The background is a collage. On the left, a stylized flower with yellow and green petals is partially visible. The central and right portions feature a traditional Chinese meridian map (Jingluo Tu) overlaid on a faint image of a human figure. The map shows various meridians with points marked by dots and connected by lines. Some points are labeled with Chinese characters, such as '白濁' (Bai Zhuo) and '合谷' (He Gu). The overall color palette is warm, with yellows, oranges, and reds.

# MERIDIAN HEALTH PROTOCOL WORKBOOK

George Bridgeham & Master Lim

Copyright © 2017 Clover7 Nutritionals Pte Ltd.

All rights reserved.

Published by George Bridgeham & Master Lim

Notes to the Reader:

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopied, recorded, scanned, or otherwise, except as permitted under U.S copyright law, without the prior written permission of the author.

The statements found within the pages of this book have not been evaluated by the Food and Drug Administration. This publication is designed to provide accurate and authoritative information with regard to the subject matter covered. If a product or treatment is recommended in these pages, it is not intended to diagnose, treat, cure, or prevent any disease. The information contained herein is meant to be used to educate the reader and is in no way intended to provide individual medical advice. The publisher and the contributors are not engaged in rendering medical advice.

All information contained in this book is received from sources believed to be accurate, but no guarantee, express or implied, can be made. Readers are encouraged to verify for themselves, and to their own satisfaction, the accuracy of all information, recommendations, conclusions, comments, opinions or anything else contained within these pages before making any kind of decisions based upon what they have read herein.

The author of this e-book is not a licensed practitioner of medicine; therefore, the techniques, ideas, and opinions here are not intended as a substitute for proper medical advice! The information provided here is solely for informational purposes only. If medical advice or other professional assistance is required, the services of a competent professional should be sought.

The author does not accept any responsibility for any liabilities resulting from any health decisions made by purchasers of this book.

The words contained in this text which are believed to be trademarked, service marked, or to otherwise hold proprietary rights have been designated as such by the use of initial capitalization. Inclusion, exclusion, or definition of a word or term is not intended to affect, or to express judgment upon the validity of legal status of any proprietary right which may be claimed for a specific word or term.

Individual results may vary.



# Introduction

---

Hi everyone, welcome to the Workbook component of Meridian Health Protocol.

This is George Bridgeham and Master Lim here, to guide you through this journey of further natural healing.

We've introduced you to Meridian Health Protocol, an awesome and effective guide to an alternative healing technique: meridian therapy.

Throughout Meridian Health Protocol, we shared with you various meridian therapy techniques to relieve common ailments you may suffer from, and also additional strategies like the Qi-Flexercise, Qi-Tension Release Remedy and the Foundation Technique, which are wholly aimed at boosting and enhancing your wholesome health.

However, the effectiveness of these techniques would come to naught if nothing else is done to promote good health.

Indeed, good health and longevity itself depends very much on your lifestyle and habits. In fact, whole body wellness is imperative!

Simply put, a healthy diet, regular exercise and ample sleep all combines to supplement your body health and lifespan.

So, we've created a Workbook to put the Plan into action, the Plan to get your health into shape. Together with the meridian therapy techniques in Meridian Health Protocol, you would enjoy invincible health!

## My Self-Healing Process

---

The reason why you have Meridian Health Protocol is likely due to your own personal experiences or that of a loved one or family.

In other words, you want to be healed and not suffer so needlessly and in a prolonged manner anymore. In order for maximum gain from Meridian Health Protocol, you have to be very aware of your own condition(s) and what you can do to alleviate the common ailment(s).

Your Self-Healing Guide starts on the following page. Answer the questions honestly and work towards your sustained health!

# My Self-Healing Guide

---

1. Your current condition(s) [e.g. headache, insomnia etc]

---

---

2. What improvement would you like to see over the next few weeks/months? (Setting a realistic expectation will help you to achieve sustainable results)

---

---

3. Which area or aspect of your lifestyle or daily routine could you change to prevent the ailments from occurring? (For instance, to prevent insomnia, participating in some relaxing and calming activity before sleep so that sleep quality can be improved)

---

---

4. With reference to your particular ailment(s), list out the meridian points which could help improve your condition.

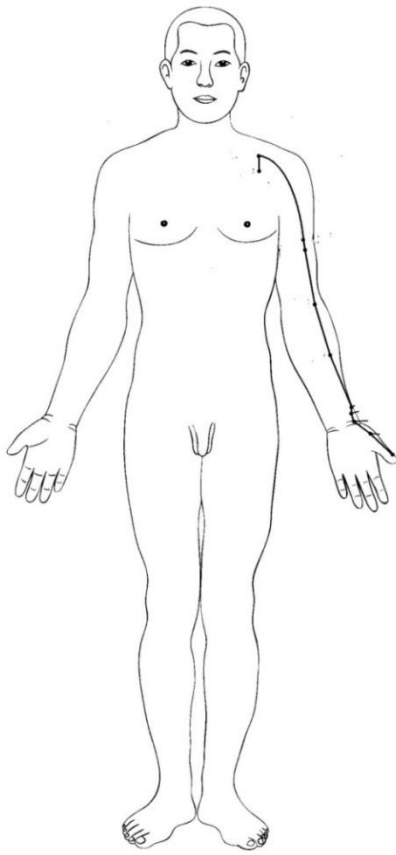
	Ailment	Meridian Point
1.	<hr/>	<hr/>
	<hr/>	<hr/>
	<hr/>	<hr/>
2.	<hr/>	<hr/>
	<hr/>	<hr/>
	<hr/>	<hr/>

\*Identify the common meridian points needed for different ailments (if you have more than 1)

\*You can use the human body chart on the following page to list out the points, and attach it to a noticeable area to the eye, as a form of reminder for daily practice.

# Important Areas for My Daily Practice

---



Key lifestyle changes I will adopt in order to work towards sustainable results.

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

5. Plan and write down how you can incorporate the various techniques into your routine (see following page).

For instance, you may be experiencing some eyestrain due to frequent work or study.

One of the ways to alleviate eyestrain is to take a 5-minute break during the period of studying. This can be indicated under the "Daily Routine" tab. The approaches outlined here are to supplement the meridian strategies.

The "Techniques" tab will indicate the various meridian strategies to alleviate the common ailment.

The "Review" tab will contain reviews of your ailments after a specified period of your discretion and planning. On top of that, do a review every week to see whether it is necessary to add any additional points.

At the same time, share your plan of action to a loved one or someone close to you so that he or she may provide moral support and motivation. This will help create consistent action and yield a sustainable result.

# My Daily Routine

---

My Daily Routine	Meridian Techniques	Review
e.g. Take 5-min break during study periods	e.g. Rub on Wind Pool and Shoulder Well	e.g. My eyes are less strained after 3 days of practice

# Qi-Flexercise

As introduced in Meridian Health Protocol, the Qi-Flexercise is the one-stop health strategy to complete your health program.

The Qi-Flexercise is one workout which is effectively geared towards maintaining your meridian health, and thereby, your overall health.

To better remember it, think of the Qi-Flexercise as 4-4-1, and to do it in that order – 4 Locations, 4 Actions and 1 Point (the body's power station).

Here's a simplified version of Qi-Flexercise:

4 Locations	4 Actions	1 Point
Forearms	Palm cupped and tap down forearm (L-R)	In a sitting position, cup the palm at the hollow part below the kneecap. The point to tap is a thumb's distance from the shinbone at the outer part of the leg
Back of forearm	Palm cupped and tap down the back of the forearm (L-R)	
Waist	Fist clenched and tapped on both sides of the waist	
Area of buttock down to ankle (outer part of the leg)	Palms cupped and tapped from fleshy part of the buttock down to the ankles	

Practice all the 4 Actions and 1 Point for 8 counts of 8. This routine should take about 3-5 minutes each, preferably twice daily.

**NOTE:** It is recommended to massage the meridian points regularly, for instance, 5-7 times daily. This will aid you greatly in boosting your meridian health, thereby enhancing qi flow and preventing any blockages from occurring.

# Exercises for Health and Natural Healing

---

Besides using the meridian therapy techniques to enhance overall meridian health, you can further enhance the health of the particular organ, for instance, the eye, with other ways and strategies.

So, here in this Workbook, we'll be focusing on 4 main topics – Exercises, Sleep, Diet and Mind – all of which have a direct impact on the body's natural healing system.

First, let's take a look at exercises, exercises which are straightforward and practical and can be implemented easily.

Due to the scope of the various body organs or muscles, we would be focusing on a few here: the neck, the shoulder and the back.

These 3 body features are among the frequently used human parts in our daily movement and life.

Many a time we find our bodies aching and feeling pained, often due to improper posture, so it would be good to strengthen the spine and keep the neck, shoulder and back in good condition.

## **(a) Neck**

The neck is the part of the body, which distinguishes the head from the torso, or the trunk of the body.

Common pains happen to the neck because it is precisely in a position where it is subjected to a lot of stress.

Here are some simple exercises here you can implement into your daily routine. However, if you are feeling pained in the first place, especially if it seems a chronic condition, it is best to consult a doctor for advice before embarking on the exercises.

Let's take a look at neck stretches. The first exercise is the corner stretch, which is to be performed in the corner of a room.



### Corner Stretch

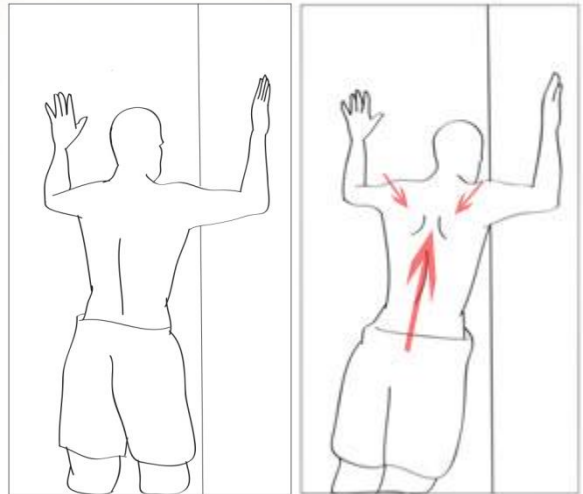
A standing position is to be adopted i.e. standing about 2 feet away the corner. Feet are to be together.

Forearms are placed on each wall, with the elbows slightly a little above the shoulders.

Lean in as far as possible, while keeping the neck relaxed. Feel the stretch at the shoulders and the chest. Hold the position for about 30 seconds.

Repeat for 3 sets.

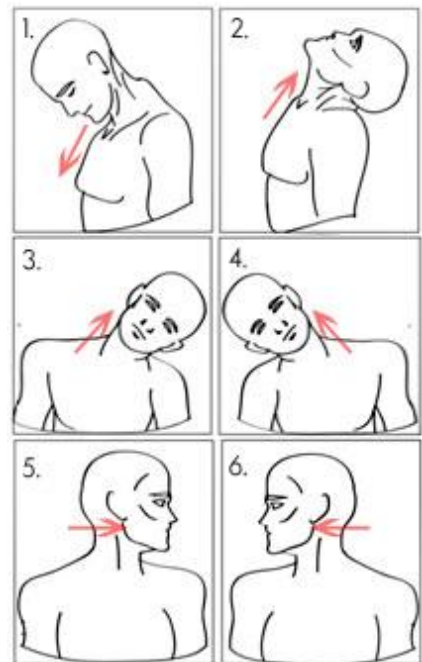
The second neck stretch exercise is a flexion exercise.



---

### Flexing Stretch

1. With a gradual motion, lower your chin to your chest. Hold it for about 15 seconds, and bring it back to normal.
2. With a gradual motion, lean your head back. Hold it for about 15 seconds, and bring it back to normal.
3. Next, lower your right ear towards your right shoulder in a gradual movement. Hold it for about 15 seconds, and bring it back to normal.
4. To continue, lower your left ear towards your left shoulder in a gradual movement. Hold it for about 15 seconds, and bring it back to normal.
5. The next set of stretch uses the chin.
6. Slowly turn your head to the right. Your chin ought to be roughly in line with your shoulder. Hold for about 15 seconds, and bring it back to normal.
7. Finally, turn your head to the left. Your chin ought to be roughly in line with your shoulder. Hold for about 15 seconds, and bring it back to normal.



8. Repeat for 1 set.

These 2 stretching exercises may be performed 3 – 5 times daily.

Now, we go into the neck strengthening exercises.

---

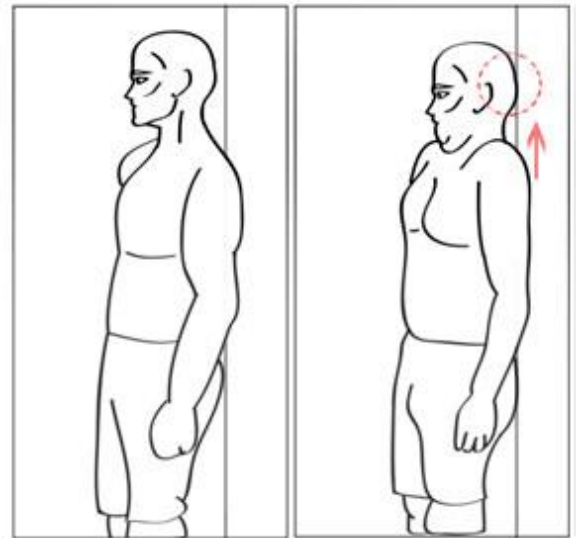
### Chin Tuck

This exercise strengthens the muscles, which pull the head back into alignment with the shoulders.

The chin tuck also enables proper posture to be cultivated.

1. Stand against the wall.
2. Pull the upper back and the head back until the back of the head touches the wall. Look straight ahead. Hold the position for about 15 seconds.
3. Return body to position.
4. Repeat for about 5 sets.

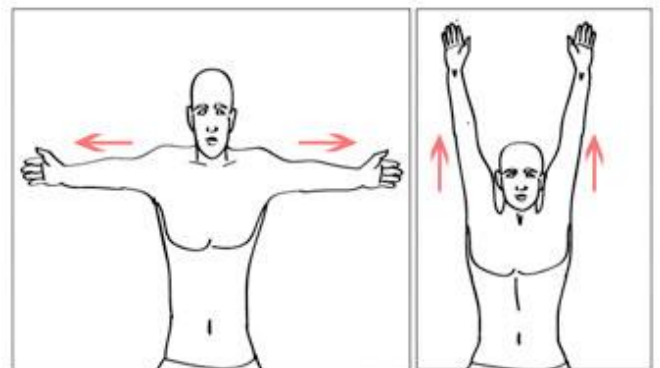
The chin tuck may be performed 3 – 5 times daily.



### Back Burn

This exercise is also good for the posture.

1. Stand against the wall and try to flatten the lower back against the wall.
2. Stretch out the arms against the wall in a 90-degree angle to the body i.e. outstretched to the shoulder height.



3. In a single movement, and keeping the arms close to the wall, slide up the arms above the head.
4. Repeat for 5 sets.

The back burn may be performed 3 – 5 times daily.

## (b)Shoulder

The shoulder is basically made up of 3 bones:

- ✓ Clavicle (collarbone)
- ✓ Scapula (shoulder blade)
- ✓ Humerus (upper arm bone)

Like the neck, the shoulder is very prone to stress. The shoulder is required to be in a mobile condition all the time in order to accommodate the wide range of movement for the arms and hands.

At the same time, the shoulder must also be stable enough to allow for actions such as lifting, pulling and pushing.

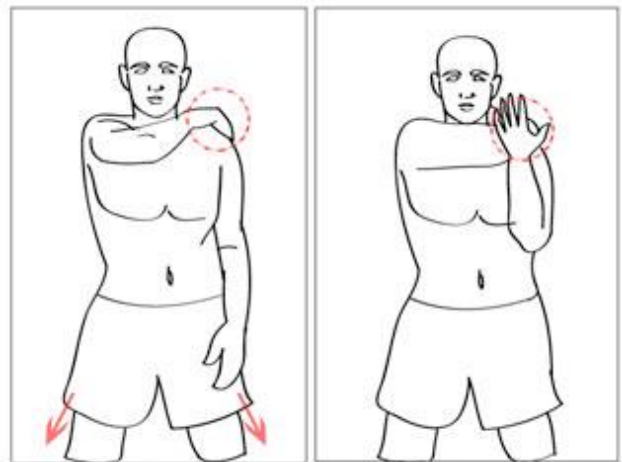
As mentioned also in Meridian Health Protocol, both neck and shoulder tensions are closely linked to each other, so don't be surprised if you find yourself down suffering from these 2 ailments simultaneously.

Let's take a look at 2 shoulder stretching exercises.

### Deltoid Stretch

This stretch works on the posterior deltoid muscle as well as the triceps.

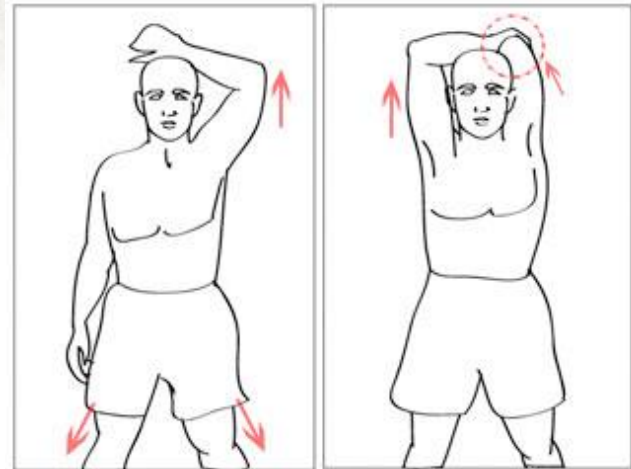
1. Stand with legs shoulder-width apart.
2. Bring up the right hand to the left shoulder, keeping the elbow elevated about shoulder-height.
3. Use the left palm and press it into the right elbow, stretching the shoulder. Hold for about 15 seconds, and bring back to position.
4. Repeat for other shoulder in opposite position. Repeat for 3 – 5 times.



This stretch may be performed 3 – 5 times daily.

### Underarm Stretch

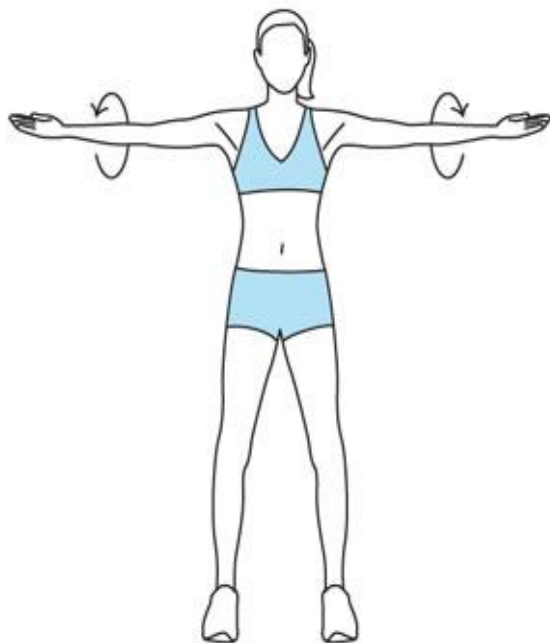
1. As the name implies, this stretch works on the muscles of the arm and shoulder.
2. Stand with legs shoulder-width apart.
3. Bring up the right arm over the head.
4. Gently hold the right arm at the elbow with your left palm, pulling it towards left.
5. Hold for about 15 seconds.
6. Repeat for the other arm. Repeat for 3 – 5 times for both arms.



Both stretches may be performed 3 – 5 times daily.

The following shoulder strengthening exercises are easy-to-do and require no equipment, although you may use dumbbells for added tension.

### Arm Circle



1. Stand with legs shoulder-width apart.
2. Hold out your arms to the side, palms facing down.
3. Draw circles with your arms forward for about 20 times.
4. Draw circles in a backward motion for about 20 times.
5. Flip your palms and repeat.

### Passive Shoulder

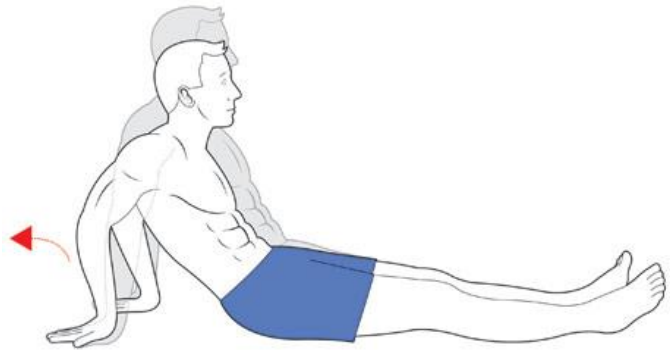
This exercise requires a sitting position with legs stretched out and pointing forward.

Place both palms behind you, about 2 feet behind. Hands are to be about shoulder-width apart, with fingers pointed backward.

Bend the elbows and lower the shoulders gradually.

Hold for about 10 seconds, and return to position.

Both exercises may be performed for 3 – 5 times daily.



---

### **(c) Back**

The human back is the largest posterior area of the human anatomy. The vertebral column, or the spine, the ribcage and the shoulders define its structure.

To re-cap, back pain usually originates from the bones, joints, muscles, nerves or other structures of the spine.

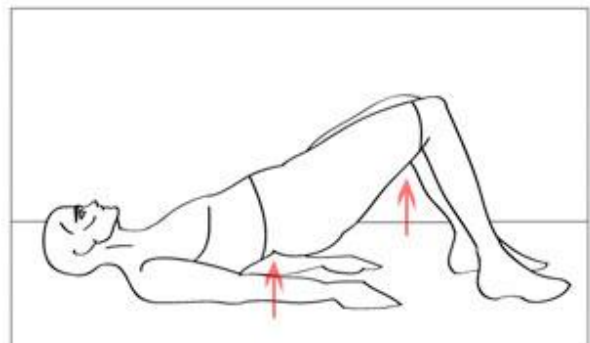
This means that it is crucial to keep the spine strong, so that the back may be supported and kept flexible.

In performing stretching exercises for the back, some points are to be noted here:

Stretching ought to be pain-free; do not force the body into difficult positions. Gradually ease into the stretch and not bounce and tear the muscles. Wear comfortable clothes, which will not bind or entangle. It is best to check with a medical professional if you have an existing back or neck pain.

### Floor Stretch 1

To do this stretching exercise, the person is to lie on the floor.

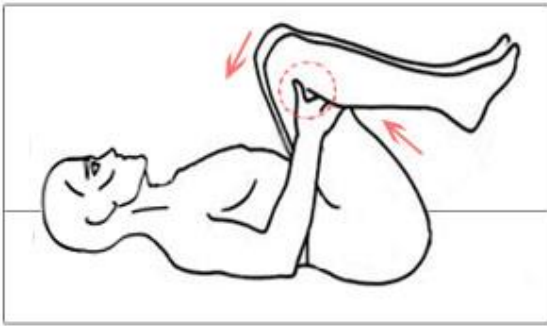




6. Lie on the floor on your back with knees bent and feet flat. You may also use an exercise or yoga mat if you're uncomfortable.
7. Place your hands at the back of your thighs and pull your legs towards your chest.
8. Hold for about 10 seconds, and return to position.
9. Repeat for 10 times.

---

### Floor Stretch 2

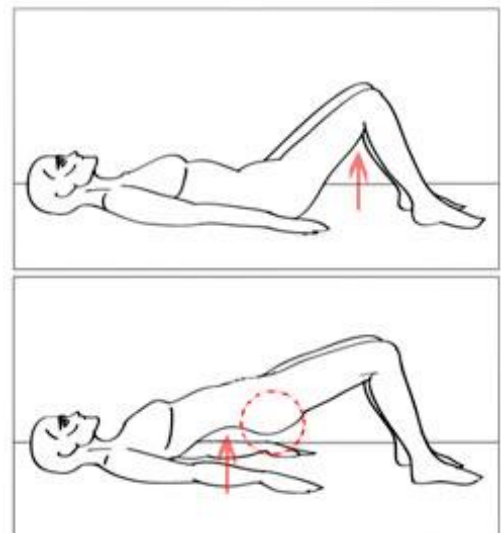


1. Lie on the floor on your back with knees bent and feet flat. You may also use an exercise or yoga mats if you're uncomfortable.
2. Place hands behind knees and gently pull both knees to chest
3. Hold for about 10 seconds and return to position.
4. Repeat for 10 times.

---

### The Hip Bridge

5. Lie on your back on a yoga mat or something comfortable.
6. Keep your knees bent, and your feet flat down and hip-width apart.
7. Squeeze your buttocks as you lift your hips, roughly creating a straight line from the knees to the shoulders.
8. Hold for a count of 3 and gradually lower back to position.
9. Repeat for 10 times.



This exercise works on hip flexors and strengthens the muscles which stabilize the spine.

Both exercises may be performed 3 – 5 times daily.

# Sleep for Health And Natural Healing

---

One of the most important ingredients in ensuring perfect health is – sleep.

In a day of 24 hours, a person spends an average 6 – 7 hours on sleep and the rest awake doing all sorts of things. 7 hours of sleep is roughly equivalent to one-third of the day, and a lot of things can be accomplished within these 7 hours, so why waste it away on sleep?

Yet sleep is critically important for us, because it is in this time that the body rebuilds and repairs itself, especially in allowing the body to heal from the common ailments that it is afflicted with.

At the same time, the brain assimilates the learning processes absorbed during the day, forming new pathways and networks in the brain. On top of that, sleep also supports growth and development, especially in children.

In other words – Sleep is vital and critical.

Studies have shown the sleep deficiency can have a negative impact on decision making, problem-solving capabilities, behavior and emotions, and even creativity. Sleep deficiencies have also resulted in mood swings, stress and a lack of motivation.

So, here are some 12 all-rounded tips to ensure a better quality of sleep, so as to supplement the meridian therapy to ease away the pains of the body:

Timing	Lighting	Routine	Relaxation
Set a regular timing and adhere to it every night.	Turn off the television and computer.	Depending on individual, you may or may not exercise close to bedtime.	Practice deep breathing techniques before sleep.
A daytime nap is all right, but set timing, no more than 2 hours.	Refrain from using the mobile, especially if you wake up in the middle of the night.	Stay away from heavy, oily meals at night.	Keep the bedroom cool and conducive for sleep.

Wake up at the same time every morning.	Keep the room dark during bedtime.	Cut down on coffee or caffeine-laced beverages at night.	Stick to relaxing activities before bedtime.
---	------------------------------------	--	--

What if you are already suffering from insomnia or the like?

To re-cap a simple strategy:



Step 1: Gently tap from the top of the side of the head down to behind the ears. Tell yourself to relax.

Step 2: Gently tap yourself at the top of the head.

There is no fixed count for it. Once you feel tired, you will fall asleep. Importantly, the more you feel anxious, the more you will find it harder to sleep.

# Diet for Health and Natural Healing

For ailments to afflict our body there must be an “opening” in the body for it to occur, something susceptible which the ailment can take advantage of.

As in the previous section, a lack of sleep can be such a factor. But, besides that, the diet, too, can result in ailments if not properly balanced and managed.

In order to function at an optimal, the body needs a balanced diet.

Here’s a basic look at the various classes of essential nutrients that the body needs:

Nutrient Type	What's It About?	Where It Can Be Found?
Protein	Macro nutrient made of amino acids required for growth and function. Basis of many body structures (hair, muscle, skin etc).	Egg, cheese, milk, fish, white meat (poultry) etc.
Carbohydrate	Provide energy in the form of calories. However excessive consumption can lead to weight issues.	Berries, bread, cereal, pasta, potato, sugars etc.
Fiber	Facilitates passage of food through the digestive organs.	Green vegetables, fruits etc.
Fats	Provides cholesterol in the form of fats, both good and bad cholesterol. Also involved in production of hormones like cortisol and sex hormones.	Oatmeal, barley, fish oil, olive oil, etc.
Vitamins	Micro nutrients which are vital for body growth, repair and maintenance, such as A, B, C, K etc.	Dairy products, fruits, nuts, vegetables etc.
Minerals	Micro nutrients such as calcium, magnesium, iron, potassium, sodium, zinc and so on.	Fish, fruits, nuts, vegetables, whole grain etc.

As you can see, the body requires a wide variety of different macro- and micro-nutrients in order to achieve near perfect health. Therefore, it is imperative that you also eat widely, from meat to vegetables to nuts and fruits and so on.

Besides these 6 classes of nutrients, there’s one overall nutrient which the body cannot do without – water.

Water is secreted from the body in many ways – perspiration, tears, breathing vapor etc. Proper hydration also helps maintains the brain. So, it is important that we replenish water on a very regular basis.

The recommended daily consumption is 6 – 8 glasses of water.

On the following page, we have created an easy checklist for you to note down your diet according to the 4 major nutrient types and to manage it better for a balanced diet and healthy lifestyle. This is just a very basic checklist. Do consult your dietician if you require more professional assistance.

# My Balanced Diet

Nutrient Class	Breakfast	Lunch	Dinner	
Protein				Morning snack
				_____
				_____
				_____
Carbohydrate				Afternoon snack
				_____
				_____
				_____
Fiber				
Fats				



# Conclusion

---

We hope you've found this Workbook as useful and effective in implementing your basic routine of both best habits and meridian practices in welcoming the best of health.

It may not be easy to stick to a routine and remember to massage the various meridian points diligently, but hey, it will be totally worth it in the long run.

Your final step to health and abundance takes place here Meridian Health Protocol.

This is George Bridgeham and Master Lim, wishing you all the best in your healing endeavors!

*George Bridgeham & Master Lim*