◆ Tapping the L1 point at the hollow below the clavicle
- ◆ Chest opening exercises, Twisting, side bending
- ◆ Breathing chest expansion and relaxation exercises

3. SWEEPING DOWN CHEST WITH HANDS

Benefits Releases stagnant energy in the lungs and enhances blood circulation

Used as a conclusion to body tapping exercises

Place both hands on your chest as shown in the picture. Sweep your chest with downward strokes while simultaneously focusing your attention on your inhalation and exhalation, which should be executed slowly, deeply, and gently.

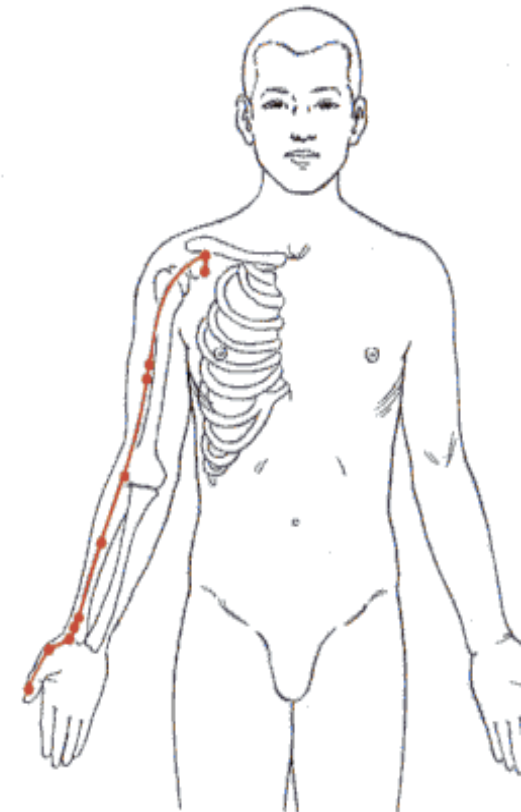


4. WRIST SHAKING

Benefits When you shake your wrists, stagnant energy is released from the Lung Meridian to augment strengthening of the lungs and other organs.



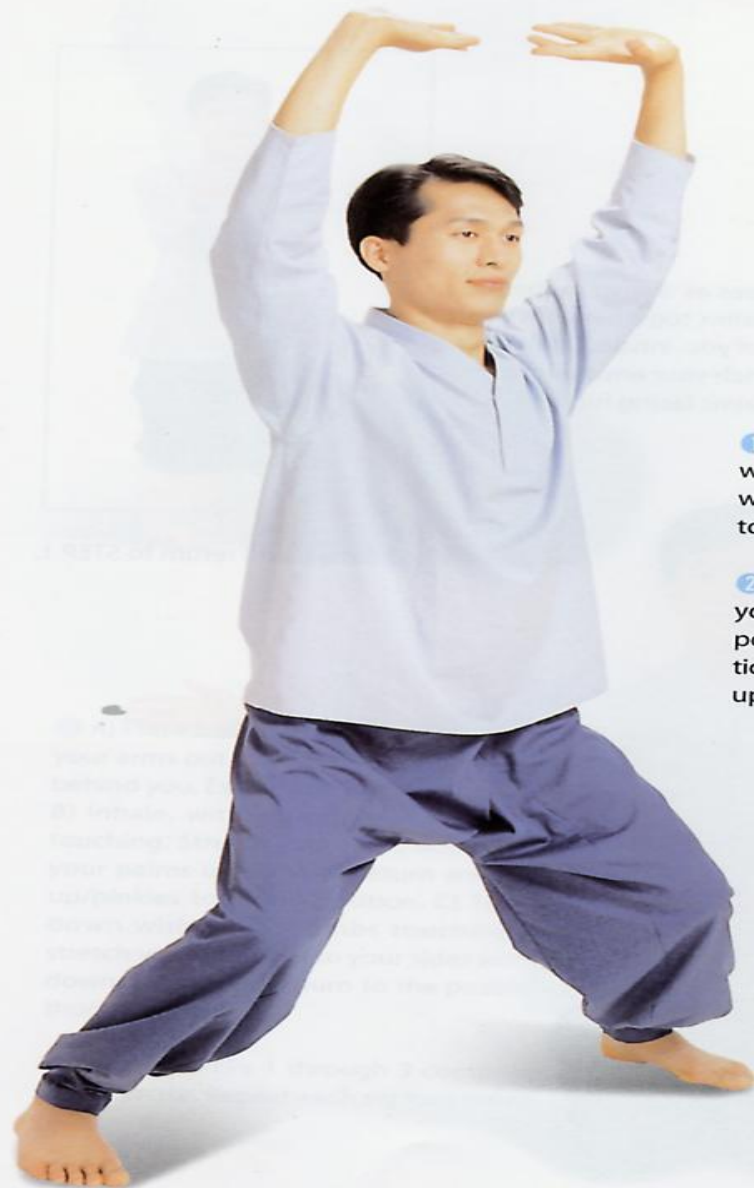
Open your chest. Hold arms as shown in the picture. Shake your wrists.



Lung Meridian

5. HANG-GONG FOR STRENGTHENING THE LUNGS

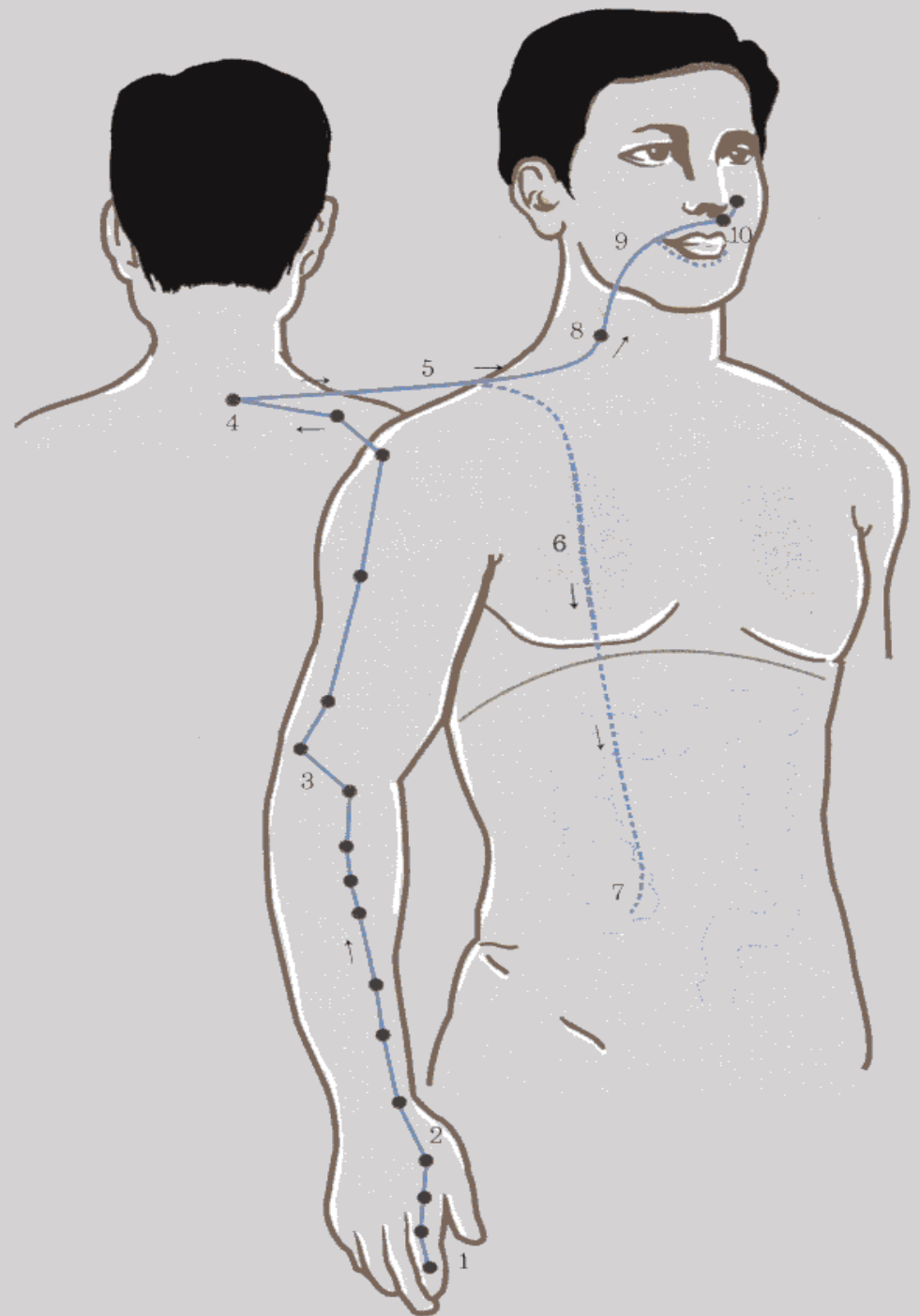
Benefits Strengthens spinal cord and lungs and innervates the accumulation of fire energy of the lungs. Expedites recovery from lung problems.



- 1 Stand and place your feet wider than shoulder width apart. Bring both of your arms above your head with your palms facing the sky and fingers pointing towards each other, creating the shape of a jar.
- 2 Open your chest and lengthen your spine with your knees slightly bent. Breathe normally. Hold this posture initially for five minutes. With increased practice, you can extend the time you hold this posture for up to twenty or thirty minutes.



Large Intestine Meridian





The Large Intestine / Colon Meridian

- ◆ Intestines: Found between the stomach and the anus.
- ◆ It is divided into two major sections: small intestine and large intestine.
- ◆ The large intestine is responsible for reabsorption of food energy and water and the elimination of waste



Evidence of Energy blockage in the large intestine meridian

- ◆ tooth aches
- ◆ plugged noses
- ◆ frequent nose bleeds
- ◆ sore throats
- ◆ whites of the eyes yellow
- ◆ Crohn's disease
- ◆ Constipation
- ◆ Irritable Bowel
- ◆ Tapeworms
- ◆ Hernia
- ◆ Pain along the outside edge of the arm and index finger
- ◆ acupressure points on either side of the belly button will be sensitive

Large Intestine (LI) Meridian

20 Points
Yang

Partner: Lung (LU)

Season: AUTUMN
 Element: METAL - AIR
 Emotion: GRIEF
 Color: WHITE

Begins: Radial, bottom corner of nailbed of INDEX finger
 Ends: Indentation next to NOSTRILS

Functions:

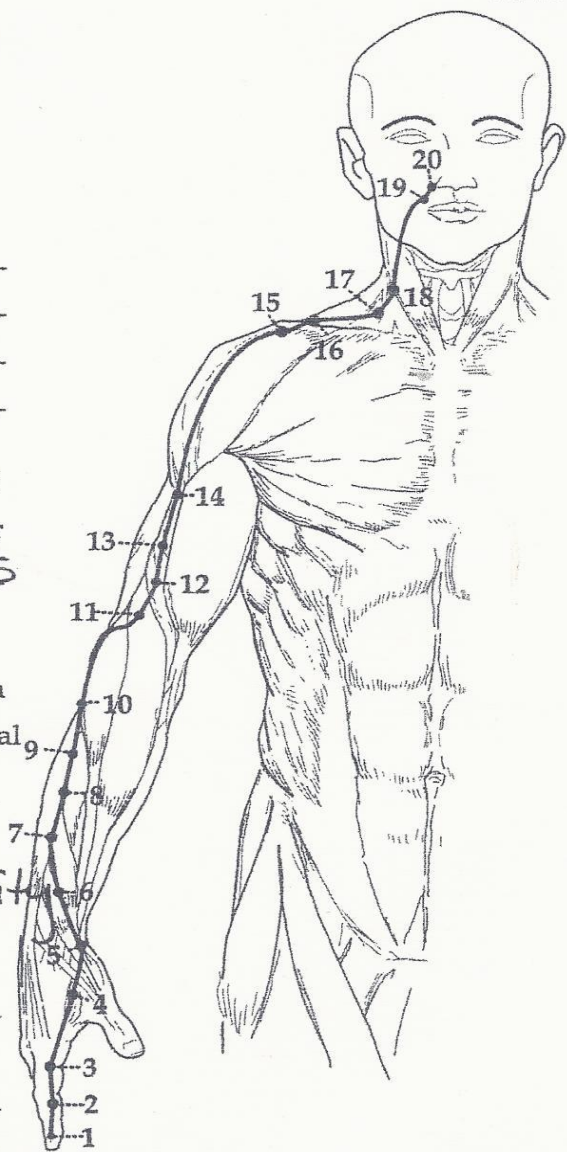
- Eliminates toxic waste from our system
- Counteracts STAGNATION on a physical and emotional level

Imbalances:

- General negativity and IRRITABILITY

Used for:

- Coughing, sore throat, GRIEF
- Constipation, nasal congestion, HEADACHE
- Toothache, facial PARALYSIS
- EIBOW, arm, shoulder, neck pain
- DIARRHEA





Large Intestine

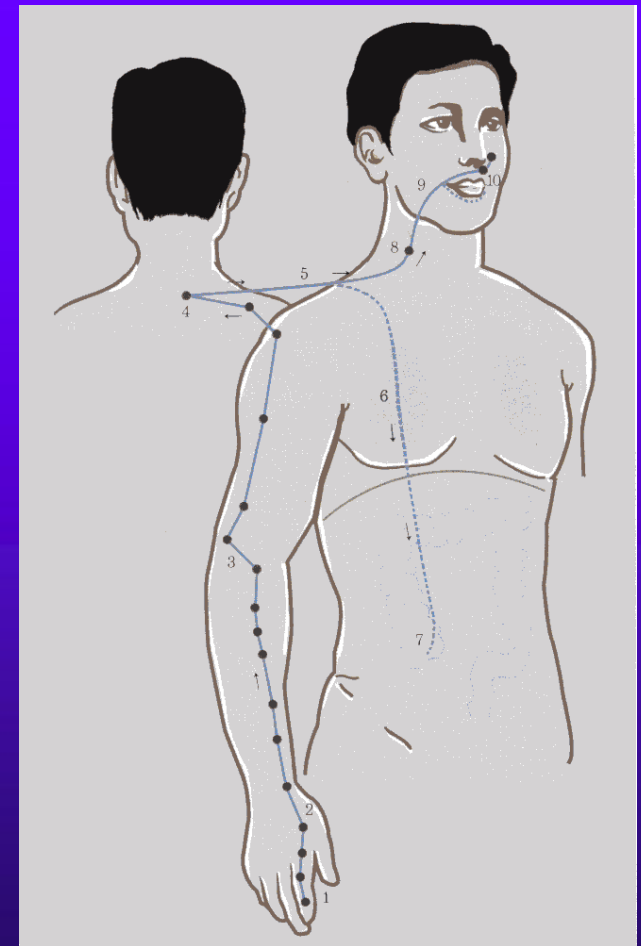
Cause: One is lacking in initiative and openness

Mental Aspect: Problems with personal relationships and lack of friends that can be trusted, inability to adequately express oneself to others, loss of motivation after a disappointment, depending on others instead of taking initiative

Physical Aspect: Prone to nasal congestion and dry coughs, hypersensitivity in upper respiratory tract which causes coughing, tendency to exercise very little, not breathing deeply, tendency toward diarrhea especially when eating hard to digest food, chilling of lower abdomen and extremities, lack of strength, pain in arms and hand especially inline with the thumb, pale complexion

Massage Large Intestine

- ◆ Find tenderness at acupressure points
 - Press with thumb or ball and apply pressure for up to 90 sec
 - Or massage small circles around points with deep pressure or pressure as tolerated
 - Face massage points near nostrils





Energy Meridian Exercise Large Intestine Meridian

- ◆ Form tight fists, flex elbows, palm side of hand faces you, flex wrists and rotate firmly turning hands medially until the end range, hold for a moment.
 - This exercise will stimulate the bowels to empty if they are full, used as a treatment for regularity or constipation

5. ANAL CONTRACTING EXERCISE

This exercise helps stimulate the perineal area. When you sit for long periods of time, feel weak, or have a bloated stomach, the perineal/rectal area loses its elasticity. This can cause hemorrhoids, constipation, and various sexual disorders.

Method

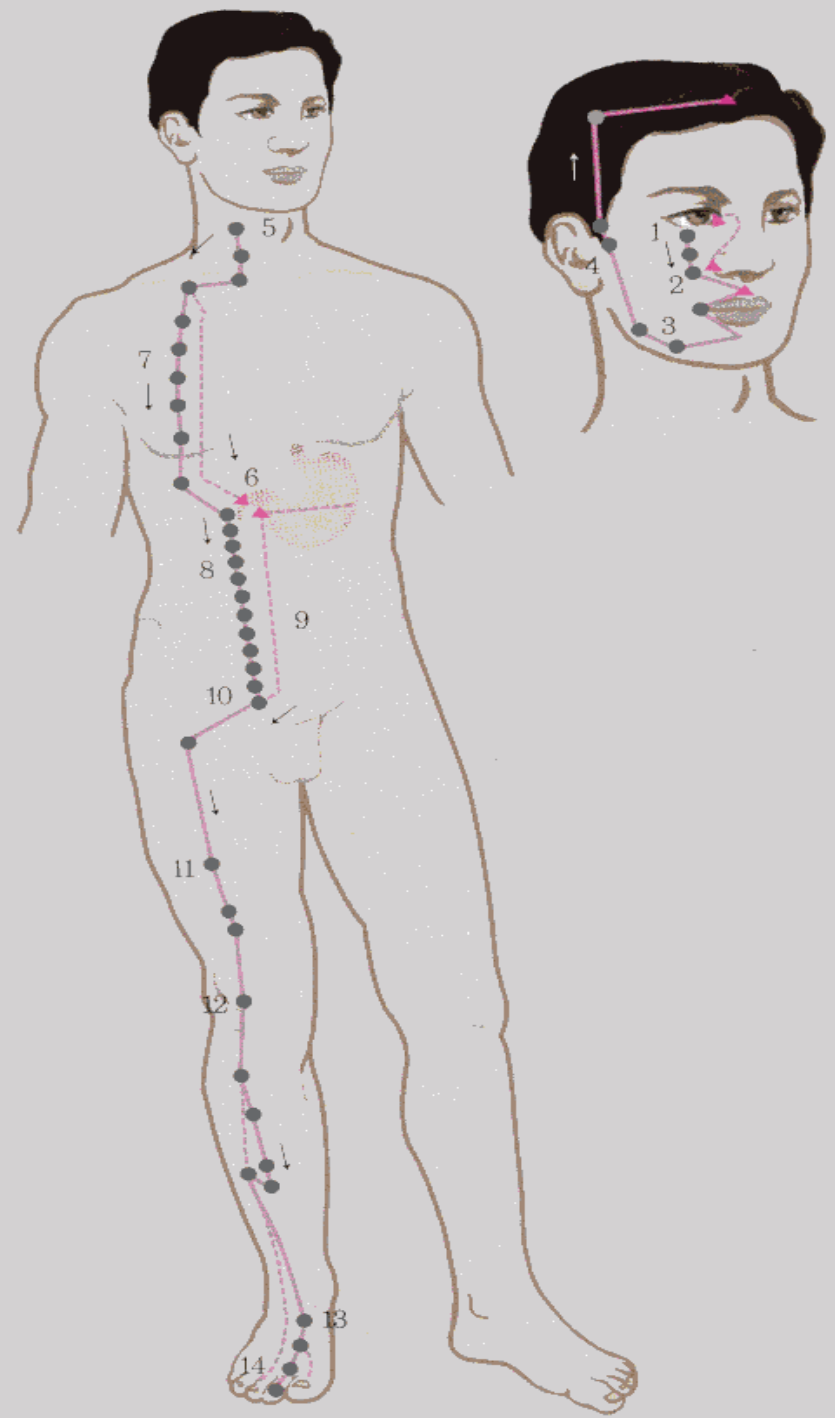
First inhale and hold while contracting your anus, all the way to the navel. Squeeze and tighten buttocks as well. When you exhale, relax the muscles you have contracted. You could perform this without the controlled abdominal breathing, if you prefer.

Benefits

Prevents and heals hemorrhoids vaginal itchiness, as well as bladder, urethra, uterine, prostate, reproductive, and urinary tract disorders. If acute inflammation arises, this exercise is extremely effective. It also aids in the prevention of uterine and prostate cancer. It prevents kidney disease and colon cancer. It also prevents incontinence in bowel and bladder. This exercise helps impotence and erectile disorders in men. It helps maintain and improve elasticity in the vaginal area, thereby helping female sexual disorders. It helps promote healthy sexual relationships.



Stomach Meridian





The Stomach Meridian

- ◆ highly acidic and smelly environment pH 1.5 – 2 secretion of hydrochloric acid
- ◆ the stomach's interior can secrete 2 to 3 liters of gastric fluid per day.
- ◆ It breaks down the food to enter the intestine.

Stomach (ST) Meridian

45 Points

Yang

Partner: Spleen (SP)

Season: INDIAN SUMMER

Element: EARTH

Emotion: COMPASSION / SYMPATHY

Color: YELLOW

Begins: At indentation of top of cheekbone,
directly under PUPIL OF EYE

Ends: Lateral corner of 2nd TOE

Functions:

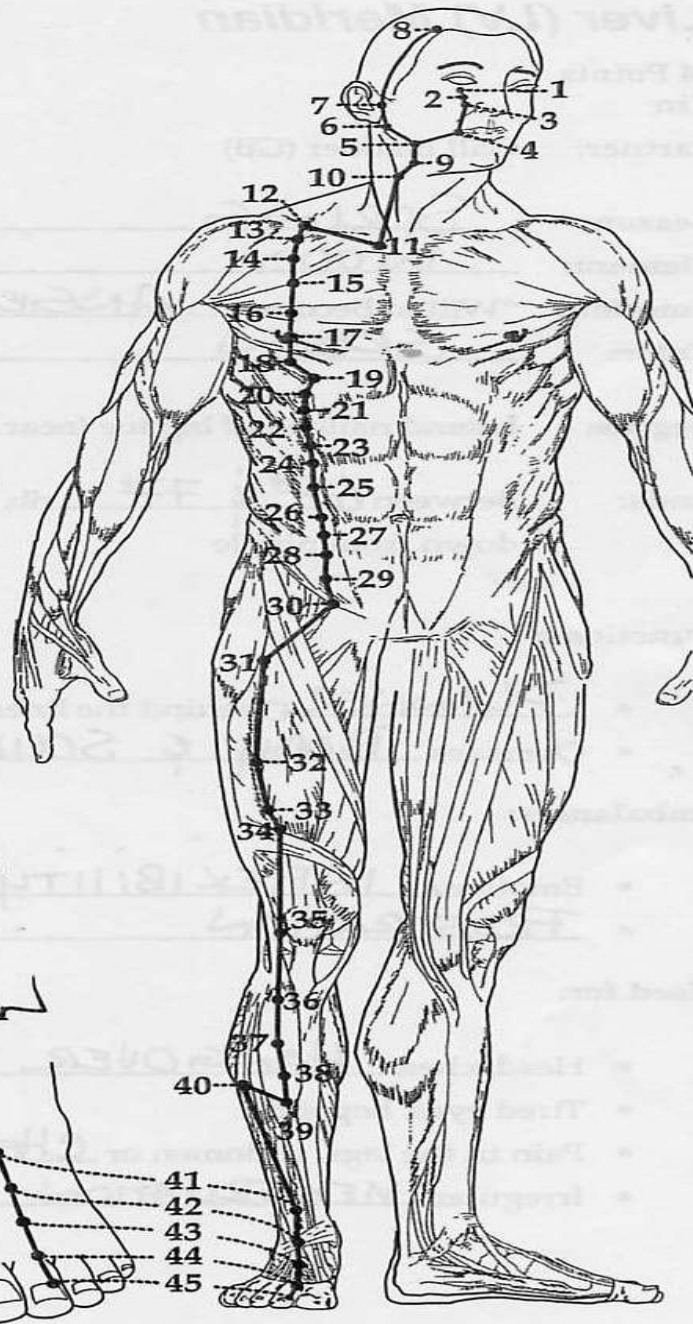
- Absorbs nutrients from food
- Absorbs other forms of nourishment:
SPIRITUAL and EMOTIONAL, for
example

Imbalances:

- Weight problems, APPETITE disorders
- Confusion, too much thinking

Used for:

- Chest pain, cough, nausea, HEARTBURN
- LEG pain
- Grinding teeth, SINUS problems





The Stomach Meridian

Cause: unable to accept things as they are, unable to adapt to environment and situations

Mental Aspect: Brooding, vain regrets, eats to suit mood, mindless eating, irregular eating habits, eating too much food, lies down after eating, sluggish from food, worrying about food and the stomach condition, lackluster skin, blank facial expression

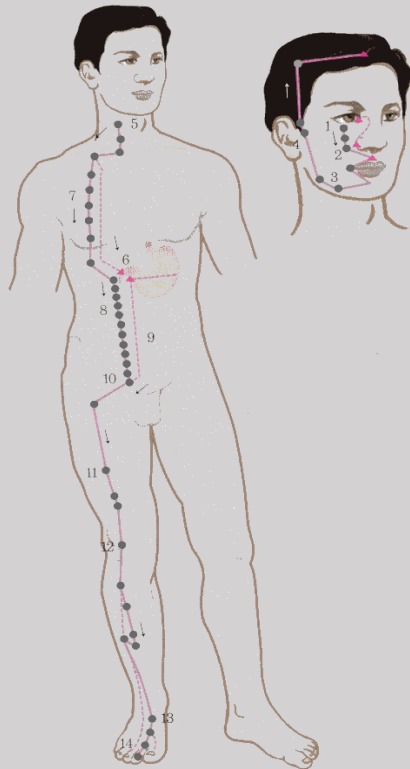
Physical Aspect: stomach upset, appetite variability, chilly abdomen, tight shoulders, tension and pain in the mid back, excessive yawning, heavy legs, inflexible wrists and ankles, painful joints, nasal congestion and light coughing, cool legs, lack of stomach acids leading to anemia, weak sagging abdomen musculature,



Stomach Meridian activation will assist

- ◆ abdominal distension
- ◆ edema
- ◆ epigastric pain
- ◆ vomiting, hunger
- ◆ Nose bleeds
- ◆ Head aches around the forehead or occipital regions
- ◆ Rashes around the mouth
- ◆ abdominal pain
- ◆ stiffness in the knees and legs
- ◆ pins and needles in the feet
- ◆ LE atrophy
- ◆ pain on the lateral surface of the legs
- ◆ Dry lips
- ◆ loss of appetite
- ◆ acid dyspepsia- upset stomach
- ◆ gastric ulcer
- ◆ Emotional disorders, depression, manic depressive

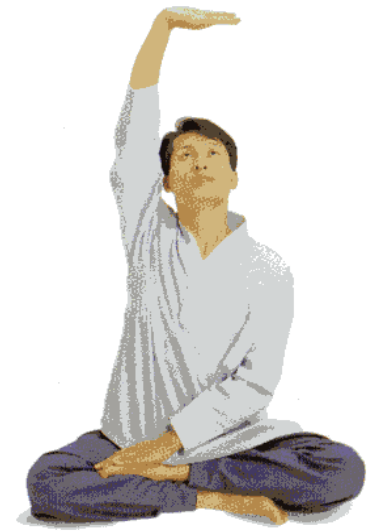
Energy Meridian Exercise



PUSHING WITH ONE HAND ABOVE HEAD (Book 1 , p. 139)

Benefits Stagnant energy from associated energy blocks in the abdomen can be released. Stomach functioning is enhanced.

TIPS Press your left hand on the sole of your foot. As you raise the hand, follow the back of the hand with your eyes.

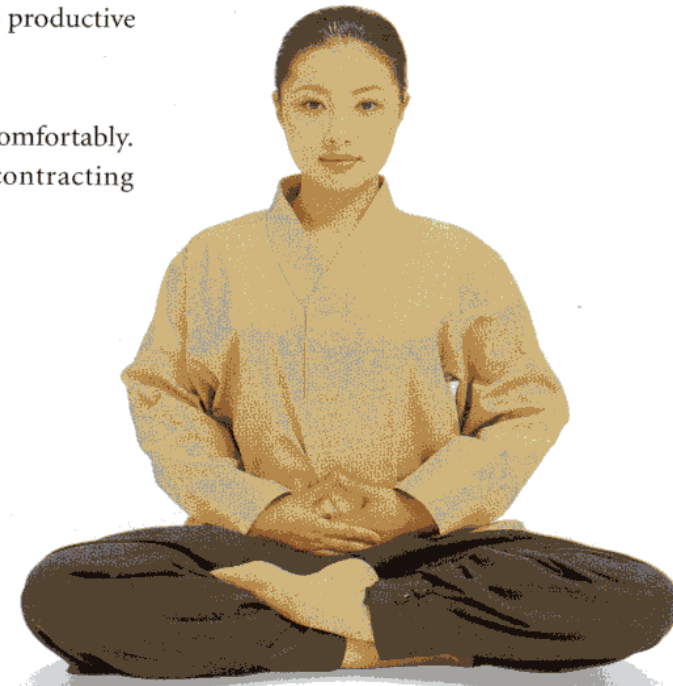


1. ABDOMINAL BREATHING FOR WEAK STOMACH

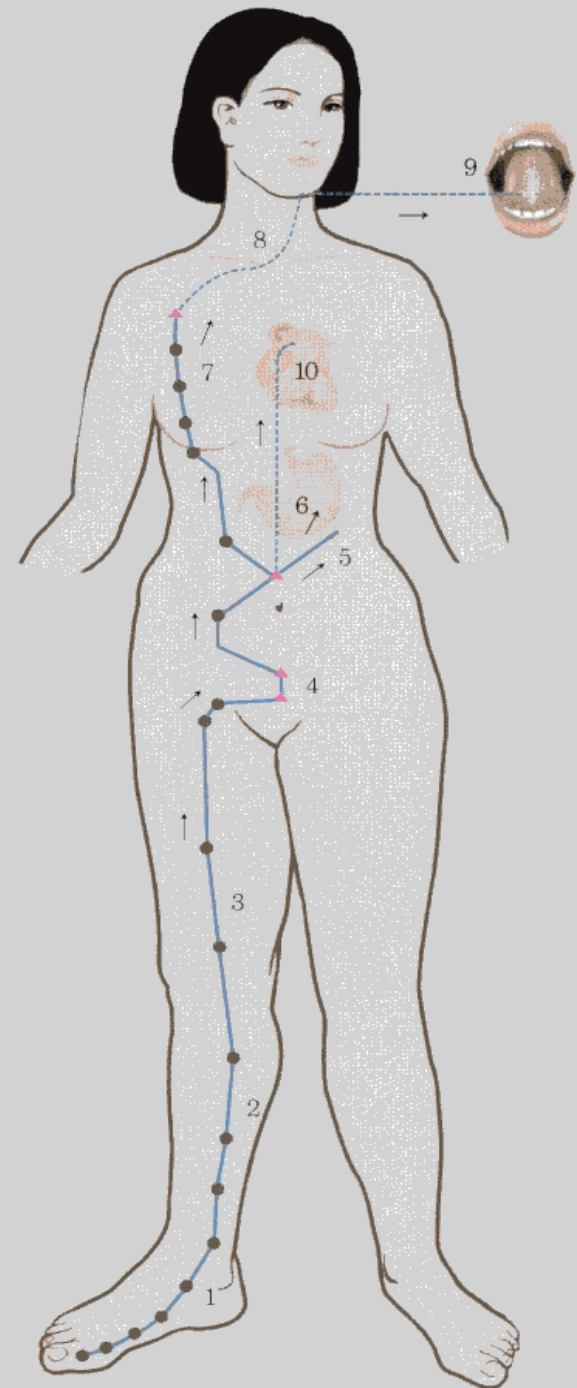
Benefits Accumulates heat energy in the lower abdomen and enables more productive digestion.

TIPS Breathe normally and comfortably. Exaggerate the distending and contracting abdominal movements.

Sit in half lotus position. Place your fingers in a triangle around your Dahn-jon. As you inhale, distend your abdomen as much as possible. As you exhale, contract your abdomen as much as you can. Perform two hundred times.



Spleen Meridian





The Spleen Meridian

- ◆ The spleen helps in immunity (protection against infection), stores blood for the body and releases it when needed
- ◆ destroys bacteria
- ◆ destroys worn and damaged platelets
- ◆ destroys worn and damaged red blood cells.

Spleen (SP) Meridian

21 Points

Yin

Partner: Stomach (ST)

Season: INDIAN SUMMER

Element: EARTH

Emotion: COMPASSION / SYMPATHY

Color: YELLOW

Begins: Medial corner of the nailbed of the BIG TOE

Ends: Between 6th and 7th rib straight down from the
ARM PIT

Function:

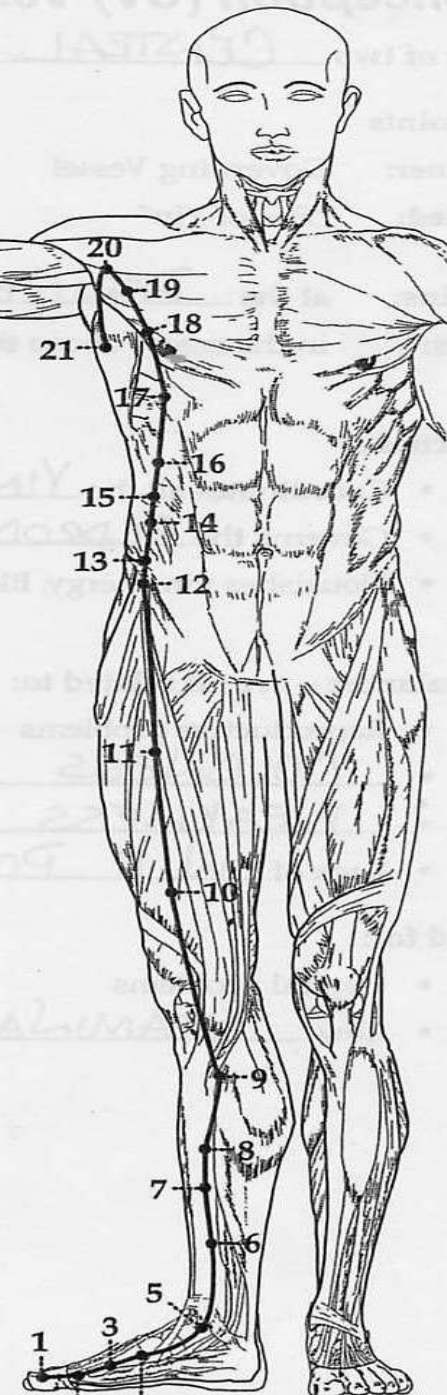
- Transports NUTRIENTS
- TRANSFORMS nourishment into emotional and physical energy

Imbalances:

- Menstrual irregularity
- Blood FLOW imbalances
- Blood SUGAR imbalances

Used for:

- Insomnia, FATIGUE
- Diarrhea, vomiting, ULCERS
- Foot cramps, menstrual cramps, Hiccups
- Hemorrhage





The Spleen Meridian

Cause: poor chewing of food and poor digestion lacks perseverance to thoroughly assimilate things

Mental Aspect: tendency to worry, worry about details, restless and anxious, worry when nothing is going on, interrupts others, inability to let out stress, holds worries inside, over use of thinking and under activity of the body, forgetfulness, difficultly completing tasks, nibbling food constantly, eating to quickly and unconsciously, not satisfied from the food, always sleepy



Spleen continued

- ◆ **Physical Aspect:** saliva sticky in the mouth, bitter taste in mouth, thirsty, drinks a lot of fluid with food, lack of digestive juices causing anemia, poor discrimination of tastes, skin discolored, hard knot around the navel, excessive burping and flatulence, gums discolored, entire spine is stiff and tense, plump physique with excessive body fat, rough skin on hand and feet, cracks in heel of the foot

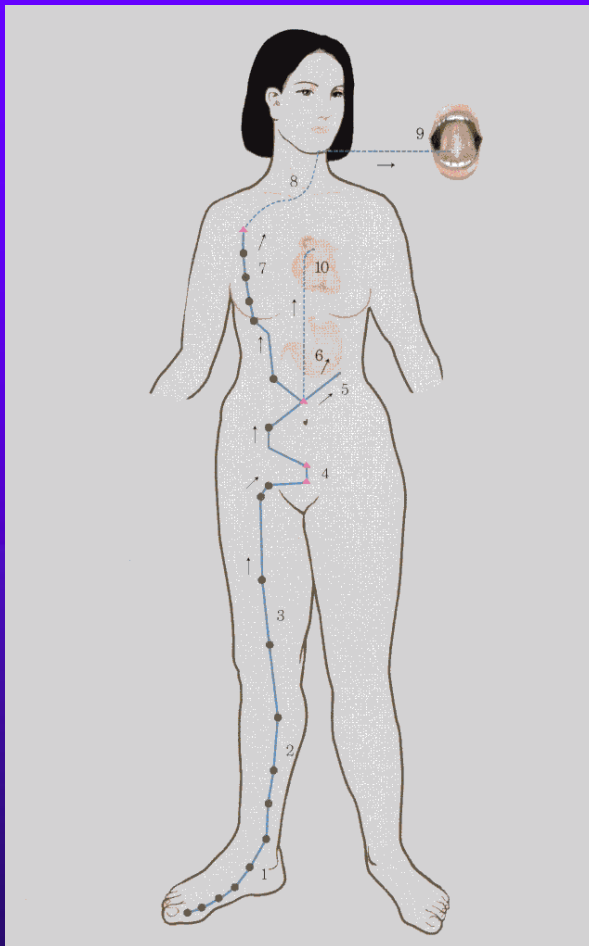


- ◆ In eastern theory the **spleen** provides heat to the **5 viscera meridians** and the stomach assisting energy flow through all stages of digestion.
- ◆ Spleen is a Yin organ together with the yang of the stomach the two together create balance

Spleen Meridian problems and remedies for:

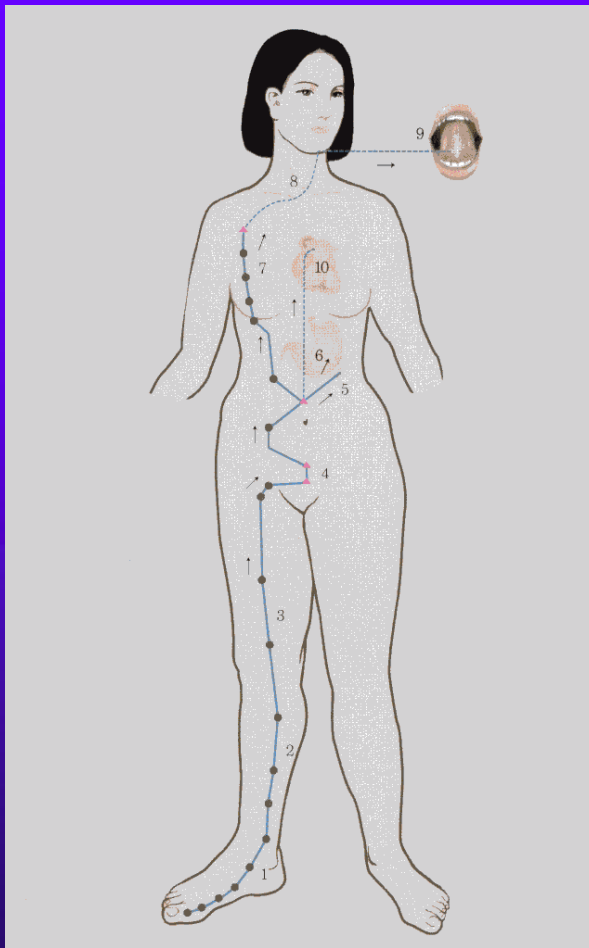
- 
- ◆ Belching
 - ◆ Vomiting
 - ◆ abdominal distension
 - ◆ loose stools
 - ◆ Jaundice
 - ◆ heaviness of the body
 - ◆ Lassitude
 - ◆ stiffness and pain in the root of the tongue
 - ◆ swelling and coldness in the inner thigh
 - ◆ weakness of the limb joints
 - ◆ Abdominal spasm
 - ◆ cholera with vomiting and/or diarrhea.
 - ◆ General aching in the Abdomen and or the uterus

Massage for spleen meridian




- ◆ Gentle pushing and pulling the abdomen
- ◆ With body floating supine raise body from below to open up front of the body
- ◆ Massage big toe and inner edge of foot
- ◆ Inner thigh following medial femur

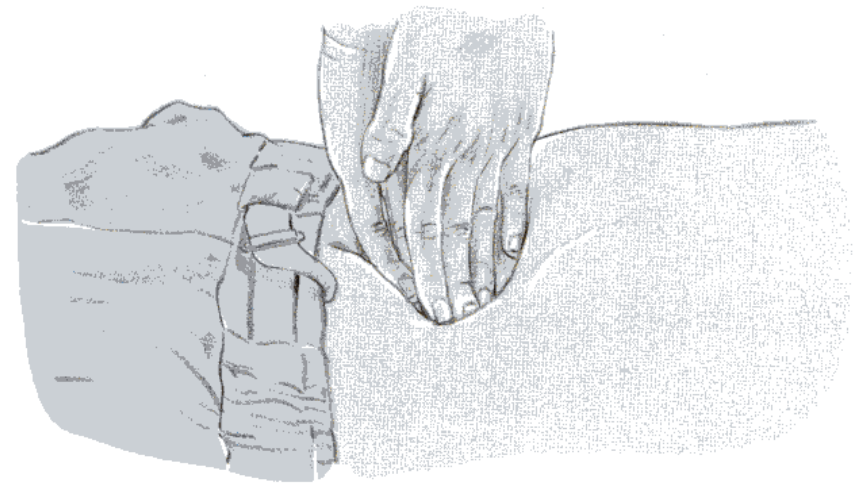
Energy Meridian Exercise Spleen



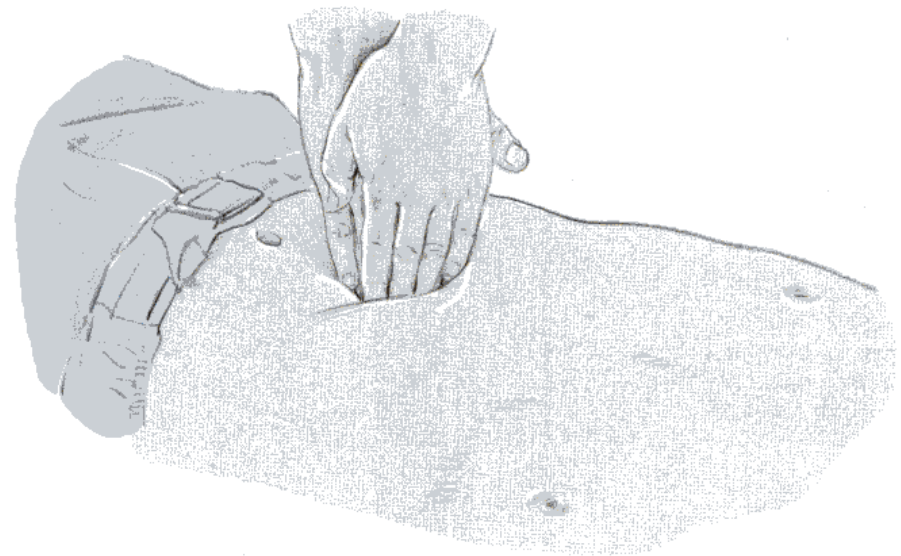
- ◆ Inner thigh stretches
- ◆ Hip opening exercise
- ◆ Chest opening exercises
- ◆ All body tapping exercise



Massage the abdomen in the area of the spleen meridian

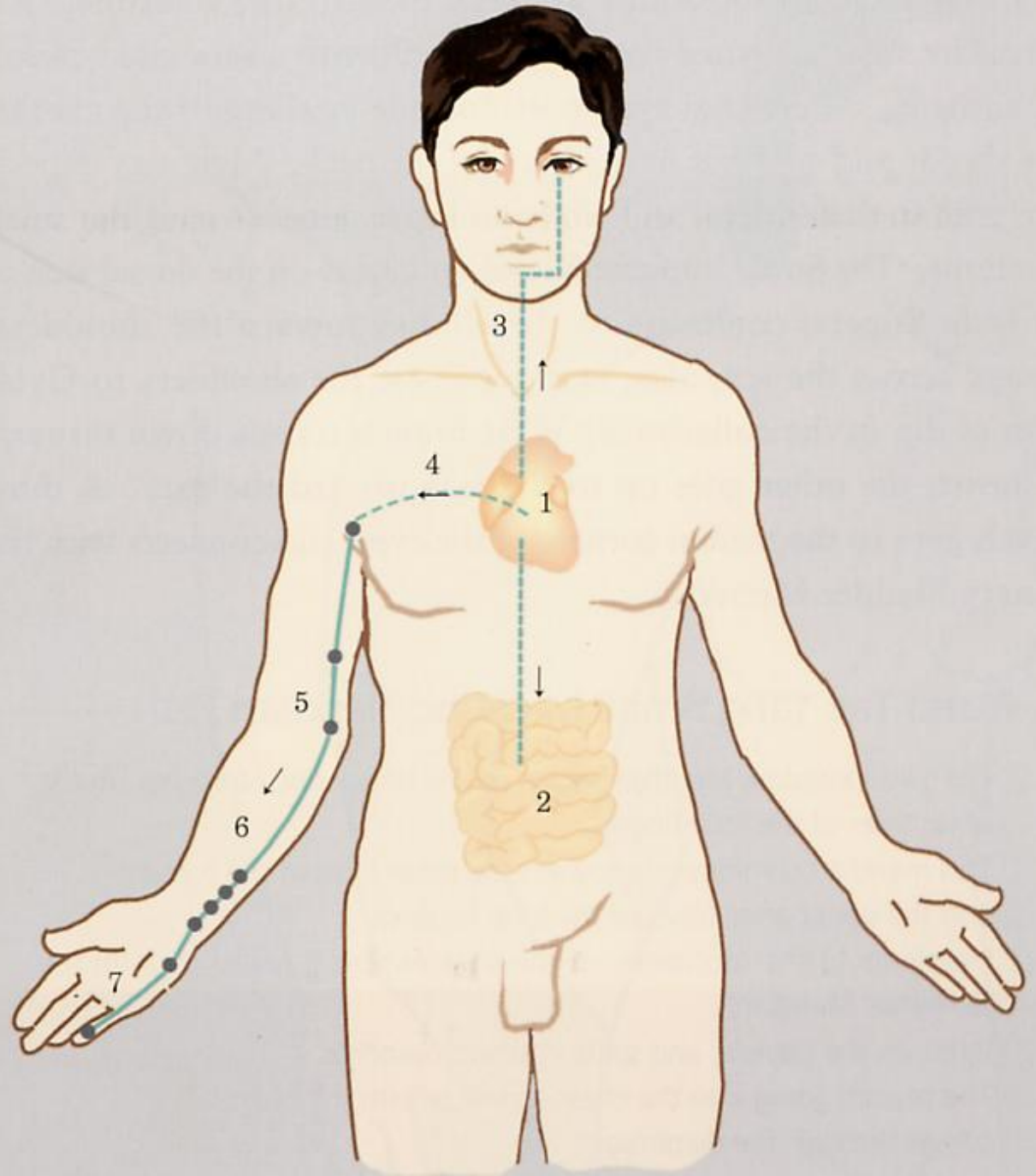


4 Release the stagnant energy in the heart. Using the same technique used for the liver, press the areas immediately above or next to the navel.



5 Stagnant energy in the spleen hardens the Joong-wahn (in between the navel and solar plexus). Use the same technique to press and release the hardness.

Heart Meridian



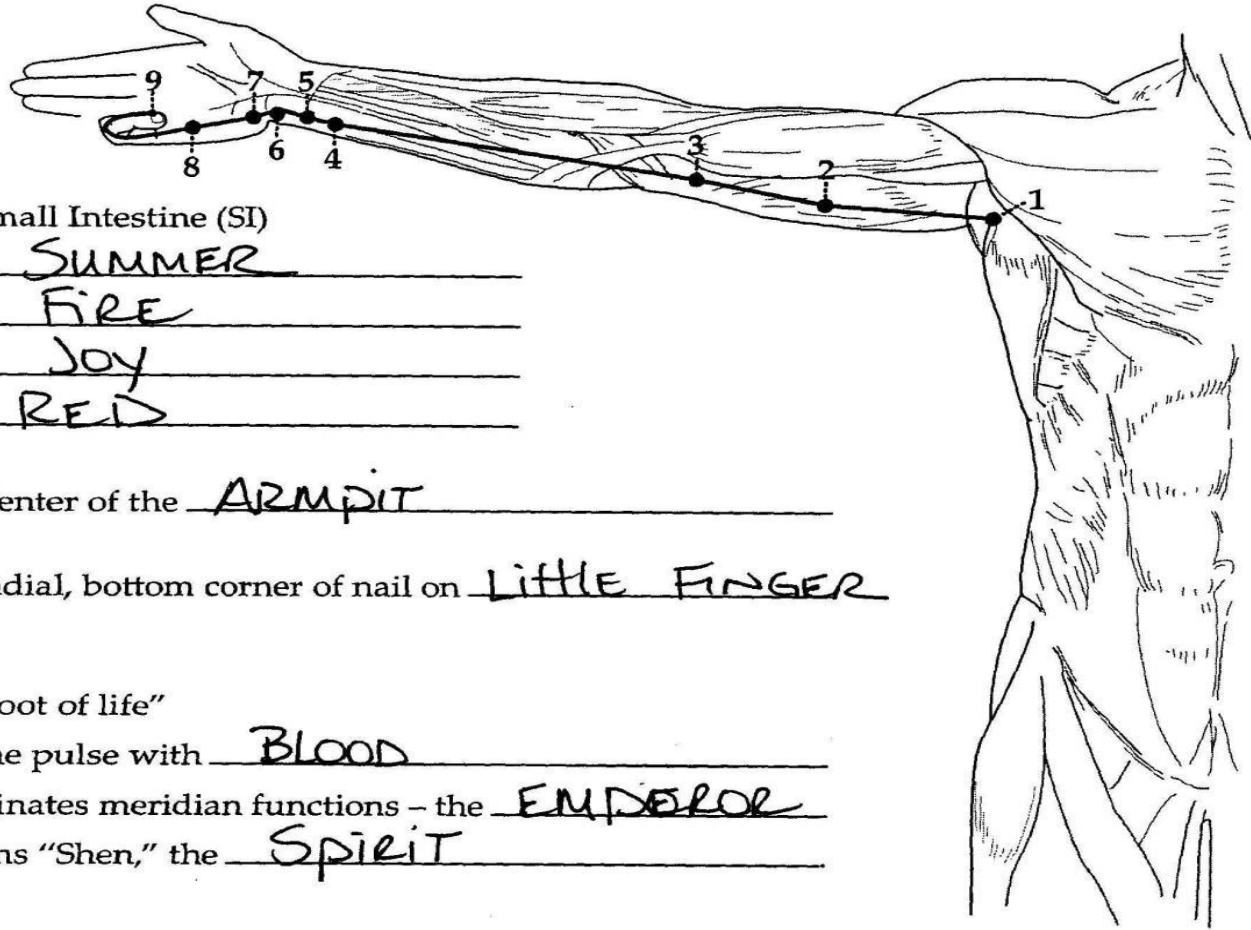
The Heart Meridian

- ◆ It works as a pump to send oxygen-rich blood through all parts of your body.
- ◆ The heart moves blood containing oxygen and nutrients to every cell
- ◆ The heart is the blood circulation and emotional center. The heart has a lot of neurologic cells similar to the brain, the heart has its own way of thinking, perceiving, and feeling



Heart (HT) Meridian

9 Points
Yin



Partner: Small Intestine (SI)

Season: SUMMER

Element: FIRE

Emotion: JOY

Color: RED

Begins: Center of the ARMPIT

Ends: Radial, bottom corner of nail on LITTLE FINGER

Functions:

The "root of life"

- Fills the pulse with BLOOD
- Coordinates meridian functions - the EMPEROR
- Governs "Shen," the SPIRIT

Imbalances:

- Melancholy/over-PERKY

Used for:

- Anxiety, depression, CONFUSION
- Chest pain, heart palpitations, dry COUGH
- SPEECH disorders
- THIRST



The Heart Meridian

Cause: not centered, unstable, inappropriate responses to situations

Mental aspect: emotional exhaustion after some crisis, excessive stress, longstanding anxiety or nervous tension, tendency to be over sensitive and neurotic, anxiety and worrying which affect appetite, restlessness and inability to calm down, forgetfulness, tendency to be paranoid, jittery, easily startled or very timid, tension in the tongue which causes stuttering or poor speaking, inability to concentrate

Physical aspect: feeling of tension or constriction in solar plexus, rounded back caused from weak abdomen, tendency to have palpitations, strong tension in the abdominal wall and a feeling oppression in the solar plexus when pressed, nervous stomach, thick tongue coating, congestion in throat, rigidity in hands, sweaty palms, tires easily, tired sore red eyes

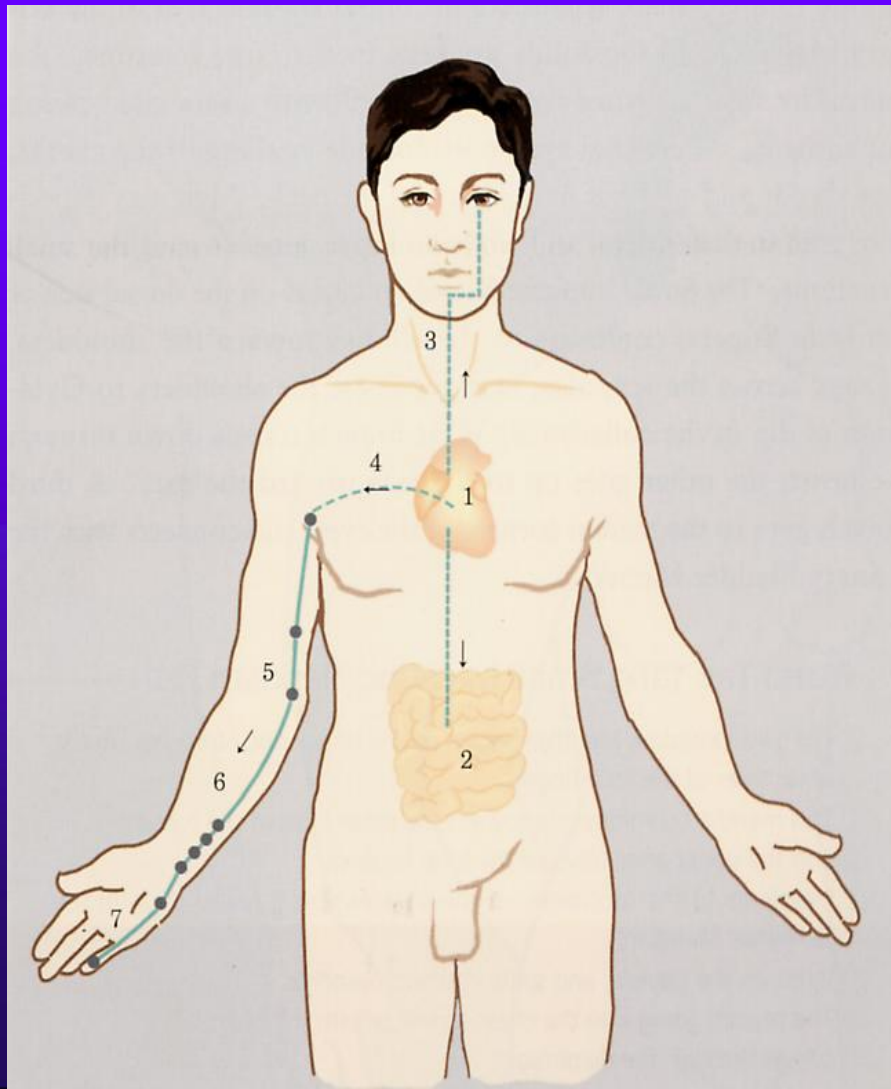




Heart Meridian Problems and Treatments

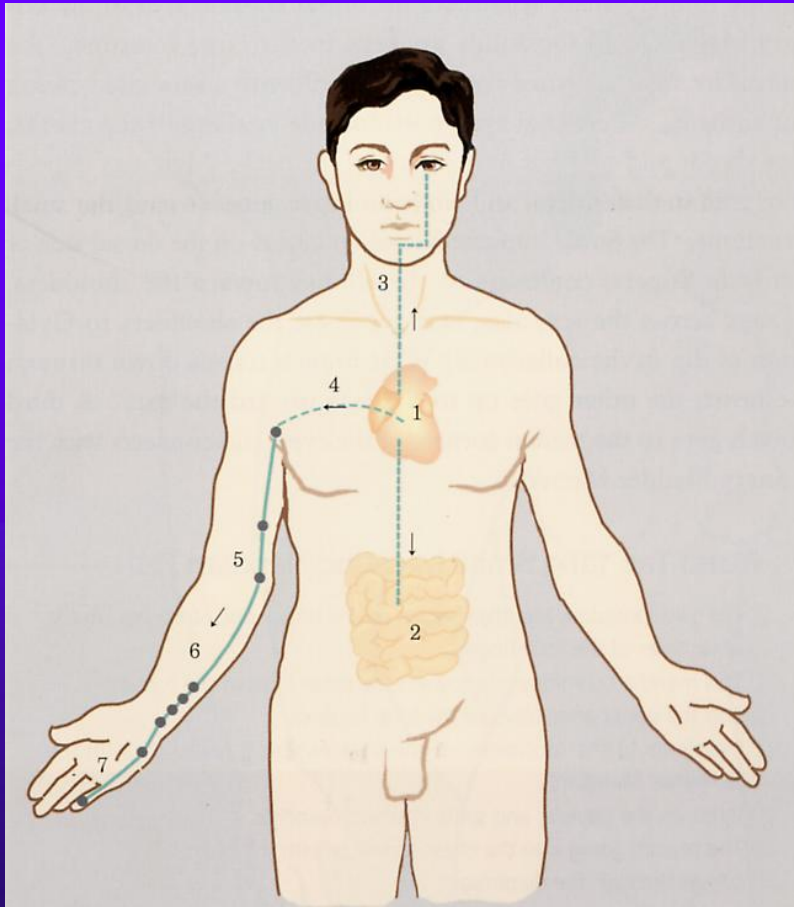
- ◆ Cardiac pain
- ◆ Palpitations
- ◆ Psychosomatic pain
- ◆ Insomnia
- ◆ night sweating
- ◆ dryness of the throat
- ◆ frequent thirst
- ◆ pain inner, upper arm
- ◆ Hot palms
- ◆ Aphasia- poor speech and understanding
- ◆ Pain and stiffness in the baby finger
- ◆ flushed face
- ◆ Those with heart energy imbalance
 - may exhibit anxiety
 - Anxiousness
 - nervous easy to laugh
- ◆ Fullness or tightness in the chest and/or diaphragm

Massage for the Heart Meridian



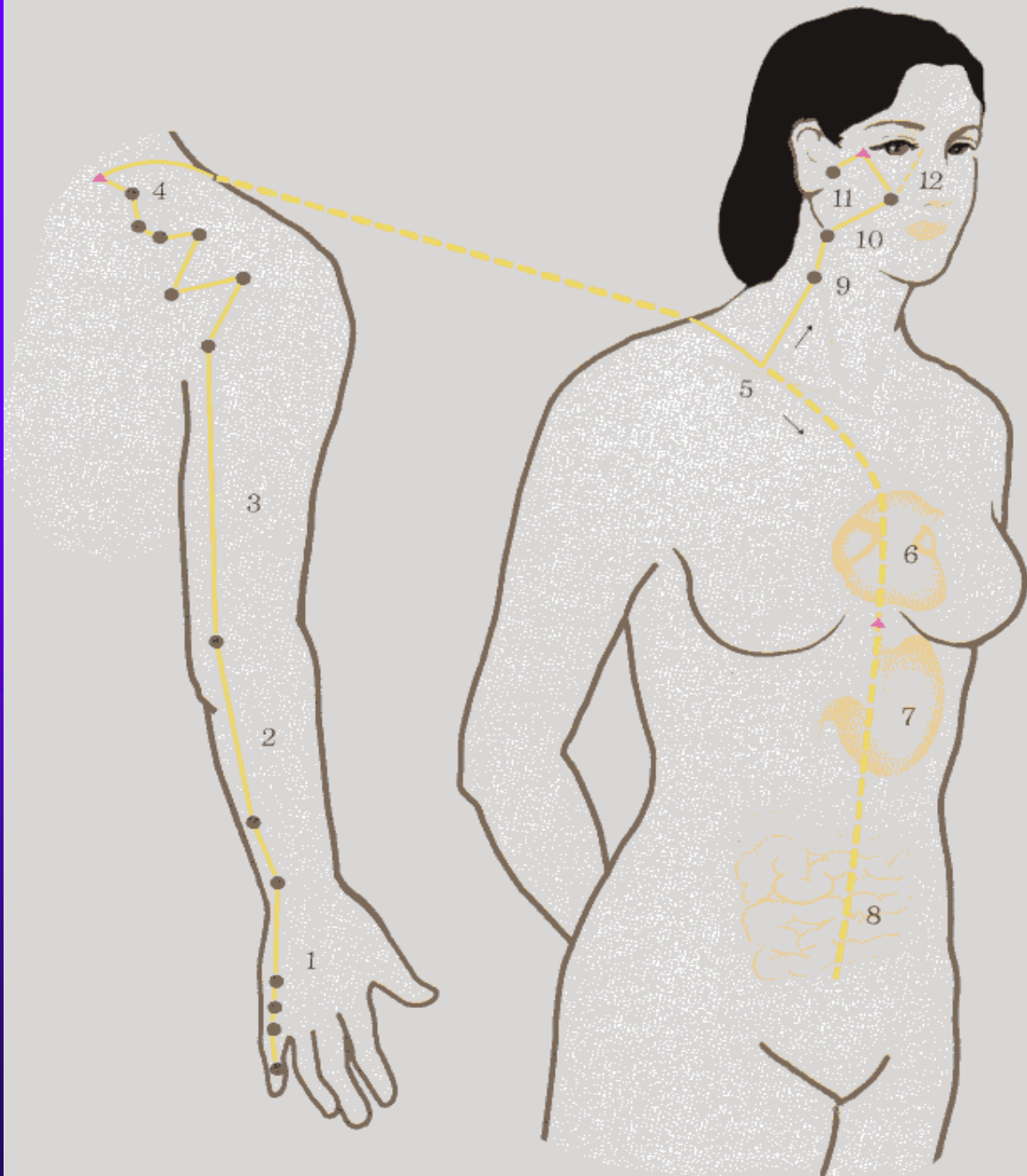
- ◆ Massage line with thumb pressure
- ◆ Locate acupressure points apply pressure and circular vibration
- ◆ Face massage

Energy Meridian Exercise Heart



- ◆ Chest opening
- ◆ Chest Tapping
- ◆ Ai chi
- ◆ Wrap around the chest
 - Activates the triple burner, and small intestine meridian on back of shoulder which are required for balance of the heart meridian
 - Is a depression treatment

Small Intestine Meridian




The Small Intestine Meridian

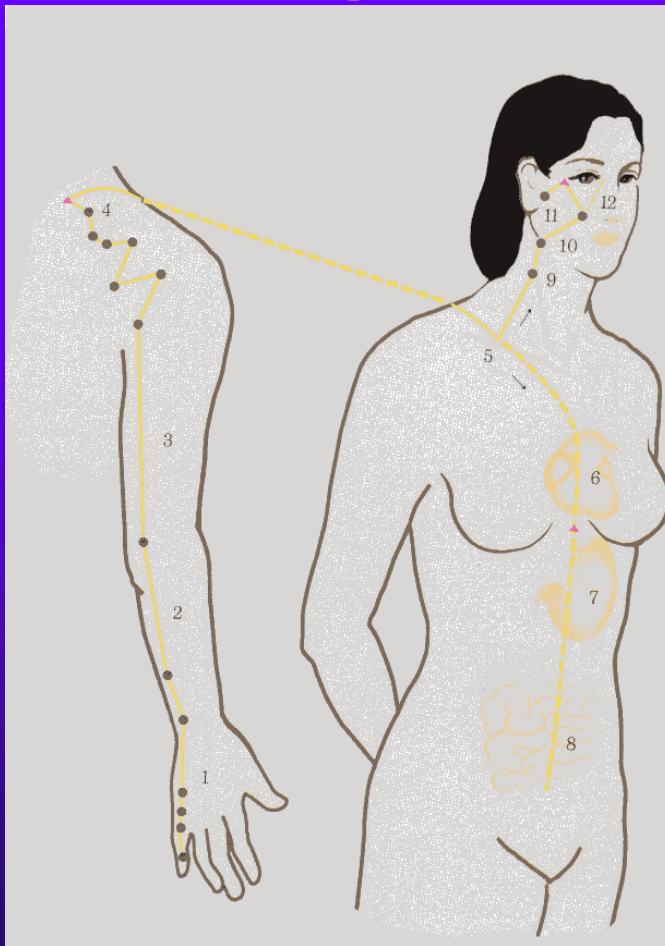
- ◆ The small intestine is about 6 meters (20 feet) long.
- ◆ It is coiled in the center of the abdominal cavity.
- ◆ The small intestine aids in digestion, absorption, and acts as a barrier.
- ◆ Pure and impure properties are separated.



Small Intestine Meridian problems and solutions

- 
- ◆ Deafness
 - ◆ yellow sclera
 - ◆ sore throat
 - ◆ swelling of the cheeks
 - ◆ distension and pain in the lower abdomen
 - ◆ pain in the posterior lateral shoulder and arm
 - ◆ Hearing impairment
 - ◆ Puffy face
 - ◆ Weakness of the joints, muscular atrophy
 - ◆ stiffness of the elbow
 - ◆ warts on the skin.
 - ◆ Man may have painful testicles
 - ◆ Woman may have irregular menstruation
 - ◆ Stiffness in the back of the neck

Small Intestine Meridian Massage



- ◆ Locate AC points on back of shoulder and massage, thumb pressure
- ◆ Side of face massage
- ◆ Baby finder massage
- ◆ Deep abdominal Massage

Small Intestine Meridian

Causes: lacks confidence and assertiveness, tendency toward shyness and withdrawing

Mental Aspect: too involved with details, great patience, holding in feelings, suppressing deep sorrow, wearing out one's nerves from concentrating too hard, excessive anxiety and worry, a strong desire not to be outdone, awkwardness in manner, psychological trauma





Small Intestine Meridian

- ◆ **Physical Aspect:** Poor intestinal function which causes one to be thin, loose flabby flesh, poor absorption of nutrients causing anemia and lack of energy, constipation or diarrhea caused by poor digestion, chilling of legs and abdomen with hotness in face, weakness and heaviness in the lower body, fatigue and soreness in lower back, blood stagnation, appendicitis or problems stemming from appendix surgery, susceptibility to food poisoning and sensitivity, stiffness in the back of the neck, shoulder stiffness, migraine headaches, ringing in the ears, loss of hearing, dysmenorrhea and gynecological problems

Small Intestine (SI) Meridian

19 Points

Yang

Partner: Heart (HT)

Season: SUMMER

Element: FIRE

Emotion: JOY

Color: RED

Begins: Ulnar corner of base of little finger nailbed

Ends: In the depression anterior to the EAR

Functions:

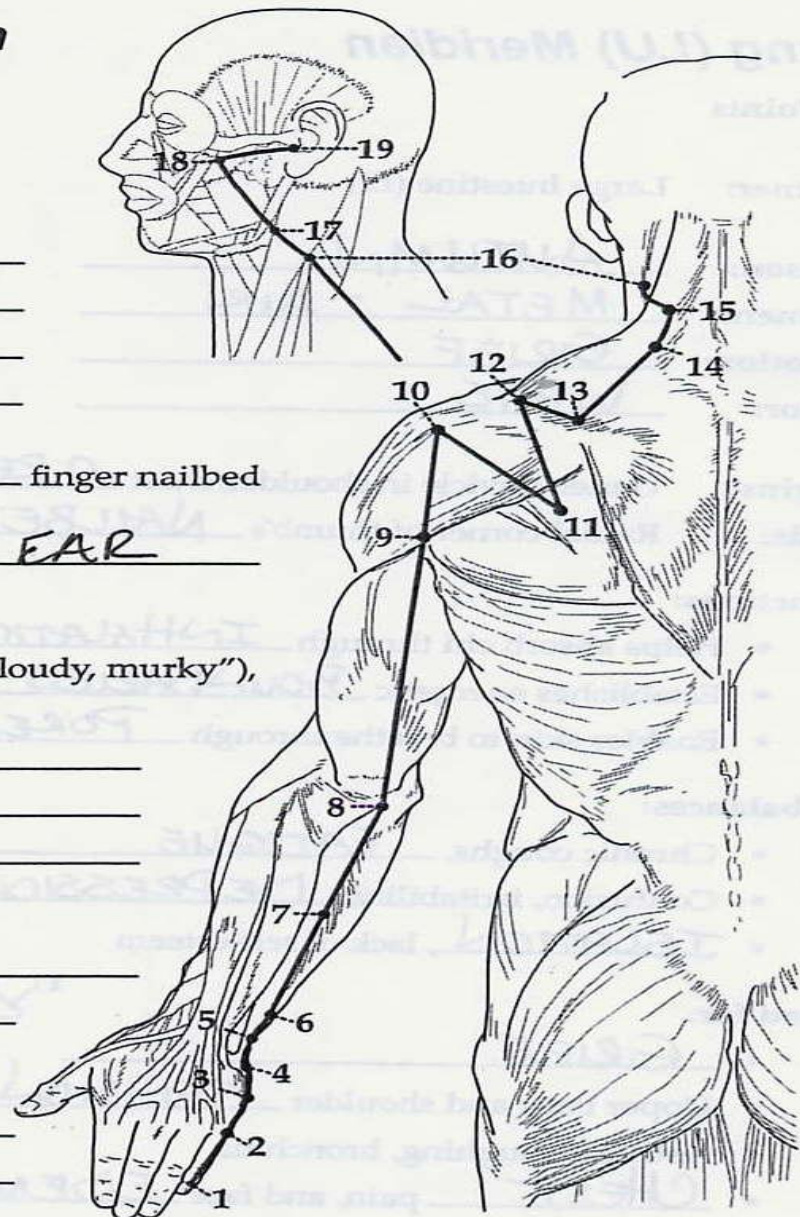
- Separates the pure from the turbid ("cloudy, murky"), or the needed from not-needed in:
 - FOOD
 - Sights, SOUNDS
 - Ideas and EMOTIONS

Imbalances:

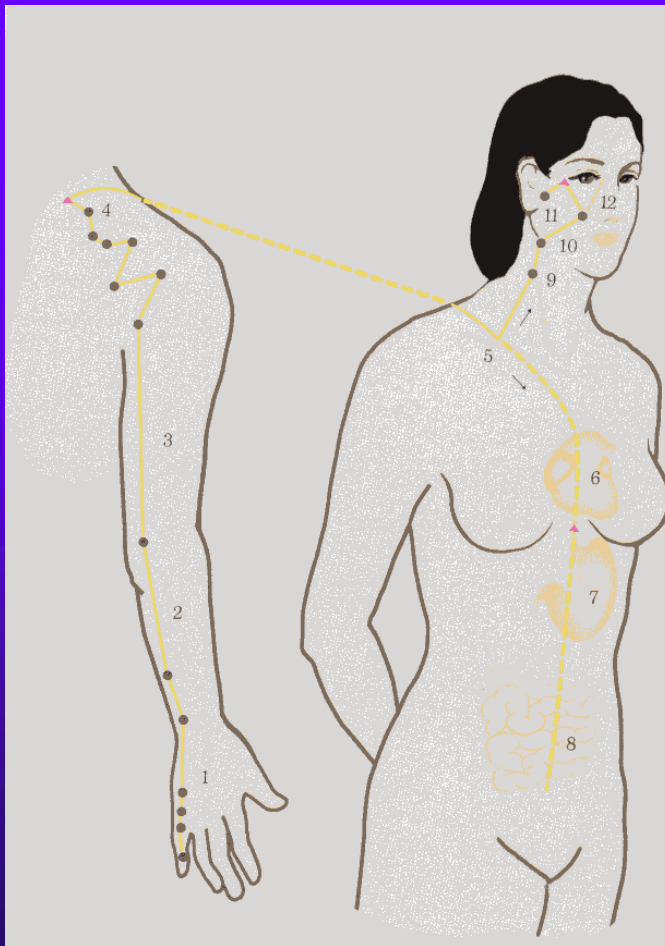
- Intestinal GAS
- IR ANEMIA

Used for:

- Arm pain, ARTHRITIS
- DEAFNESS
- Puffy cheeks, sore THROAT
- Emotional excitement

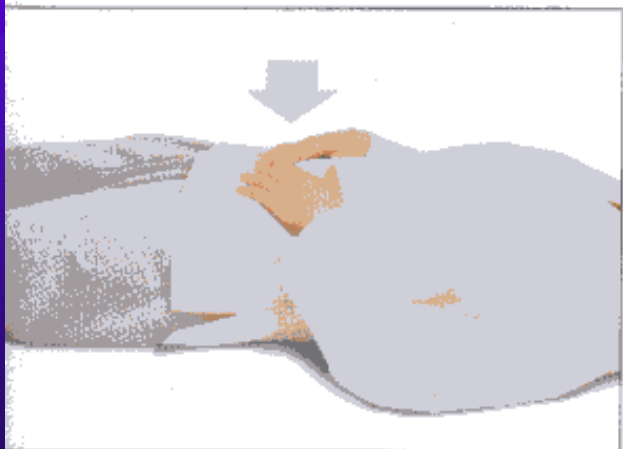
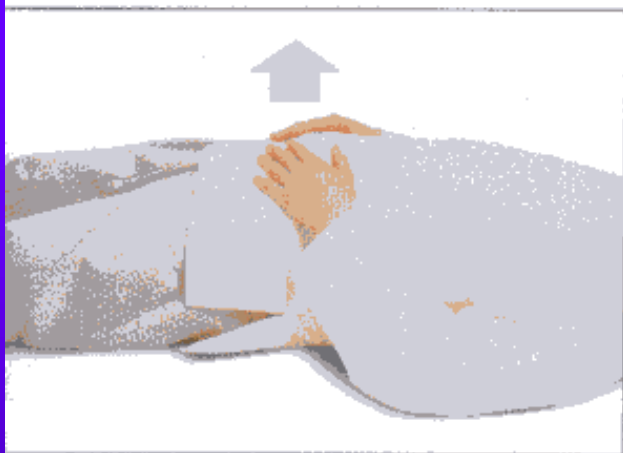


Energy Meridian Exercise small intestine



- ◆ Large shoulder rolls
- ◆ Opposite rotations
- ◆ **Back Opening.**
alternate arm
stretches forward
- ◆ **Depress Shoulders**

Energy Exercise for the Intestines



② It is best to perform abdominal breathing for more effectiveness. Inhale as you push your abdomen out, and exhale as you contract your abdomen. Hold each inhalation and exhalation for about 2-3 seconds. As you become more proficient at this, you can increase the number of repetitions.

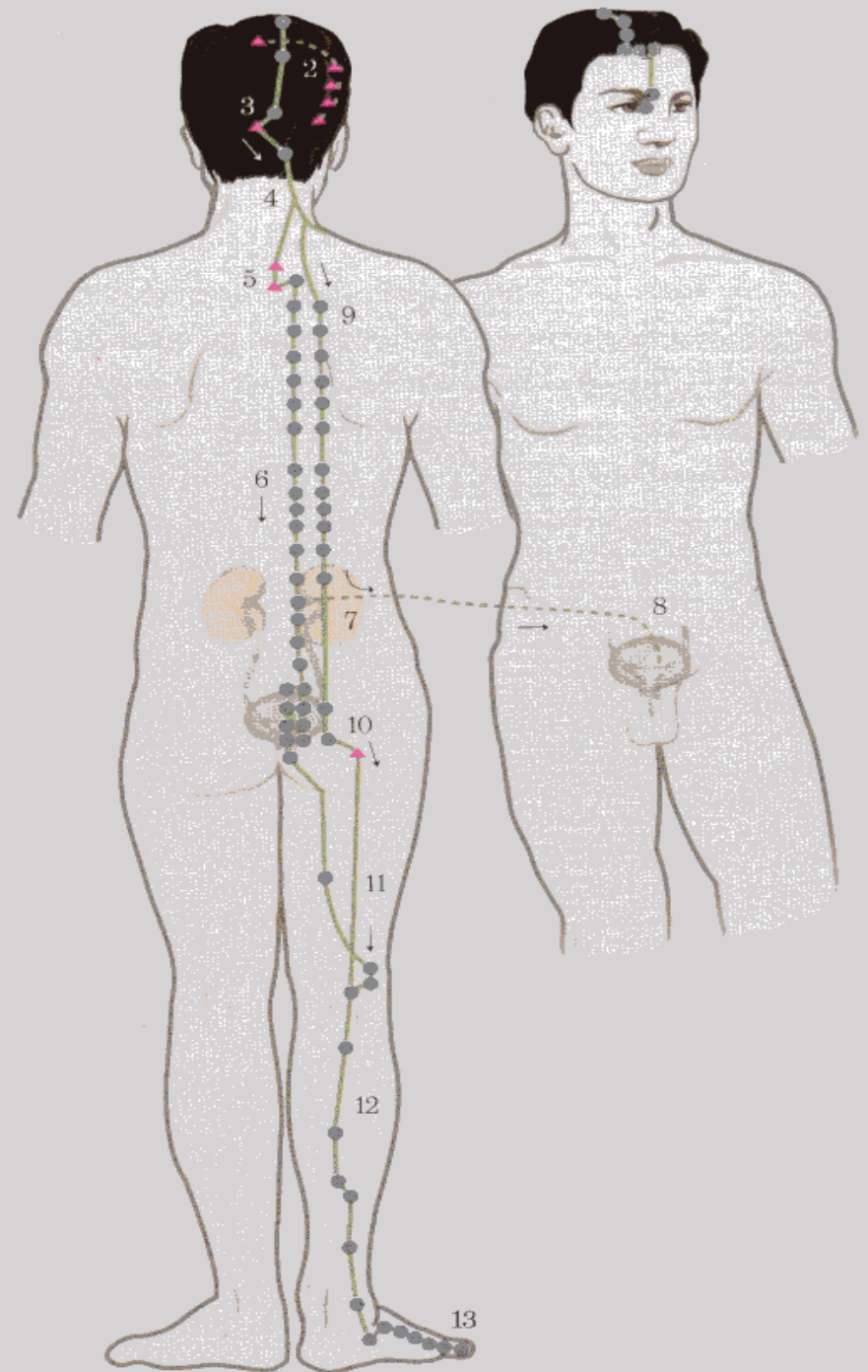




Bladder Meridian:

Has the most
AC points 60

Work
towards a
flexible spine
and
hamstrings



The Bladder Meridian

- ◆ The bladder is a hollow, balloon-shaped organ that is located within the pelvis.
- ◆ It has two major functions: storage and emptying of urine.
- ◆ Bladder control is regulated by interaction between the central nervous system and organs of the lower urinary tract.



LONGEST MERIDIAN

Urinary Bladder (UB) Meridian

67 Points

Yang

Partner: Kidney (KI)

LONGEST meridian in the body

Season: WINTER

Element: WATER

Emotion: FEAR / AWE

Color: BLACK / BLUE

Begins: Inner corner of the EYE

Ends: Lateral corner of the SMALLEST
toe's nailbed

Functions:

- Storehouse of emotions
- Purifies the body, regulates WATER BALANCE
- "If you can balance this meridian, you can balance the WHOLE BODY"

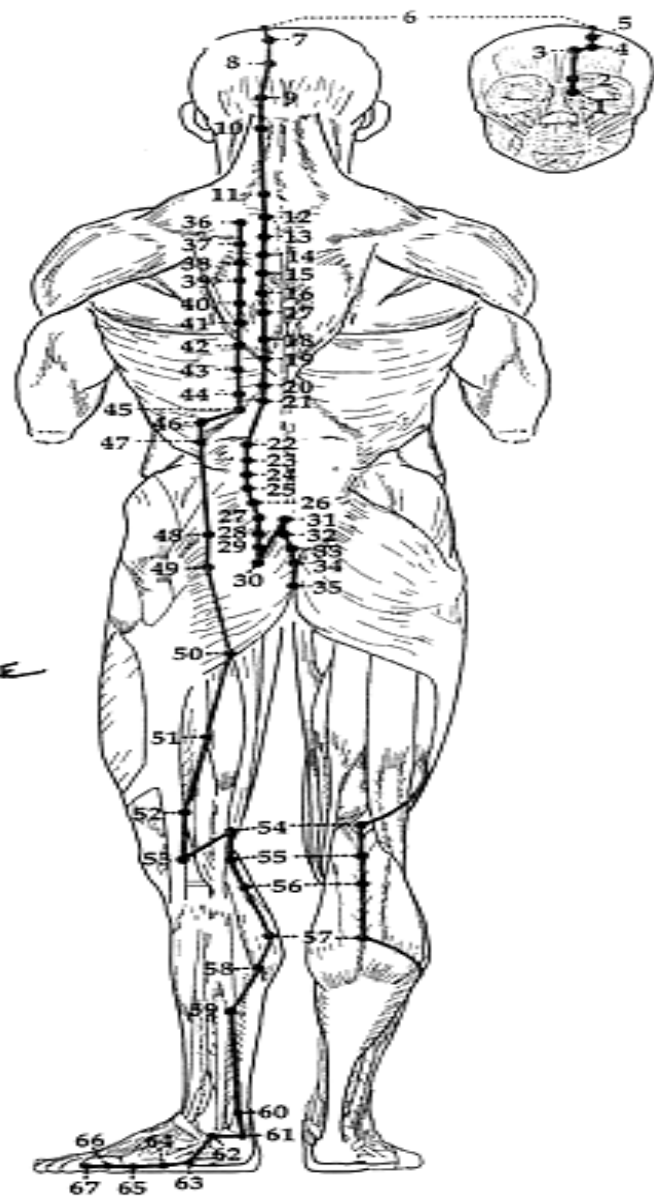
Imbalances:

- Feelings of MISTRUST
- EXHAUSTION

Used for:

- Facial paralysis, SINUSES
- Headache, neck tension
- Low back pain, SCIATICA
- Urinary problems
- Eye problems

Shiatsu 1



The Bladder Meridian


Cause: The whole body is out of balance, and although one feels the need to do something he or she has no stamina to act.

Mental Aspect: fatigue after extended period of stress, fretting over little things, easily startled, tendency to overreact, anxiety and fear which causes one to break out in a cold sweat, anxiety and restlessness, mental instability, neurotic tendency, complaints of general malice

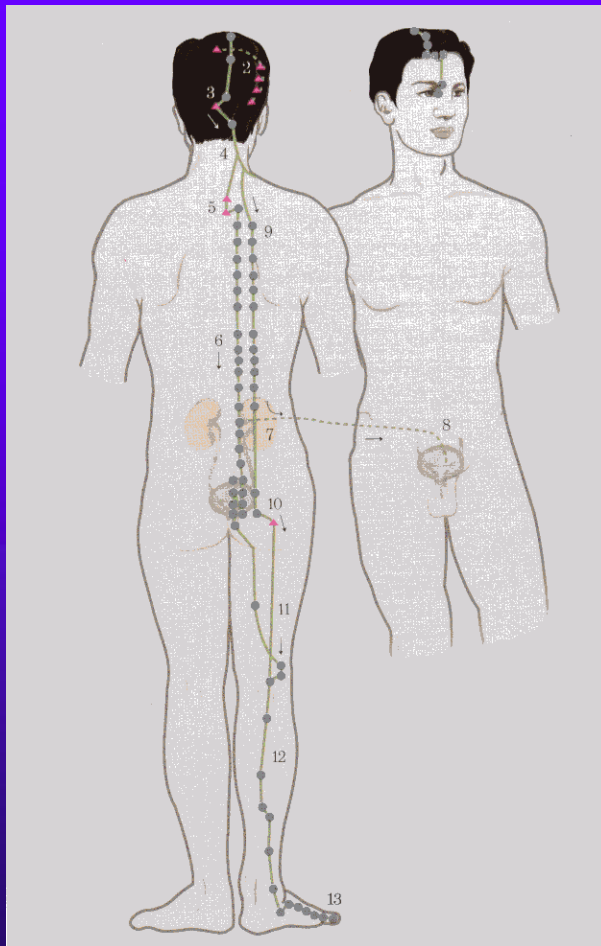
Physical Aspect: nasal congestion, heaviness in the head, pain down the back, palpitations, profuse sweating, dizziness, distension of the stomach, sciatica or low back pain, hypersensitivity to cold, chilling in the lower abdomen and the legs, pain and heaviness in legs, difficult in bending backward, ticklishness, dysfunctions in the uterus or bladder, frequent urination, or sparse urination, body retains fluid



Bladder Meridian problems and treatments:

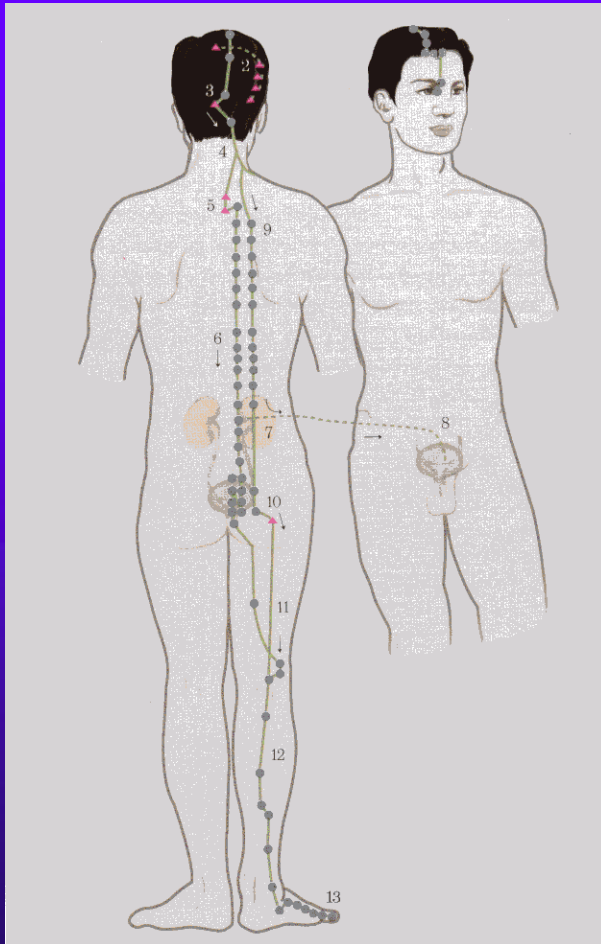
- 
- ◆ Retention of urine
 - ◆ Bed wetting, Enuresis
 - ◆ manic depressive mental disorders
 - ◆ Malaria
 - ◆ pain in the eyes, eyes water when exposed to wind
 - ◆ Nose bleeds
 - ◆ pain nape of the neck, back, lower back, buttocks, back of calf
 - ◆ Nasal congestion
 - ◆ watery nasal discharge
 - ◆ Headache
 - ◆ pain in the back along the channel

Massage for Bladder Meridian



- ◆ Head massage
- ◆ In water float body and massage and lift spine from below
- ◆ Massage behind knee
- ◆ Massage lateral side of foot and ankle
- ◆ Find acupressure points and release
- ◆ Massage the kidneys, Say I love my Kidneys

Energy Meridian Exercise Bladder



- ◆ Rolling back exercise
- ◆ Jung-Choong Breathing
- ◆ Lying or rolling over on two tennis balls
- ◆ Internal hip rotation
- ◆ Tapping the back of hips
- ◆ all stretches and rotations affecting the spine

HSP JUNG-CHUNG Breathing



Hang-Gong No. 1 : Basic Jung-Choong Breathing

- Put your middle fingers on your Dahn-Jon (2nd Chakra).
- Curl up your tail bone slightly.
- Relax the muscles in your lower back so that there is no space between your back and the floor .
- Relax your whole body.
- Exhale through the mouth, releasing tension from your body.



Hang-Gong No. 2 : Ki accumulating posture

- Lift your legs up to the sky, bend your knees 90 degrees and push out your heels (flex the feet). Keep your legs and feet parallel to each other.
- Keep your legs open with about one fist distance between your knees.
- Keep your lower back touching the floor.
- Exhale through the mouth, releasing tension from your body.
- When the position becomes comfortable, start breathing naturally with the mouth closed.



Hang-Gong No. 3 : Ki circulating posture No 1.

- Stretch and straighten both knees, push out your heels and hold your toes.
- Try to either bend your ankles or straighten your knees if it is too hard to do both at the same time .
- If you can not touch your toes, hold your ankles, knees or thighs.
- Lift your tail bone but do not lift your head.
- Relax your shoulders and chest.
- When you feel comfortable, change your posture back to No. 2.
- Breathe the same way as in the No. 2 posture.



Hang-Gong No. 4 : Ki circulating posture No 2.

- Put your toes over your head and touch the floor.
- Push out your heels and hold your toes.
- When you feel comfortable, change your posture back to No. 2.
- If this posture is too hard, just do posture No. 3.
- Breathe the same way as in posture No. 2.

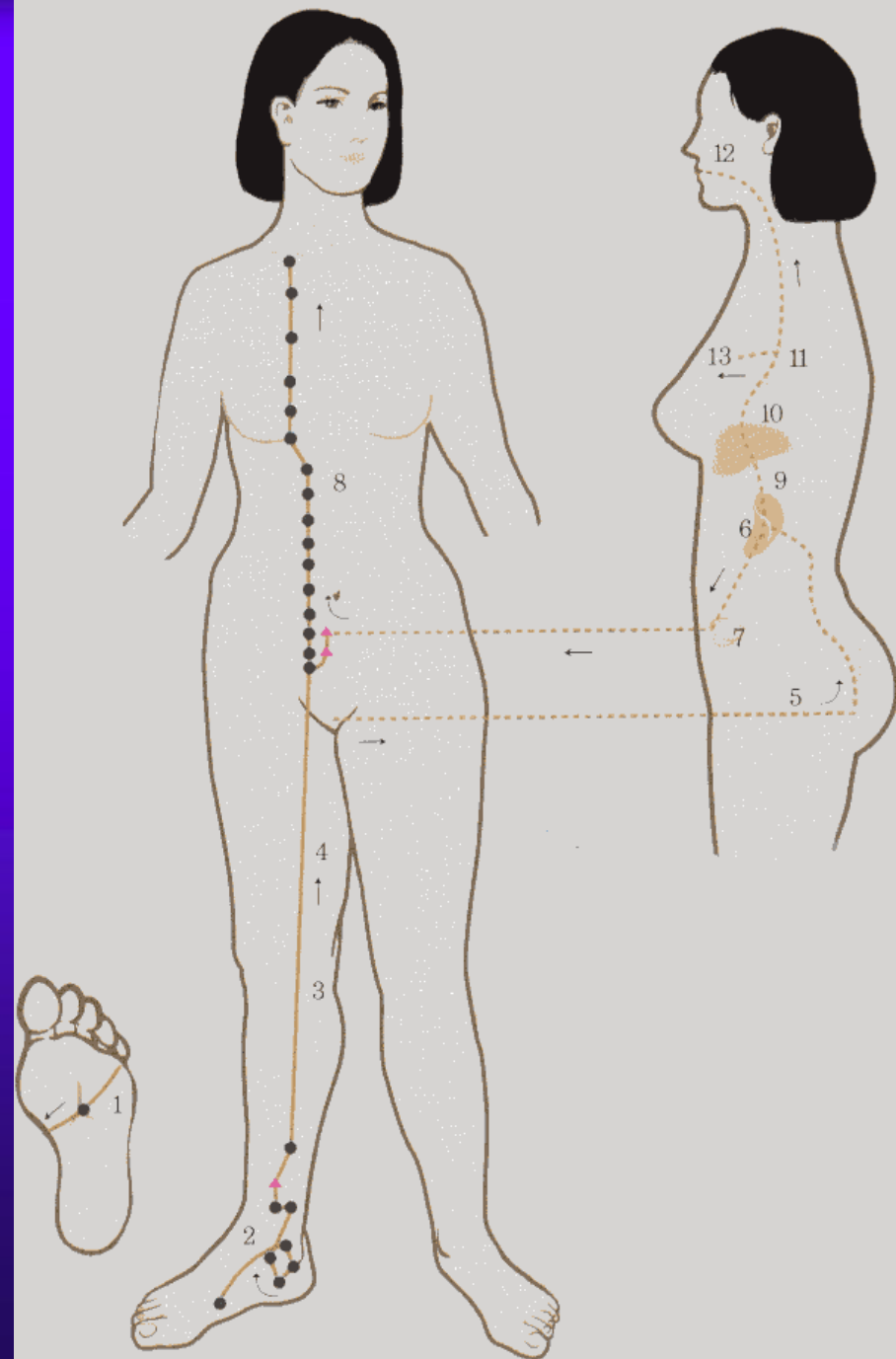


No. 5 : Conclusive Jung-Choong Breathing

- Slowly place both feet on the floor with your knees bent.
- Open your feet and knees about two fists apart.
- Curl up your tailbone and straighten your lower back so that the Myung-Moon point touches the floor.
- Put your middle fingers on your Dahn-Jon.
- Breathe while feeling the pressure in your Dahn-Jon.



Kidney Meridian





The Kidney Meridian

- ◆ The kidneys are two bean-shaped body organs found behind the 13th rib.
- ◆ Their primary role is to help maintain the body in a state of balance by controlling the make-up and volume of blood.
- ◆ They regulate moisture in the body affect the eyes
- ◆ They remove wastes from the blood in the form of urine, and they conserve water.



Kidney Meridian problems and solutions

- ◆ Enuresis
- ◆ frequent urination
- ◆ nocturnal emission
- ◆ Impotence
- ◆ irregular menstruation
- ◆ asthmatic breathing
- ◆ Coughing blood
- ◆ dryness of the tongue
- ◆ congested and sore throat
- ◆ Edema
- ◆ weakness in the lower limbs and heat sensation in the soles.
- ◆ Retention of urine, low back pain
- ◆ mental restlessness
- ◆ Low back, kidney pain
- ◆ Pain along meridian

Kidney (KI) Meridian

27 Points

Yin

Partner: Urinary Bladder (UB)

Season: WINTER

Element: WATER

Emotion: FEAR/AWE

Color: BLACK - BLUE

Begins: Ball of foot, between 1st & 2nd
METATARSALS

Ends: In hollow below clavicle, next to
the STERNUM

Functions:

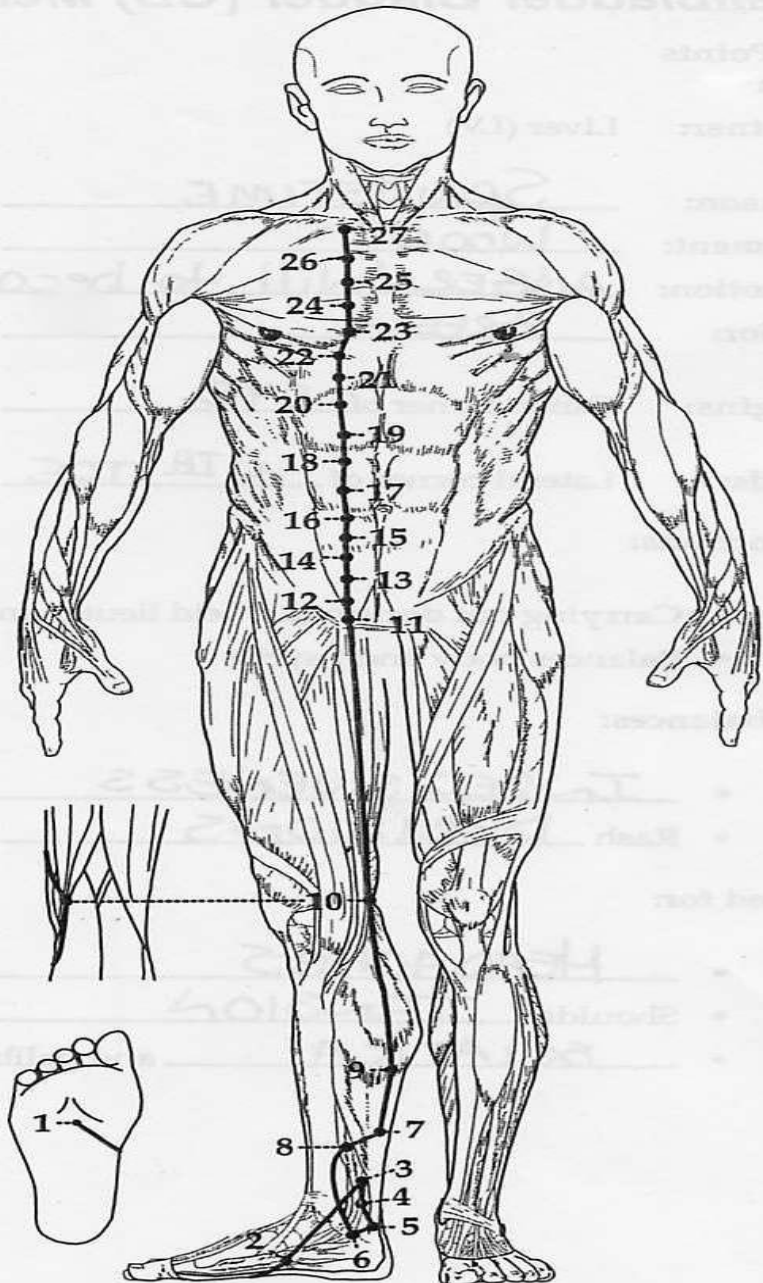
- Storehouse for CHI
- Creates reproductive energy, nurtures FETUS
- Regulates water and body TEMPERATURE

Imbalances:

- General lack of ENERGY

Used for:

- Releasing pent-up EMOTIONS
- Shock, epilepsy, fainting
- Irregular menstruation; impotence, STERILITY
- Sensitivity to cold; EDEMA





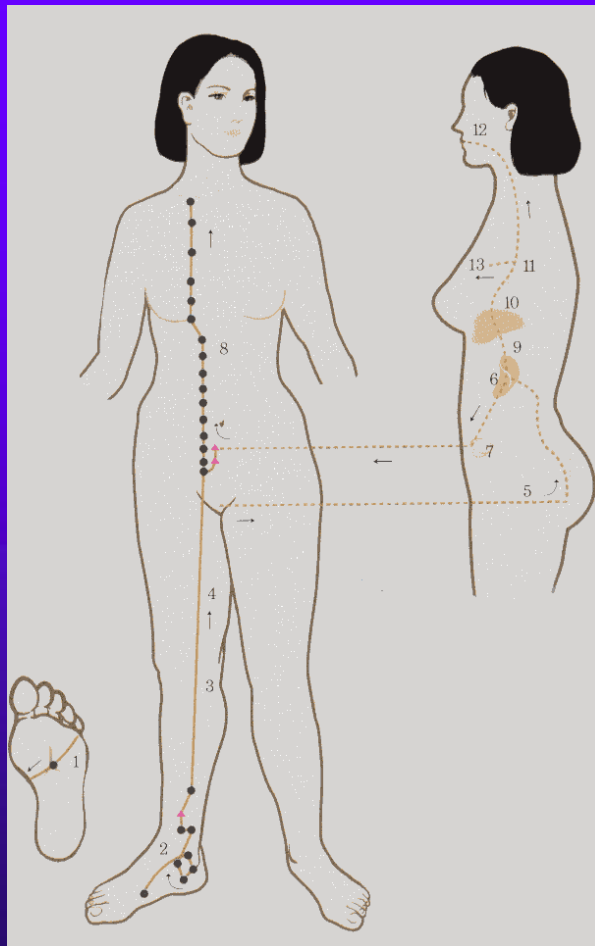
The Kidney Meridian

Cause: one has a tendency of overdoing things and to reach a state of total exhaustion by working too hard

Mental Aspect: anxiety or sense of emptiness, lack of perseverance and motivation, easily startled, fearful, lack of composure, restless, perception of stress with all aspects of life, loss of drive and determination

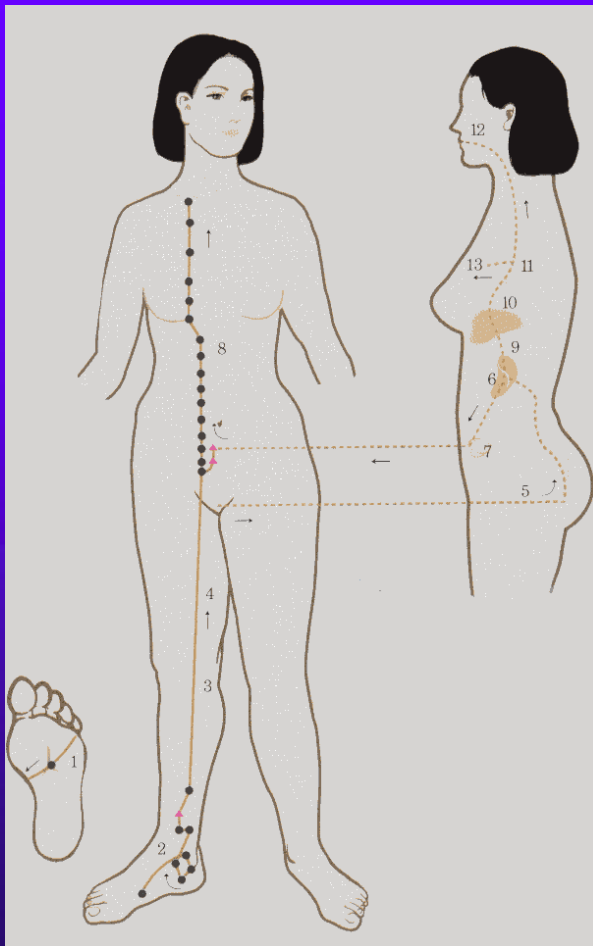
Physical aspect: dull grey puffy skin lacking luster and resilience, cool belly hips and legs, poor energy in lower body, heavy body, fatigue, bad breath, sexual dysfunction disinterest or over interest, impotence, weak brittle bones, clumsiness, falling, hard abdomen, tight rectus abdominal muscles

Kidney Meridian Massage AP



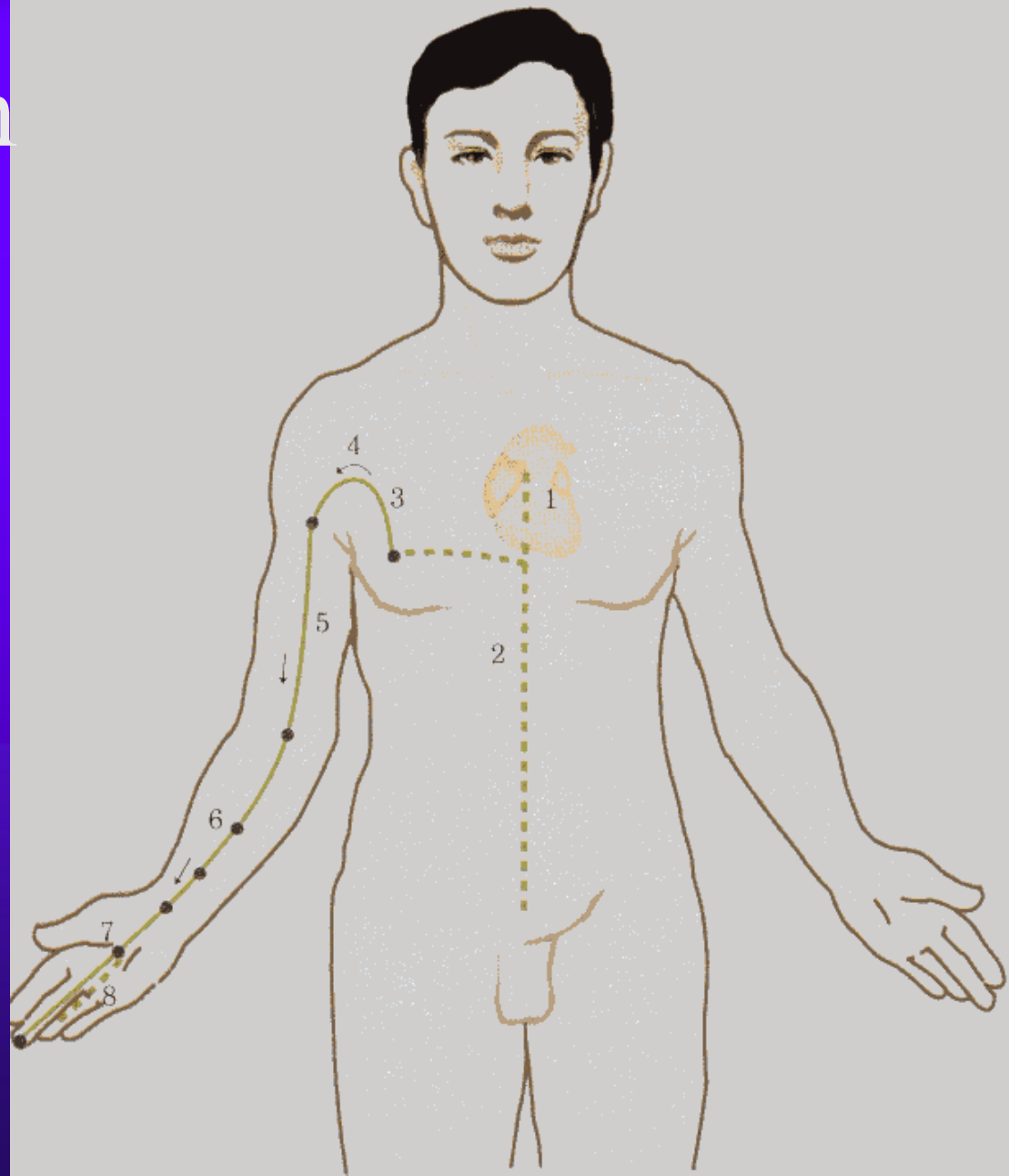
- ◆ AC point work on the Chest
- ◆ Deep abdominal massage
- ◆ Median ankle bone massage of AC points
- ◆ K1 AC point between the balls of the feet

Energy Meridian Exercise Kidney



- ◆ Abdominal breathing
- ◆ Kidney Tapping
- ◆ Trunk Rotation and arm swings, tap kidneys
- ◆ Stabilized back arch
- ◆ Cobra

Pericardium Meridian



The Pericardium Meridian

- ◆ The pericardium is the fluid filled sac that surrounds the heart
- ◆ prevents the heart from over expanding when blood volume increases
- ◆ limits heart motion



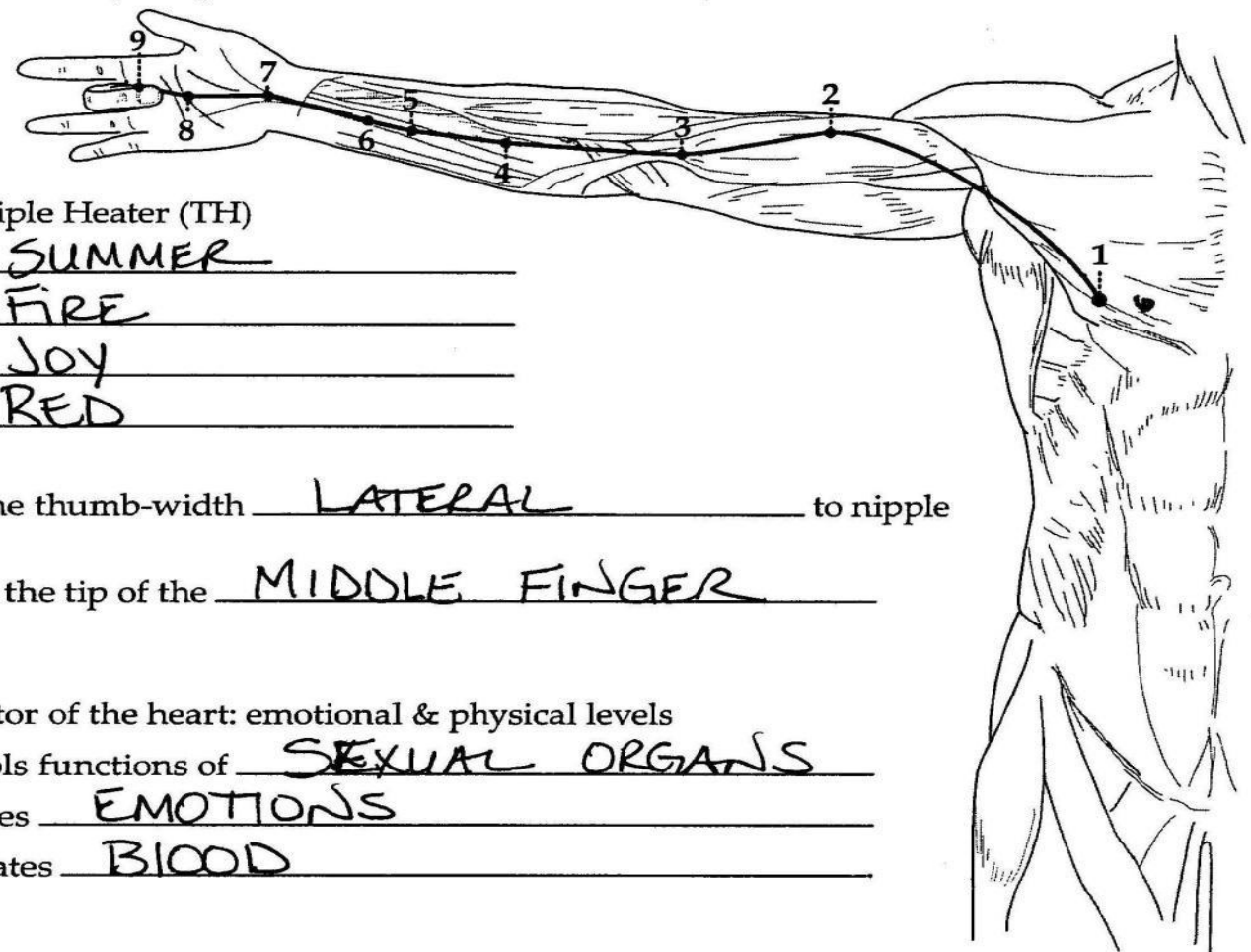
Pericardium Meridian Problems and Solutions

- ◆ Cardiac pain
- ◆ Palpitations
- ◆ mental restlessness
- ◆ stuffiness in the chest
- ◆ flushed face
- ◆ swelling in the arm pit
- ◆ depressive and manic mental disorders
- ◆ spasm of the upper limbs and heat sensation in the palms.
- ◆ Cardiac pain
- ◆ mental restlessness.



Pericardium (PC) Meridian - Also called "CIRCULATION SEX"

9 Points
Yin



Partner: Triple Heater (TH)
 Season: SUMMER
 Element: FIRE
 Emotion: JOY
 Color: RED

Begins: One thumb-width LATERAL to nipple

Ends: At the tip of the MIDDLE FINGER

Functions:

- Protector of the heart: emotional & physical levels
- Controls functions of SEXUAL ORGANS
- Balances EMOTIONS
- Circulates BLOOD

Imbalances:

- EMOTIONAL disturbances
- CIRCULATORY disorders

Used for:

- Blurred vision, bronchitis, DEPRESSION
- Discord in RELATIONSHIPS
- Insomnia, inappropriate LAUGHTER





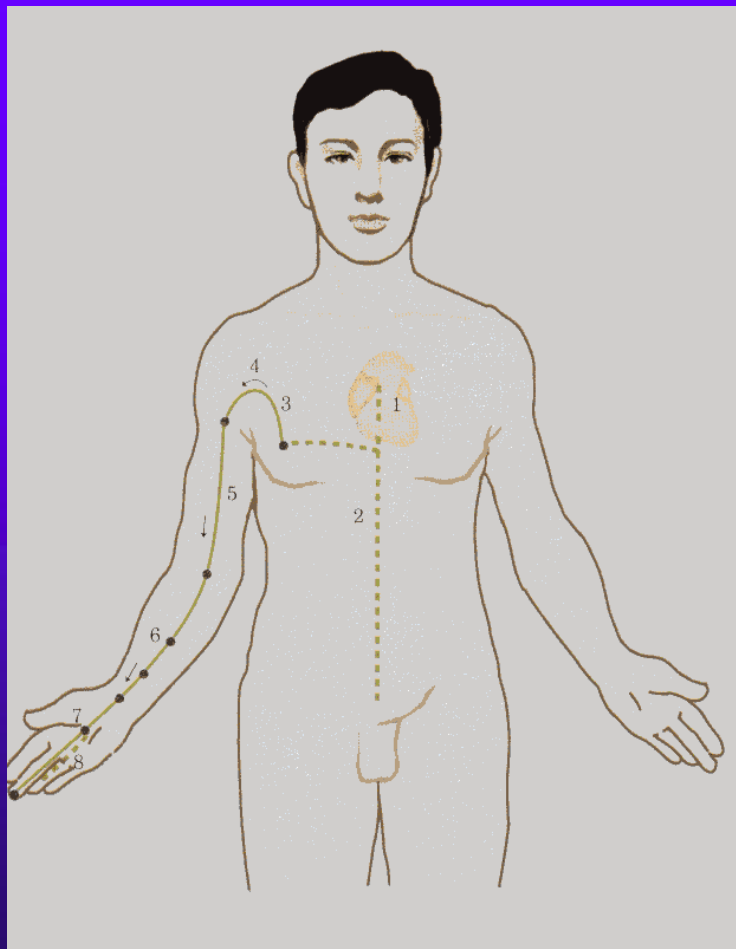
Pericardium Energy Meridian:

Cause: Circulation affected by lack of movement, poor posture, and holding one position for too long

Mental Aspect: Great impatience but does not follow through, dazed and exhausted, restless sleep and excessive dreaming, shallow breathing contributes to feeling anxious, extremely jumpy and agitated

Physical Aspect: tendency for blocked energy in the throat, swelling in the area, tight chest difficult to inhale fully, chest pain, palpitations, shortness of breath, tires easily, and cannot expend much energy exercising, fluctuations in blood pressure, edema in the extremities, tendency to have gastric and duodenum ulcers, heart burn, tenderness on the sternum and pectoral muscles

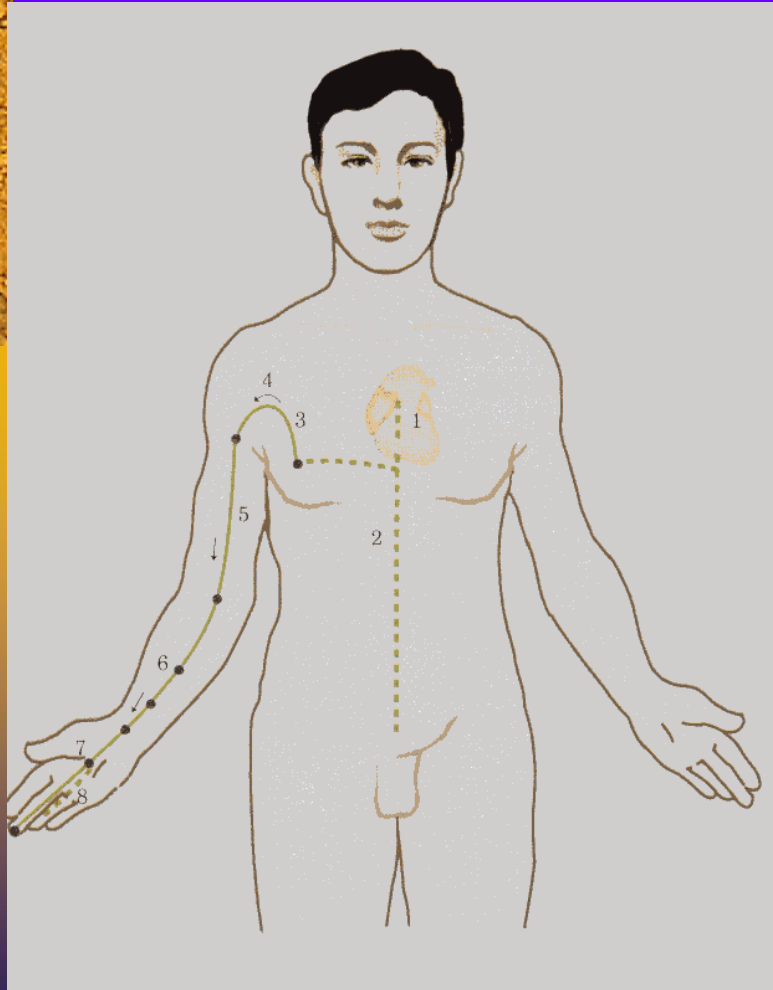
Pericardium Meridian Massage



- ◆ Locate AC points and activate with pressure or circular massage
- ◆ Deep massage in the pectorals
- ◆ Stripping massage of the forearm
- ◆ Massage middle finger

Energy Meridian Exercise

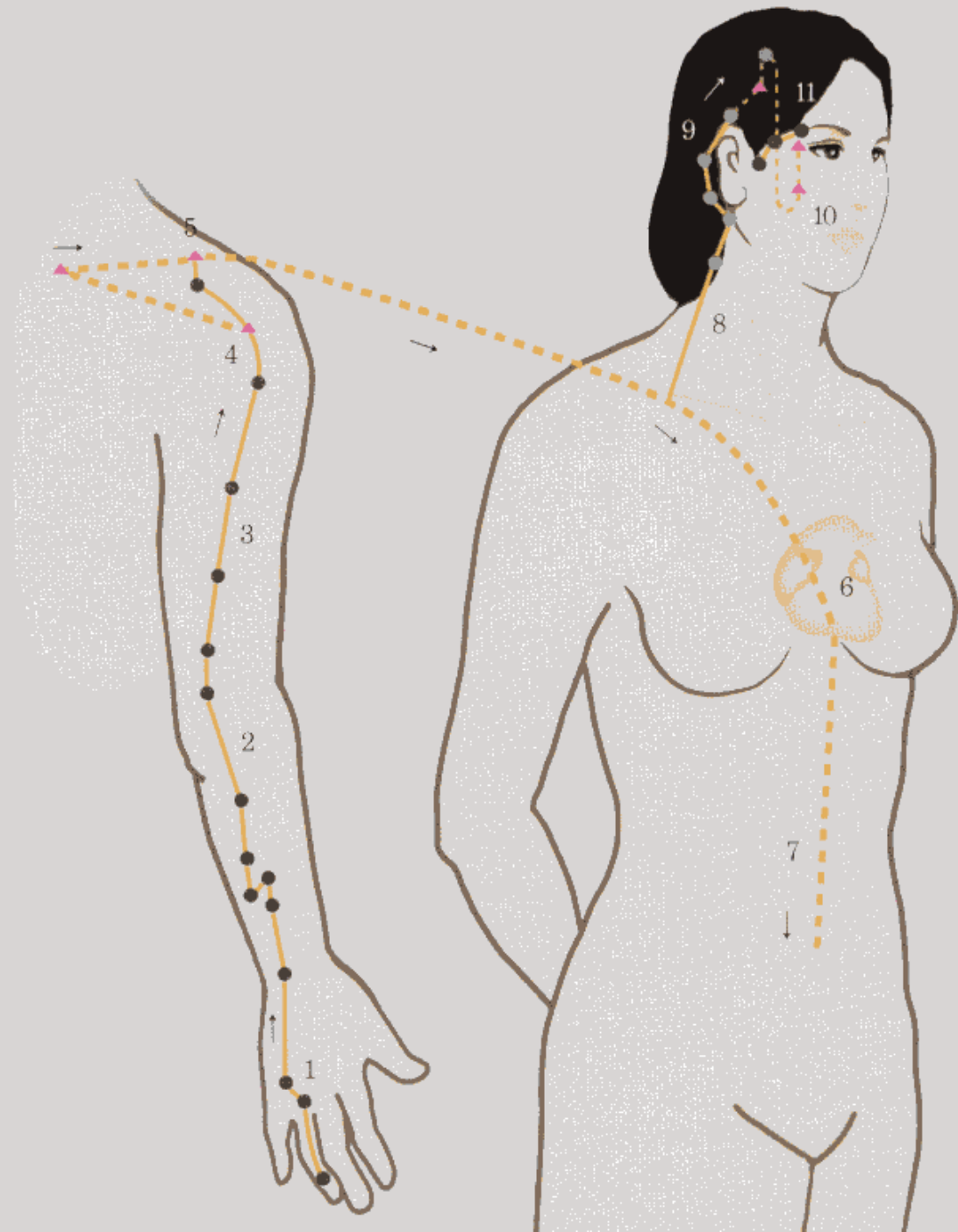
Pericardium



- ◆ Inside Arm tapping
- ◆ Arm Twist
- ◆ Archer exercise
- ◆ Chest opening ex
 - Pressing elbows back
 - Breathing in while expanding the chest



Triple Heater Meridian





The triple burner

- ◆ is the corridor above and below the solar plexus
- ◆ The triple burner is a conduit for the passage of energy from the upper to the lower body
- ◆ The upper part is in charge of absorbing
- ◆ the middle part is in charge of transforming
- ◆ and the lower part is in charge of excreting.



Triple Burner Meridian problems and solutions

- ◆ Abdominal distension
- ◆ Edema
- ◆ Enuresis
- ◆ Dysuria
- ◆ Deafness
- ◆ Tinnitus
- ◆ pain in the outer canthus
- ◆ Facial puffiness
- ◆ congested and sore throat
- ◆ pain in the retro auricular region shoulder, and lateral aspect of the chest, thigh and lower limbs.
- ◆ Either spastic or flaccid cubical joint.

Tripple Heater (TH) Meridian

23 Points

Yang

Partner: Pericardium (PC)

Season: SUMMER

Element: FIRE

Emotion: JOY

Color: RED

Begins: RING finger, ulnar side of nail bed

Ends: Lateral tip of the EYE BROW

Functions:

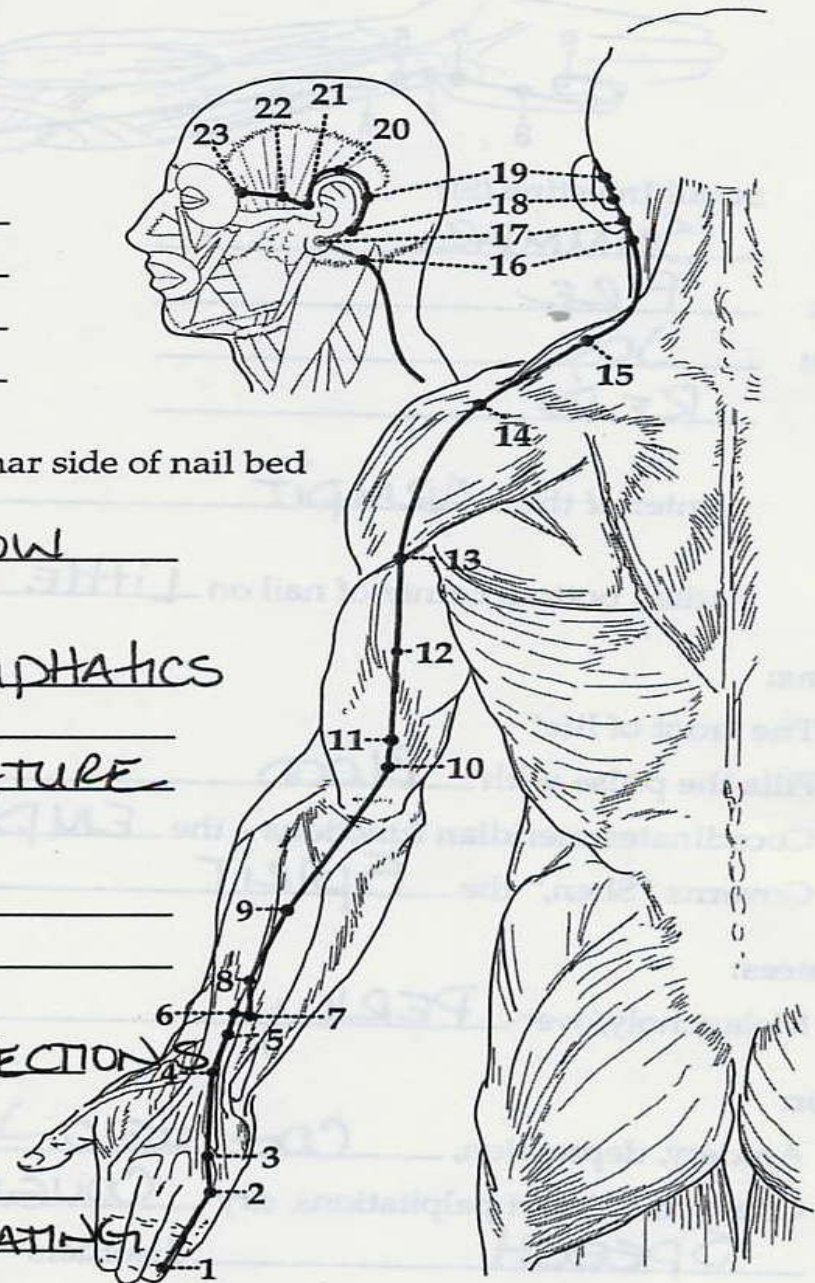
- Supports immune system via LYMPHATICS
- Governs APPETITE
- Regulates body TEMPERATURE

Imbalances:

- Poor CIRCULATION
- Chills or OVERHEATING
- Fluid and toxin retention
- Lack of resistance to illness or INFECTIONS

Used for:

- Arthritis, bronchitis, COLDS
- Fever, inflammation, abnormal SWEATING
- DIABETES



The Triple Heater Meridian

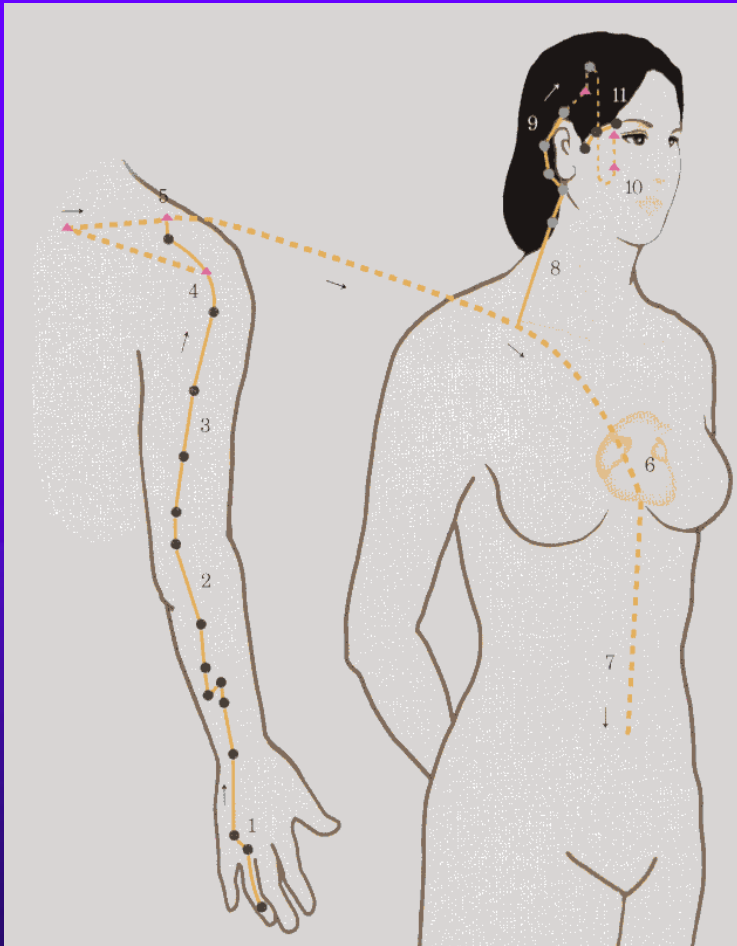
Cause: past experience of being over protected, doesn't feel prepared to take responsibility for self, overly cautious and tense, feels awkward and unable to release nervous tension

Mental Aspect: over active mind, carries mental burden, anxious, worries, trouble getting along with others, fatigued, disorganized, dazed

Physical Aspect: hypersensitive skin, weakness in mucus membranes and lymphatic system, allergic reactions, in the tonsils, nose and throat, frequent colds that stay too long, headaches, ringing in ears, dizziness, eyestrain, hot head, maladaptive to temperature changes and humidity, constricted chest and tight abdominal walls, extreme ticklishness, inflammation causing abdominal cramps and pain, poor cervical alignment, tension in neck, numbness down the back of the arms

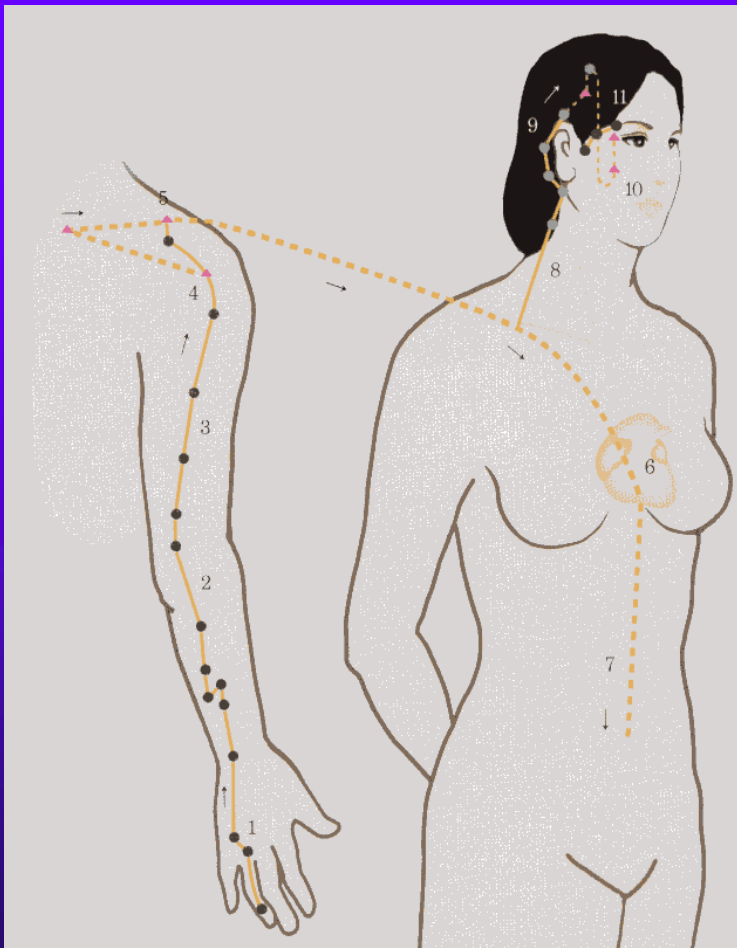


Massage Triple Burner Meridian



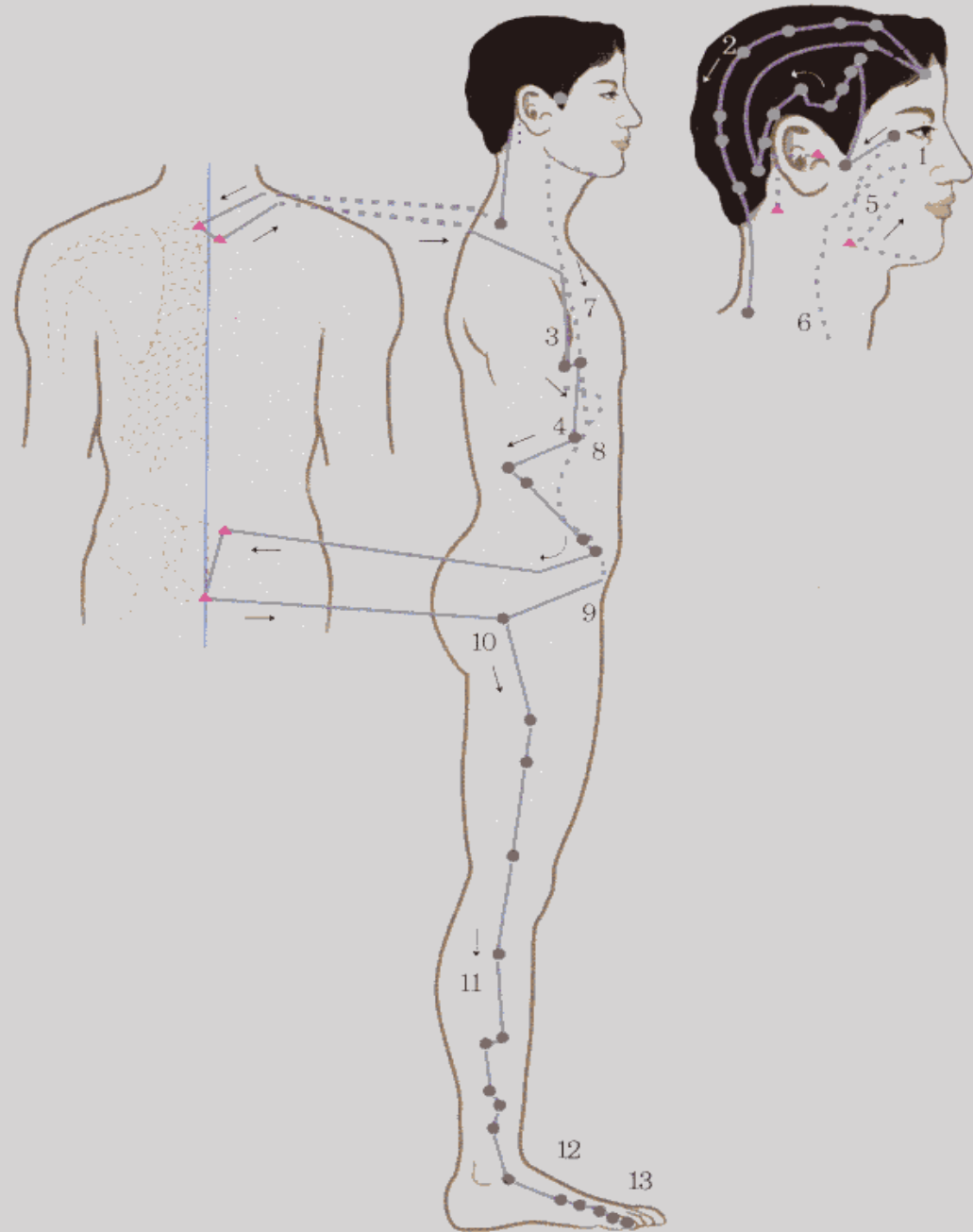
- ◆ Locate AC points and activate with pressure or circular massage
- ◆ massage side of neck and head
- ◆ Stripping massage of the back of the forearm
- ◆ Massage ring finger

Energy Meridian Exercise Triple Burner



- ◆ Chest and arm tapping
- ◆ Deep abdominal Massage
- ◆ Arm across the chest stretch
- ◆ Alternate arms swings

Gall Bladder Meridian



The Gallbladder Meridian

- ◆ The gallbladder is a structure on the underside of the liver on the right side of the abdomen.
- ◆ The function of the gallbladder is to store bile that is produced in the liver
- ◆ Bile is then secreted into the intestines, and helps the body digest fats.



Gallbladder Bladder (GB) Meridian

44 Points
Yang

Partner: Liver (LV)

Season: SPRINGTIME

Element: WOOD

Emotion: ANGER / will to become

Color: GREEN

Begins: Outer corner of EYE

Ends: Lateral corner of 4TH TOE

Functions:

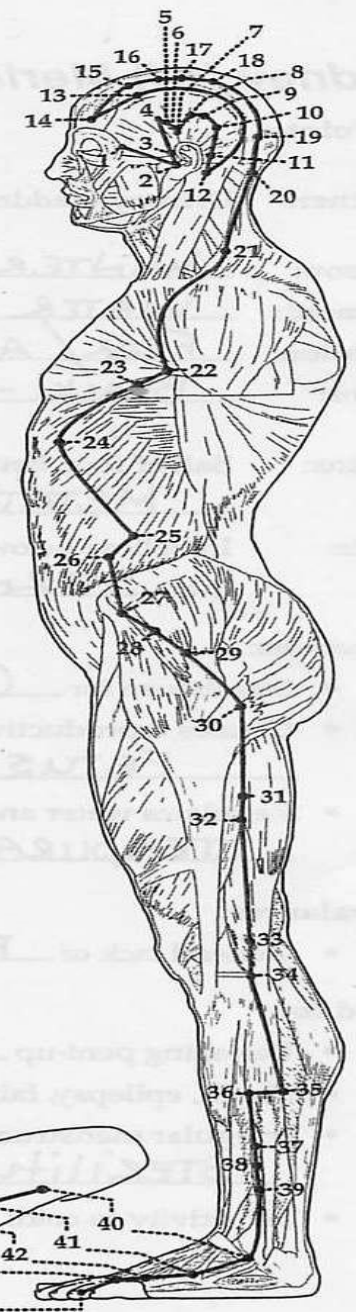
- Carrying out decisions ("field lieutenant")
- Balances body and psyche

Imbalances:

- INDECISIUVENESS
- Rash DECISIONS

Used for:

- HEADACHES
- Shoulder TENSION
- SCIATICA and gallbladder disorders





The Gallbladder Meridian Cause: One is indecisive about where to focus energy and effort, vacillates, loss of vitality and a great disappointment

Mental Aspect: fatigue after emotional upheaval, prolonged stress, overwhelmed with details, nervous and jittery, loss of will power, low motivation

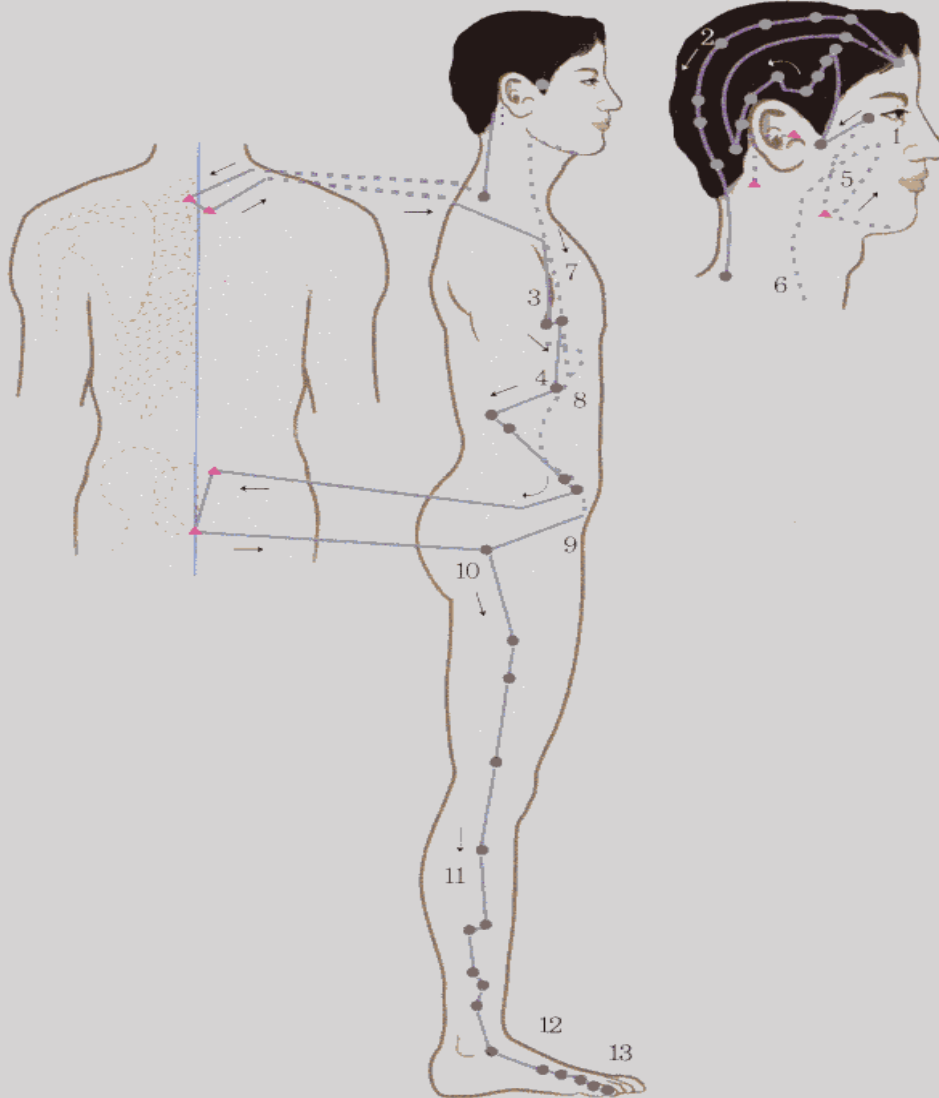
Physical Aspect: uneven distribution of nutrient in the body, symptoms of fatigue in specific areas i.e. The eyes, discharge from eyes, blurred vision, headache and eye strain, insufficient bile and poor digestion of fats leading to constipation or diarrhea, anemic, sallow complexion, tendency to gain weight easily even when switching to a low fat diet, hyperacidity, rigidity and pain in the joints

Gallbladder Meridian activation will assist

- ◆ Headache
- ◆ pain in the corner of the eye
- ◆ pain in the jaw
- ◆ blurring of vision
- ◆ bitter taste in the mouth
- ◆ swelling and pain in the supraclavicular fossa
- ◆ pain in the arm pit
- ◆ pain along the lateral aspect of the chest
- ◆ Pain or paralysis in LE
- ◆ Coldness in the foot
- ◆ inability to stand erect.

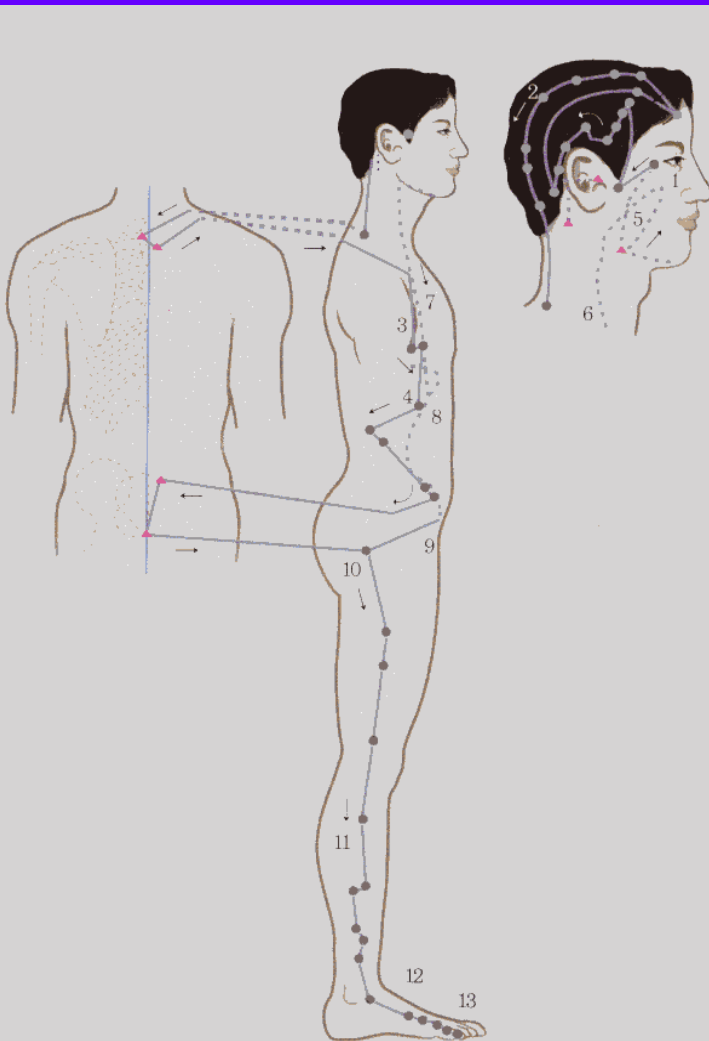


Massage Gall Bladder Meridian



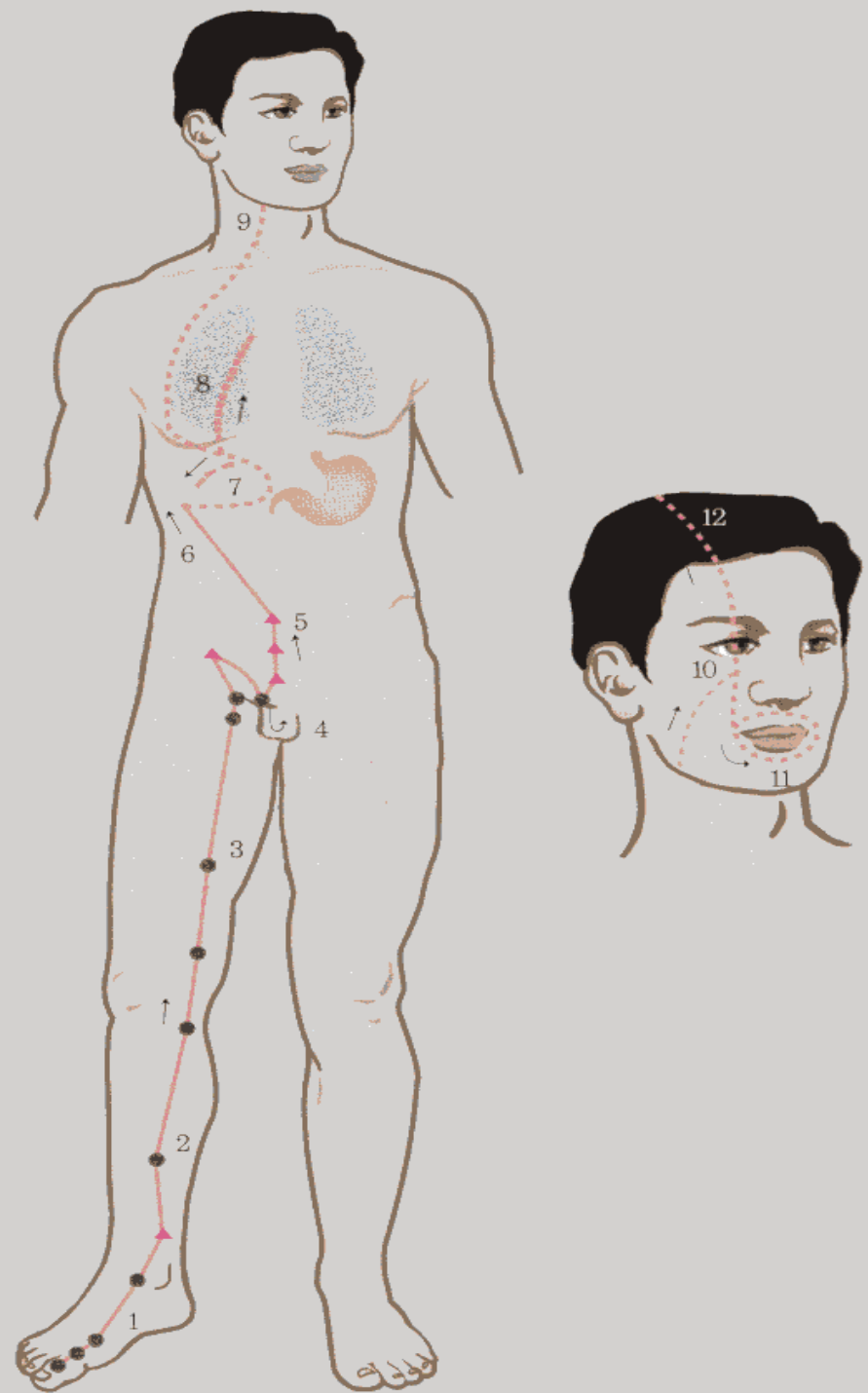
- ◆ Head massage
- ◆ Neck massage
- ◆ Locate AC points and activate with pressure and deep circular massage

Energy Meridian exercise Gall Bladder



- ◆ Head Tapping, scratching
- ◆ Chest tapping
- ◆ Outside edge of leg tapping
- ◆ Foot and ankle massage lateral side
- ◆ Knees together squats

Liver Meridian



The Liver Meridian

- ◆ The liver provides homeostasis by balancing many nutrients.
- ◆ It produces substances (synthesis), filters them and others, then stores some and excretes some .
- ◆ The liver is placed strategically between the gut and the rest of the body;
- ◆ it acts as a filter and prevents the passage of bacteria from the gut into the blood.
- ◆ The liver is an important player in defense mechanisms.



Liver (LV) Meridian

14 Points

Yin

Partner: Gall Bladder (GB)

Season: SPRING

Element: WOOD

Emotion: "Will to Become" ANGER

Color: GREEN

Begins: Lateral nailbed of big toe (near 2nd toe)

Ends: Between 6th & 7th rib, straight down from nipple

Functions:

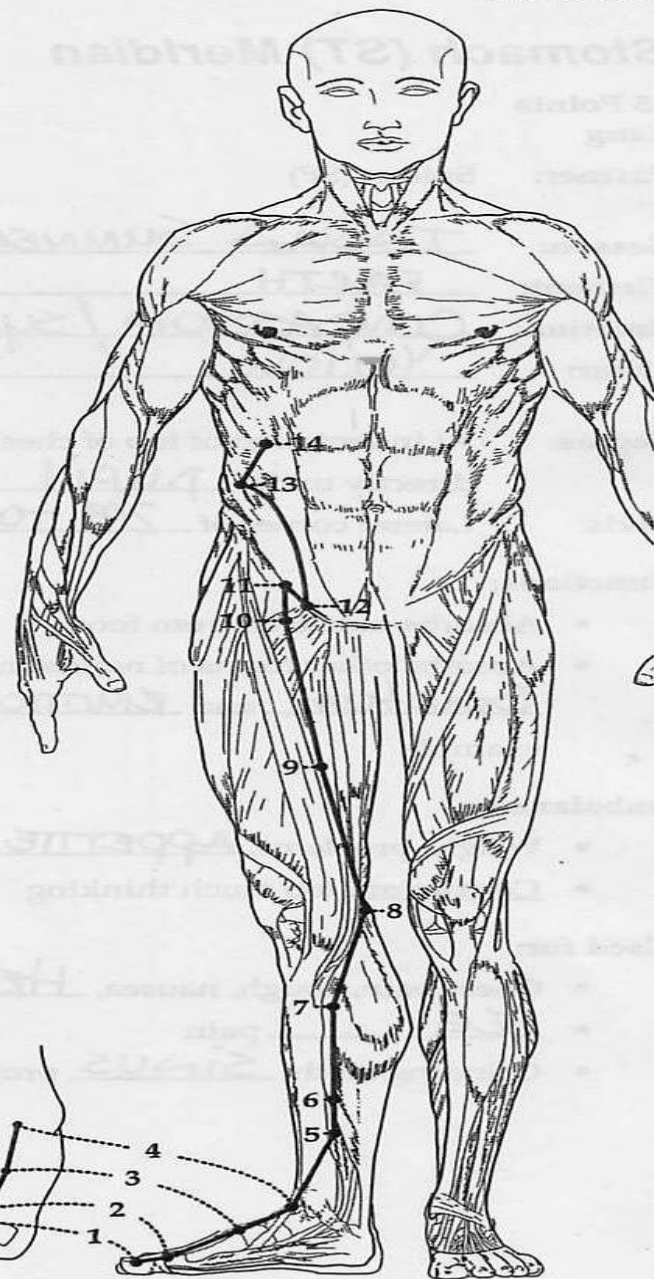
- PLANNER ("behind the lines" General)
- Oversees BODY & SOUL

Imbalances:

- Emotional INFLEXIBILITY
- FRUSTRATION

Used for:

- Headaches, HANGOVER
- Tired eyes, hepatitis
- Pain in the legs, abdomen or CHEST
- Irregular MENSTRUATION





The Liver Meridian Cause: loss of stamina and endurance, nutrients in body is diminished, body has trouble illuminating toxins

Mental Aspect: Lack of perseverance and tendency to be bored, impatient and irritable, short tempered, explosive release of emotions, intolerant of noise, unnecessary worry

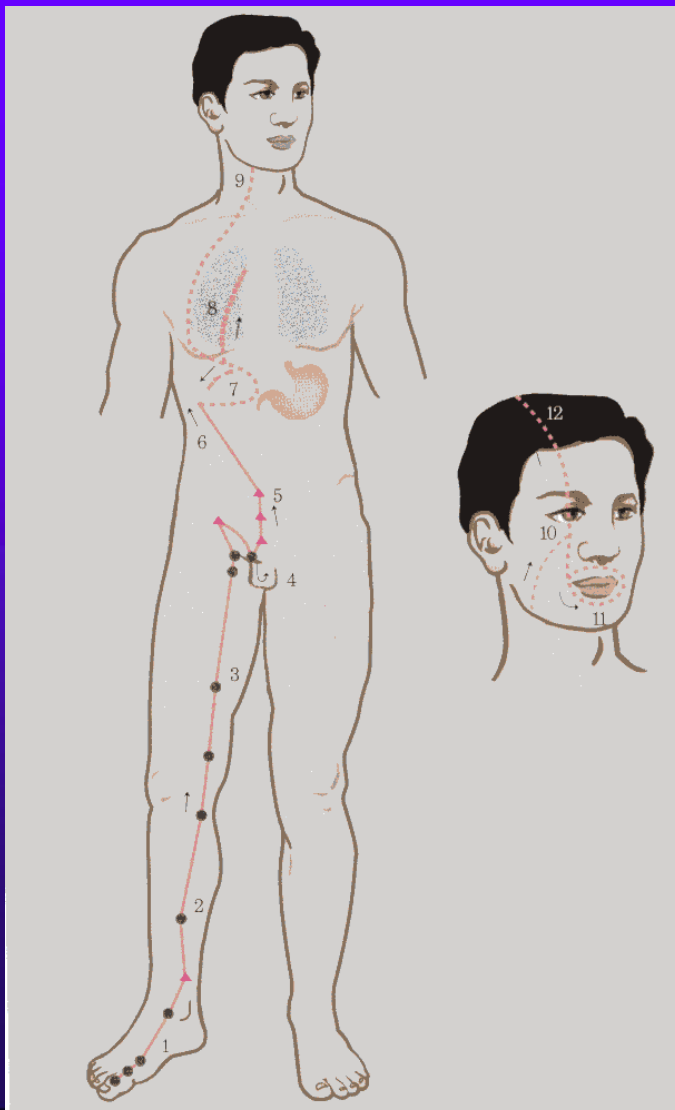
Physical Aspect: shaky and fatigue prone weak joints, dizziness, clumsiness, tight hard Achilles tendon, nausea and vomiting, thin cannot gain weight, problems with low grade fever or high fever, holds tension in muscles, loss of agility and flexibility, low sexual desire



Liver meridian activation will assist

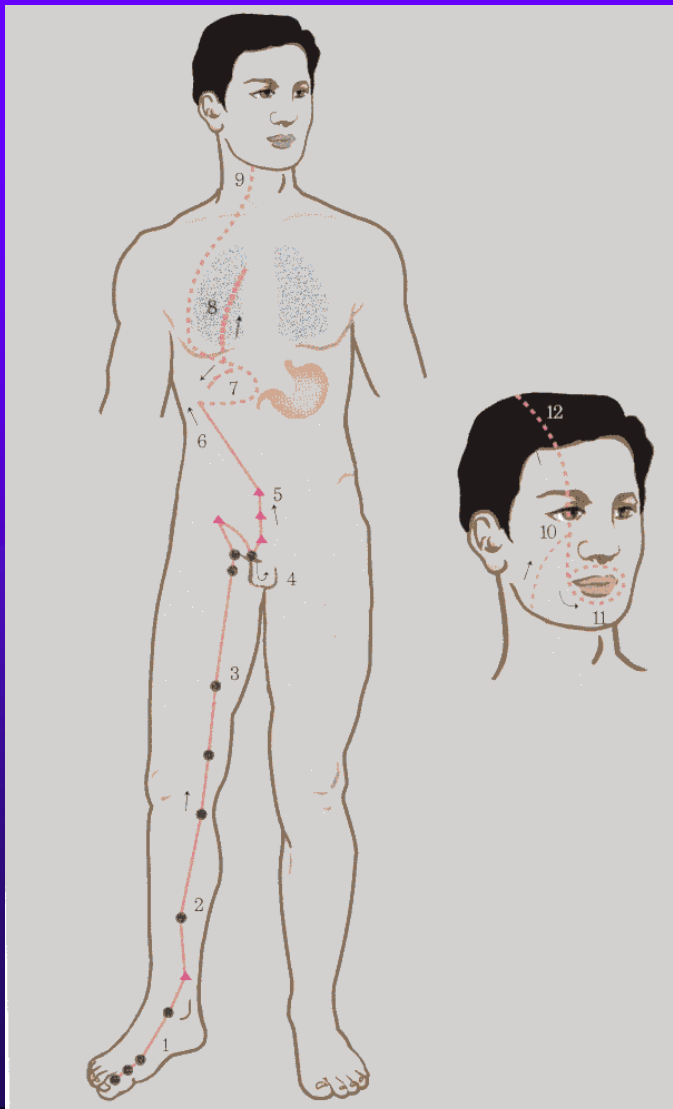
- ◆ Low back pain
- ◆ fullness in the chest
- ◆ pain in the lower abdomen
- ◆ hernia, vertical headache
- ◆ dryness of the throat
- ◆ Hiccups
- ◆ Enuresis
- ◆ dysuria,
- ◆ mental disturbance.
- ◆ Priapism (erection lasting more than 4 hours)
- ◆ itching in the pubic region
- ◆ swelling of the testicles
- ◆ hernia.

Massage Liver Meridian



- ◆ Massage face around the mouth
- ◆ AC points in face, eye brow and cheek bone
- ◆ Big toe massage
- ◆ Deep abdominal massage

Energy Meridian Exercise Liver



- ◆ Tapping the Liver right side under ribs
- ◆ Inner thigh stretches
- ◆ Inner Hip opening stretches
- ◆ Hip rotations

Conception (CV) Vessel

One of two CENTRAL Channels

24 Points

Partner: Governing Vessel

Called: "Sea of Yin"

Begins: at the PERINEUM

Ends: in the crease above the CHIN

Functions:

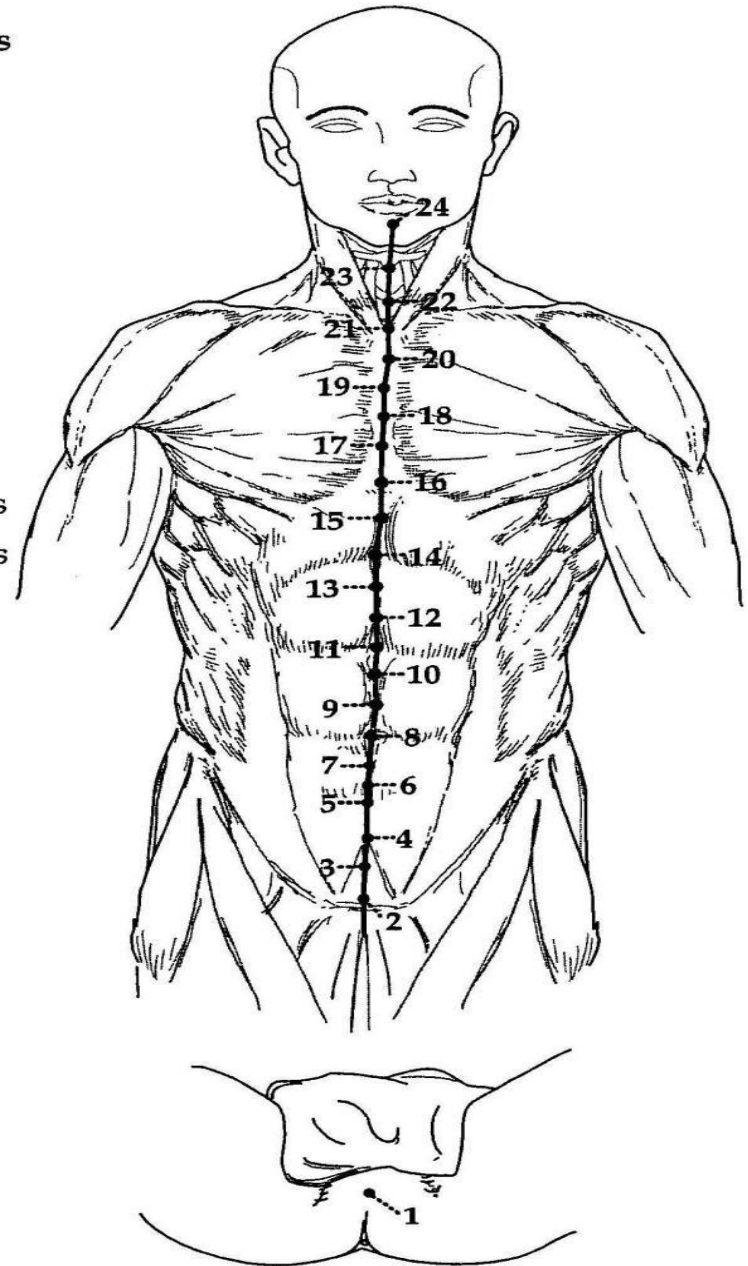
- Coordinates all the YIN meridians
- Governs the REPRODUCTIVE systems
- Nourishes yin energy, Blood, Essence

Imbalances – are all related to:

- Reproductive problems
- COLDNESS
- WEAKNESS
- Lack of WILL POWER

Used for:

- Genital problems
- Low STAMINA





The Conception and Governing Vessels:

Connect the entire energy network, they hold the chakras that take in and radiate energy on the front and back of the body The conception: is yin or feminine, in balance it moves fire energy from the heart to the belly. The Governing Vessel: is yang or masculine in balance it circulates cool kidney energy upwards to keep a cool head



Governing (GV) Vessel

One of two CENTRAL Channels

28 Points

Partner: Conception Vessel

Called: "Sea of Yang"

Begins: at the tip of the Coccyx

Ends: on the upper gum - inside the MOUTH

Functions:

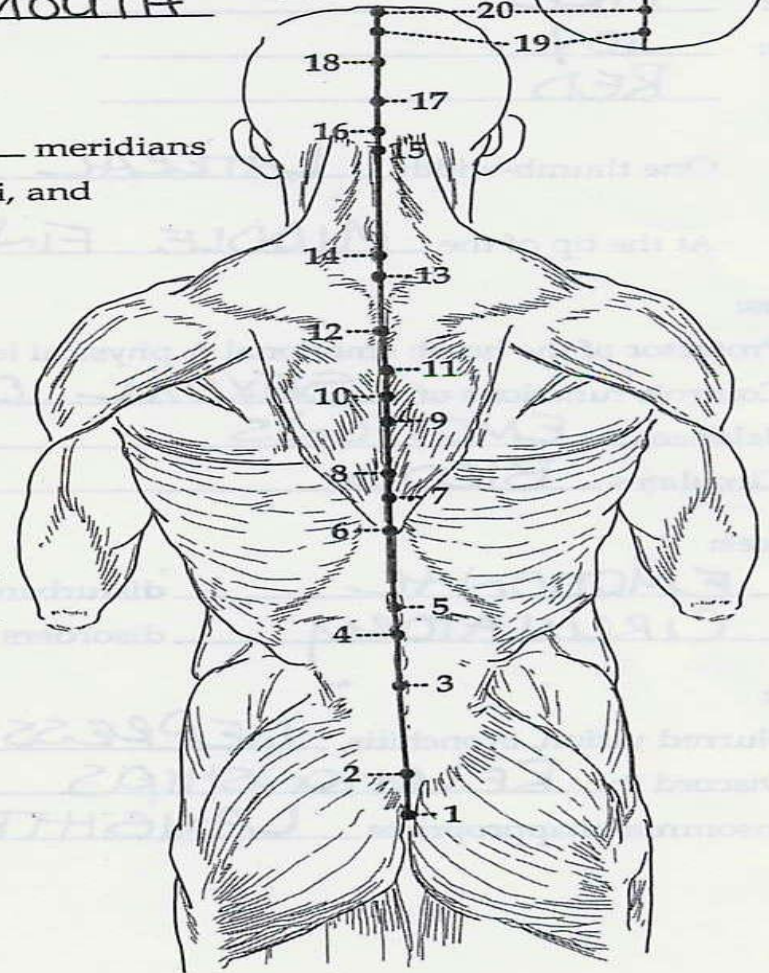
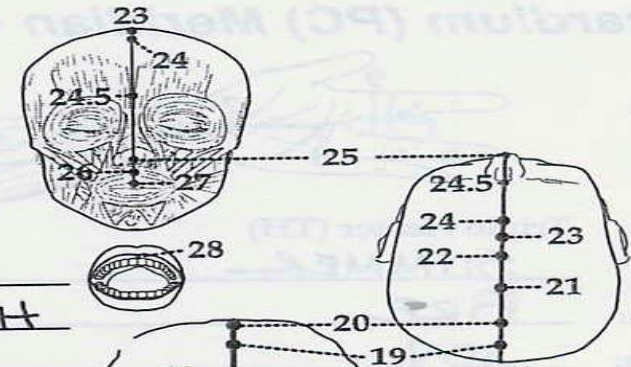
- Coordinates all the YANG meridians
- Stimulates all yang energy, Source Chi, and Defensive Chi (Wei Chi)

Imbalances - are related to:

- Backache
- NERVOUS disorders
- SEXUAL disorders

Used for:

- Lifting the Spirits
- Clearing the MIND





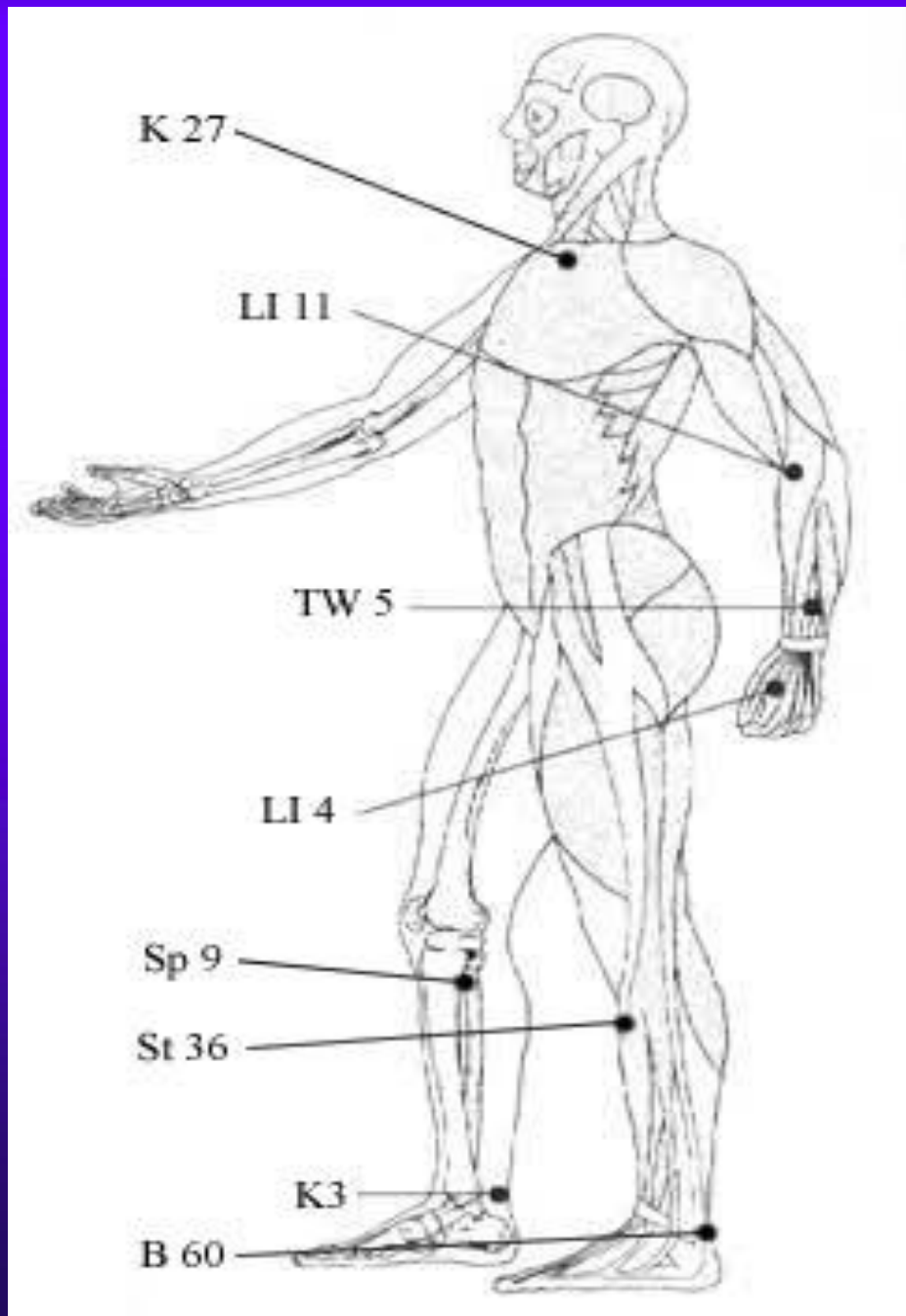
Applied Practice



- ◆ In a fast-paced world, it is easy to overwork yourself, take on too many commitments, and extend yourself to the point of exhaustion. This energy imbalance weakens the immune system.
- ◆ If we take care of ourselves by eating properly, getting enough rest and exercise, and practicing techniques that release tension and balance our bodies - then our resistance to illness is strong.



- ◆ If, on the other hand, we abuse our bodies, push ourselves too hard, eat poorly, don't exercise, and fail to release tension, our immune system weakens, and we are more prone to illness.





- ◆ **Excess standing** damages the bladder and kidney meridians, which can cause fatigue and low backaches. To restore these meridians, stimulate the Sea of Vitality points (B 23 and B 47) by rubbing your lower back for one minute. Then hold Elegant Mansion (K 27) directly below your collarbone for another minute. Finally, hold the Bigger Stream (K 3) points on the insides of your ankles for one minute as you breathe deeply.



- ◆ **Excess sitting** can damage the stomach and spleen meridians, which can contribute to anemia or digestive disorders. Stimulate the Three Mile Points (St 36) on the outsides of your calves to benefit these meridians.
- ◆ **Excess use of your eyes** (as in close desk work) or emotional stress can damage the small intestine and heart meridians, which can create emotional imbalances. The Sea of Tranquility (CV 17) on the center of your breastbone is an excellent point for balancing these meridians.



- ◆ **Excess lying down** can damage the large intestine and lung meridians, which can affect both respiration and elimination. For these meridians use **Joining the Valley** (Hoku, LI 4) in the valley between the thumb and forefinger and **Crooked Pond** (LI 11) on the upper edge of your elbow crease



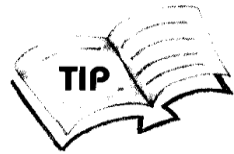
- ◆ **Excess use of your eyes** (as in close desk work) or emotional stress can damage the small intestine and heart meridians, which can create emotional imbalances. The Sea of Tranquility (CV 17) on the center of your breastbone is an excellent point for balancing these meridians.



- ◆ **Excess physical exertion** can damage the gallbladder and liver meridians, which can cause cramps and spasms. Use Bigger Rushing (Lv 3) on the top of your feet to benefit these meridians.
- ◆ Diet also plays an important role in building resistance to illness. When we eat processed, preserved, or devitalized foods, we weaken



- ◆ By using these acupressure points regularly, balancing your activities, and practicing deep breathing you can counteract stresses, prevent fatigue, and boost your immune system. Deep breathing exercises alone can greatly increase your energy level and boost your immune system



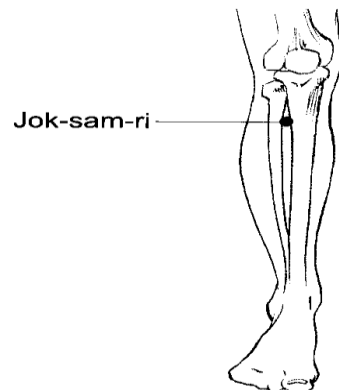
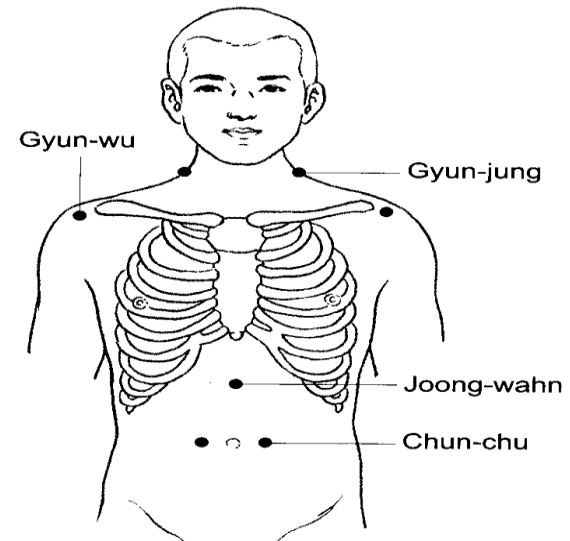
Diet Hwal-Gong

Heavy concentration of adipose tissues in a specific area or a weight gain in midlife are signs signaling an unnatural rhythm somewhere in the energy flow. Obesity may cause complications in people's health. When this occurs, use Hwal-Gong to restore the body's natural energy flow.

1 Have the receiver lie face up, and sit by the receiver's head. Press Gyun-jung or the border where the neck ends and the shoulders begin. Press along the shoulder line and the depression at the end known as Gyun-wu.

2 Overlap your fingers, applying pressure on your finger tips, press Joong-wahn (four fingers-width above the navel).

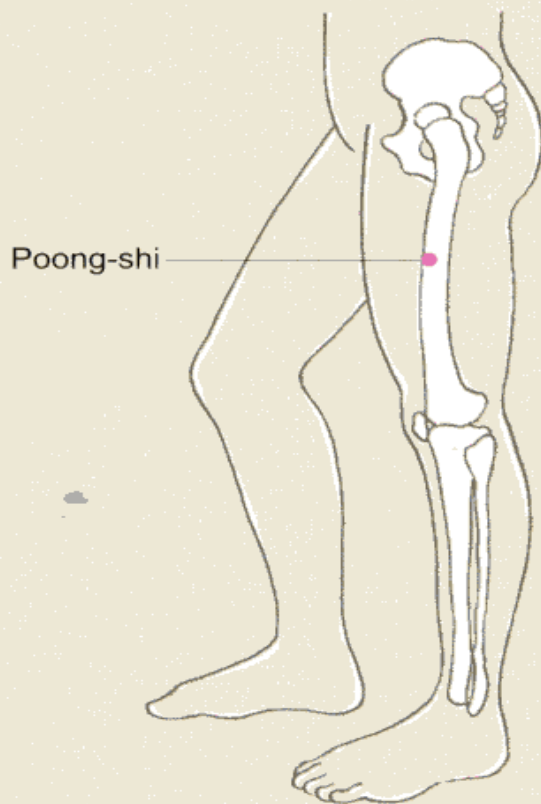
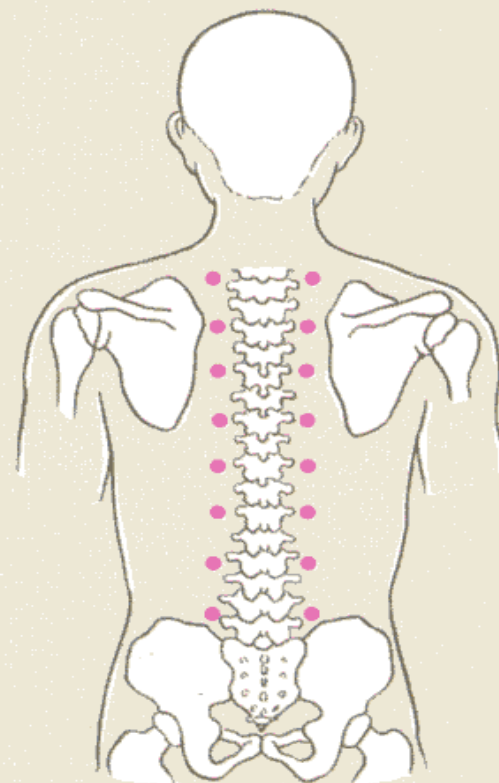
3 Press Chun-chu, located two fingers-width lateral to the navel.



4 Extend the receiver's knees, and lightly tap the Jok-sam-ri with your fist.

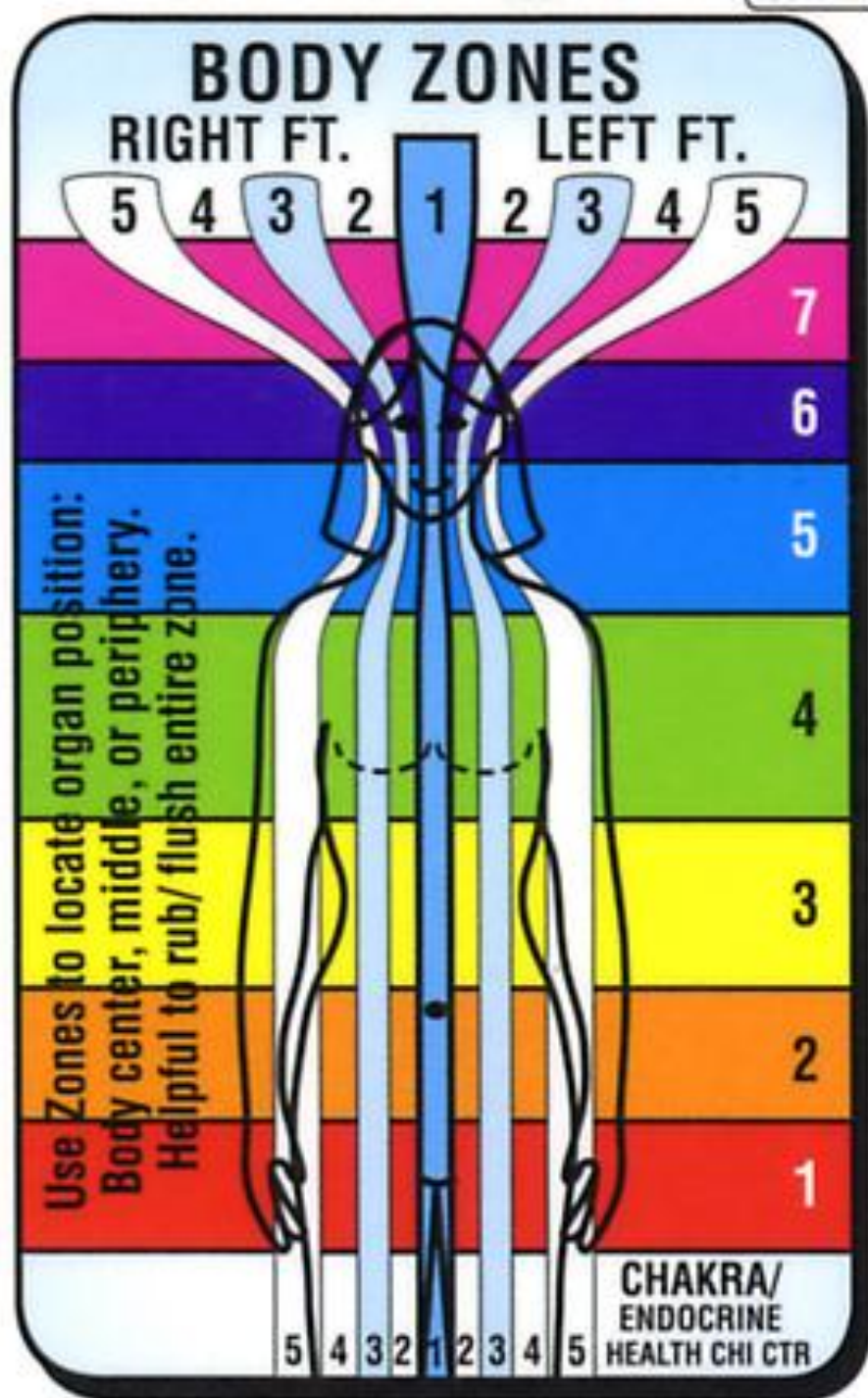


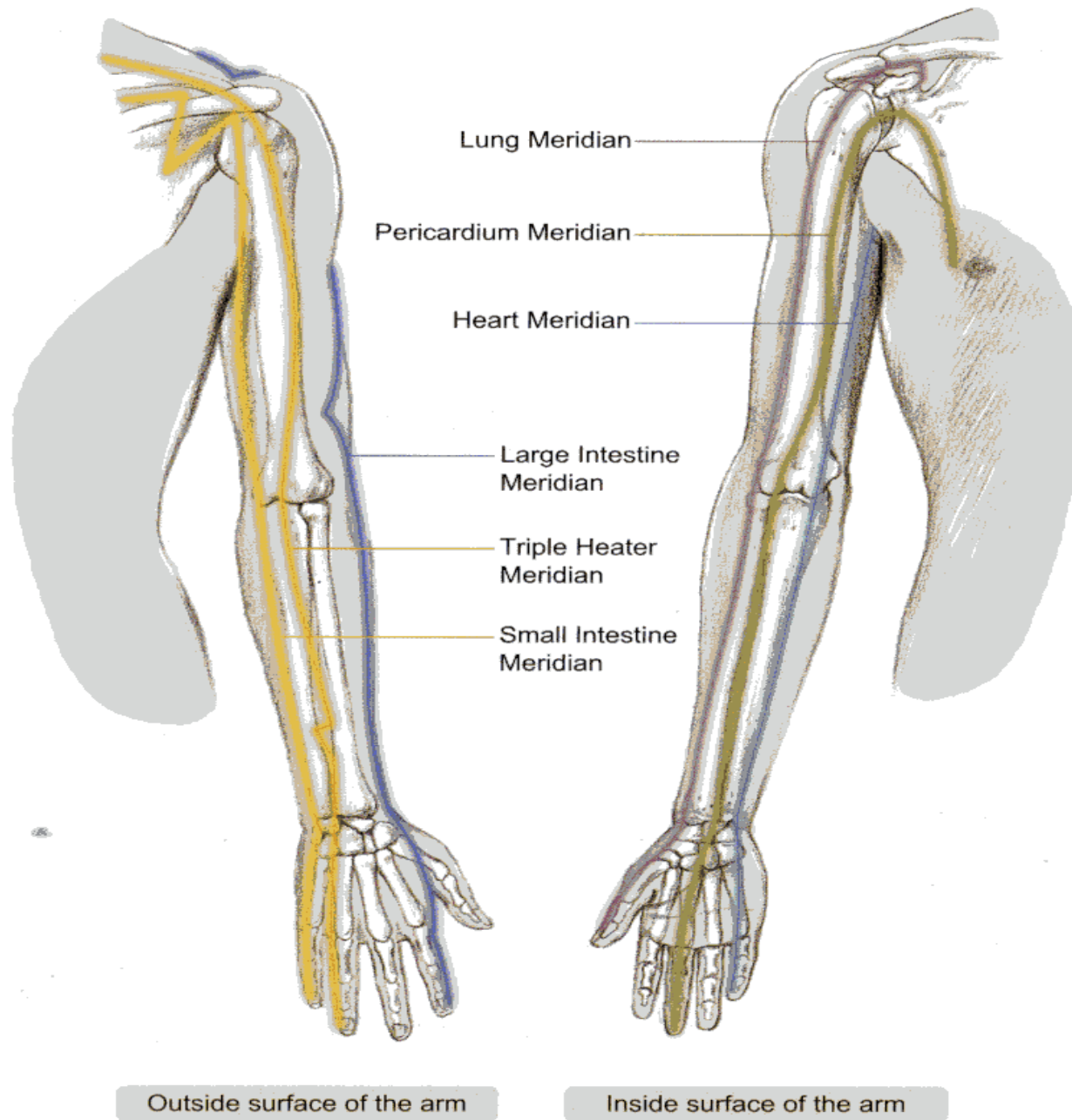
5 Have the receiver turn over on his/her abdomen, and sit by his/her side. Press along in a line about one finger-width next to the vertebral column all the way down to the hips. Tap with your fists.



6 When the receiver is standing with his/her arms naturally resting by his/her sides, the tips of the fingers are aligned with Poong-shi on the lateral sides of the thighs. Press this point with thumb and tap with fists.

7 From the hips to the ankles, tap along the lateral line of the lower extremities with fists.





Meridian channels in the upper extremities

3. Relaxing Blockages in the Intestines



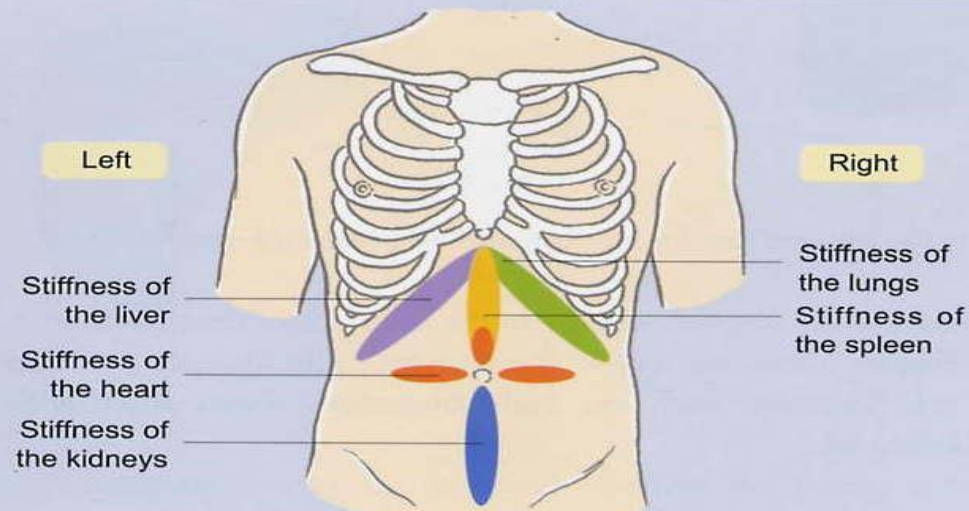
Hwal-Gong Technique

Pressing with fingers

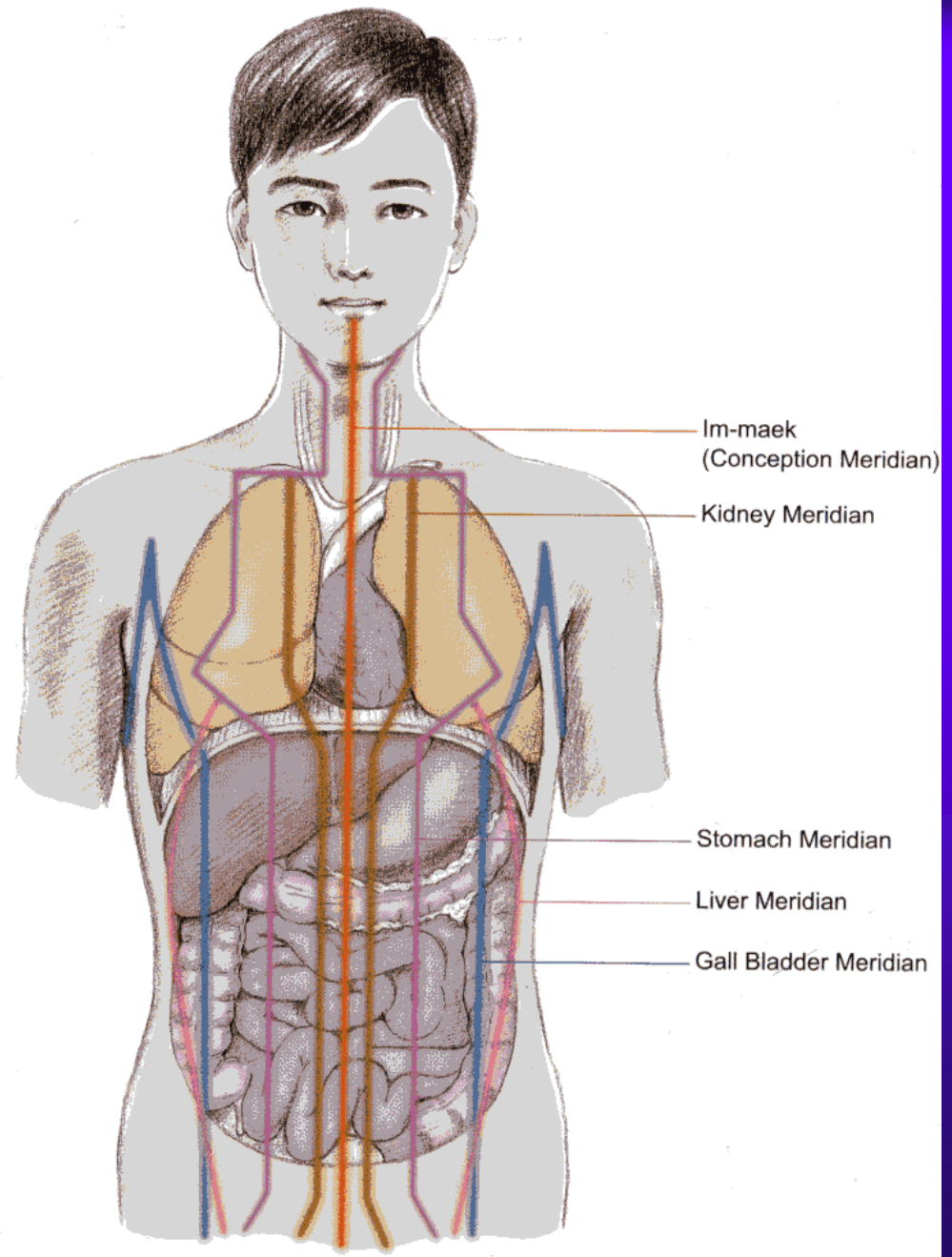


Benefits

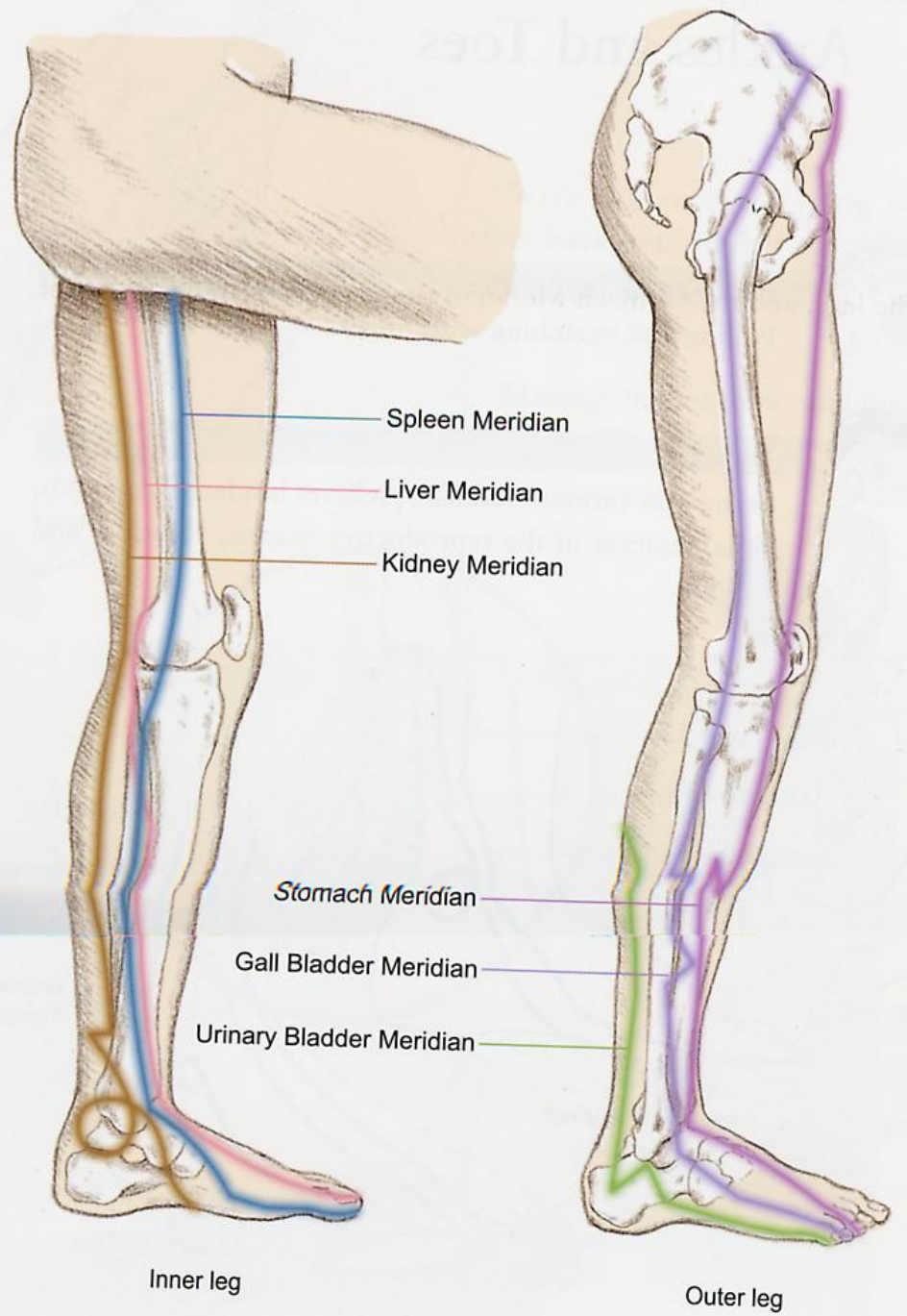
Relieves vomiting, coughing, fatigue, inflammation of papillae (on tongue), insomnia, Raynaud's Syndrome, loss of appetite, depression, menstrual irregularity, constipation, gastric ulcer, and diarrhea.

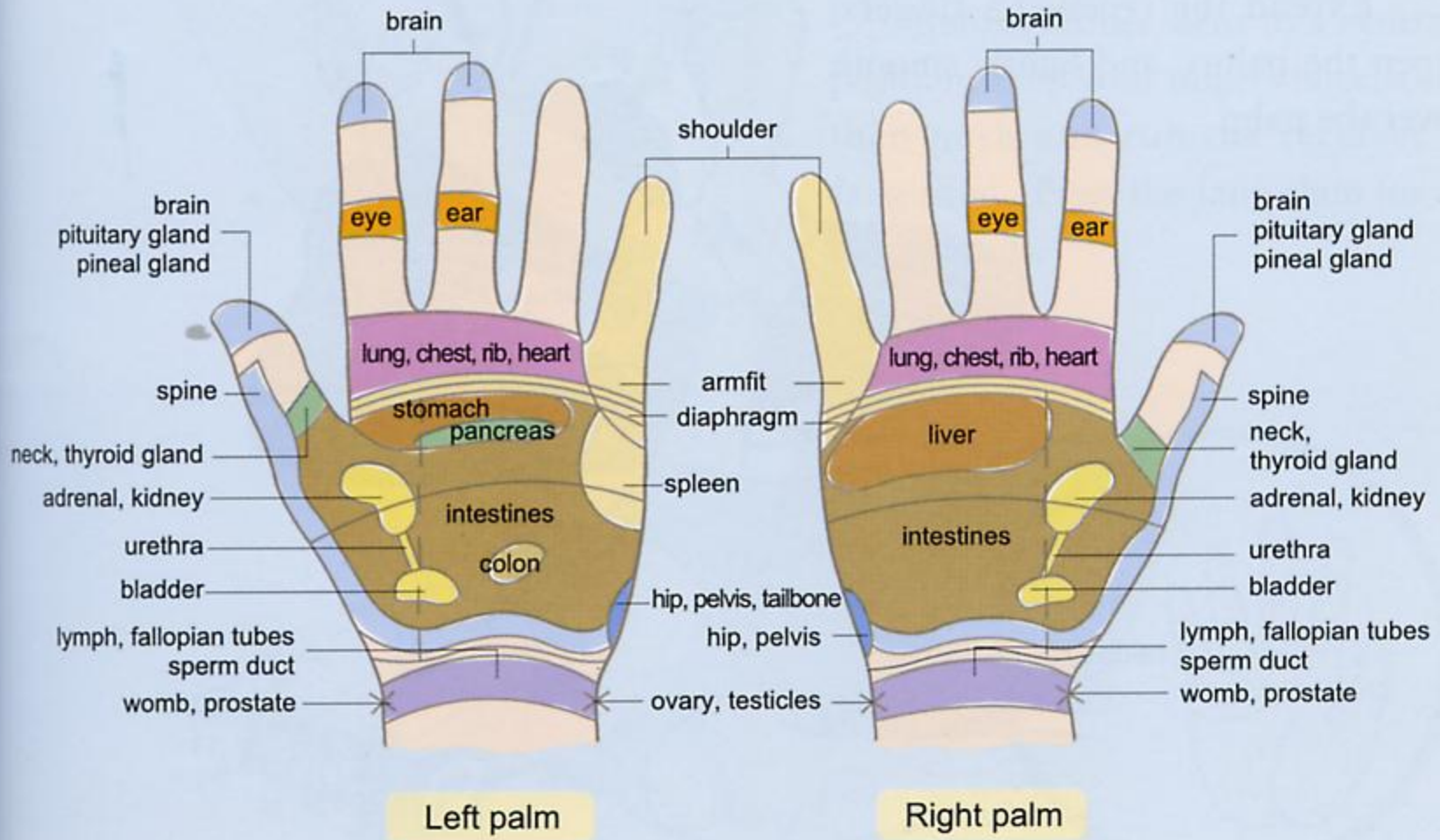


Stiffness due to Ki blockage in areas corresponding to specific organs



Meridians flowing on the anterior side of the body

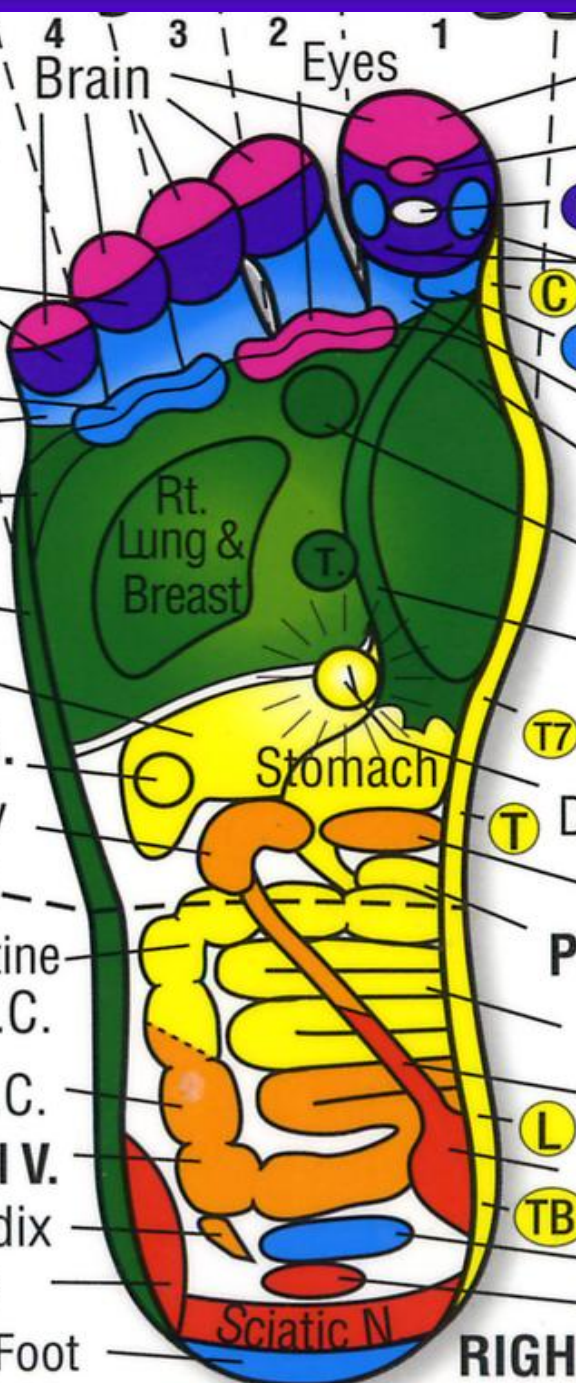




Lines: 5 4 3 2 1

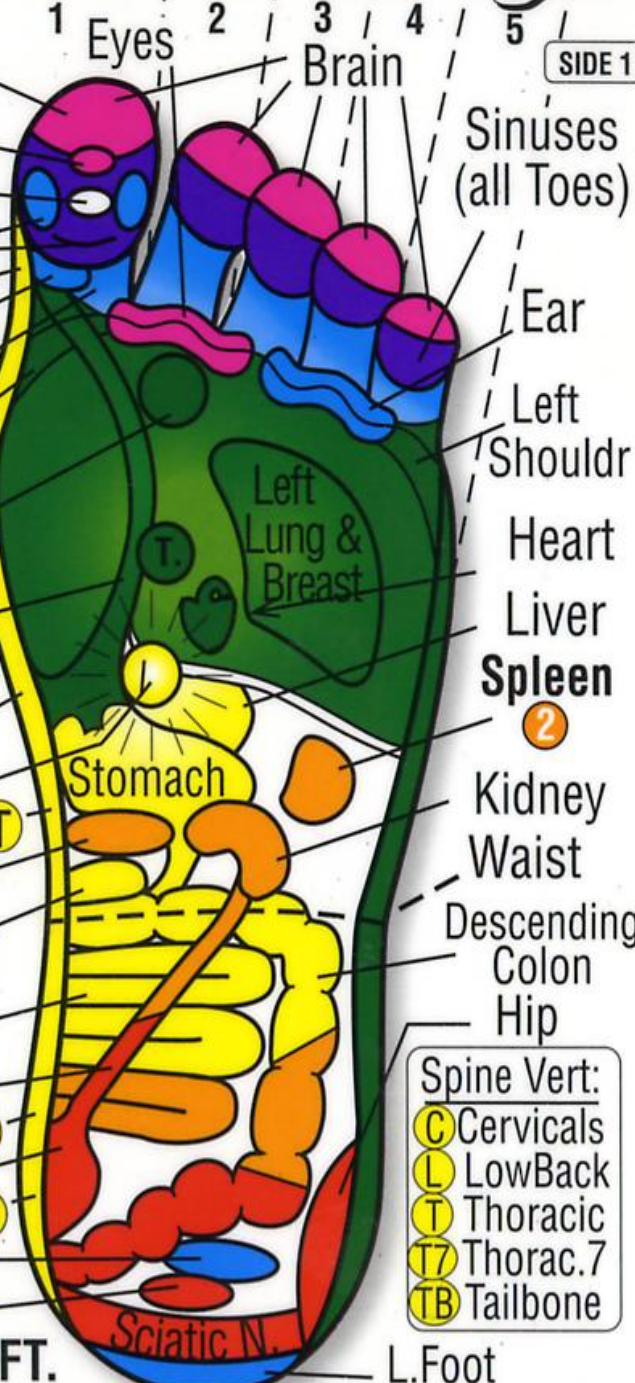
COLOR-CODED
the 7 CHAKRA
HI CENTERS

Sinuses (all Toes)
Ear
Neck
Rt. Shouldr
Lymph
Liver
Gall Blad.
Kidney
Waist
Lg. Intestine
Transv. C.
Ascend. C.
Ileocecal V.
Appendix
Hip
Rt. Foot



RIGHT FT.

Head= Big Toes
7 Pineal Gl.
6 Pituitary (Mastr)
Mouth, Sinuses
5 Thyroid, ParaThyroid
Neck, Throat
4 Thymus (+ "T.")
Lymph Flush
Bronch; Esoph.
T7 = Spine @ Shldr. Blade
T Diaphr. + SOLAR PLX.
Adrenal Gl. 2
Pancreas, Bloodsgr 3
Small Intestine
Ureter Tube
Bladder, Rectum
Rt. & L. Knee
1 Cervix



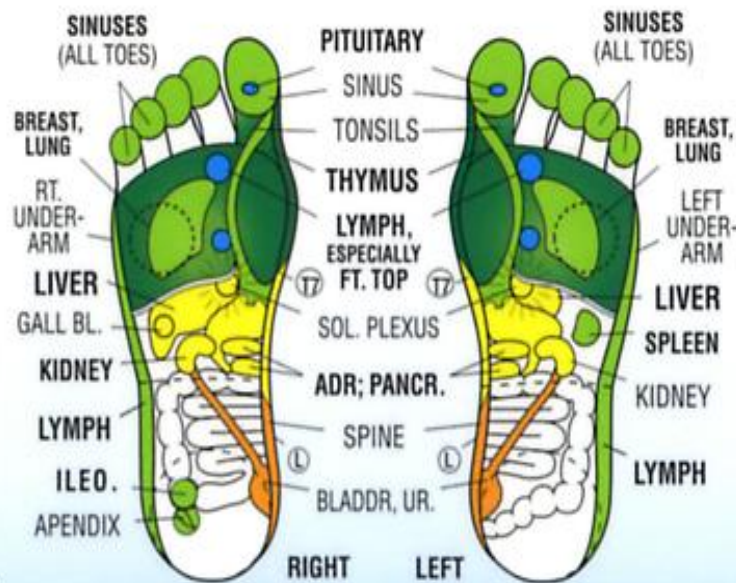
LEFT FT.

Spine Vert:
C Cervicals
L LowBack
T Thoracic
T7 Thorac.7
TB Tailbone

SIDE 1



#5) DETOX, LYMPH, SKIN PROBLEMS:



LIVER, KIDNEY, GALL BL: Rub ea.+ Adrenal, Pancr; Sol.Plx; Mid+Low Back,Ureter; Lymph.*

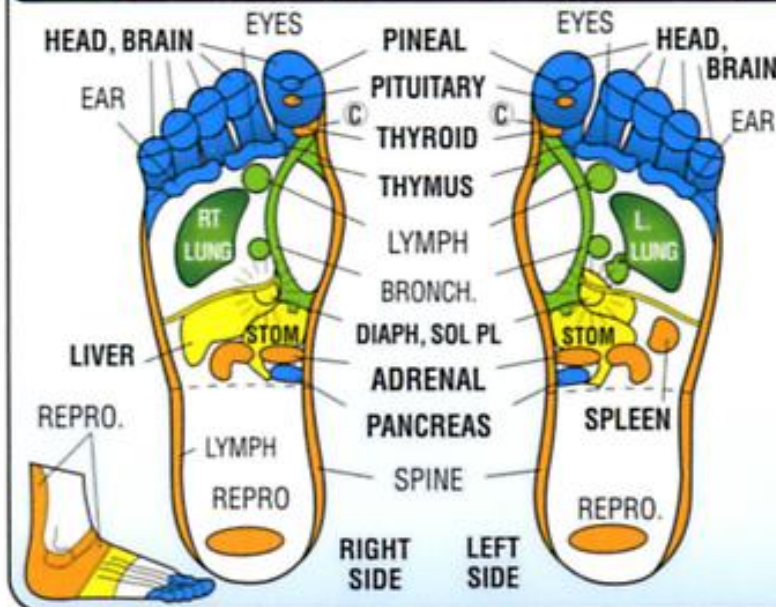
LYMPH DETOX: Lymph (Ft.top too), Spleen, Thymus, Pituit; Breast (Ft top), Chest, Spine T1-7, Tonsil(big Toe Neck), Sinus, Ileo; Apendx*

SKIN PROBS; ALLERGY, RASH, ACNE: (All due to toxins). Areas above + Affectd; **Liver, Adr.** (Detox,anti-Itch). Drink water! Epsom soak.*

URINARY/BLADDER: **Liver**, etc. listed above + Bladder, Ureter, Lower Spine/ Lumbar.*
*Avoid sweets, caffeine, alcohol, smoking.



#3) STRESS, ENERGY, CLARITY, CONFIDENCE:



CONFIDENCE, POWER CTR: Sol.Pi; Stomach, Diaphr; Liver(+ All other areas shown).

ENERGY, REJUV.: Adrenal, Pancr; Liver, Spleen+Pituit. (=Bloodsgr, energy), Thyroid, Spine, Lymph,Bronch; All **Repro.+Conf.** areas.

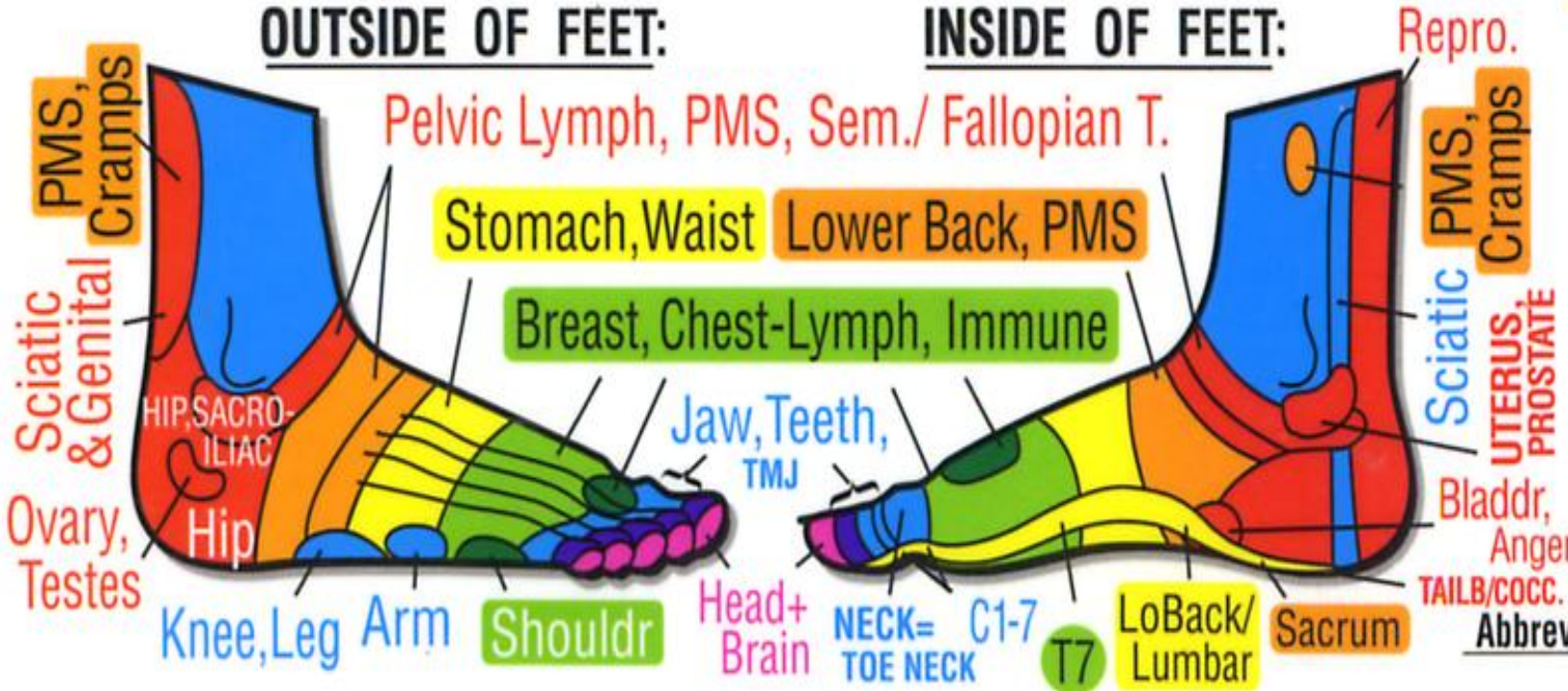
MENTAL CLARITY: All of ea. Toe, Pancr; Pit. (wellbeing, focus), Pineal; Eyes, Ears+**Conf.** Ctr.

STRESS, DEPRESSN: All of both Ft, **Solr Pi;** Lung, Bronch; **Pit; Pineal,** Toes. See **Headache.**



OUTSIDE OF FEET:

INSIDE OF FEET:





PICT. #1) COLDS, SINUSES, IMMUNITY: Rub Both Ft; especially:

COUGH, CHEST CONGESTION, BREATHING: Rub Chest, Breast (on Ft.Top), Lungs, Solar.Plex; Stomach,+ See below.

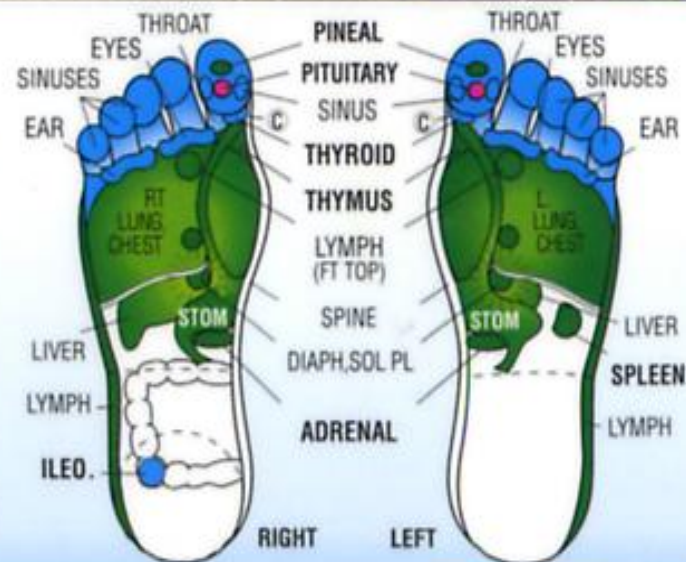
SINUS: Toe pads, esp.big; Eyes,Ears, Ileo.(mucous),Neck @Cs.*

IMMUNE, LYMPH STIM: Thymus, Pituitary; Pineal, Thyroid, Spleen (anti-infection), Adrenal; Solar Plexus.*

LUNGS; ALLERGIES: Rub Blue+Green shown + affected areas.*

FEVER: Toes, Pituitary-Hypothal.(temp.); See also Immune.*

*Avoid Sweets,Dairy,Smokng,Alcohol.(All congest+decr.immun.)





#2) ARTHRITIS, NECK/ BACK ACHES:

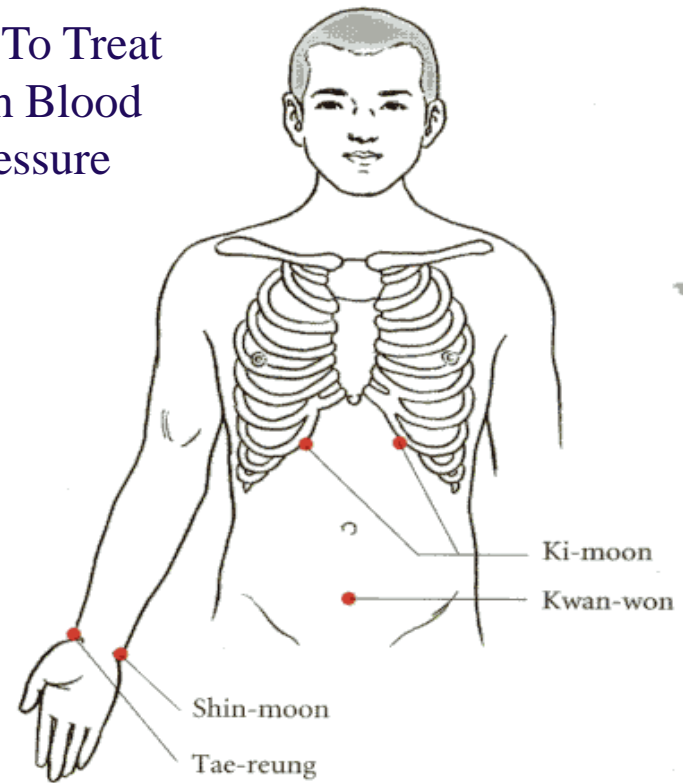
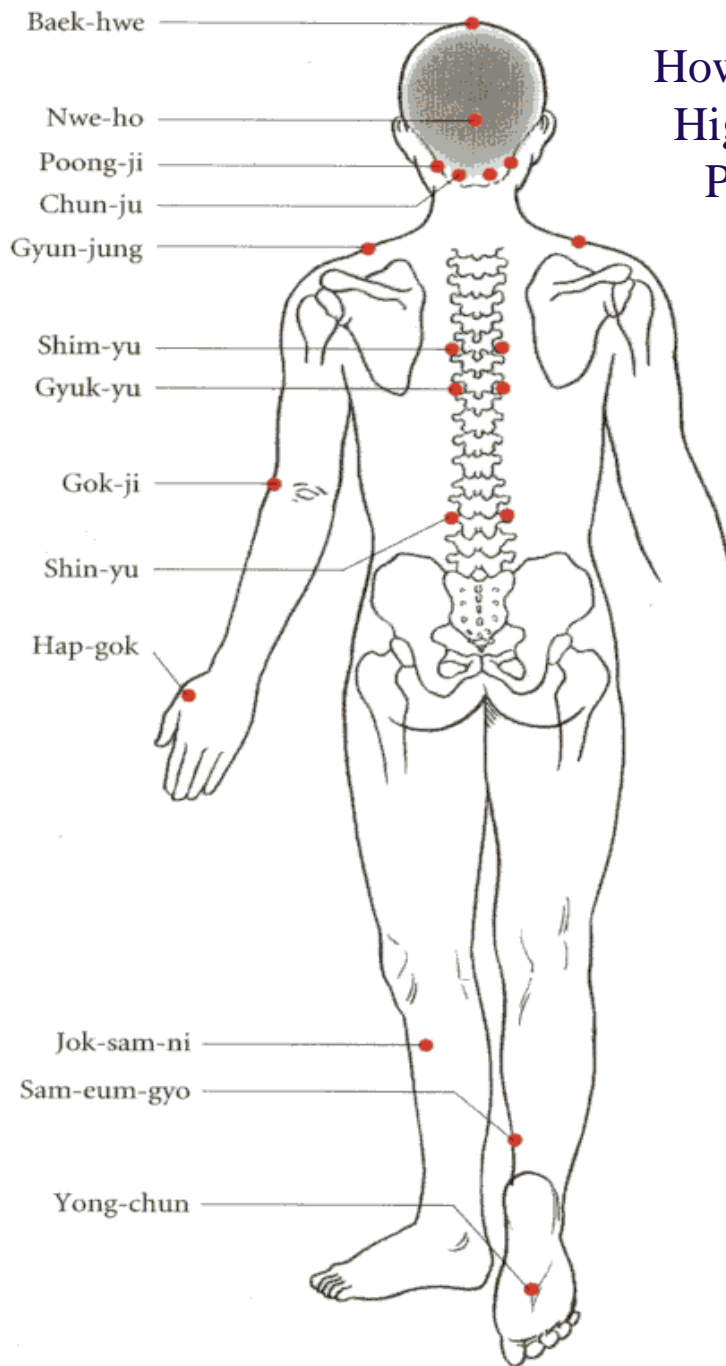
ARTHRITIS, JOINT INFLAMMATION: Rub entire Ft. (to decrease stress, which adds to inflammation), **Adrenal** (releases **natural cortisone+anti-ache/inflammation**), Kidney (swelling, detox), Liver, Solar Plexus, Stomach, Toe necks, Thyroid/ParaThyroid (calcium in joints), Thymus, Pituitary, Hips, Shoulders.

BACK/ NECK ACHES: Spine (for flex), Cervicals+ Tailbone; Toe necks (rotate+pull), Hip, Shoulders.





How To Treat High Blood Pressure

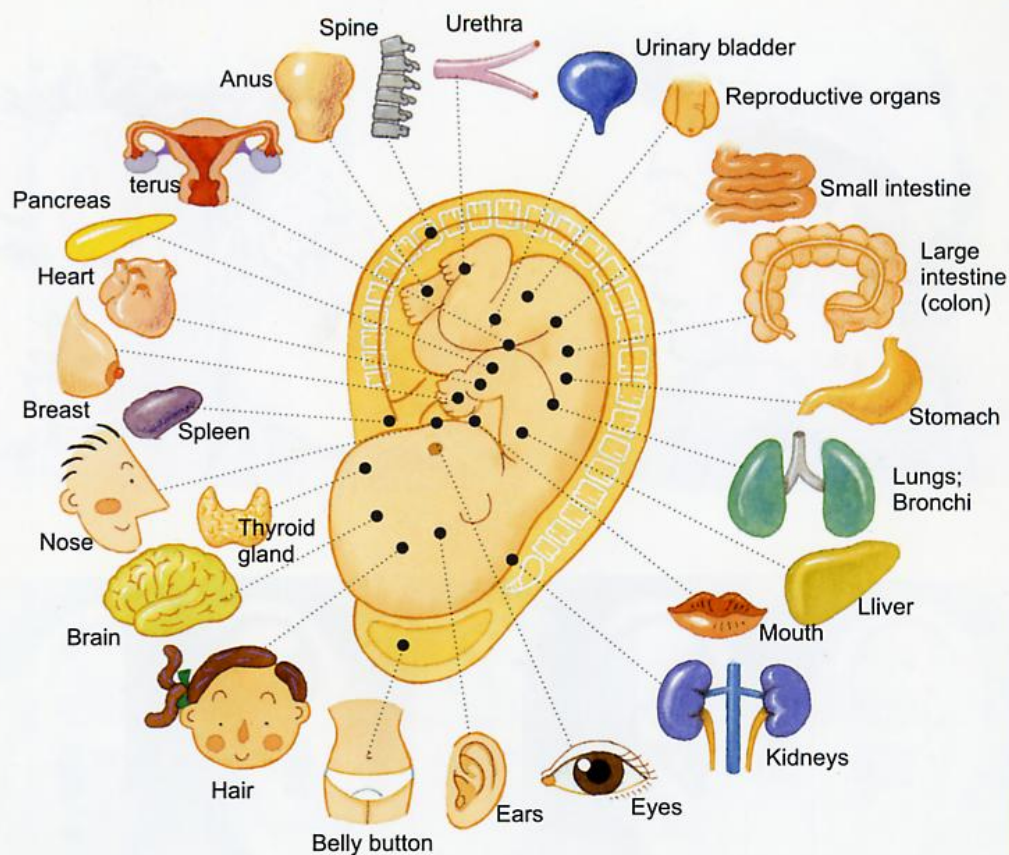


When you have high blood pressure, you can feel heaviness in the back of the neck, your eyes can become fatigued and nausea and dizziness can develop. Panic oftentimes accompanies these symptoms. By pressing the acupressure points shown above in the diagrams, you can obtain relief.



Our Ears: Our Miniature Body

Just pulling one's hair gently is an effective Hwal-Gong technique, pulling one's ears is tremendously beneficial. Look carefully at an ear, and you will see the shape of a fetus (with its head by the earlobe and legs by the top of the ear). Treating various illnesses as well as anesthetizing by applying acupuncture on the ears has long been practiced by Eastern medicine.



1. Facial Massage



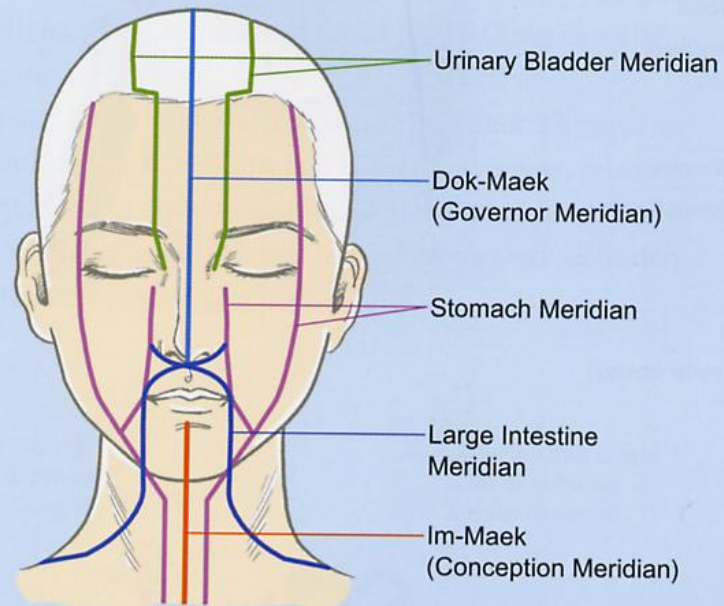
Hwal-Gong Techniques

Pressing down with thumbs, tapping with fingers



Benefits

Treats headaches, facial pains, indigestion, toothaches, facial neuralgia, night blindness, frequent nose bleeds, and dermatological and esthetic benefits.



Do it as though you're smoothing over the entire facial meridian system.



3. Releasing the Jaw Joints (TMJ)



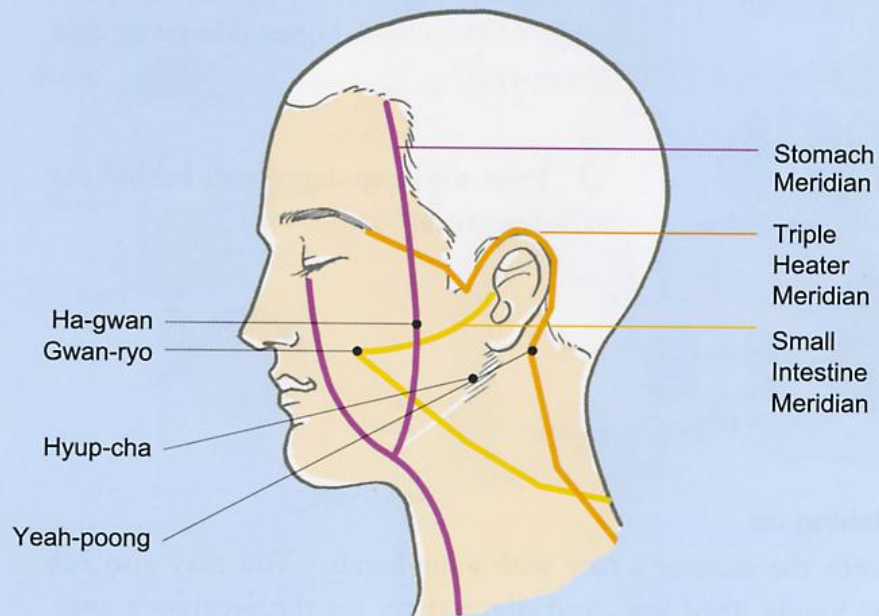
Hwal-Gong Technique

Pressing with fingers and thumbs



Benefits

Treats toothaches, jaw pain (TMJ inflammation), ear problems



2. Relaxing and Pressing the Neck



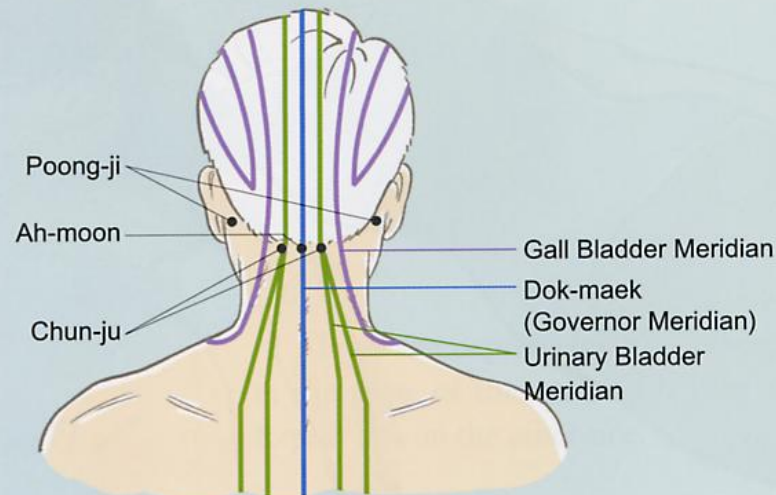
Hwal-Gong Technique

Kneading with hands, pressing with thumbs



Benefits

Stimulating the Governor Meridian is beneficial for treating headaches, neck pains and vomiting. Stimulating the Urinary Bladder Meridian is good for headaches as well as for shoulder and back pains. Working on the Gall Bladder Meridian is good for muscleaches (from a cold), ear problems, and rhinitis.



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