

Pure Natural Healing

Kevin Richardson & Master Lim

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Introduction



Billy J* is a senior electrical engineer at a multinational organization. He has a family of four, with his beautiful wife Lisa and three kids Alex, Colin and Dylan.

Although he does not have to fly outside of the country, his work requires him to manage the local market here in the United States. He has to travel from state to state, and often keeps up late hours.

Having put through his body through the rigors of travel for a number of years, Billy was soon beset by a number of ailments.

His sleep patterns disrupted, Billy began suffering from insomnia. His back, neck, and shoulders ached, thanks to the varying qualities of the hotel beds he frequented in his travels. He developed migraines from a combination of stress and lack of sleep.

Anxiety crept in when he realized his health was affecting his work performance. Unbeknownst to him (at the time), his blood pressure was escalating to dangerous levels.

One day, just as he was about to complete a major project, he collapsed.

Billy J was rushed to the hospital, where he was diagnosed with a minor stroke. He was paralyzed - temporarily - on the left side of his body. Even though he was fortunate enough to retain his ability to speak, his words were slurred, and he found himself struggling to find the right words to say.

His doctor advised him not to over-exert himself again, for fear of a more severe, even life-threatening outcome.

His family was stunned.

Because his condition was deemed temporary, his personal insurance company refused to provide any payout. Fortunately, thanks in part to his organization and Medicare, Billy was able to find some

financial relief when it came to paying his hospitalization and treatment costs.

Despite the relief, Billy was still very worried. He wanted to be up on his feet as soon as possible, because he knew that the longer he was not working, the more debt he would be saddled with. He had a family to feed, and a mortgage to finance. Being bedridden was out of the question; he simply could not afford it!

Lisa, who was equally worried about her husband's condition, sought help where she could. She discovered an alternative therapy that his doctors would never recommend - meridian therapy.

It was something that no doctor - at the time - would recommend because it was a therapy that was considered radical. At least, in the United States. But the real reason that no doctor, or even Big Pharma would ever recommend meridian therapy was because it was not only an affordable way to treat a majority of ailments, it was also highly effective. It was market-disruptive, and could very well eat into the profit margins of Big Pharma and every doctor in the healthcare industry.

Imagine an entire "Western" healthcare industry bankrupted by an ancient Chinese therapy, if everyone decided to jump ship to meridian therapy!

To this day, Lisa considers her discovery of meridian therapy a godsend. When she learned that it was a non-invasive, holistic

therapy that relied solely on pressure and massages, she knew right away that it was the perfect solution to Billy's problem.

She got hold of a master practitioner, and inquired in greater detail.

Lisa conveyed her findings to Billy. His initial reaction was doubt, and then anger. How could Lisa have been so gullible and fall for such a scam, he thought. He was convinced that meridian therapy was just that, a scam.

After all, if modern, conventional "Western" medicine could not help him, how could an outdated "therapy" work at all?

But Lisa pressed on, and convinced her husband to give meridian therapy a try. None of them had anything to lose by trying it, she reasoned. He owed it to himself to give it a try. If he wanted to resign himself to the fact that there was nothing they could do, then they should be able to say they had tried everything they could.

In their many years of marriage, Billy had learned that sometimes it was easier to listen to his wife and do as she asked.

So together, they gave meridian therapy a try.

For over a month, Billy attended sessions with the master practitioner his wife had sought out. The master practitioner, having heard Billy's account of everything that had

happened to him, explained that his demanding work and unhealthy lifestyle had caused the flow of his life force (known as "qi" in Traditional Chinese Medicine terminology).

This blockage, occurring in various vital meridian channels, culminated in his stroke.

In order for Billy to recover completely, he was prescribed specific herbs for daily consumption. He was also given a recommended set of exercises to do, as much as he could, on a daily basis. Lisa helped her husband with his new routine, and accompanied him to every meridian therapy session.

Six weeks after his first session, Billy was shocked one morning to discover that he could grip a spoon with his left hand, all on his own! Needless to say, Lisa and the kids were overjoyed.

As he continued with the treatments, his appetite improved. It was a sign that his qi was finally flowing smoothly in his meridians. All his ailments - insomnia, aches, migraines - miraculously disappeared in the days that followed.

Against all odds, Billy J found himself on his feet once again, his paralysis cured. His doctors were baffled, and couldn't believe how his recovery was all thanks to the very same ancient Chinese therapy that they derided.

Since then, Billy J has been making positive changes in his lifestyle.

He endeavors to achieve a proper work-life balance by making sure he maintains a proper, adequate sleep cycle, consumes healthy meals, and engaging in regular meridian self massages and exercises.

All these ensure a smooth flow of his qi.

Thanks to meridian therapy, Billy J got his life back!

And by reading this very book, you may well write your own success story with meridian therapy, just as Billy J had.

Welcome to Pure Natural Healing.

I'm Kevin Richardson, and together with Master Lim, we're here to guide you on this incredible journey of healing. Within these pages, you'll discover the power to heal not only yourself, but others as well, through an age-old, natural healing technique.

But first, the basics.

The human body is a delicate system. It is susceptible to a variety of factors, such as viruses, illnesses, emotional stresses... just to name a few. Consequently, the body reacts to combinations of both physical and mental strains.

This is the main cause of most ailments and health problems that people all over the world - people just like you and me - suffer

from. If not addressed in time, something like that of Bruce Jameson's condition may culminate from all these daily ailments, and it may even be more serious than a stroke!

And this is where the natural healing technique that we mentioned will come in handy.

In essence, Pure Natural Healing will provide you with the alternative healing solutions of 27 common ailments you may suffer from.

It is incredibly easy to learn.

The techniques you'll learn here are completely hassle-free, requiring only your hands to HEAL yourself (and others, if you wish to apply the techniques for their benefit).

Yes, you read that right.

You have the ability to heal yourself with the pure natural energy that already exists within you.

However, before we begin, please note that this book is not intended to be a substitute for professional medical advice from licensed physicians. You should still consult a physician for matters relating to health that may require proper diagnosis and attention.

With that said, if you're ready, let's begin your journey right now!

(*The real names of the individuals in the following case studies are protected at their own request.)

History & Benefits of Meridian Therapy



The natural healing technique that we've been talking about in the Introduction is called "meridian therapy."

A more commonly used term - one that you may have heard of - is "acupressure."

What exactly is the difference between these 2 types of healing remedies? And what exactly is the "meridian"?

In order to differentiate between the 2, let's illustrate it using the analogy of a subway system.

Acupressure points can be likened to individual train stations.

Meridian refers to the train tracks, which connects the various points together.

In meridian therapy, relief is provided through various points, and not just through one point only.

While an acupressure point is likened to a single station, meridian therapy acts on the meridian line for a specific ailment and also combines the treatment with stretching and other aspects like diet, personal lifestyle etc.

Yet, meridian therapy is an intricate part of acupressure and arises from it.

Acupressure is an ancient art of alternative medicine. It is believed to have originated from China, from as early as the Zhou dynasty (1000-221 BC).

In the old days, in China, the rich men were able to take care of themselves by virtue of the fact that they could afford the medication, the herbs, the physician etc.

However the poor couldn't afford any of such luxuries.

Instead, they resorted to other affordable alternatives. One such alternative is the

development of techniques involving the rubbing of affected areas.

This was the genesis of acupressure, which then evolved to healing methods like the Japanese therapy of Shiatsu, and also meridian therapy.

Acupressure is near identical in principle to acupuncture, which relies on traditional Chinese medicine and the use of needles.

Acupuncture is a series of procedures which utilize the use of needles. In penetrating the skin, the needles stimulate certain points on the body, which are known as meridian points.

The meridians are pathways which connect the acupuncture/acupressure points and through which energy flows. This energy is also known as qi. Qi is a universal life force, imparting energy to all living things.

Based on this concept of qi, acupressure is carried out by applying pressure, using fingers or other objects to press the points on the body, or the surface of the skin, to stimulate the healing ability.

Pressure may be applied by the fingers itself, or through the pressure of the hand, the elbow, the upper back and so on.

Rubbing is an essential part of meridian therapy. Since it may not be so easy for some people to find the exact acupressure point, rubbing along the meridian line can be just as effective.

As the pressure is applied, the body's self-curative capabilities are stimulated. Subsequently, the qi starts flowing once again and clears the blockages to begin the healing process.

If you experience a sharp pain when applying meridian therapy on a specific part of your body, then there is a high chance that there is a blockage of qi on that specific part of the body.

Any interruption in the flow of one's qi will result in some form of ailment, manifested as illness, pain or feelings of discomfort.

Meridian therapy is one of the most effective methods in eliminating common health conditions because of its simple and hassle-free techniques.

You can apply such techniques anywhere, anytime, with no fancy equipment necessary, except your hands.

For people who are well-versed in acupressure or who have studied about such healing alternatives, they may commonly understand acupressure as the 361 points, of which there are 12 meridians and 2 vessels.

Meridian therapy is different in the sense that you need to only remember about 30-40 meridian points, with which you can pretty much take care of for your own health.

And this is where Pure Natural Healing comes in, using the concept of meridian therapy, in combination with stretching and other various aspects, to provide effective healing.

Practice & Benefits:

All the potent points of meridian therapy can be used to enhance life's many aspects, whether it is health or lifestyle.

The indisputable fact is that people suffer from health problems at some point in life, regardless of whether they're caused by external means or through internal deficiencies.

Pure Natural Healing is thus ideal for the management of common ailments that you may suffer from.

Besides managing stress, meridian therapy may be used to relieve and prevent sports injuries, enhance beauty treatments, heal emotional trauma and pain.

Generally, meridian therapy provides the following benefits:

- Boosts the immune system
- Develops spirituality
- Increases blood and qi circulation
- Increase overall wellness and well-being
- Relaxes the body and mind
- Reduces pain
- Releases stress and tension

Other than the above-mentioned uses for meridian therapy, the techniques have also been used to alleviate painful menstrual periods, prevent nausea, treat motion sickness symptoms and aid in post-surgery recovery.

In general, meridian therapy is safe and effective, due to the simple fact that it does not require the use of sharp equipment or dangerous chemicals.

A word of caution however: Note that you are NOT to use any of the techniques you're about to learn if you're suffering from chronic or life-threatening medical conditions such as cancer, heart-disease, etc.

The techniques may over-stimulate your body and cells.

In addition, pregnant women are advised not to undergo any meridian or acupressure treatment.

Areas with burns or infected with contagious conditions should not be subjected to any form of acupressure treatment too.

If you do decide to seek any acupressure treatment, consult your physician about it before you embark on such treatments. Additionally, make sure your acupressure practitioner is officially licensed and certified.

Fundamentals of Meridian Therapy

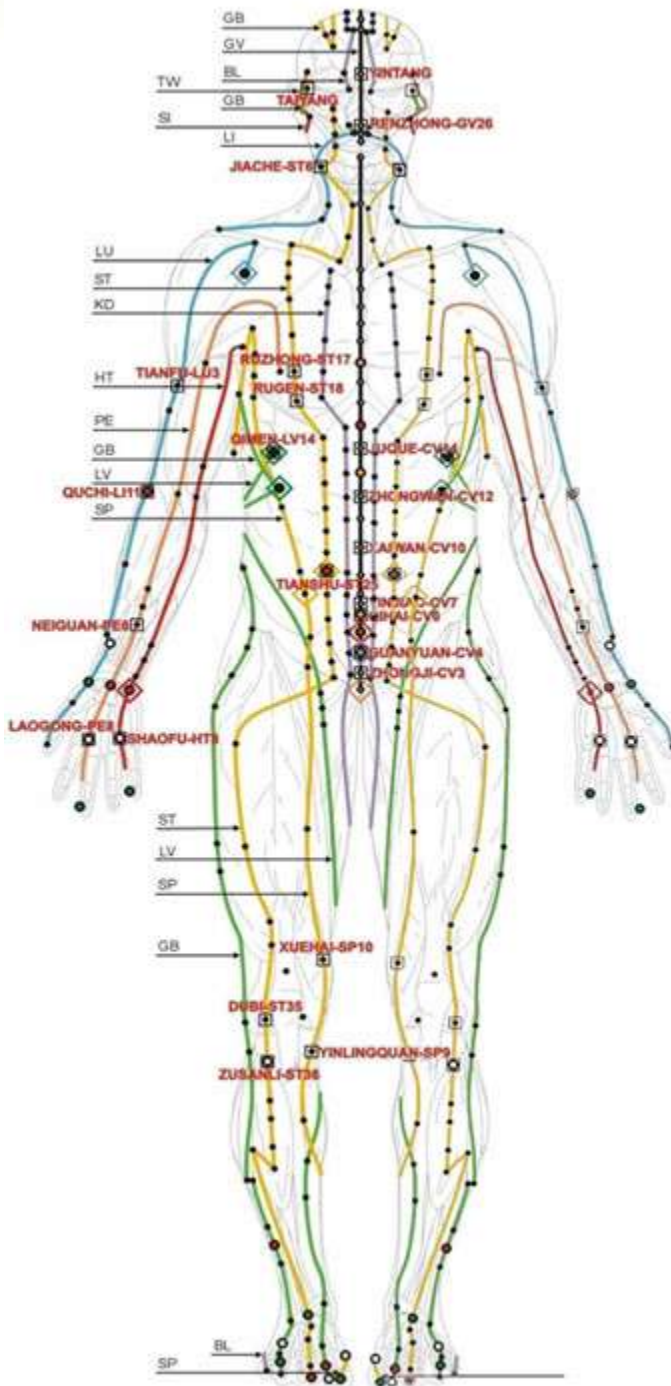


Figure 1. The human body meridians.

The meridian network itself can be a daunting task for an amateur to fully understand, because it is very complex web of information.

For the purpose of Pure Natural Healing, we will only be delving into the basics of the meridian fundamentals so that you may have a better understanding of meridian therapy. With this additional knowledge, it would be easier to understand the underlying 'dis-ease' and the root causes better.

While this course is meant to be a self-study course, it may mean that there will be occasions where you may be unable to locate the acupressure point accurately.

However, because of the rubbing technique used here, we are more than likely on the right path of meridian therapy. This is what the Chinese phrase '离穴不离经' (Li Xue Bu Li Jing) refers to.

In the earlier chapter, we established the meridian therapy is akin to a track line, and the therapy acts on the points or the area along the line.

To begin, we have many meridian tracks (or networks) in our body. They are divided into meridian channels and collateral vessels (see Figure 1).

Although meridians may have similar names to that of the respective organs, its function lies far beyond the anatomic uses.

For instance, the kidney meridian is not only related to kidney and urinary functions, but also to the reproductive and skeletal systems as well.

In fact, the meridian also affects hair, hearing and our own vital energy.

Here's a list of the 12 meridians (see Figure 2).

Meridian Name	Related Functions/Organs	Related Health Issue
Lung	Respiratory system, Skin, Thyroid	Breathlessness, Eczema, Sensitive nose & skin, Cough
Large Intestine	Bowel system, Respiratory system, Teeth	Constipation, Diarrhea, Ache and pain, Detoxification
Stomach	Digestive system, Lactation, Knee joint and muscle	Vital energy & immunity, Loss of appetite, Weight management, Digestion
Spleen	Immune system, Digestive system, Endocrine system, Women's health	Digestion, Weight management, Menstrual pain and women's health, Blood circulation, Tumor, Gall Stone, Mouth ulcer, Bad Breath, Diabetes
Heart	Heart, Blood and blood vessel, Emotion, Heart rate	Abnormal blood pressure, Anxiety, Abnormal heart rate, Insomnia
Small Intestine	Small intestine, Upper Back, Hearing	Digestion, Stiff neck and shoulder
Urinary Bladder	Bladder and urination system, Reproductive system, Joint, Eye	Eye strain, Lethargy, Slip disc, Back ache, Urinary tract issue
Kidney	Kidney and urination system, Reproductive system, Hearing, Vital energy.	Reproductive health, Lack of energy, Asthmatic condition, High blood pressure
Pericardium	Heart, Blood vessel and Emotion	Abnormal heart beat, (this point calms the mind and promotes sleep)
Triple Burner	Lymphatic system and hormonal system	This point ensures smooth coordination among different body functions
Gall Bladder	Gall bladder, Bile duct, Digestion, Detoxification	Indigestion and poor detoxification. Stiff neck and shoulder, Cramp, Headache and migraine
Liver	Liver, Eye, Reproductive system, Tendon	Detoxification and rejuvenation of body cells, Irregular menstrual Cycle, Menopause, Stiff joint and tendon

Figure 2. The 12 meridians.

The meridians usually work in pairs, as in yin and yang meridians. Both the yin and yang meridians may share similarity in function.

For instance, the lung and large intestine meridians have effects on our skin and the respiratory system.

Meanwhile, the spleen and stomach meridians assist in optimal digestion of food and absorption of nutrients.

Here we have the various divisions of the 12 meridians into the yin and yang category, their associated element and the timing of the daily qi flow (see Figure 3)

Meridian Name	Category	Five Elements	Daily Qi Flow Timing
Lung	Yin	Metal	3 AM – 5 AM
Large Intestine	Yang	Metal	5 AM – 7 AM
Stomach	Yang	Earth	7 AM – 9 AM
Spleen	Yin	Earth	9 AM – 11 AM
Heart	Yin	Fire	11 AM – 1 PM
Small Intestine	Yang	Fire	1 PM – 3 PM
Urinary Bladder	Yang	Water	3 PM – 5 PM
Kidney	Yin	Water	5 PM – 7 PM
Pericardium	Yin	Fire	7 PM – 9 PM
Triple Burner	Yang	Fire	7 PM – 11 PM
Gall Bladder	Yang	Wood	11 PM – 1 AM
Liver	Yin	Wood	1 AM – 3 AM

Figure 3. The 12 meridians and their yin and yang category.

How exactly can knowing about the meridian therapy help in alleviating common ailments?

Let's take a look at a case study of Linda T.

Linda T has a sensitive nasal condition and a mild case of eczema since young. Every now and then, these ailments will cause her grief from time to time.

During the period 2006 – 2008, her work schedule became irregular.

Often, she found herself in a mad rush from point to point, from task to task. Because of this, Linda T was unable to enjoy a proper meal during her meal breaks.

On top of that, her work took up much of her time, to the extent that she would stay up till 3 AM before finally heading to bed.

Unknown to her, the imbalance in her meridian wellness was silently building up.

The tipping point came when she was exposed to haze (a common environmental/weather problem in some parts of Asia).

The haze triggered off an outbreak of itchiness of her skin. Very soon, it spiraled out of control and developed into a serious condition of eczema all over her body (see Figures 4-6).



Figure 4. The dried-up eczema area wound.



Figure 5. The open wound at the



Figure 6. The dried and cracked

The skin around her neck, elbow, fingers and palms cracked and itched. The itch was so unbearable that she was unable to lie properly on the bed for a proper sleep.

This unfortunate situation tortured Linda T for months, adding to her frustration and stress.

She also experienced excessive warmth and dryness in her body, which is known as 'heatiness' in Chinese traditional medicinal term.

For many months, Linda T consulted many professionals, but to no avail. The medicated cream prescribed to her did little to alleviate her skin condition.

The moisturizer was only a temporary relief, before the itchiness came back stronger.

Linda T even tried Chinese herbs.

Even though she managed to relieve some of her symptoms, her condition did not improve overall.

Eventually, she decided to approach us. Her friend recommended meridian therapy as a form of natural healing strategy that could help Linda T.

Having interviewed Linda T, a diagnosis was determined. We were certain that the root cause of her problem was the irregular hours she kept, inclusive of the stress she was experiencing and the disruption in her sleeping habits.

According to acupressure theory, both her gall bladder and liver meridians were

unable to begin their healing and detoxification process (11 PM – 3 AM).

At the same time, her stress level created internal 'heat'. This internal heat refers to the 'fire' in her heart meridian. This in turn caused an imbalance in her lung meridian (metal element).

From that moment on, Linda T made a conscious effort not to sleep later than 11 PM.

She also started to perform the Qi-Flexercise (more on that later) twice daily to ensure the smooth flow of qi in her body.

Besides that, Linda T started consuming fruits and vegetables which were cooling in nature, such as bitter melon. She also cut down on the consumption of spicy and deep fried food. This change to the diet would help cool the 'fire' in her.

About a month later, she experienced a tremendous improvement in her condition.

In less than 3 months, her skin was nearly back to its normal, unaffected state.

Since then, Linda T has been much more careful about her own body. In fact, she hasn't been troubled by eczema for more than 5 years now!

In another example, one of the more common ailments that people suffer from is headaches (or in more severe cases, migraines).

Yet, if people took the time to stop and examine their daily lifestyle before using any of the acupressure techniques, they would realize that the headache or migraine is likely due to insufficient sleep, suppressed emotions, etc.

Indeed, the lifestyle is crucial to developing a well and healthy body.

In ancient Chinese medicine wisdom, the following lifestyles are the ones to support body meridian health and our own longevity:

- **起居有常** (Qi Ju You Chang) – This means that we are to customize our daily routine by following the natural rhythms as well as ensuring that the routine is regular. For instance, sleep when the sky is dark (cold temperature) and wake up when the sun rises (warm temperature). During the spring and summer time, we can engage in more outdoor activities whereas during the autumn and winter, we need to start conserving energy for our body. Long irregular hours are to be avoided as our body (biological clock) cannot respond well to the changes.

- **饮食有节** (Yin Shi You Jie) – This means to eat in moderation and eat according to the changes of the seasons. This is similar with our modern science knowledge of eating regular meals in small portions. Overeating or starving will hurt our spleen and stomach meridians and result in digestive issue and weight problems.
- **不妄作劳** (Bu Wang Zuo Lao) – This means not to over exhaust ourselves during our daily routine. There are many reports of young healthy people who collapsed after working or playing computer games non-stop for long hours. In fact, some even reportedly collapsed and died while participating in a marathon run. Thus, it is vital to have enough time for our mind and body to rest and recharge.

Finally, our emotional health is also of utmost importance. Avoid any suppressed negative emotions such as anger, anxiety, fear, resentment, etc.

Support from family members and loved ones is the key to a well-adjusted emotional well-being.

Self-Treatment



In this day and age, where time is scarce, self-treatment may be the answer to relieving certain ailments when it may not be possible to seek immediate medical treatment.

Basically, there are 4 types of techniques which can be used.

1. Firm pressure

This pressure is the most fundamental technique. The thumbs, fingers, palms or the side of the hands, are used to apply steady pressure.

To relieve pain on a particular area, apply pressure gradually with a firm hand and hold the position without any movement for several minutes at a time.

To stimulate an area, pressure is applied to the area for 4-5 seconds.

To promote greater healing, one minute of steady pressure is sufficient to do the trick.

2. Slow kneading

This pressure is applied by the thumbs, fingers and the heels of the hands. The motion is akin to kneading a large mass of dough.

To use this technique, simply lean the weight of the upper body into the muscle to be worked on. As pressure is pressed into it, the muscle is made soft and pliable.

Due to this kneading, general stiffness is relieved, as with neck and shoulder tension, among other ailments.

3. Brisk rubbing

This technique uses friction to stimulate blood and lymph circulation.

The skin is rubbed lightly.

This particular technique relieves numbness and swelling. In addition, it enhances the tone of the skin.

4. Quick tapping

This technique involves the use of fingertips. You stimulate flow of qi by tapping on unprotected and tender areas such as the face.

For larger areas (such as the buttocks), use loose fists instead.

With quick tapping, function of the nerves is enhanced. Furthermore, sluggish muscles areas can be stimulated by the tapping technique.

An essential and very fundamental feature of meridian therapy is, of course, pressure.

In order to effectively apply meridian therapy for your ailments, varying degrees of pressure are necessary.

So here are some aspects to note:

1. Ideal pressure

Firstly, a gradual and steady pressure is ideal.

Each meridian point will however feel different, depending on the extent of the ailment you're suffering from. It may be an aching sensation, or the spot may feel tense under a light touch.

This ideal pressure should then be sufficiently firm so that it "hurts good", figuratively speaking. In other words, it may take some practice before you find the extent of the pressure used.

A point to note is that the more developed the muscles, the more pressure which you should apply.

2. Ideal finger(s)

The middle finger is the recommended and best-suited finger to use in meridian therapy.

Because of the longer length of the middle finger, and its strongest capability, it is the most ideal finger to use.

The thumb is strong too, but its thickness in comparison to other fingers means that it lacks sensitivity.

Should you be unable to exert firm pressure using the middle finger, the fist or the knuckles may be used.

Usually, unless otherwise indicated, the meridian point is held and massaged by the middle finger, with the index and ring fingers on either side as a support.

3. Ideal angle

Hold the point steady with direct and firm pressure. A rule of thumb is to approximately hold the point at a 90-degree angle.

As consciously and gradually as you can, direct the pressure into the centre of the point you're working on.

4. Ideal duration

Pressing points require only about half a second to have an apparent effect.

For full healing effect, pressure may be applied for at least half a minute. It can be extended to one or two minutes, or with appropriate pauses in-between, for a 5-10 minute duration.

For optimal results, this particular technique can be carried out on a daily basis, about 5-7 times daily to facilitate healthy maintenance.

For the purpose of common ailments as referenced in Pure Natural Healing, the technique can still be applied, even after recovery, to prevent any recurrence.

Here are some pointers to note when using meridian therapy techniques:

- Some points may feel tense or sore, depending on the degree of the ailment. This means that the extent of pressure depends on the degree of soreness or pain.
- During the course of the treatment, the hand can be withdrawn if you experience fatigue or exhaustion. However, it has to be done in a gradual manner because the body tissues require time to respond to the withdrawal.
- Certain areas of the body require a particular amount of strength. For instance, the face, the calves and the genital areas are more sensitive and require a lighter touch. For developed areas like the back, the shoulders and the buttocks, a deeper, firmer pressure is essential for meridian therapy to work.
- Meridian therapy should not be attempted on a full stomach. It is recommended that you wait at least an hour after a meal before commencing any meridian therapy session, and even longer if it was a heavy meal.
- After a particular session, it may be advisable to wear extra clothing. The reason is that your body heat is usually lowered after a session, and concentrated inward to maximize healing. At this point in time, the body is vulnerable to cold.

Qi-Flexercise



Now, as we are all aware, our fast-paced, modern day lifestyle has increased the overall strain on our lives.

This has a direct impact on our health.

All too often, people dismiss "minor" ailments because they are simply too busy. They don't seek treatment until it's too late, when the "minor" ailment irrevocably escalates into a serious health problem.

This is why we would like to introduce to you Qi-Flexercise, before we go in-depth into the various common ailments.

Qi-Flexercise is an all-rounded exercise that aims to build up the body's constitution, and there are many benefits to it.

They include:

- Improved digestion
- Improved constipation
- Improved energy level, so that you may not feel tired for the whole day!
- Improved immune system
- Improved skin condition
- Weight loss
- Better quality of sleep

Qi-Flexercise is structured for only 5-10 minutes, and it is so easy and hassle-free that you can start right now!

No expensive sports equipment is necessary and all that you need are your own hands, effort, and a little bit of discipline.

In fact, with consistency of practice, you can expect to see results by the fourth week!

Many people have tried Qi-Flexercise, and they've experienced miraculous improvement in their conditions.

For instance, Susan J from Minnesota was underweight and showing signs of an

asthmatic condition. She approached us for help and we taught her Qi-Flexercise and she faithfully followed the instructions twice daily after that.

Three months down the road, Susan gained weight and reached a healthy Body Mass Index (BMI).

On top of that, she no longer showed any asthmatic symptoms. Her appetite improved and she looked positively glowing when she dropped by to thank us!

Peter K from Los Angeles is just in his 30s, an age when most men are in their prime.

Yet he had been experiencing frequent breathing difficulties for a number of years.

After practicing Qi-Flexercise for some time, his cardiovascular fitness improved tremendously, and his breathing was no longer labored.

In fact, last we heard, he was training for a marathon!

We also have James M from Houston. James had suffered from minor diabetes for a considerable time, and his frequent need to use the restroom greatly frustrated him.

With consistent practice of Qi-Flexercise, James was delighted to find that he need not go the restroom so often anymore.

To his surprise, he could watch a full movie without running out half-way out of the cinema due to nature's call!

As you can see, Qi-Flexercise is able to resolve a great number of common ailments, and restore health.

Qi-Flexercise is an exercise consisting of 2 parts: the stretching workout, and the main exercise technique. It is also known as the 4-4-1 technique.

4-4-1 means: 4 Locations, 4 Actions and 1 important Point (which is the body's power station).

This routine is to be done twice a day, about half an hour before breakfast and before dinner. Alternatively, the next best time is one hour after meal.

As mentioned, the whole routine ought to take about 5-10 minutes to complete.

Without any further ado, let's go straight into Qi-Flexercise!

Pre-Qi-Flexercise: Stretching

Before the exercise proper, the limbs are to be loosened up with a simple workout. There are 2 parts to this stretching routine: the upper body (arms and torso), and the legs.

During the entire stretching routine, maintain breathing full and deep.

ARMS:

Step 1: Clasp your hands together, with palms facing outwards, and stretch it above your head. The arms ought to touch the back of the ear.

Step 2: Breathe in and out. As you exhale, stretch your arms a little bit more. Hold for position for about 5 seconds. Do this for 3 times.

Step 3: In the same position, gradually bend your torso to one side, and back to original position and then gradually to the other side. Do this once.

Step 4: Stretch down in a smooth gradual motion to touch the floor, or as much as you can reach. Hold the position for about 2 seconds. Do this once. Continue next with the leg stretching.

NOTE: For those who are suffering from high blood pressure, you may be feeling a little giddy, so to do it even more gradually. If you still feel giddy, avoid Step 4.

LEGS:

Step 1: Stretch out the left leg to the front, while the right leg is stretched to the back, with both feet pointing in a forward position.

Step 2: Bend the knee of the left leg so that it is about 90 degrees to the floor i.e. the knee should not exceed the toes.

Step 3: Stretch out the chest by holding out both arms, palms facing outwards. Hold position for about 5 seconds. Do this for 1 set.

Step 4: Repeat for the right leg to the fore.

The Qi-Flexercise

After the stretching routine, we go straight into the Qi-Flexercise proper. This part of the routine takes about 3-5 minutes.

This particular exercise is named as 4-4-1 for the ease of remembering the steps –

- 4 Locations
- 4 Actions
- 1 Point (the body's power station)

The 4 Locations are:

1. The forehands
2. The back of hands
3. The waist
4. The area from the buttock down the outer side of the leg to the ankle

The 4 Actions are:

1. Cup the palm. The beginning point of the first action is the joint between the shoulder and the arm. Tap down the forehead to the wrist in a count of 1 through 8. The count of 4 ought to lay over the inner bend of the elbow and the count of 8 ought to complete at the wrist joint.

The count will sound like this: 1-2-3-4-5-6-7-8, 2-2-3-4-5-6-7-8, 3-2-3-4-5-6-7-8, until 8-2-3-4-5-6-7-8. Repeat with the other arm.

2. Continue in the same manner with the back of the hands, in the same count of 8. However, start in the reverse direction. The beginning point (count of 1) is the back of the palm and the ending point (count of 8) is the arm and shoulder joint. Repeat with the other arm.

3. Clench the fists lightly. Use the end of the fists with the thumb and the index finger and tap them at the side of the waist, on a level with the navel. Do it for the same count of 8 x 8.

TIP:

For people who would like to lose weight, Action 3 can be complemented with a chant or affirmation along the lines of "Slimmer waist, slimmer waist". This works on the principle of positive energy and positive thinking. Keep in mind however you should NEVER use phrases like "Get rid of the fats" because the word "fats" may inadvertently make you place emphasis on the wrong thing ("fats" instead of "slimmer waist") and thereby creating negative energy that is not conducive to what you would like to achieve.

4. Cup the palms. Tap at the fleshy part of the buttocks down the outer side of the leg and down to the ankle. There is no count for this: it is sufficient as long as the

action follows down the length of the legs. At the end of the action, the body would be in a squatting position. However, if the squat is unable to be accomplished due to some mobility issues, the end of the action may be ceased at the knee level. The count need not follow 8 x 8, since the leg may be longer than the arm, but at an appropriate count to your discretion.

NOTE: For older folks and for people who are not feeling well, gentle tapping and rubbing would be sufficient. For younger folks who are adequately in good health, a moderate force of tapping can be used.

The 1 Point is:

- In a sitting position, lift up the knee. Cup the hand (the four fingers) around the hollow part below the kneecap. The point is a thumb's distance from the shinbone at the outer leg. Cup the palm and tap the point with the same 1-8 count in 8 sets.

Post-Qi-Flexercise

- The Qi-Flexercise may cause perspiration so it is advisable to drink warm water after the whole routine.
- Some people may burp post- Qi-Flexercise. This is an indication that there was some qi blockage at their digestive system. The blockage may also be cleared by passing gas.

- You may feel sleepy after the wholesome Qi-Flexercise. This is a sign of the body telling you that you need to rest and sleep! So, listen to your body!

If you found the above routine a little hard to follow, don't worry.

We've created an instruction video for Qi-Flexercise just for you.

You can refer to it for a clearer, hands-on visual demonstration.

To re-cap, ***perform Qi-Flexercise twice daily (inclusive of the stretching routine), preferably half an hour or an hour before breakfast and dinner.***

While performing the all-rounded Qi-Flexercise, remember to consciously

breathe deeply and fully. Depending on your personal constitution, it may take around 4-5 for visible results.

Patience is key.

At the end of the day, your goal is to be in the best state of health, isn't it?

Without health, nothing is possible in the world. How can you achieve success and your wildest dreams if you're feeling sick all the time?

Similarly, at the end of the day, the keyword here is discipline.

Discipline is the necessity for perfect health through the techniques of pure natural healing!

Common Ailments



Ailments are part and parcel of life.

Unless we're in super-duper perfect health, or living in a sterile bubble, there's always a chance we'll catch a bug now and then.

What are the more common ailments that always prompts a trip to the doctor's office?

A study in 2013 showed that the three top common problems treated by doctors were back pain, joint issues, and skin conditions.

In the Rochester Epidemiology Project, researchers tracked more than 140,000 participants who visited their health care providers (such as the Mayo Clinic and the

Olmsted Medical Center) for various conditions.

It was found that the top reasons why people visit doctors were categorized accordingly:

- Anxiety, bipolar disorder and depression
- Back problem
- Cholesterol condition
- Chronic neurological disorder
- Diabetes
- Headache/migraine
- High blood pressure
- Osteoarthritis/joint condition
- Skin condition
- Upper respiratory issue (excluding asthma)

If you look at it, the prevalent issues are problems that affect all age groups and both genders.

Meanwhile, as those known as Baby Boomers (born between 1946-1964) mature in age, certain health conditions become an issue.

Now in their 50s to 70s, this particular group of people has to deal with issues such as diabetes and heart disease. In addition, they have to contend with concerns related to aging.

The following are the top 10 points of interest in health matters of the baby boomers:

- Alzheimer's disease
- Arthritis and joint replacement
- Cancer
- Cardiovascular disease
- Depression
- Eye problem
- Flu and pneumonia
- Osteoporosis
- Stress (of the "sandwich" generation)
- Type 2 diabetes

The above are just examples of the ailments people may be afflicted with.

Although meridian therapy cannot be substituted for professional medical care, it is nonetheless an appropriate treatment to complement the process of healing.

We have compiled a list of the common ailments based on previous studies and other research papers, and they are all presented in Pure Natural Healing in an easy-to-understand manner for you.

For the following ailments, the action steps for the meridian points typically last around half a minute to a minute, or maximum 2 minutes, or otherwise indicated.

Even if you believe the ailment has been treated successfully, it is still good to regularly massage and rub the affected meridian point, especially if the ailment is known to recur.

This regular massage of about 5-7 times daily can help to boost the qi flow and prevent any blockages from occurring.

So now, we will go into the common ailments proper and I will leave it to Master Lim to guide you through the common ailments and the various meridian therapy techniques.

Headache And Migraine

Vivian L is a homemaker. Her interest in meridian therapy started in her mid-40s. Since drugs directly affect the health of the liver, Vivian realized then she did not want to be over-reliant on prescribed medication.

She started on her first meridian therapy class 3 years ago. Being a keen learner, she often stayed behind after the end of every workshop to find out more.

At that particular point of time, Vivian was suffering from headaches and migraines. She was also troubled by frequent stiff shoulders.

I could actually tell she wasn't sleeping well. And Vivian was surprised that I could 'see' that without her divulgence of any other information; she admitted she was distressed by some issues.

Besides recommending Shoulder Well, Wind Pool and Mastoid Bone points, Union Valley was also highly recommended as a pain relief and prevention point.

Weeks after the workshop, Vivian L turned up for a visit. It was quite obvious that she looked more radiant and healthy. She shared with the class that her condition improved much since following my recommendations.

Whenever she felt the start of a headache, she massaged the Union Valley point as a preventative measure, and it helped a lot!

She also realized that letting go of emotions was important, otherwise the anxiety, frustration and worries would simply accumulate within her and block the smooth flow of her qi, the root cause of the stiff shoulder and migraine troubles.

Do you know that according to the National Headache Foundation (yes, there is such a foundation!) in 2012, over 45 million Americans suffer from chronic, recurring headaches?

And out of these 45 million people, 28 million suffer from migraines.

That is really a huge whopping statistic!

The head is one of the most common sites of pain in the body. Simply put, a headache is pain experienced anywhere in the region of the head.

Most headaches are primarily caused by tension in the muscles of the head, neck and shoulders. When such tension occurs, blood supply to the nerve cells in the brain is interrupted, hence leading to headaches. This is a warning signal that there is insufficient oxygen supply for the brain.

Migraines are headaches which involve more intense pain, and which may be accompanied by nausea and visual disorders.

Instead of relieving the tension or stress, we often take painkillers such as aspirin,

which only serves to repress these warning signals.

But now, with meridian therapy, you can unblock the qi, and say goodbye to headaches and migraines!

Meridian Therapy

Meridian Point 1: Wind Pool/GB20

(This meridian point is also used for eye, sinus, neck tension, shoulder tension, insomnia, high blood pressure and stress-related symptoms)



↑ **Step 1:** Find the base of the skull at the back of the head.



↑ **Step 2:** Feel for the 2 muscles which flank the back of the neck.



↑ **Step 3:** Feel for the joint part, between the skull and muscle.



↑ **Step 4:** About one-thumb distance away, there is a hollow part.



↑ **Step 5:** Press with thumb on the hollow.



↑ **Step 6:** Rub in a circular motion about 1-2 minutes. The rest of the fingers are placed on the side of the head for support.

The point can be also massaged until the acute pain subsides.



Alternatively, the point can be rubbed down using 3 fingers (index, middle and ring finger).

If there is any pain, it means that there is a blockage of qi.

Depending on the location of the ailment, the other meridians can be used:

- Pain at the front of the head – stomach meridian
- Both sides of the head – gall bladder meridian
- Top of the head – liver meridian
- Back of the head – bladder meridian

In addition, during any acupressure session, breathe in a conscious manner. Breathe in fully, and deeply.

Meridian Point 2: Shoulder Well/GB21

(This meridian point is also used for neck tension, shoulder tension, high blood pressure and stress-related symptoms)

↓ This point is located at the neck/shoulder region. Besides originating from the head, headaches and migraines can be caused by the muscles of the shoulder/neck which 'pulls' the skull back.





↑ **Step 1:** Use the outer length of the thumb and place it at the corner of the neck and shoulder.



↑ **Step 2:** Curl the other 4 fingers together.



↑ **Step 3:** Rest the fingers over the shoulder. The fingers should press into the shoulder muscle.

→ The middle finger is likely to press into the sensitive area. This is the Shoulder Well meridian.

The Shoulder Well point is a tension-release point. So, if it is rotated backward, a sore sensation will be experienced.



The Shoulder Well meridian can be massaged in 2 ways:

Firstly, rub along the shoulder area with all fingers from half a minute to 1 minute. Alternatively, the knuckle may be used.

↓ Secondly, a forward/backward rotation technique can be used.



Step 1: Lift the shoulder up and backwards in a gradual flexing/rotating motion.

Step 2: Rotate the shoulder in a backward motion 3 times.

Step 3: Rotate the shoulder in a forward motion 2 times.

Repeat Steps 1-3 for 2 sets each, and for both shoulders. The point may be massaged on a regular basis of 5-7 times daily.

NOTE: A word of caution here, the Shoulder Well is NOT to be pressed hard or firmly massaged by pregnant women as it may induce labor.

Meridian Point 3: Union Valley/LI4

(This meridian point is also used for constipation, diarrhea, joint condition and low blood pressure)



Step 1: Spread the thumb and the index finger about 90-degree apart.

Step 2: Next, place the crease of the thumb of the other hand into the webbing between the thumb and index finger.

→ **Step 3:** Firmly press the tip of the thumb into the bone of the thumb and the index finger, nearer to the latter.



To relieve headache symptoms, the point may be rubbed or pressed.

- Rubbing – the point may be rubbed for about 1-2 minutes.
- Pressing – the thumb is pressed firmly on the point for 3 seconds, released, and the action step repeated, in a continuous action for about a minute.

Repeat Steps 1-3 for the corresponding meridian on the other hand.

This point can be used when you start to feel the onset of a headache, before it becomes obvious and severe.

To relieve headache in progress, the above-mentioned meridian points Wind Pool, Shoulder Well and Union Valley can be used together.

The point may be massaged on a regular basis of 5-7 times daily.

NOTE: This point is **NOT** recommended for pregnant women because it may induce labor.

Meridian Point 4: Mastoid Bone/GB12

(This meridian point is also used for neck tension and stress-related symptoms)



↑ **Step 1:** Feel for the bone behind the ear.

At the back of the bone, there is a slight curve up backwards, a sharp edge.

Step 2: Rub the area with the index finger in a circular motion for about half a minute to a minute, to relieve the symptoms of headache.

This is to be done for both sides of the head. The point may be massaged on a regular basis of 5-7 times daily.

Meridian Point 5: Broken Sequence/LU7

(This meridian point is also used for neck tension and stress-related symptoms)

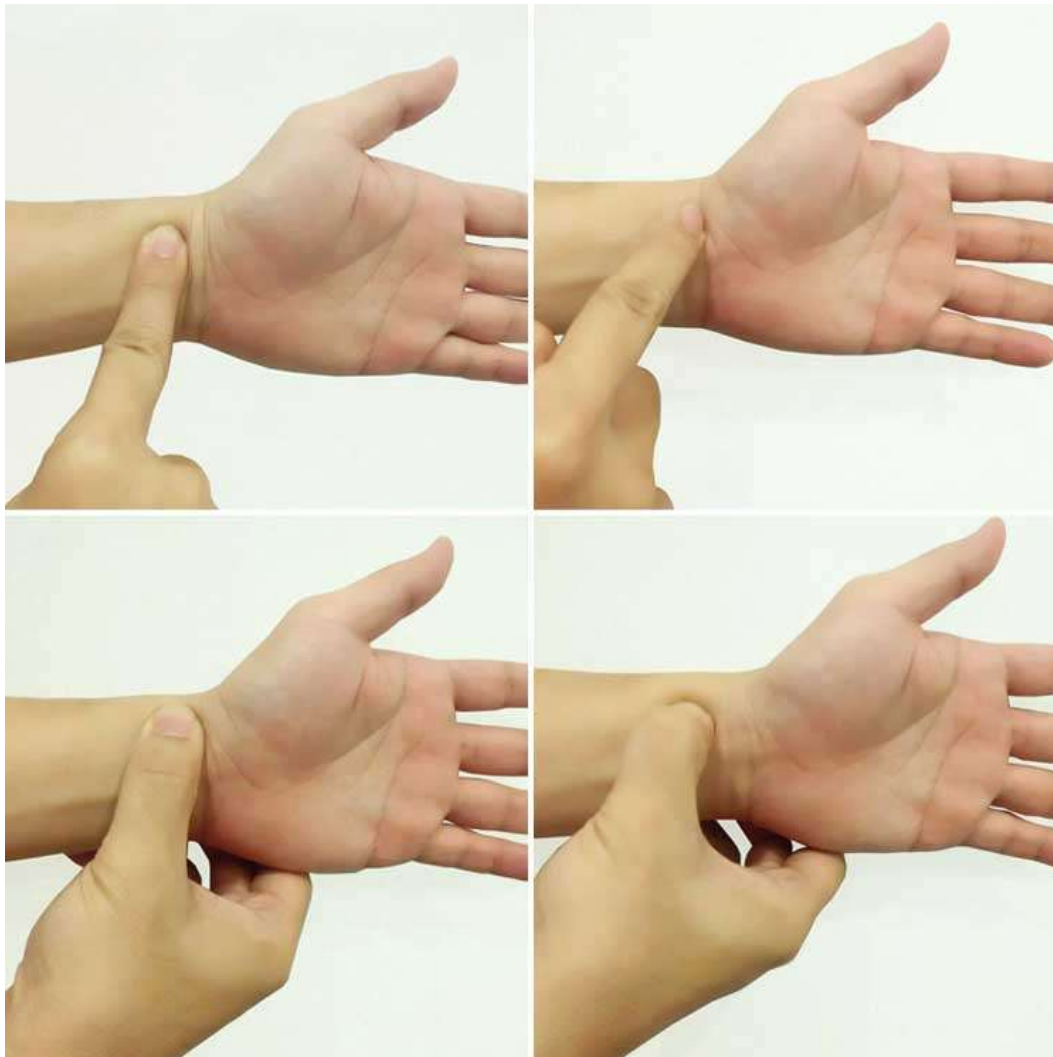


↑ **Step 1:** Spread the thumb and the index finger about 90-degree apart for both hands.

Step 2: Bring them together in a perpendicular manner and close the fingers altogether.

The Broken Sequence meridian point is the point where the index finger touches the other hand. Rub the point in a gentle circular motion.

The point may be massaged on a regular basis of 5-7 times daily.



Another way for finding the point is to use the index finger to trace the outline of the bone down the arm to the wrist. The moment the finger reaches the wrist, that point is Broken Sequence.

This point is especially good for migraine, a recurrent throbbing headache which may be accompanied by nausea, vomiting and disturbing visuals.

NOTE: The common points used are Wind Pool, Shoulder Well and Mastoid Bone.

Eye Strain

A number of factors can contribute to eye strain, including over-use from driving, reading, working at a computer monitor, watching TV programs... the list goes on.

Besides that, air pollution, fumes, fatigue, tension at the back of the neck and the shoulders can also cause eye strain and discomfort.

In China, children are often subjected to heavy stress and tension in their studies. In order to relieve eye fatigue, it is common for them to be taught acupressure techniques to protect their eyes, which also helps prevent myopia.

Allow me to share a personal eye strain experience.

I remember a point in time when I had to stay up for several nights in a row, because I had to complete a project. As a result, my liver and gall bladder meridians started getting out of balance.

I used the Wind Pool point, in addition to the following remedy, to obtain relief from eye fatigue.

Generally, it is not advisable to stay up late at night, as not only are the eyes affected, but the liver and gall bladder meridians, the latter of which has a direct impact on the body's detox functions, are also negatively impacted.

In general, there are no exact meridian points to offer relief from eye strain issues, but rather, a general meridian remedy.

The remedy is a series of steps as follows:



← **Step 1:** Using the middle fingers, press on the area at the inner corner of the eye. This is the area of the Bright Eyes (UB1) point.

With the eyes closed, rub the area in a circular motion about 5 times.

→ **Step 2:** Move on to the area at the inner eye at the inner end of the eyebrow (Bamboo Gathering, UB2).

Similarly, massage the area in a circular motion about 5 times.



↑ **Step 3:** Use 3 fingers to massage the temples of the head (also the area of the Great Sun/Tai Yang), for about 5 circular rotations.



↑ **Step 4:** Perform gentle massage on the area below the eye socket region.



↑ **Step 5:** Rub the area above the eye in an outward manner towards the end of the eye. Repeat Steps 1-5 for 3 sets.



The point may be massaged on a regular basis of 5-7 times daily, especially for people who frequently strain their eyes at work (e.g. people who use the computer for many hours, researchers who read for a few hours, factory workers who need to use microscope and etc).



↑ Alternatively, rub the palms together to generate heat and warmth. Cup them over the eyes for a count of 5. This will relieve the tired eyes.

Do this for 3 sets.



← The last alternative is to use the Wind Pool point. With eyes closed, massage the point in a circular motion for about 1-2 minutes.

Sinus Problem

The sinuses are a group of paired air-filled spaces, with the largest cavities around an inch across. They include the:

- Ethmoid sinuses (nasal bridge, between the eyes)
- Frontal sinuses (low-centre of the forehead, above the eyes)
- Maxillary sinuses (cheekbones)
- Sphenoid sinuses (nasal cavity, behind the bones)

Sinus problems occur when they start producing mucus in defense against allergens, dust and other pollutants etc. This is also the time when your voice changes, making you sound like Clint Eastwood due to sinus blockage. The reason for that is because sinuses are responsible for the depth and tone of your voice.

Due to the blocked sinuses, they can't drain properly, and that's where you may feel pain. In addition, sinus problems can also be caused by emotional issues.

When there is strong emotions begin experienced, for instance, anxiety, guilt and worry, the emotions cause tension in the chest region. This causes the sinus passages to close. When the passages are cleared by meridian therapy, the sinuses clear.

Natasha D attended an introductory meridian therapy class and was suffering from a nasal blockage due to the cool temperature in the class. Upon using Welcome Fragrance, her ailment was relieved.

Meridian Therapy

Meridian Point 1: Welcome Fragrance/LI20

(This meridian point is also used for common cold)



↑ **Step 1:** The Welcome Fragrance meridian point is located beneath the cheekbone, right beside the nostril. Press on both the points with the middle fingers.

Step 2: Rub the point in a circular motion for about 5 times. Do this for 5 sets. Inhale and exhale fully between each set.

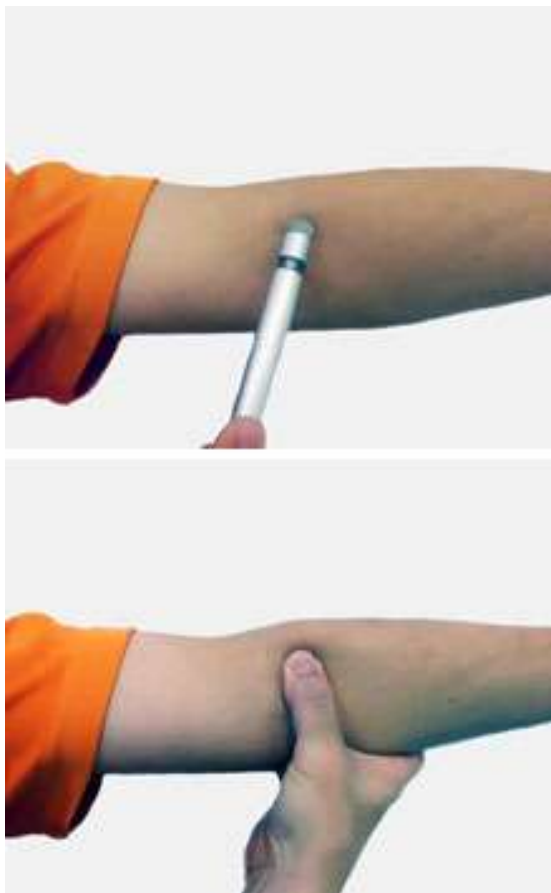
Step 3: Still using the middle fingers, rub alongside the nose bridge in an motion

upward motion about 5 times, or for half a minute to a minute. Also do in 5 sets.

This is an effective point for relieving sinus problems. The point may be massaged on a regular basis of 5-7 times daily.

Meridian Point 2: Cubit Marsh/LU5

(This meridian point is also used for cough, sore throat, common cold and asthma)



↑ **Step 1:** The point is located at a thumb's distance away from the crease of the elbow.

Step 2: Using the thumb, rub in a circular motion or rub it outwards, also for about 5 times, or for half a minute to a minute.

Step 3: Repeat for other hand.

This point is effective for any respiratory health issues, although the point may not be located along the nose. It can be performed on a regular basis (5-7 times per day) to maintain overall health.

Meridian Point 3: Central Palace/LU1

(This meridian point is also used for cough, asthma, bloating & indigestion, skin condition and the foundation technique)



↑ **Step 1:** Feel for the collar bone at the base of the neck. Place the index finger at the hollow part beneath the collar bone.

Step 2: Place the next 3 fingers with the index finger. The point below the ring

finger, or the fourth finger, is the Central Palace meridian.

Step 3: Gently rub the point in a circular motion for half a minute to a minute.

Step 4: Repeat for the other side of collar bone.

The point may be massaged for 5-7 times daily on a regular basis.

NOTE: The Central Palace point may induce burping, an indication of a poor digestive system.

Meridian Point 4: Wind Pool/GB20

(This meridian point is also used for headache, eye, neck tension, shoulder tension, insomnia, high blood pressure and stress-related symptoms)



↑ **Step 1:** Find the base of the skull at the back of the head.



↑ **Step 2:** Feel for the 2 muscles which flank the back of the neck.



↑ **Step 3:** Feel for the joint part, between the skull and muscle.



↑ **Step 4:** About one-thumb distance away, there is a hollow part.



↑ **Step 5:** Press with thumb on the hollow.



↑ **Step 6:** Rub in a circular motion about 1-2 minutes. The rest of the fingers are placed on the side of the head for support.

The point can be also massaged until the sinus symptoms subside.

Alternatively, rub the back of the neck to warm the 2 Wind Pool meridian points to relieve the sinus symptoms.

Meridian Point 5: Celestial Storehouse/LU3



↑ **Step 1:** Meridian point Celestial Storehouse is located using the nose. Turn the head to the side and lift up the arm at the same time.



↑ **Step 2:** Bring the nose and arm together. The point where both organs meet is the Celestial Storehouse.



↑ **Step 3:** Rub the point in a circular motion for about a minute. Rubbing the arm along the Celestial Storehouse meridian is another alternative.

Step 4: Repeat for the other arm.

When alleviating sinus conditions as a long-term measure, the points Cubit Marsh, Central Palace and Celestial Storehouse (lung meridian points) may be massaged on a regular basis of 5-7 times per day.

Regularly rubbing the back of the neck in the morning (about 10-20 times to keep it warm) will relieve the condition as well. Slide the palm, with fingers aligned, at the back of the neck from left to right in a repeated motion.

Bad Breath

Among the common ailments, bad breath is one of the more embarrassing of the lot, for obvious reasons.

I'm sure you've had firsthand experiences of this yourself, where you might be speaking to someone with bad breath, and you feel faint from the odor emanating from their mouth.

You cringe. You become distracted, unable to concentrate. Your first instinct is to walk away so you can breathe in much needed fresh air.

The person with bad breath is unlikely to leave a good impression at all. And such people won't realize it at all because those around them would find it a little awkward to tell them the truth.

Imagine being at an interview for a job you desperately need, and then having the scent of week-old dead cat wafting from your mouth the moment you speak to your potential employer.

You wouldn't exactly be leaving the best impression, would you?

Yet, bad breath is not something that can be completely alleviated by a single meridian point. It is something that can actually be caused by several factors.



Dental Hygiene

First, bad breath may arise from a few sources. For instance, cavities, gum disease and tooth decay can lead to bad breath. Improper brushing techniques can also lead to bad breath, because it allows plaque to form.

Similarly, the food that you eat or the bacteria which is already there, may contribute to bad breath.

But bad breath can also indicate serious health problems. Diabetes, GERD (gastro-esophageal reflux disease) and other

conditions may be responsible for bad breath.

This means that dental hygiene is of utmost importance if you ever want your breath to smell sweet, or at least, not stink.

Here are some practical tips to maintain good dental hygiene:

Brushing –

- Place your toothbrush against the gums in a 45-degree angle.
- Move it back and forth in short strokes. Take care to use gentle force.
- Brush the chewing surface of the teeth. Also brush the outer and inner surface of the teeth.
- Brush your tongue gently to remove bacteria.
- Brush twice a day.

Flossing –

- Break off about 15-20 of floss.
- Wind it around your middle fingers and use the thumb and index fingers to guide it gently between the teeth.
- When the floss reaches the gum line, curve it into a C-shape against one tooth. Gently slide in between the tooth and the gum.
- Bring the floss back to the contact point between the teeth. Move it up and down the other side, conforming the floss against the shape of the tooth.
- Gently rub the floss against the side of the tooth, moving it away from the gum line.

- Repeat with the rest of the teeth.
- Floss twice a day.

Another great way to enhance the cleanliness of the mouth is to use a mouth rinse. The fluid reduces bacteria and plaque activity.

Fluoride mouth washes is an option, although it may not be recommended for children aged 6 or younger because they may swallow the mouth wash. Fluoride toothpaste would be a good choice of toothpaste to use.

A proper diet is also necessary for a healthy smile. Sugary drinks and sodas may mix with the bacteria in the mouth and produce acid to chip away the enamel on our teeth, thus leading to cavities and gum disease. So, less sugar and soda!

In addition, schedule a regular dental check-up so that the dentist may provide a professional care of your teeth.

Heatiness

When people sleep late too often, they will feel that their body is warmer. This contributes to 'heatiness' which affects dental hygiene.

Symptoms of heatiness include the tendency to thirst and ulcers in the mouth.

So, the easy way to combat heatiness is to get plenty of sleep!

Make sure you sleep at least 6-8 hours a day. Don't keep up long nights.

As for the tendency to thirst, keep yourself adequately and regularly hydrated. Drink plenty of water, or eat fruits with plenty of water content, such as the watermelon and the ya pear (Chinese white pear).

Digestive system

Ulcers of the mouth are an indication of poor digestive health. It may affect the spleen and the stomach meridians.

In order to maintain the digestive system, one crucial meridian point to note is the Leg Three Mile Point (ST36).

Meridian Therapy

Meridian Point 1: Leg Three Mile/ST36

(This meridian point is also used for common cold, asthma, heartburn, stomachache, bloating & indigestion, diarrhea and the foundation technique)



↑ **Step 1:** In a sitting position, place the thumb at the hollow part of the kneecap. The rest of the fingers are to cover the area below the kneecap.

Step 3: Repeat for the other leg.

It is recommended for the meridian point to be massaged on a regular basis of 5-7 times daily.



↑ **Step 2:** At the location of the last finger covering the area, measure about one thumb's distance away from the shinbone. The point is on the outside of the leg, at the muscle area. Tap or knock on the point with a loose fist, or press firmly for about a minute.

Meridian Point 2: Three Yin Intersection/SP6

(This meridian point is also used for heartburn, menstrual cramp, high blood pressure and the foundation technique)



↑ **Step 1:** First, locate the tip of the ankle bone.



↑ **Step 2:** Next, estimate about 4 fingers' width up from the tip of the ankle bone. Find the inner point behind the shinbone. This is the Three Yin Intersection.



↑ **Step 3:** Rub the thumb on the meridian point in a circular motion.
An alternative method is to rub the point upwards.

Step 4: Repeat for the other leg.

The point may be massaged for about 5-7 times daily at half a minute to a minute.

Cough

A cough is a sudden, repetitive action which helps clear the breathing passages, and the lungs, of foreign objects, irritants and secretions. It is usually a symptom and not a disease in itself.

The reflex action of a cough consists of 3 actions:

- Inhalation
- Forced exhalation against a closed glottis
- Violent release of air from the lungs (followed by opened glottis, with a distinctive sound)

Frequent coughing usually indicates the presence of a disease. As part of their evolution, bacteria and viruses cause the host to cough so that the disease can be spread to others, usually through the airborne route.

Otherwise, irregular coughing may be caused by the following:

- Air pollution and fumes
- Allergies
- Asthma
- Choking
- Chronic bronchitis
- Gastroesophageal reflux disease
- Heart conditions
- Lung tumors
- Medication (including ACE inhibitors)
- Smoking

A cough with phlegm or mucus is considered a productive cough because it is being cleared respectively from the upper airway passages or the lungs.

A dry, hacking cough is something which does not produce phlegm or mucus. It usually develops from air pollution, asthma and other exposures.

Geraldine M, in her 50s, shared her experience with the meridian therapy class participants that she wasn't feeling well that particular morning.

After using Central Palace on a regular basis, Geraldine M was pleasantly surprised that the itchy sensation in her throat was eased in less than 2 hours.

Meanwhile, Lynette C, a mother of 2 teenage children, shared her own experiences in the meridian therapy workshop. Being a believer of holistic therapy, she believed in its effectiveness in relieving minor ailments of her children so that they will not rely heavily on cough medication.

On one particular occasion, her son was experiencing acute fever. Upon his confirmation that he experienced sore throat and coughing symptoms prior to the fever, she massaged the meridian points of his lung meridian, namely the 3 important

points – Central Palace, Cubit Marsh and Lesser Merchant. In addition, she also applied essential oil and massaged his Celestial Chimney point. Her son made a swift recovery shortly after.

Meridian Therapy

Meridian Point 1: Cubit Marsh/LU5

(This meridian point is also used for sinus, sore throat, common cold and asthma)



↑ **Step 1:** The point is located at a thumb's distance away from the crease of the elbow.

Step 2: Rub the point in a circular motion or rub it outwards, for about 5 times, or for half a minute to a minute.

Step 3: Repeat for the other hand.

The point may be massaged on a regular basis of 5-7 times daily.

Meridian Point 2: Lesser Merchant/LU11

(This meridian point is also used for sore throat and common cold)



↑ **Step 1:** Lesser Merchant is located at the corner of the thumb nail.



↑ **Step 2:** Clamp the index and middle finger around the Lesser Merchant. Press firmly and twist the fingers around the point.

Step 3: Repeat for the other hand.

In lieu of the fingers, a hard object may be used to press firmly on the Lesser Merchant. Massage for about a minute and on a regular basis.

Meridian Point 3: Celestial Chimney/CV22
(This meridian point is also used for sore throat)



↑ **Step 1:** The Celestial Chimney is located at the hollow at the base of the throat.



↑ **Step 2:** Rub gently in a circular motion for about 10 times, with a pause in between, for about 20 minutes. This is a tender area, so massage it gently.

Meridian Point 4: Central Palace/LU1

(This meridian point is also used for sinus, asthma, bloating & indigestion, skin condition and the foundation technique)



← **Step 1:** Feel for the collar bone at the base of the neck. Place the index finger at the hollow part beneath the collar bone.

Step 2: Place the next 3 fingers with the index finger. The point below the ring finger, or the fourth finger, is the Central Palace meridian.

Step 3: Gently rub the point in a circular motion for half a minute to a minute.

Step 4: Repeat for the other side of collar bone.

The point may be massaged for 5-7 times daily on a regular basis.

NOTE: The Central Palace point may induce burping, an indication of a poor digestive system.

Sore Throat

I recall an occasion where I was invited to speak at a convention organized by a local government agency.

That day, after wrapping up my presentation, I decided to visit the exhibition booths at the convention.

At one booth, a small-built woman was explaining about her organization's efforts of giving old buildings a new lease of life. Her voice was rather hoarse and I noticed several empty bottles of mineral water on the booth counter.

My co-trainer was quick to show her how she could use the Lesser Merchant meridian point to alleviate her condition, and indeed, the young lady felt the relief soon after. Sore throat can be caused by several factors.

For instance, it could be due to exhaustion, or aggravated by viral infection (acute pharyngitis), or caused by the food we eat.

At the same time, it could be the result of a minor illness and would go away without further medical treatment, for instance, the common cold is one culprit of sore throat, as with influenza, mumps, mononucleosis and the like.

As a rule of thumb, it may be wise to avoid food which can irritate the throat, such as

alcohol, deep fried food, or food with high sugar content.

Let's take a look at how you can relieve the symptoms of sore throat.

Meridian Therapy

Meridian Point 1: Cubit Marsh/LU5
(This meridian point is also used for sinus, cough, common cold and asthma)



Step 1: The point is located at a thumb's distance away from the crease of the elbow.

Step 2: Rub the point in a circular motion or rub it outwards, for about 5 times, or for half a minute to a minute.

Step 3: Repeat for the other hand.

The point may be massaged on a regular basis of 5-7 times daily.

Meridian Point 2: Lesser Merchant/LU11

(This meridian point is also used for cough and common cold)



↑ **Step 1:** Lesser Merchant is located at the corner of the thumb nail.



↑ **Step 2:** Clamp the index and middle finger around the Lesser Merchant. Press firmly and twist the fingers around the point.

Step 3: Repeat for the other hand.

In lieu of the fingers, a hard object may be used to press firmly on the Lesser Merchant. Massage for about a minute and on a regular basis of 5-7 times per day.

Meridian Point 3: Celestial Chimney/CV22

(This meridian point is also used for cough)



↑ **Step 1:** The Celestial Chimney is located at the hollow at the base of the throat.



↑ **Step 2:** Rub gently in a circular motion for about 10 times for about 20 minutes. This is a tender area so massage it gently.

The point may be massaged on a regular basis of 5-7 times daily.

Common Cold

The common cold is caused by viruses that infect the upper respiratory tract (namely, the nose).

The body is weakened when its immunity is compromised. The lack of resistance from the body makes the mucous membranes the perfect ground for breeding viruses.

Cold symptoms are the body's ways to protect itself against their micro-invaders, for instance, the secretion of more mucus to flush the viruses out.

Cecelia A was having a bad cold for about 2 weeks and on medication. Although she was recovering, she still felt lethargic, and was suffering from the runny nose symptoms. In meridian therapy, this means her lung meridian was adversely affected.

She was recommended the following meridian therapy of Cubit Marsh and Lesser Merchant, but she was to do it on a moderate basis since she was still recovering. Her workshop participation happened to be in the morning, and she left after that.

However, by that evening, she called up unexpectedly, excited because she could feel the total relief from her nose, and the diminishing of her lethargy, and all within a few hours of stimulating the meridian points!

Cecelia A was so excited by the effectiveness that she signed up for the intermediate workshop to learn about this amazing healing therapy.

In another separate case study, Lynette N, a retiree teacher, started paying attention to her body's needs after attending the meridian therapy workshop 2 years ago. She focused on the Leg Three Mile pressing and made it part of her morning routine.

In her testimonial, she wrote that she has not been falling sick since learning the meridian technique. She felt that her body is now stronger.

Indeed, while meridian therapy can give relief from ailment symptoms, doing it regularly also imparts resistance for future occurrences.

Meridian Therapy

Meridian Point 1: Cubit Marsh/LU5

(This meridian point is also used for sinus, cough, sore throat and asthma)



↑ **Step 1:** The point is located at a thumb's distance away from the crease of the elbow.

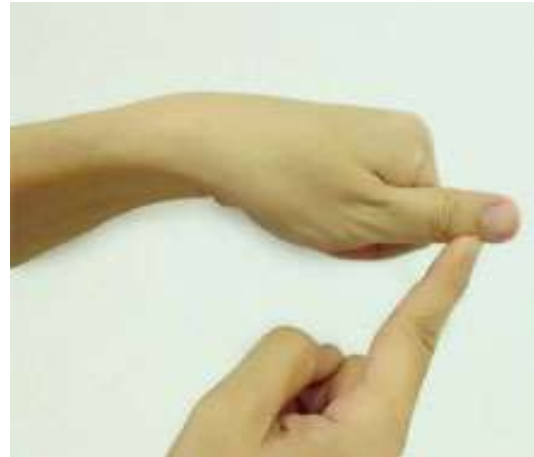
Step 2: Rub the point in a circular motion or rub it outwards, for about 5 times, or for half a minute to a minute.

Step 3: Repeat for the other hand.

The point may be massaged on a regular basis of 5-7 times daily.

Meridian Point 2: Lesser Merchant/LU11

(This meridian point is also used for cough and sore throat)



↑ **Step 1:** Lesser Merchant is located at the corner of the thumb nail.



Step 2: Clamp the index and middle finger around the Lesser Merchant. Press firmly and twist the fingers around the point.

Step 3: Repeat for the other hand.

In lieu of the fingers, a hard object may be used to press firmly on the Lesser Merchant. Massage for about a minute and on a regular basis.

Meridian Point 3: Welcome Fragrance/LI20
(This meridian point is also used for sinus)



↑ **Step 1:** The Welcome Fragrance meridian point is located beneath the cheekbone, right beside the nostril. Press on both the points with the middle fingers.

Step 2: Rub the point in a circular motion for about 5 times. Do this for 5 sets. Inhale and exhale fully.

Step 3: Still using the middle fingers, rub alongside the nose in an upward motion about 5 times, or for half a minute to a minute. Also do in 5 sets.

The point may be massaged on a regular basis of 5-7 times daily.

Meridian Point 4: Great Vertebra/GV14



↑ **Step 1:** Feel for the bone at the back of the neck. This is the Great Vertebra meridian point.



↑ **Step 2:** Rub down the area using the index, middle and ring fingers.

This particular point also relieves fever symptoms if there is fever with cold. The point may be massaged on a regular basis of 5-7 times daily.

Meridian Point 5: Leg Three Mile/ST36

(This meridian point is also used for bad breath, asthma, heartburn, stomachache, bloating & indigestion, diarrhea and the foundation technique)



↑ **Step 1:** In a sitting position, place the thumb at the hollow part of the kneecap. The rest of the fingers are to cover the area below the kneecap.

Step 3: Repeat for the other leg.

The point may be massaged on a regular basis of 5-7 times daily.

NOTE: A word of caution here, the Leg Three Mile point is **NOT** to be firmly tapped or pressed hard by pregnant women as it may induce labor.



↑ **Step 2:** At the location of the last finger covering the area, measure about one thumb's distance away from the shinbone. The point is on the outside of the leg, at the muscle area. Tap or knock on the point with a loose fist, or press firmly for about a minute.

Asthma

One of our participants for the comprehensive class, Sally R, told us she was easily breathless at times and that her weight had dropped drastically.

Sally R suspected she suffered from asthma because she wheezed while sleeping.

Despite being prescribed medication and an inhaler, her condition did not improve.

After a few sessions with me, it was discovered that her “asthmatic” condition was likely triggered by a minor surgery months before joining our class.

Based on a better understanding of Sally R’s situation, the wheezing sounds were due to the weakening of the spleen and

stomach meridians, which were the reasons behind the sudden weight loss and weakening of muscles. This also had an impact on her lung meridian.

With regular practice of Qi-Flexercise, Sally R’s overall health was strengthened.

When she came back for a graduate gathering few months later, she gained a few pounds, to an acceptable weight (based on her height). Additionally, she no longer suffered from wheezing symptoms while asleep. She even joined us for a hiking trip, without experiencing any breathing difficulties.

Generally, acupressure points on the chest are effective in restoring regular breathing.

Meridian Therapy

The first 3 points here acts as a form of preventive action against asthma.

When an asthma attack is underway, a nasal spray would be more effective. The meridian points can be used after the asthma attack.



Meridian Point 1: Cubit Marsh/LU5

(This meridian point is also used for sinus, cough, sore throat and common cold)



↑ **Step 1:** The point is located at a thumb's distance away from the crease of the elbow.

Step 2: Rub the point in a circular motion or rub it outwards, for about 5 times, or for half a minute to a minute.

Step 3: Repeat for the other hand.

The point may be massaged on a regular basis of 5-7 times daily.

Meridian Point 2: Central Palace/LU1

(This meridian point is also used for sinus, cough, bloating & indigestion, skin condition and the foundation technique)



↑ **Step 1:** Feel for the collar bone at the base of the neck. Place the index finger at the hollow part beneath the collar bone.

Step 2: Place the next 3 fingers with the index finger. The point below the ring finger, or the fourth finger, is the Central Palace meridian.

Step 3: Gently rub the point in a circular motion for half a minute to a minute.

Step 4: Repeat for the other side of collar bone.

It is recommended to keep the Central Palace point warm by using fingers to rub it. The point may be massaged on a regular basis of 5-7 times daily.

Meridian Point 3: Leg Three Mile/ST36

(This meridian point is also used for bad breath, common cold, heartburn, stomachache, bloating & indigestion, diarrhea and the foundation technique)



↑ **Step 1:** In a sitting position, place the thumb at the hollow part of the kneecap.

The rest of the fingers are to cover the area below the kneecap.



↑ **Step 2:** At the location of the last finger covering the area, measure about one thumb's distance away from the shinbone. The point is on the outside of the leg, at the muscle area. Tap or knock on the point with a loose fist, or press firmly for about a minute.

Step 3: Repeat for the other leg.

The point may be massaged on a regular basis of 5-7 times daily.

NOTE: A word of caution here, the Leg Three Mile point is **NOT** to be firmly tapped or pressed hard by pregnant women as it may induce labor.

Meridian Point 4: Great Stream/KD3

(This meridian point is also used for backache)



↑ **Step 1:** Great Stream is located between the ankle bone and the back of the leg. Feel the point carefully because it is 'hiding' behind the ankle bone.



↑ **Step 2:** Press hard on the point with the thumb for about half a minute to a minute.

Step 3: Repeat for the other leg.

The point may be massaged on a regular basis of 5-7 times daily.

NOTE: A word of caution here, the use of the Great Stream is to be avoided by pregnant women as it may induce labor.

Meridian Point 5: Great Abyss/LU9



↑ **Step 1:** Feel for the hollow point at the bend of the wrist.

Step 3: Repeat for the other hand.



↑ **Step 2:** Use the thumb and rub the point gently for about half a minute to a minute. The Great Abyss point can also be rubbed on a regular basis.

This point may be used if there is a cough-related symptom to cold and flu.

Heartburn

Heartburn is a burning sensation in the chest, usually behind the sternum (breastbone). It often originates there (behind the sternum), and may radiate to the neck, throat, or even the jaw.

It is usually associated with the regurgitation of gastric acid. The latter is usually a major symptom of gastroesophageal reflux disease (GERD).

Some symptoms of heartburn as follows:

- Uncomfortable sensation of warmth or burning in the chest, behind the sternum.
- Burning sensation in the throat.
- Accompanied by chronic cough, sore throat or hoarseness.

If you experience this chronically, it is best to seek professional advice because the acid reflux may damage the esophagus over time.

Meridian Therapy

Meridian Point 1: Leg Three Mile/ST36

(This meridian point is also used for bad breath, common cold, asthma, stomachache, bloating & indigestion, diarrhea and the foundation technique)



← **Step 1:** In a sitting position, place the thumb at the hollow part of the kneecap. The rest of the fingers are to cover the area below the kneecap.



← **Step 2:** At the location of the last finger covering the area, measure about one thumb's distance away from the shinbone. The point is on the outside of the leg, at the muscle area. Tap or knock on the point with a loose fist, or press firmly for about a minute.

Step 3: Repeat for the other leg.

The point may be massaged on a regular basis of 5-7 times daily.

Meridian Point 2: Celestial Pivot/ST25

(This meridian point is also used for stomachache, constipation and diarrhea)



↑ **Step 1:** From your navel, measure about three fingers' distance away. This point will be your Celestial Pivot.



↑ **Step 2:** Gently rub on the area of the point, about 10 times in a circular motion, or until you feel relief.

The area may be massaged on a regular basis of 5-7 times daily.

NOTE: A word of caution here, it is recommended for pregnant women NOT to press hard on the Celestial Pivot Leg as it may induce labor.

Meridian Point 3: Three Yin Intersection/SP6

(This meridian point is also used for bad breath, menstrual cramp, high blood pressure and the foundation technique)



↑ **Step 1:** First, locate the tip of the ankle bone.



↑ **Step 2:** Next, estimate about 4 fingers' width up from the tip of the ankle bone. Find the inner point behind the shinbone. This is the Three Yin Intersection.



↑ **Step 3:** Rub the thumb on the meridian point in a circular motion. Alternative, rub the point upwards.

Step 4: Repeat for the other leg.

The point may be massaged for about 5-7 times daily at half a minute to a minute.

NOTE: A word of caution here, pregnant women are advised to avoid using this meridian point as it may induce labor.

Meridian Points 4-5: Chest Center/CV17 & Middle Epigastrium/CV12

(These meridian points are also used for stomachache)



↑ **Step 1:** From the centre line of the rib cage, rub down to the navel for about half a minute to a minute (or 10-20 times) until the heartburn symptom is relieved.

The area may be massaged 5-7 times per day.

Meridian Point 6: Spirit Gate/HT7

(This meridian point is also used for insomnia, high blood pressure, low blood pressure, palpitation, anxiety and depression)

NOTE: This is not a direct relief meridian point. It is useful for people who may be experiencing some sleeping issues due to heartburn, and contributes as a calming point.



↑ **Step 1:** First, locate the area between the joint of the wrist and the hollow part of the bone.



↑ **Step 2:** Next, use the thumb to gently press or rub on the Spirit Gate in a circular motion for about half a minute to one minute. This may cause the person to burp.

Step 3: Repeat for the other hand.

Depending on the extent of the ailment, there may be soreness or extra sensitivity experienced when the point is being massaged, either on one hand or both hands. This means that there may be a blockage of qi. The point(s) may then be massaged more.

The point may be massaged 5-7 times daily.

Stomachache

Stomachache is a common term for pains experienced around the abdominal area.

While the cause of the stomachache may be attributed to bloated stomach, food poisoning, gastric pain, or even appendicitis, one should always investigate and find out the root cause of the stomachache.

In a case study closer to home, I recall a time when I sat down for a reunion dinner with the family. I noticed my nephew not being his usual boisterous self.

His mother was worried that her son was suffering from appendicitis, but upon determining his various symptoms, I deduced that it is likely the usual

stomachache, brought about by overindulgence on his own part, due to the Chinese festive season.

I taught him how to use the Celestial Pivot point and rub his belly. While he was doing that, I pressed and massaged his Leg Three Mile point.

After about 5 minutes, I told him to stop, and he went back to his mother. And he told his mother that he managed to release gas for 3 times after I sent him back!

Soon after, he excused himself to the washroom. About an hour after the first initial treatment, my nephew was back to normal self, with a hearty appetite and cheerful disposition.

Meridian Therapy

Meridian Point 1: Leg Three Mile/ST36

(This meridian point is also used for bad breath, common cold, asthma, heartburn, bloating & indigestion, diarrhea and the foundation technique)



← **Step 1:** In a sitting position, place the thumb at the hollow part of the kneecap. The rest of the fingers are to cover the area below the kneecap.



← **Step 2:** At the location of the last finger covering the area, measure about one thumb's distance away from the shinbone. The point is on the outside of the leg, at the muscle area. Tap or knock on the point with a loose fist, or press firmly for about a minute.

Step 3: Repeat for the other leg.

The point may be massaged on a regular basis of 5-7 times daily.

Meridian Point 2: Celestial Pivot/ST25

(This meridian point is also used for heartburn, constipation and diarrhea)



↑ **Step 1:** From your navel, measure about three fingers' distance away. This point will be your Celestial Pivot.



↑ **Step 2:** Gently rub on the area of the point, about 10 times in a circular motion, or until you feel relief.

The area may be massaged on a regular basis of 5-7 times daily.

NOTE: A word of caution here, it is recommended for pregnant women NOT to press hard on the Celestial Pivot Leg as it may induce labor.

Meridian Points 3-4: Chest Center/CV17 & Middle Epigastrium/CV12

(These meridian points are also used for heartburn)



↑ **Step 1:** From the centre line of the rib cage, rub down to the navel for about half a minute to a minute (or 10-20 times) until the heartburn symptom is relieved.

This covers the area from Chest Center to Middle Epigastrium.

The area may be massaged 5-7 times per day.

Bloating & Indigestion



In 2010, I was invited by a business consultant to speak to his staff on how strategy thinking can be applied to achieving business objectives as well as health goals.

During the session, I took the opportunity to introduce meridian therapy to them. In particular, I talked about the Qi-Flexercise and the use of the Girdling Vessel for digestion issues.

I particularly remembered a wine distributor Francois G, because he was the only one from France, and he was cracking jokes in the workshop, making it a very light-hearted learning session for the rest of the participants.

A year later, I was invited by the same business consultant for a breakfast networking session. Francois was there too.

Upon seeing me, he quickly walked over to me and welcomed me warmly. "I really love your tapping technique. It really helped me with my digestion."

I was stunned, but it was good news to me that I helped another person with his health issues!

Indeed, consumption of alcohol can essentially tax our liver meridian. With excessive consumption, and with the advent of age, we are liable to developing symptoms of bloating and indigestion because the liver is no longer working effectively.

The tapping technique as referenced by Francois is the Girdling Vessel meridian therapy point massage which is included here.

Besides that, another useful point to note is the Central Palace, which is essentially good for people with both weak respiratory and digestive issues. Immediate relief is usually indicated by burping.

Meridian Therapy

Meridian Point 1: Leg Three Mile/ST36

(This meridian point is also used for bad breath, common cold, asthma, heartburn, diarrhea and the foundation technique)



↑ **Step 1:** In a sitting position, place the thumb at the hollow part of the kneecap. The rest of the fingers are to cover the area below the kneecap.

Step 3: Repeat for the other leg.

The point may be massaged on a regular basis of 5-7 times daily.



↑ **Step 2:** At the location of the last finger covering the area, measure about one thumb's distance away from the shinbone. The point is on the outside of the leg, at the muscle area. Tap or knock on the point with a loose fist, or press firmly for about a minute.

Meridian Point 2: Girdling Vessel/GB26



↑ **Step 1:** Locate the navel and draw an imaginary line to the side of the waist. This is the Girdling Vessel meridian point.

Step 2: Use loose fists to tap hard on both sides for about a count of 8 repetitions in 8 sets.

The points may be massaged regularly for 5-7 times daily. It is advisable to do this about 30 minutes after meal to enhance digestion.

NOTE: A word of caution, pregnant women are NOT to do any tapping or firm pressing on these points. For people who are not feeling well, loose tapping is sufficient.

Meridian Points 3-4: Camphorwood Gate/LV13 & Cycle Gate/LV14

(These meridian points are also used for depression)



↑ **Step 1:** The Cycle Gate is located about 4 fingers' underneath the nipple.



↑ **Step 2:** In order to locate the Camphorwood Gate meridian point, rest the chin on the palm. Bring the elbow close to the torso. The point on the torso which corresponds to the tip of the elbow is the Camphorwood Gate.



↑ **Step 3:** Use the base of the palm to rub down from Cycle Gate to Camphorwood Gate in a downward direction about 10-20 times. The points may be massaged regularly for 5-7 times daily.



This can be done about 30 minutes after meal and may cause burping. If there is any discomfort, to try again 30 minutes later.

NOTE: A word of caution, pregnant women are NOT to do any tapping or firm pressing on these points.

Meridian Point 5: Central Palace/LU1

(This meridian point is also used for sinus, cough, asthma, skin condition and the foundation technique)



Step 1: Feel for the collar bone at the base of the neck. Place the index finger at the hollow part beneath the collar bone.

Step 2: Place the next 3 fingers with the index finger. The point below the ring finger, or the fourth finger, is the Central Palace meridian.

Step 3: Gently rub the point in a circular motion for half a minute to a minute.

Step 4: Repeat for the other side of collar bone.

It is recommended to keep the Central Palace point warm by using fingers to rub it. The point may be massaged on a regular basis of 5-7 times daily.

Constipation

When bowel movements are infrequent or hard to pass, constipation occurs. If you suffer from this, or have suffered from this condition, you'll know that it can be very painful and frustrating.

The normal length of time between bowel movements varies between each person. Importantly, you ought to have regular bowel movements, be it 3 times a day or once every alternate day.

Constipation is usually the result of these following causes:

- Inadequate water intake
- Inadequate fiber
- Inadequate exercise
- Eating disorders
- Medication (strong pain medicines, antacid prescription, laxatives etc)
- Neurological condition (Parkinson's disease, multiple sclerosis etc)
- Stress or depression
- Terminal condition (colon cancer etc)

Where diet is concerned, eating too much refined and processed foods may also bring about constipation, as with too rich or heavy foods.

Here are the symptoms of constipation:

- Infrequent bowel movement and/or difficulty in having bowel movements
- Swollen abdomen or abdominal pain
- Vomiting

Constipation can also be accompanied by gas and headaches.

If you have constipation for more than 2 weeks, do seek professional advice to determine the root problem, as it may be an indication of a more serious medical problem.

One of the more common techniques which people use to relieve constipation is to rub the belly.

Alma F, a retiree, loves to travel. She does not usually have constipation issues, but it happened on a few occasions while she was overseas.

The Qi-Flexercise and the Union Valley massage proved to be effective for her ailment.

In general, we realized that about 6 in 10 participants who joined our meridian workshops indicated an improvement in their bowel movement practice.

In another case study, Clara K, a nurse, attended our comprehensive meridian program.

With some prior knowledge of acupressure and massage, Clara was able to massage her belly area to provide some relief for her constipation problem which she has been suffering from for a few years.

Upon participating in our meridian therapy program, she utilized the meridian point of Metal Yang consistently for about a week. To her surprise, it provided a faster relief for her symptoms. (Again, results may vary from person to person).

Meridian Therapy

Meridian Point 1: Union Valley/LI4

(This meridian point is also used for headache, diarrhea, joint condition and low blood pressure)



↑ **Step 1:** Spread the thumb and the index finger about 90-degree apart.

Step 2: Next, place the crease of the thumb of the other hand into the webbing between the thumb and index finger.



← **Step 3:** Firmly press the tip of the thumb into the bone of the thumb and the index finger, nearer to the latter.

Repeat Steps 1-3 for the corresponding meridian for the other hand.

The point may be massaged on a regular basis of 5-7 times daily.

NOTE: This point is **NOT** recommended for pregnant women because it may induce labor.

Meridian Point 2: Metal Yang/LI1



↑ **Step 1:** Metal Yang is located at the corner part of the index finger nail.



↑ **Step 2:** Rub the area from Union Valley to Metal Yang for about 10-20 times.

Step 3: Repeat for the other hand.



In order to effectively alleviate the constipation ailment, it is suggested that the Qi-Flexercise can be done after the rubbing routine as a form of complimentary exercise. It is recommended that the person try out both the routines here and the Qi-Flexercise and see which one provides the best results.

NOTE: Stimulation of Metal Yang may result in nature's call.

Meridian Point 3: Celestial Pivot/ST25

(This meridian point is also used for heartburn, stomachache and diarrhea)



↑ **Step 1:** From your navel, measure about three fingers' distance away. This point will be your Celestial Pivot.



↑ **Step 2:** Massage, with moderate pressure, on the area of the point, about 10 times in a clockwise motion, or until you feel relief.

The area may be massaged on a regular basis of 5-7 times daily.

NOTE: A word of caution here, it is recommended for pregnant women NOT to press hard on the Celestial Pivot as it may induce labor.

Meridian Point 4: Pool At The Bend/LI11

(This meridian point is also used for skin condition, joint condition and high blood pressure)

When constipation occurs, the body may lapse into lethargy due to the accumulated toxins, which may subsequently cause an outbreak of acne. This point will help to relieve some external symptoms of constipation such as acne.



Step 1: Flex the elbow. Pool At The Bend is located at the point of the elbow crease.



↑ **Step 2:** Release the pressure of the flex. Use the thumb to rub Pool At The Bend in a circular motion for about half a minute to a minute.

Step 3: Repeat for the other arm.

Pool At The Bend may be massaged on a regular basis of 5-7 times daily.

Diarrhea

In comparison with constipation, diarrhea is the opposite – it describes loose and watery bowel movements.

Other symptoms of diarrhea include:

- Abdominal cramps or bloating
- Fever
- Nausea or vomiting

The common cause leading to diarrhea is gastroenteritis, an infectious disease also known as the stomach bug or the stomach virus.

In children, it is likely to be caused by rotavirus; in adults, by *Campylobacter* bacteria or norovirus.

If food poisoning is suspected, seek professional advice as medical treatment may be necessary.

In developing countries, this may be a serious matter, and a common cause of death.

Generally speaking, diarrhea is considered as the body's attempt to purge pathogens.

One important thing to remember is that loss of fluids through diarrhea can lead to severe dehydration, so drink more water in the event of a diarrhea.

In Chinese traditional medicine, diarrhea can be attributed to qi deficiency or a cold stomach.

A cold stomach refers to a condition where diarrhea symptoms are caused by consumption of cold food, raw vegetables or food classified as “cool” in nature.

It is recommended that the person massage the Leg Three Mile meridian point and to keep it warm on a regular basis.

This provides relief to the condition and strengthens the stomach meridian.

Rubbing on the Celestial Pivot point is another way to relieve stomach upset.

Besides relief, it may bring on the passing of gas from the stomach.

Lastly, pressing the Celestial Pivot may bring about some numbing pain sensation.

Meridian Therapy

Meridian Point 1: Leg Three Mile/ST36

(This meridian point is also used for bad breath, common cold, asthma, heartburn, stomachache, bloating & indigestion and the foundation technique)



↑ **Step 1:** In a sitting position, place the thumb at the hollow part of the kneecap. The rest of the fingers are to cover the area below the kneecap.



↑ **Step 2:** At the location of the last finger covering the area, measure about one thumb's distance away from the shinbone. The point is on the outside of the leg, at the muscle area. Tap or knock on the point with a loose fist, or press firmly for about a minute.

Step 3: Repeat for the other leg.

The point may be massaged on a regular basis of 5-7 times daily.

Meridian Point 2: Celestial Pivot/ST25

(This meridian point is also used for heartburn, stomachache and constipation)



← **Step 1:** From your navel, measure about three fingers' distance away. This point will be your Celestial Pivot.



← **Step 2:** Gently rub on the area of the point, about 10 times in a circular motion, or until you feel relief. Rub in a clockwise direction, then followed by anti-clockwise direction.

The area may be massaged on a regular basis of 5-7 times daily.

NOTE: A word of caution here, it is recommended for pregnant women **NOT** to press hard on the Celestial Pivot Leg as it may induce labor.

Meridian Point 3: Union Valley/LI4

(This meridian point is also used for headache, constipation, joint condition and low blood pressure)



↑ **Step 1:** Spread the thumb and the index finger about 90-degree apart.

Step 2: Next, place the crease of the thumb of the other hand into the webbing between the thumb and index finger.



← **Step 3:** Firmly press the tip of the thumb into the bone of the thumb and the index finger, nearer to the latter.

Repeat Steps 1-3 for the corresponding meridian for the other hand.

The point may be massaged on a regular basis of 5-7 times daily.

NOTE: This point is **NOT** recommended for pregnant women because it may induce labor.

Skin Condition

Skin problems can be caused by a variety of factors, from diet to stress, from lack to sleep to environmental factors, from household detergents to allergies. The list goes on.

Due to such reasons, it may be difficult to prescribe meridian points which can alleviate the skin conditions. Rather, a combination of treatments may be required to supplement the meridian therapy techniques here.

You should seek the advice of a medical professional in order to get to the root of the problem first and foremost, and then apply the techniques you're about to learn here.

The 3 common skin conditions which most people may suffer from are eczema, sensitive skin and acne.

Eczema

Eczema may be caused by dampness and 'heatiness'.

You've already learned previously that bad breath is caused by heatiness, which is in turn the result of sleeping too late in the night.

Doing so causes body warmth to remain in the body, resulting in heatiness.

However, heatiness may also be an inherited condition. It may also be triggered, or worsened, in events of anxiety or stress.

One way to reduce heatiness is to work on your diet; barbequed, deep-fried food and spicy stuff are to be avoided as they contribute to the 'heat'.

In addition, eczema may also be caused by allergic reactions. This can range from household detergents to foods such as peanuts or seafood. For these types of allergies, careful observation of personal habits and a little analysis is required.

Lastly, avoid alcohol.

In both TCM and western medicine concept, the liver is the organ that detoxifies or eliminates the presence of alcohol. By extension of it, in meridian therapy, the liver meridian is also responsible for the elimination of alcohol.

Due to consumption of alcohol, the liver (and its corresponding meridian) becomes overworked. This in turn generates 'fire' (heatiness). Subsequently, the fire weakens the body's metal element (skin). Similarly, hot and spicy food contributes to the heat, as explained earlier.

In order to reduce eczema, one very effective way is to regularly practice the Qi-Flexercise. Although many people have benefitted, results may vary from person to person.

Acne

This is a kind of skin condition that could be more related to hormonal changes, as it's more common with teenagers.

One of the best ways to beat acne is to get sufficient sleep. During puberty, most teenagers often sacrifice sleep in pursuit of certain activities, and this has a direct impact on the skin.

In addition, diet may also be a factor. As mentioned before, deep-fried, barbecued, and other oily food further aggravates their skin condition.

And even though this seems like a given, it is also advisable for teenagers to avoid alcohol.

Sensitive Skin

Like eczema and acne, a multitude of factors contribute to sensitive skin problems, and will require further investigation.

For instance, temperature change (for the older folks) and exposure to dust can wreak havoc on the skin, due to the lack of qi as the body ages.

In order to diagnose skin allergies, doctors and physicians may use common skin tests such as patch testing, skin biopsy or a culture test.

For skin conditions, 2 meridian points may be used here, the Pool At The Bend and the Central Palace, in combination with other strategies aimed at reducing the particular skin condition.

Meridian Therapy

Meridian Point 1: Pool At The Bend/LI11

(This meridian point is also used for constipation, joint condition and high blood pressure)

When constipation occurs, the body may become lethargic. This may cause an outbreak of acne. This point will help to relieve some external symptoms of constipation such as acne.



↑ **Step 1:** Flex the elbow. Pool At The Bend is located at the point of the elbow crease.



↑ **Step 2:** Release the pressure of the flex. Use the thumb to rub Pool At The Bend in a circular motion for about half a minute to a minute.

Pool At The Bend may be massaged on a regular basis of 5-7 times daily.

Meridian Point 2: Central Palace/LU1

(This meridian point is also used for sinus, cough, asthma, bloating & indigestion and the foundation technique)



↑ **Step 1:** Feel for the collar bone at the base of the neck. Place the index finger at the hollow part beneath the collar bone.

Step 2: Place the next 3 fingers with the index finger. The point below the ring finger, or the fourth finger, is the Central Palace meridian.

Step 3: Gently rub the point in a circular motion for half a minute to a minute.

Step 4: Repeat for the other side of collar bone.

It is recommended to keep the Central Palace point warm by using fingers to rub it. The point may be massaged on a regular basis of 5-7 times daily.

Neck Tension

Neck tension is a very common issue that many people face.

It is especially common among people who are deskbound, on their computers for extended periods of time. This may not only cause neck strain, but eye strain as well. The meridian points which can alleviate neck tension are the Wind Pool and Shoulder Well points.

Besides relieving neck tension, Wind Pool can also unblock the qi blockage along the gall bladder meridian.

Besides Wind Pool, another useful technique is the Qi-Tension Release Remedy (see below: Bonus Technique).

The Qi-Tension Release Remedy ought to be performed every 30 minutes if you're using the computer for long periods of time.

The liver and gall bladder meridians are also implicated in the neck tension ailment because both are responsible for maintaining the tendons of the muscles and the eyes.

Sleeping before 11 P.M. is advisable in order to maintain good liver and gall bladder meridian health.

Try and alleviate stress symptoms too, because stress may also cause the liver and gall bladder meridians to malfunction.

In one particular case study, I met an established business owner at a taiji session. Over the course of the session, he confided in me of the constant pain at the side of his neck. Massage oils were used to relieve the tension, but to no avail.

Based on what I could gather about the placement of his computer monitor, I advised him to change the position accordingly.

Later, he provided feedback that his condition changed for the better, although he still require the Wind Pool and Shoulder Well treatment to relieve the occasional ailment whenever he spent long hours in front of the computer.

The neck tension ailment may also affect the shoulders (see pg 95).

Meridian Therapy

Meridian Point 1: Wind Pool/GB20

(This meridian point is also used for headache, eye, sinus, shoulder tension, insomnia, high blood pressure and stress-related symptoms)



↑ **Step 1:** Find the base of the skull at the back of the head.



↑ **Step 2:** Feel for the 2 muscles which flank the back of the neck.



↑ **Step 3:** Feel for the joint part, between the skull and muscle.



↑ **Step 4:** About one-thumb distance away, there is a hollow part.



↑ **Step 5:** Press with thumb on the hollow.



↑ **Step 6:** Rub in a circular motion about 1-2 minutes. The rest of the fingers are placed on the side of the head for support.

The point can be also massaged until the acute pain at the neck subsides.



↑ Alternatively, the point can be rubbed down using 3 fingers (index, middle and ring finger).

If you experience pain at any point, it means that there is a blockage of qi.

In addition, during any acupressure session, breathe in a conscious manner. Breathe in fully, and deeply.

Meridian Point 2: Mastoid Bone/GB12

(This meridian point is also used for headache and stress-related symptoms)



↑ **Step 1:** Feel for the bone behind the ear.

At the back of the bone, there is a slight curve up backwards, a sharp edge.

Step 2: Rub the area with the index finger in a circular motion for about half a minute to a minute, to relieve the symptoms of headache.

This is to be done for both sides of the head. The point may be massaged on a regular basis of 5-7 times daily.

Meridian Point 3: Shoulder Well/GB21

(This meridian point is also used for headache, shoulder tension, high blood pressure and stress-related symptoms)



↑ **Step 1:** Use the outer length of the thumb and place it at the corner of the neck and shoulder.



↑ **Step 2:** Curl the other 4 fingers together.



↑ **Step 3:** Rest the fingers over the shoulder. The fingers should press into the shoulder muscle.



↑ The middle finger is likely to press into the sensitive area. This is the Shoulder Well meridian.

The Shoulder Well point is a tension-release point. So, if it is rotated backward, a sore sensation will be experienced.

The Shoulder Well meridian can be massaged in 2 ways:

Firstly, rub along the shoulder area with all fingers from half a minute to 1 minute. Alternatively, the knuckle may be used.

Secondly, a forward/backward rotation technique can be used.



↑ **Step 1:** Lift the shoulder up and backwards in a gradual flexing/rotating motion.

Step 2: Rotate the shoulder in a backward motion 3 times.

Step 3: Rotate the shoulder in a forward motion 2 times.

Repeat Steps 1-3 for 2 sets each, and for both shoulders. The point may be massaged on a regular basis of 5-7 times daily.

NOTE: A word of caution here, the Shoulder Well is NOT to be pressed hard or firmly massaged by pregnant women as it may induce labor.

Meridian Point 4: Broken Sequence/LU7

(This meridian point is also used for headache and stress-related symptoms)

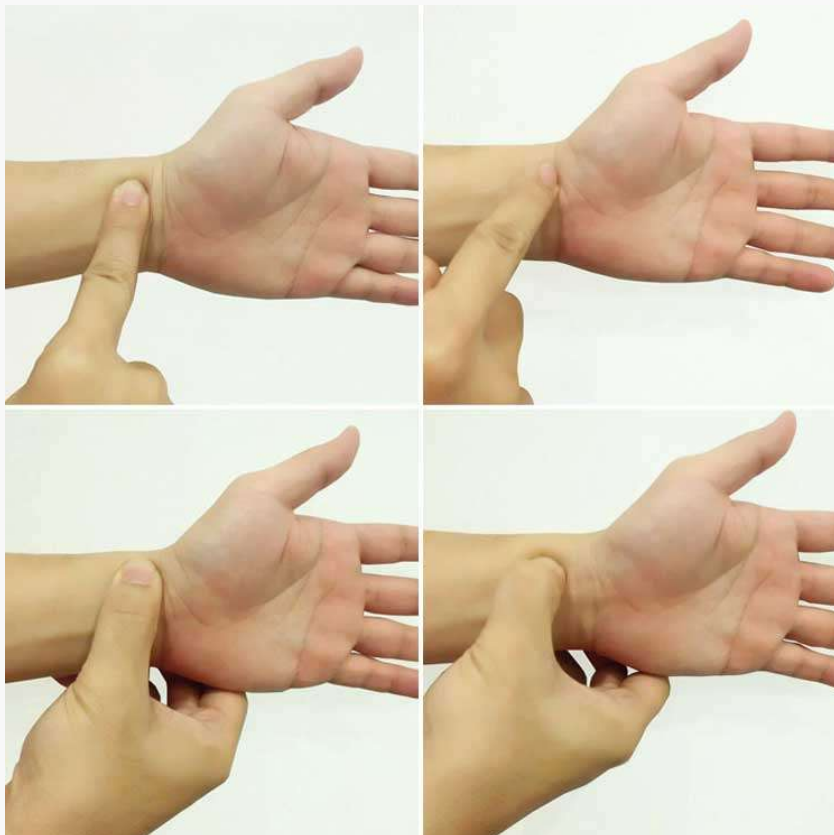


← **Step 1:** Spread the thumb and the index finger about 90-degree apart for both hands.

Step 2: Bring them together in a perpendicular manner and close the fingers altogether.

The Broken Sequence meridian point is the point where the index finger touches the other hand. Rub the point in a gentle circular motion.

The point may be massaged on a regular basis of 5-7 times daily.



Another way for finding the point is to use the index finger to trace the outline of the bone down the arm to the wrist. The moment the finger reaches the wrist, that point is Broken Sequence.

Bonus Technique: Qi-Tension Release Remedy

This is a special technique that we're sharing with you only here on Pure Natural Healing!

This adds on after Step 5 of the Wind Pool meridian point relief.



↑ **Step 1:** After locating the Wind Pool, grab the meridian points in a firm grip.



← **Step 2:** While having a firm grip on the neck, tilt the head slightly backwards and look up, and count to 10-20 times.

Step 2: While having a firm grip on the neck, tilt the head slightly backwards and look up, and count to 10-20 times.

Step 3: Gradually squeeze your fingers into a ball and release them from the neck and resume original position.

Step 4: Repeat for another 2 times.

This remedy may be practiced on a daily routine of 5-7 times regularly.

Shoulder Tension

Shoulder tension comes hand in hand with neck tension.

If preventative measures are not taken early, a minor issue could escalate into something far worse.

Just as the liver and gall bladder meridians are of paramount importance where neck tension is concerned, shoulder tension is the result of these meridians being subjected to adverse circumstance.

Vivian L, whom we introduced in the Headache ailment section (see pg 29), had a typical scenario affecting many people: headache.

Her headache is in fact a representation of other health problems.

Her ailment was partly contributed by excessive anxiety and worry. This in turn caused tension in her shoulders. Additionally, the muscles on the right side of her back were similarly tense.

As you can see, both ailments are closely linked.

So, do not be surprised when you find that your shoulder tension also “causes” headaches in return.

Meridian Therapy

Meridian Point 1: Wind Pool/GB20

(This meridian point is also used for headache, eye, sinus, neck tension, insomnia, high blood pressure and stress-related symptoms)



↑ **Step 1:** Find the base of the skull at the back of the head.



↑ **Step 2:** Feel for the 2 muscles which flank the back of the neck.



↑ **Step 3:** Feel for the joint part, between the skull and muscle.



↑ **Step 6:** Rub in a circular motion about 1-2 minutes. The rest of the fingers are placed on the side of the head for support.

The point can be also massaged until the acute pain at the neck subsides.



↑ **Step 4:** About one-thumb distance away, there is a hollow part.



↑ **Step 5:** Press with thumb on the hollow.



↑ Alternatively, the point can be rubbed down using 3 fingers (index, middle and ring finger).

If there is any pain, it means that there is a blockage of qi.

In addition, during any acupressure session, breathe in a conscious manner. Breathe in fully, and deeply.

Meridian Point 2: Shoulder Well/GB21

(This meridian point is also used for headache, neck tension, high blood pressure and stress-related symptoms)



↑ **Step 1:** Use the outer length of the thumb and place it at the corner of the neck and shoulder.



↑ **Step 2:** Curl the other 4 fingers together.



↑ **Step 3:** Rest the fingers over the shoulder. The fingers should press into the shoulder muscle.



↑ The middle finger is likely to press into the sensitive area. This is the Shoulder Well meridian.

The Shoulder Well point is a tension-release point. So, if it is rotated backward, a sore sensation will be experienced.

The Shoulder Well meridian can be massaged in 2 ways:

Firstly, rub along the shoulder area with all fingers from half a minute to 1 minute. Alternatively, the knuckle may be used.

Secondly, a forward/backward rotation technique can be used.



↑ **Step 1:** Lift the shoulder up and backwards in a gradual flexing/rotating motion.

Step 2: Rotate the shoulder in a backward motion 3 times.

Step 3: Rotate the shoulder in a forward motion 2 times.

Repeat Steps 1-3 for 2 sets each, and for both shoulders. The point may be massaged on a regular basis of 5-7 times daily.

NOTE: A word of caution here, the Shoulder Well is NOT to be pressed hard or firmly massaged by pregnant women as it may induce labor.

Meridian Point 3: Celestial Gathering/SI11

(This meridian point is also used for stress-related symptoms)



↑ **Step 1:** First, locate the shoulder blade of your back.



↑ **Step 2:** Next, locate the sharp corner at the blade. Celestial Gathering is situated 45-degree diagonal upward, at a hollow part. The point is to be rubbed in a circular motion for about half a minute to a minute.

NOTE: A word of caution, pregnant women are NOT to press hard on this point.

Meridian Points 4-6: Lung Shu/UB13 & Pericardium Shu/UB14 & Heart Shu/UB15

(These meridian points are also used for stress-related symptoms)

These 3 meridian points are located at the spine.

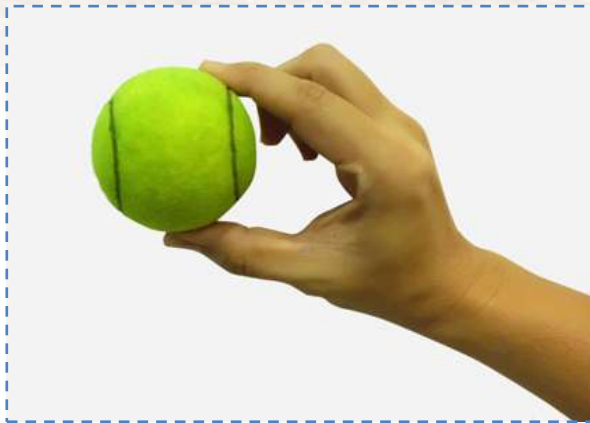


↑ **Step 1:** Feel for the location of the spine. The 3 points are clustered at both sides of the spine, about one and a half thumb's distance away from the spine.



← **Step 2:** Press at the area with a circular motion for about half a minute to a minute. Gradually move down the area, until the bottom of the shoulder blade region.

As you can see, for Points 3-6, it may not be easy to locate the meridians by yourself. This means that another person's help may be required in order to facilitate the relief actions.



A tennis ball may be used in lieu. A golf ball may be used too, but the material may prove more uncomfortable.



↑ **Step 1:** Stand at the wall, feet shoulder-width apart and eyes looking forward.

Step 2: Place the tennis ball at the shoulder blade region (Celestial Gathering) or at the spine (Lung Shu, Pericardium Shu and Heart Shu).

Step 3: Gradually lower the knees until about 45-degree angle to the feet, and allow the tennis ball to gently massage the respective points. Do this for about half a minute to a minute, and on a regular basis of 5-7 times daily.



If you find it difficult to attempt this position, a seated pose may also be used.

Backache

In 2009, one of my business associates, Lisa E, 36, revealed that she was experiencing backache every afternoon. Over the past 2 years, she had spent a considerable number of nights working on business strategic planning, getting very little sleep and throwing her sleep cycle into disarray.

This - by acupressure principles - caused an imbalance in her liver and gall bladder.

In addition, her kidney essence was also drained.

In order to counter this, pressing on the Kidney Shu and Great Stream meridian points would restore the balance of her meridian health.

Again, we would like to caution those of you who suffer from chronic backaches that you should always seek advice from a medical professional before embarking on any acupressure treatments.

Other than the afternoon backaches, Lisa's telltale signs included:

- Dehydration
- Dry eyes
- Lethargy
- Warm body temperature

So how does back pain occur in the first place?

Back pain usually originates from the bones, joints, muscles, nerves or other structures of the spine. The majority of backaches experienced are likely due to accidents, improper posture or stress.

Even back muscle strain or ligament stress can cause backache as well. Needless to say, it's important to keep your spine, and back muscles, strong and flexible at the same time.

Back pain can be of a sudden-onset nature or a long, drawn-out, chronic pain. It may be a dull ache, or something acute and sharp.

Back pain is more common than you might think.

In the States, acute backache is the fifth most common reason for any trip to the doctor. About 9 in 10 people will more than likely suffer some form of backache or pain at some point of their lives.

According to Chinese traditional medicine, there are other factors which also contribute to back pain:

- Common cold
- Excess consumption of cold foods
- Excess consumption of liquids
- Excess salt consumption
- Excessive exercise which causes jarring of the spine

So, while it is advisable for you to avoid all the above-mentioned scenarios, getting sufficient sleep is the most important thing that you can do in order to avoid experiencing backaches. Adequate sleep allows the body to recover, repair, grow, and rejuvenate itself.

Unfortunately, this advice is one that many people tend to neglect.

The techniques you're about to learn here are more effective for lower backaches. For aches affecting the upper back, you can use the meridian remedy outlined for shoulder tension (see pg 95).

Meridian Therapy

Meridian Point 1: Kidney Shu/UB23



↑ **Step 1:** Visualize an imaginary line at the lower back corresponding to the bend of the elbow. The 2 corresponding points of Kidney Shu are located at either sides of the spine.

→ **Step 2:** Massage the Kidney Shu using the thumb in a circular motion for about half a minute to a minute.

The points may be massaged regularly on a daily basis of 5-7 times.





↑ Alternatively, the knuckles may be used. The body may be gently rocked back and forth against the knuckles in a 'rocking-chair' or 'massage-chair' motion. Otherwise, the knuckles may be 'rocked' against the back.

Meridian Point 2: Great Stream/KD3

(This meridian point is also used for asthma)



↑ **Step 1:** Great Stream is located between the ankle bone and the back of the leg. Feel the point carefully because it is 'hiding' behind the ankle bone.



← **Step 2:** Press hard on the point with the thumb for about half a minute to a minute.

Step 3: Repeat for the other leg.

The point may be massaged on a regular basis of 5-7 times daily.

NOTE: A word of caution here, the use of the Great Stream is to be avoided by pregnant women as it may induce labor.

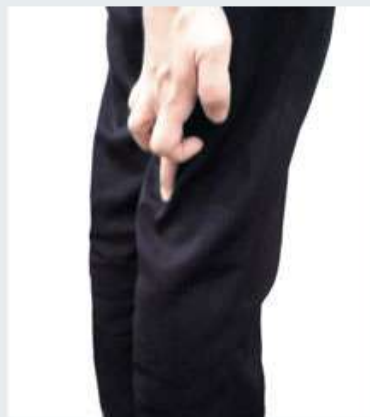
Meridian Point 3: Jumping Round/GB30



← **Step 1:** Use the knuckles to rub or tap the fleshy part of the buttocks for about half a minute to a minute.

This point may be rubbed or tapped for a regular basis of 5-7 times daily.

Meridian Point 4: Bend Middle/UB40



↑ **Step 1:** Bend Middle is located at the back of the knee, at the centre of the crease.

Step 2: Massage the point in a circular motion for about half a minute to a minute. Bend Middle may be massaged on a regular basis of 5-7 times daily.

Step 3: Repeat for the other leg.

NOTE: A word of caution, pregnant women are advised to avoid using Bend Middle.

Meridian Point 5: Back Ravine/SI3

This point can be used if the backache originated from the spinal area.



← **Step 1:** Back Ravine is located below the crease at the side of the palm.

Step 2: Press deep in a circular motion for about half a minute to a minute.

Step 3: Repeat for the other hand.

The point may be massaged regularly for 5-7 times daily.

NOTE: A word of caution, pregnant women are advised to avoid using Back Ravine.

Joint Condition

Arthritis can be categorized into 2 sub-categories: rheumatoid arthritis and osteoarthritis/osteoporosis.

Let's talk about rheumatoid arthritis first.

Rheumatoid arthritis is primarily an autoimmune disease. That is, a disease of the immune system. It is usually chronic, and may also affect other tissues and organs.

It occurs when the immune system attacks the body, or more accurately, at the lining of the membrane surrounding the joints, giving rise to inflammation of the joints.

Because of this inflammation, limbs may appear crooked. This also causes stiffness of joints and difficulty in mobility.

Onset of rheumatoid arthritis occurs more frequently around middle-age, although people of any age may be affected.

Osteoarthritis is a degenerative joint disease, meaning that it is a progressive condition as the body ages, so it likely affects older people.

The good news for this, as compared to rheumatoid arthritis, is that the condition can be alleviated through strengthening of the bones.

This is the reason why you may see people consuming supplements such as calcium tablets.

Besides consuming calcium, another effective way to strengthen the joints and bone is to exercise regularly.

While undergoing various treatments for joint problems, meridian therapy can also supplement the healing process. Here are 2 meridian points that can relieve the pain of joint stiffness.

Meridian Therapy

Meridian Point 1: Union Valley/LI4

(This meridian point is also used for headache, constipation, diarrhea and low blood pressure)



← **Step 1:** Spread the thumb and the index finger about 90-degree apart.

Step 2: Next, place the crease of the thumb of the other hand into the webbing between the thumb and index finger.



Step 3: Firmly press the tip of the thumb into the bone of the thumb and the index finger, nearer to the latter.

Repeat Steps 1-3 for the corresponding meridian on the other hand.

The point may be massaged on a regular basis of 5-7 times daily. Massaging this point keeps the joints warm.

NOTE: This point is **NOT** recommended for pregnant women because it may induce labor.

For people having gout issues, they should consider watching their diet and take care of the Leg Three Mile and Three Yin Intersection points.

Generally, a good practice is to rub the inner part of the leg along the spleen meridian line (just behind the shinbone).

Meridian Point 2: Pool At The Bend/LI11

(This meridian point is also used for constipation, skin condition and high blood pressure)

This meridian point is more for the joint pain in regards to the tennis elbow aches.



← **Step 1:** Flex the elbow. Pool At The Bend is located at the point of the elbow crease.



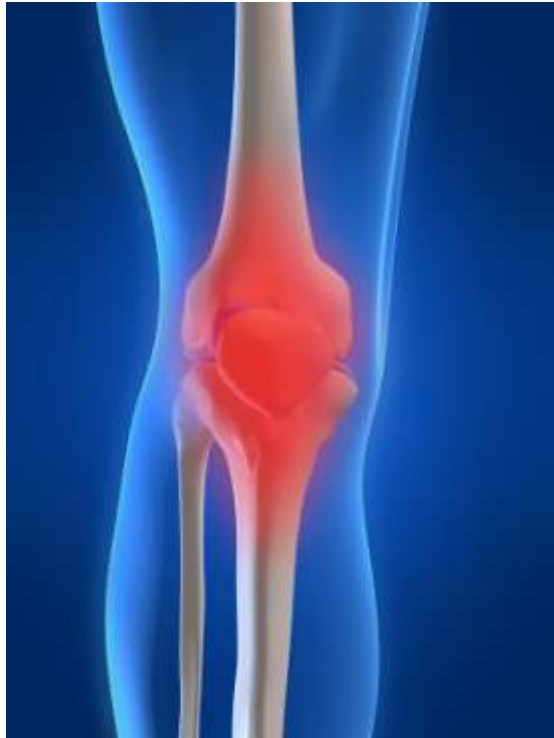
← **Step 2:** Release the pressure of the flex. Use the thumb to rub Pool At The Bend in a circular motion for about half a minute to a minute.



Step 3: Repeat for the other arm.

Pool At The Bend may be massaged on a regular basis of 5-7 times daily.

Knee Pain



Typically caused by wear-and-tear, knee pain is a common complain for many people, but more so among sportsmen.

The knees are a part of the body that cushions and absorbs a significant amount of the body's weight when it is on the move.

Zheng H was 70 years old when she attended our special workshop on boosting knee health.

When I first saw her, her right knee was showing signs of swelling. She mentioned having undergone acupuncture, but the procedure seemed to have little effect.

After attending the meridian therapy workshop, she started practicing the Qi-Flexercise.

A few weeks later, her knee pain reduced significantly.

At the end of 8 weeks, she proudly announced that she could walk at a faster pace than others her age, with very minimal pain.

This is where meridian therapy comes in handy.

Whether the pain is due to acute strain or is in fact a long, chronic, muscular issue, meridian therapy can help relieve the pain. Massaging the meridian points also reduces swelling and increases blood circulation to the knee area.

Other than using the following meridian points to alleviate the problem, anyone suffering from knee pain should consider low-impact resistance training to strengthen the thigh and calf muscles.

Meridian Therapy

Meridian Point 1: Calf's Nose/ST35



↑ **Step 1:** Calf's Nose is found at the hollow of the kneecap.

Step 2: Massage the area in a circular motion for about half a minute to a minute. It may be massaged regularly for 5-7 times daily.

Step 3: Repeat for the other leg.

Meridian Point 2: Yang Mound Spring/GB34



↑ **Step 1:** Locate the joint part at the side of the knee.

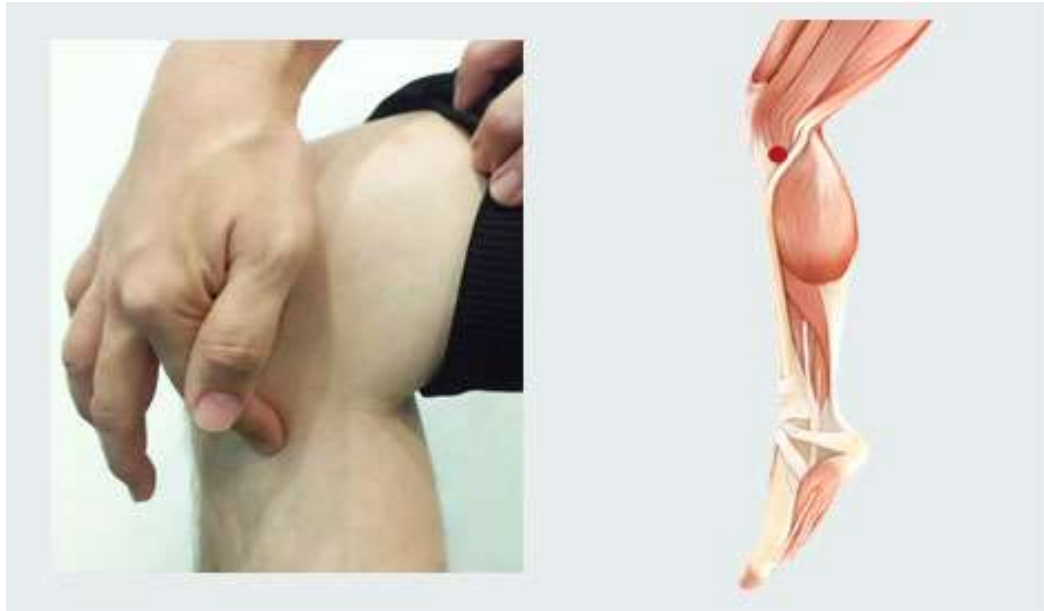
Step 2: Feel for the depression at the side.

Step 3: Gently rub the area in a circular motion for about half a minute to a minute. The point may be massaged on a regular basis of 5-7 times daily.

Step 4: Repeat for the other leg.

Meridian Point 3: Yin Mound Spring/SP9

This point is located at the inner part of the leg.



↑ **Step 1:** Locate the inner corner part of the knee joint.

Step 2: Gently rub the area in a circular motion for about half a minute to a minute. The point may be massaged on a regular basis of 5-7 times daily.

Step 3: Repeat for the other leg.

NOTE: A word of caution, pregnant women are to only rub lightly on this point.

Menstrual Cramp

Menstrual cramp (or also known as dysmenorrhoea) is a condition of painful periods that interfere with daily activities.

Symptoms include: abdominal cramping, bloating, breast tenderness and lower-back aches.

However, there are some conditions which can also cause menstrual cramps, such as contracted cervix, pelvic tension and uterine inflammation etc, and these points would require a doctor's consultation.

For women, calcium is one very important nutrient, for 2 main reasons.

Firstly, osteoporosis is a woman's enemy. The condition affects about 55% of Americans aged 50 and above. And of this 55%, approximately 80% are women. It is responsible for millions of fracture incidents, especially among older folks.

Secondly, calcium can prevent menstrual cramps, as it helps muscles and nerves relax.

Usually, a week or so before menstruation sets in, calcium levels are known to drop substantially. This results in premenstrual tension, bloating, and headaches. As such, do take note of your calcium intake as you age.

The meridian therapy for this particular ailment is combined with a water remedy.

Basically, the water remedy involves you warming various meridian points to help relieve menstrual cramps. We recommend that you apply this particular remedy for 2-3 times on a weekly basis.

Also include pressing of the following Meridian Points 1-3.

The Water Remedy:

- **Step 1:** Prepare a basin of warm water (about 40 degrees Celsius) up to the height of the Three Yin Intersection on the leg (see below). The basin ought to be large enough to soak both feet in.
- **Step 2:** Soak feet in for 20-30 minutes.
- **Step 3:** If the water turns cold due to the surrounding temperatures, to clear the basin and replenish with another fresh batch of warm water.

This in effect warms the 3 meridian points instrumental to relieving the symptoms of menstrual cramp: Gushing Spring, Three Yin Intersection and Great Surge.

NOTE: A word of caution here, pregnant women are advised to avoid using all these meridian points as they may induce labor.

Meridian Therapy

Meridian Point 1: Gushing Spring/KD1

(This meridian point is also used for insomnia and the foundation technique)



← **Step 1:** Gushing Spring is located at the mid-point of the fleshy halves of the sole.

Step 2: Press the point for about half a minute to a minute.

Step 3: Repeat for the other sole.

Press on a regular basis of 5-7 times daily.

Meridian Point 2: Three Yin Intersection/SP6

(This meridian point is also used for bad breath, heartburn, high blood pressure and the foundation technique)



↑ **Step 1:** First, locate the tip of the ankle bone.



↑ **Step 2:** Next, estimate about 4 fingers' width up from the tip of the ankle bone. Find the inner point behind the shinbone. This is the Three Yin Intersection.



↑ **Step 3:** Rub the thumb on the meridian point in a circular motion. An alternative method is to rub the point upwards.

Step 4: Repeat for the other leg.

The point may be massaged for about 5-7 times daily at half a minute to a minute.

Meridian Point 3: Hidden White/SP1



← **Step 1:** Hidden White is situated at the outer corner of the nail of the big toe.

Step 2: This point is not meant to be massaged, but to be warmed. Apply a hair-dryer on the point for about 5-10 minutes or before, when relief has been effected.

NOTE: As with any other heating appliances, care should be taken not to use it for too long and cause overheating of the appliance and cause injury or burn to the skin.

Interestingly, in the olden days, when no hair-dryer was invented yet, a Chinese herb moxa (from dried mugwort) was used to apply on the point.

Meridian Point 4: Great Surge/LV3

(This meridian point is also used for high blood pressure and depression)



↑ **Step 1:** Great Surge is located in between the 2 bones of the big toe and the index toe.



↑ It can also be 'measured' on one and a half's thumb distance from the meeting point between the big toe and the index toe.

Step 2: Rub the point upwards into the bone (toward the toes), for about half a minute to a minute.

Step 3: Repeat for the other leg.

It is also advisable to keep the womb 'warm' by rubbing it warm i.e. the area beneath the navel.

Insomnia

Sufficient sleep is one of the greatest factors for excellent health.

Yet, many people often have difficulty falling asleep, or are light sleepers. Sleep that is prematurely disrupted may eventually lead to irritability, compromised state of attention, ill health, and in very unfortunate circumstances, even accidents.

Causes of insomnia can include:

- Significant life changes (loss of job, death of loved one, divorce, moving etc)
- Chronic stress (anxiety, depression etc)
- Emotional or physical discomfort
- Environmental factors (light, noise, temperature etc)
- Medication

Insomnia can occur at any age, though it may be more common in the elderly.

Angela M was in her 60s when she attended my workshop. For people of her age, there is a high tendency for qi deficiency, or feelings of "sluggishness".

Upon careful observation, I noticed that Angela's tongue and lips had a purplish tinge to them. She also revealed that she had a problem of falling asleep whenever she woke up in the middle of the night.

Angela applied the techniques that I taught her and sure enough, several nights later, she regained her ability to sleep well again.

I also advised her to consider exercising on a regular basis, and to engage her whole body. Doing so would help eliminate her sensation of "sluggishness" and promote healthy flow of qi and blood circulation.

On top of that, I advised her to consider consuming dates, millet and walnut so as to 'replenish' her qi.

Insomnia is closely related to anxiety so you may refer to the section on anxiety (see pg 151).

'Self-programming' yourself is another possible solution.

Many participants of my workshop have told me, "I ALWAYS cannot sleep well."

What they don't realize is that by making similar statements in their mind every night (and it's very likely that simply by worrying about their inability to sleep, they inadvertently were making such statements), they're actually "programming" themselves to NOT sleep!

So if you're having trouble sleeping, DON'T tell yourself that you can't sleep. Refrain from making such statements, whether during the day or night.

According to traditional Chinese medicine philosophies, insomnia is the result of uneven qi distribution. In order to correct this imbalance of the meridians, you may use meridian therapy.

These points can be stimulated while laying comfortably in bed. It would be advisable to

keep your eyes closed while you're doing this, so you'll find it easier to fall asleep once you've completed the therapy.

Most importantly, do NOT look at the time if you decide to get up after the therapy. Otherwise, you'll only subconsciously 'self-program' yourself by causing undue anxiety about your "inability" to sleep.

Meridian Therapy

Meridian Point 1: Spirit Gate/HT7

(This meridian point is also used for heartburn, high blood pressure, low blood pressure, palpitation, anxiety and depression)



↑ **Step 1:** First, locate the area between the joint of the wrist and the hollow part of the bone.



↑ **Step 2:** Next, use the thumb to gently press or rub on the Spirit Gate in a circular motion for about half a minute to one minute. This may cause the person to burp.

Step 3: Repeat for the other hand.

The point may be massaged 5-7 times daily.

Meridian Point 2: Inner Pass/PC6

(This meridian point is also used for high blood pressure, low blood pressure, anxiety and depression)



↑ **Step 1:** From the wrist line, measure about 3 finger's distance away.



← **Step 2:** Inner Pass is the meridian point at the mid-point of the arm's breath. Gently rub on it in a circular motion for about half a minute to a minute.

Step 3: Repeat for the other hand.

The point may be massaged 5-7 times daily.

NOTE: This point can be massaged while on the bed; it is not necessary to get off the bed and perform the therapy (as with the rest of the points here).

NOTE: This point may be used by pregnant women as a calming relief and to relieve morning sickness symptoms.

Meridian Point 3: Great Sun/Extraordinary Point



↑ **Step 1:** Rub the temple area on both sides, the area of an Extraordinary Point, the Great Sun, for about half a minute to a minute.



The points may be massaged on a regular basis of 5-7 times daily.

Meridian Point 4: Wind Pool/GB20

(This meridian point is also used for headache, eye, sinus, neck tension, shoulder tension, high blood pressure and stress-related symptoms)



↑ **Step 1:** Find the base of the skull at the back of the head.



↑ **Step 2:** Feel for the 2 muscles which flank the back of the neck.



↑ **Step 3:** Feel for the joint part, between the skull and muscle.



↑ **Step 4:** About one-thumb distance away, there is a hollow part.



↑ **Step 5:** Press with thumb on the hollow.



↑ **Step 6:** Rub in a circular motion about 1-2 minutes. The rest of the fingers are placed on the side of the head for support.



↑ Alternatively, the point can be rubbed down using 3 fingers (index, middle and ring finger).



The point can be also massaged until the acute pain subsides.

People might feel stressed due to stiff neck and shoulder, hence the massage of this point.

Meridian Points 5-6: Gushing Spring/KD1 & Labor Palace/PC8

(KD1 is also used for menstrual cramp and the foundation technique, while PC8 is also used for palpitation and anxiety)



↑ **Step 1:** First, clench the fist. Next, release all fingers except the middle finger. The point on the palm which the middle finger presses on is the Labor Palace.



↑ **Step 2:** Gushing Spring is located at the mid-point of the fleshy halves of the sole.



↑ **Step 3:** Rub the Labor Palace against Gushing Spring.

Step 4: Repeat for the other leg.

This is to be done for about 3-5 minutes, which may be equivalent to about 100 times. DO NOT count, because it may increase the anxiety level.

NOTE: A word of caution, pregnant women are to avoid using this point as it may induce labor.

Depending on the extent of insomnia, hypnotherapy may also be used to relieve the ailment.

Besides that, a simple tapping exercise can also be used. While tapping, keep yourself in a relaxed mood and tell yourself not to be bothered. The higher your anxiety level, the harder you will find it to sleep.



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.

High Blood Pressure

Curtis G, a manager in his mid-50s, attended our meridian therapy workshop in 2011. He was looking for an all-natural solution for an issue he'd had for sometime: Vertigo.

Vertigo is a condition where the afflicted person experiences dizziness to the point it affects their ability to stand or keep their balance as they walk.

He was also diagnosed with high blood pressure, or also known as hypertension, which was unfortunately not well-controlled, even though he was under medication.

During the workshop, he was introduced to the Inner Pass and Spirit Gate meridian points that would help calm him and regulate his heartbeat.

A month later, he managed to bring his vertigo condition under control!

As he continued attending our comprehensive 6-week program, he found that his blood pressure had stabilized by the 4th week.

Upon further inquiry, we found that Curtis was a food lover, particularly barbecued and deep fried foods, so we advised him to monitor his diet closely.

So what exactly is high blood pressure?

Why is it considered a chronic disease, and even dangerous to some?

First of all, high blood pressure (hypertension) is a condition where blood pressure in the arteries (vessels that carry blood away from the heart) is elevated.

Blood pressure is classified as a serious condition because it may lead to coronary heart disease, heart failure, kidney failure, stroke and other health issues.

Recent statistics state that 1 in 3 adults in the States have high blood pressure!

The worst thing about this disease is that there are no signs or symptoms. You may have it for years without even realizing it.

It's like a ticking time bomb inside you, waiting to go boom!

High blood pressure doesn't discriminate.

It can happen to both skinny people. It can happen to people who are overweight.

So you need to keep an eye on both your diet and your lifestyle.

If you have been prescribed medication for your condition by your doctor, you should continue with the course of treatment until otherwise instructed.

Here is a general self-check list to determine whether you have a healthy lifestyle:

- Do I have sufficient sleep (about 7 hours)?
- Do I sleep early and avoid staying up late at night?
- Do I have a balanced food intake lifestyle?
- Do I have an active lifestyle?
- Do I have sufficient daily activity which requires me to exercise nearly all parts of my body, such as fingers, toes and the abdomen?
- Do I manage my stress levels well and avoid suppressing my emotions?

If you have answered 'No' to any of them, it may be time to reconsider your general

lifestyle and what you can do to eliminate the bad habit.

The following points help to regulate the blood pressure so that it doesn't elevate to too high a level:

- Spirit Gate
- Inner Pass
- Great Surge
- Three Yin Intersection
- Pool At The Bend

If there is giddiness being experienced in a high blood pressure situation, the additional points can be used to relieve giddiness:

- Wind Pool
- Shoulder Well

Meridian Therapy

Meridian Point 1: Spirit Gate/HT7

(This meridian point is also used for heartburn, insomnia, low blood pressure, palpitation, anxiety and depression)



↑ **Step 1:** First, locate the area between the joint of the wrist and the hollow part of the bone.



↑ **Step 2:** Next, use the thumb to press or rub on the Spirit Gate in a circular motion for about half a minute to one minute. This may cause the person to burp.

Step 3: Repeat for the other hand.

The point may be massaged 5-7 times daily.

Meridian Point 2: Inner Pass/PC6

(This meridian point is also used for insomnia, low blood pressure, anxiety and depression)



← **Step 2:** Inner Pass is the meridian point at the mid-point of the arm's breath. Gently rub on it in a circular motion for about half a minute to a minute.

Step 3: Repeat for the other hand.

The point may be massaged 5-7 times daily.

NOTE: This point may be used by pregnant ladies as a calming relief and to relieve morning sickness symptoms.

↑ **Step 1:** From the wrist line, measure about 3 finger's distance away.

Meridian Point 3: Wind Pool/GB20

(This meridian point is also used for headache, eye, sinus, neck tension, shoulder tension, insomnia and stress-related symptoms)



↑ **Step 1:** Find the base of the skull at the back of the head.



↑ **Step 2:** Feel for the 2 muscles which flank the back of the neck.



↑ **Step 3:** Feel for the joint part, between the skull and muscle.



↑ **Step 4:** About one-thumb distance away, there is a hollow part.



↑ **Step 5:** Press with thumb on the hollow.



↑ **Step 6:** Rub in a circular motion about 1-2 minutes. The rest of the fingers are placed on the side of the head for support.



↑ Alternatively, the point can be rubbed down using 3 fingers (index, middle and ring finger).



The point can be also massaged until the acute pain subsides.

People might feel stressed due to stiff neck and shoulder, hence the massage of this point.

Meridian Point 4: Shoulder Well/GB21

(This meridian point is also used for headache, neck tension, shoulder tension and stress-related symptoms)

This point is located at the neck/shoulder region.



← **Step 1:** Use the outer length of the thumb and place it at the corner of the neck and shoulder.



↑ **Step 2:** Curl the other 4 fingers together.



↑ **Step 3:** Rest the fingers over the shoulder. The fingers should press into the shoulder muscle.



↑ The middle finger is likely to press into the sensitive area. This is the Shoulder Well meridian.

The Shoulder Well point is a tension-release point. So, if it is rotated backward, a sore sensation will be experienced.

The Shoulder Well meridian can be massaged in 2 ways:

Firstly, rub along the shoulder area with all fingers from half a minute to 1 minute. Alternatively, the knuckle may be used.

Secondly, a forward/backward rotation technique can be used.



Step 1: Lift the shoulder up and backwards in a gradual flexing/rotating motion.

Step 2: Rotate the shoulder in a backward motion 3 times.

Step 3: Rotate the shoulder in a forward motion 2 times.

Repeat Steps 1-3 for 2 sets each, and for both shoulders. The point may be massaged on a regular basis of 5-7 times daily.

NOTE: A word of caution here, the Shoulder Well is **NOT** to be pressed hard or firmly massaged by pregnant women as it may induce labor.

Meridian Point 5: Great Surge/LV₃

(This meridian point is also used for menstrual cramp and depression)



↑ **Step 1:** Great Surge is located in between the 2 bones of the big toe and the index toe.



↑ It can also be 'measured' on one and a half's thumb distance from the meeting point between the big toe and the index toe.

Step 2: Rub the point upwards into the bone, at about half a minute to a minute.

Step 3: Repeat for the other leg.

NOTE: This point is to be avoided by pregnant women, as it may induce labor.

Meridian Point 6: Three Yin Intersection/SP6

(This meridian point is also used for bad breath, heartburn, menstrual cramp and the foundation technique)



↑ **Step 1:** First, locate the tip of the ankle bone.



↑ **Step 2:** Next, estimate about 4 fingers' width up from the tip of the ankle bone. Find the inner point behind the shinbone. This is the Three Yin Intersection.



↑ **Step 3:** Rub the thumb on the meridian point in a circular motion. An alternative method is to rub the point upwards.

Step 4: Repeat for the other leg.

The point may be massaged for about 5-7 times daily at half a minute to a minute.

NOTE: This point is to be avoided by pregnant women, as it may induce labor.

Meridian Point 7: Pool At The Bend/LI11

(This meridian point is also used for constipation, skin condition and joint condition)

When constipation occurs, the body may lapse into lethargy. This may cause an outbreak of acne. This point will help to relieve some external symptoms of constipation such as acne.



← **Step 1:** Flex the elbow. Pool At The Bend is located at the point of the elbow crease.



↑ **Step 2:** Release the pressure of the flex. Use the thumb to rub Pool At The Bend in a circular motion for about half a minute to a minute.

Step 3: Repeat for the other arm.

Pool At The Bend may be massaged on a regular basis of 5-7 times daily.

Low Blood Pressure

As the name suggests, low blood pressure is where the force of blood pushing against the arteries is very low.

We've already addressed the issue of high blood pressure in pg 126 and the dangers that come with the condition.

Depending on the severity of the issue, some people might not experience any difficulty with their daily routine.

However, there will be times when they might stand up too abruptly after squatting or bending down for an extended period of time, and subsequently experience dizziness.

Massaging Spirit Gate, Inner Pass and Sea of Blood is a good every day routine for people afflicted with low blood pressure.

Generally, most people with low blood pressure tend to feel a tender or numb sensation while massaging the Sea of Blood point.

Alternatively, people who do not experience numbness at Sea of Blood experience it at Spirit Gate meridian point instead.

Some may even experience issues with their digestive system. The reason for this could be the weakening of the stomach and spleen meridians.

For this particular group of people, massaging the Leg Three Mile and Three Yin Intersection will be beneficial in relieving low blood pressure.

Meridian Therapy

Again, we have to remind you here that if you've been prescribed medication by your doctor, you should continue with the course of treatment until otherwise instructed.

The following points help to regulate the blood pressure so that it doesn't elevate to too high a level.

Meridian Point 1: Spirit Gate/HT7

(This meridian point is also used for heartburn, insomnia, high blood pressure, palpitation, anxiety and depression)



↑ **Step 1:** First, locate the area between the joint of the wrist and the hollow part of the bone.



↑ **Step 2:** Next, use the thumb to gently press or rub on the Spirit Gate in a circular motion for about half a minute to one minute. This may cause the person to burp.

Step 3: Repeat for the other hand.

The point may be massaged 5-7 times daily.

Meridian Point 2: Inner Pass/PC6

(This meridian point is also used for insomnia, high blood pressure, anxiety and depression)



↑ **Step 1:** From the wrist line, measure about 3 finger's distance away.





← **Step 2:** Inner Pass is the meridian point at the mid-point of the forearm's breath. Gently rub on it in a circular motion for about half a minute to a minute.

Step 3: Repeat for the other hand.

The point may be massaged 5-7 times daily.

NOTE: This point may be used by pregnant ladies as a calming relief and to relieve morning sickness symptoms.

Meridian Point 3: Sea of Blood/SP10



← **Step 1:** Cup an outstretched palm onto the knee. Sea of Blood is the point where the thumb touches the inner knee.

Rub the point in a circular motion for about half a minute to a minute.

Step 2: Repeat for the other leg.

The point may be massaged on a regular basis of 5-7 times daily.



← Alternatively, the clenched fist is placed in between the thighs, nearer to the knees, and rocked left and right to stimulate the area which covers Sea of Blood.

Meridian Point 4: Union Valley/LI4

(This meridian point is also used for headache, constipation, diarrhea and joint condition)



Step 1: Spread the thumb and the index finger about 90-degree apart.

Step 2: Next, place the crease of the thumb of the other hand into the webbing between the thumb and index finger.



← **Step 3:** Firmly press the tip of the thumb into the bone of the thumb and the index finger, nearer to the latter.

Repeat Steps 1-3 for the corresponding meridian on the other hand.

The point may be massaged on a regular basis of 5-7 times daily.

NOTE: This point is NOT recommended for pregnant women because it may induce labor.

Palpitation

Palpitation refers to an abnormality of heartbeat. This kind of abnormality can include unnoticed skipped beats, accelerated heart rate and noticeable discomfort accompanied by dizziness. Someone afflicted with this condition may also have difficulty breathing.

Palpitations without underlying heart diseases are generally considered benign. However, it may also be an indication of serious cardiovascular conditions such as coronary heart disease, so you should never be quick to dismiss any irregularity you might notice.

Palpitations are thought to be brought on by psychological and physical factors. Psychological factors include anxiety, panic, stress, among other things. Physical factors include alcohol, caffeine and cocaine addiction, and the like.

Such palpitation attacks can last for a few seconds to a few hours. They may also be infrequent or daily occurrences.

Symptoms accompanying palpitation may include perspiration, frequent headaches, chest pains and others.

Meridian Therapy

Meridian Point 1: Spirit Gate/HT7

(This meridian point is also used for heartburn, insomnia, high blood pressure, low blood pressure, anxiety and depression)



Step 1: First, locate the area between the joint of the wrist and the hollow part of the bone.



Step 2: Next, use the thumb to gently press or rub on the Spirit Gate in a circular motion for about half a minute to one minute. This may cause the person to burp.

Step 3: Repeat for the other hand.

The point may be massaged 5-7 times daily.

Meridian Points 2-3: Spirit Pathway/HT4 & Yin Cleft/HT6

Meridian therapy is to be concentrated on the area which covers the 2 meridian points as they are very close to each other.



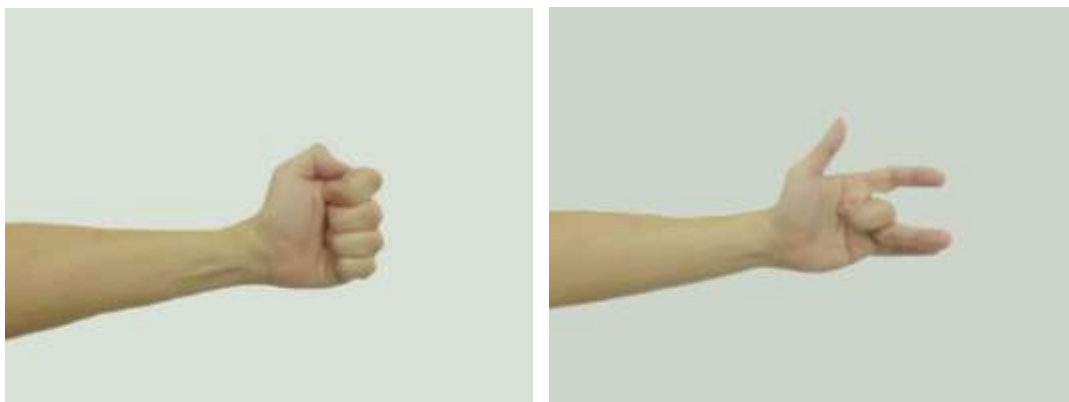
Step 1: Measure about 3 fingers' distance from the wrist. Gently rub the area to and forth of that point and the wrist.

Step 2: Repeat for the other hand.

This area may be pressed 5-7 times daily.

Meridian Point 4: Labor Palace/PC8

(This meridian point is also used for insomnia and anxiety)



Step 1: First, clench the fist. Next, release all fingers except the middle finger. The point on the palm which the middle finger presses on is the Labor Palace.

Step 2: Gently press on Labor Palace for about half a minute to a minute.

Step 3: Repeat for the other hand.

This point may be pressed 5-7 times daily.

Stress-Related Symptoms

Stress-related symptoms refer to symptoms triggered stress.

When you're feeling stressed, what are some of the things that you notice?

For instance, you might be stressed at work, and you unconsciously hunch your shoulders and back, inadvertently causing a strain in those areas.

Which of course leads to shoulder tension and backache.

Some of the more common stress-related conditions that people experience include headaches, stiff neck and shoulder tension, and insomnia.

For these particular aches, refer to the following corresponding meridian points:

- Headache – Wind Pool and Mastoid Bone
- Shoulder tension – Shoulder Well
- Wrist ache – Broken Sequence
- Backache – Celestial Gathering, Lung Shu, Pericardium Shu and Heart Shu

I've formulated my own meridian remedy for these points, and I've included it here as a bonus for you.

It's called the Qi-Tension Release Remedy.

Meridian Therapy

Meridian Point 1: Wind Pool/GB20

(This meridian point is also used for headache, eye, sinus, neck tension, shoulder tension, insomnia and high blood pressure)



↑ **Step 1:** Find the base of the skull at the back of the head.



↑ **Step 2:** Feel for the 2 muscles which flank the back of the neck.



↑ **Step 3:** Feel for the joint part, between the skull and muscle.



↑ **Step 4:** About one-thumb distance away, there is a hollow part.



↑ **Step 5:** Press with thumb on the hollow.



↑ **Step 6:** Rub in a circular motion about 1-2 minutes. The rest of the fingers are placed on the side of the head for support.



↑ Alternatively, the point can be rubbed down using 3 fingers (index, middle and ring finger).



The point can be also massaged until the acute pain at the neck subsides.

If there is any pain, it means that there is a blockage of qi.

In addition, during any acupressure session, breathe in a conscious manner. Breathe in fully, and deeply.

Meridian Point 2: Mastoid Bone/GB12

(This meridian point is also used for headache and neck tension)



↑ **Step 1:** Feel for the bone behind the ear.

At the back of the bone, there is a slight curve up backwards, a sharp edge.

Step 2: Rub the area with the index finger in a circular motion for about half a minute to a minute, to relieve the symptoms of headache.

This is to be done for both sides of the head. The point may be massaged on a regular basis of 5-7 times daily.

Meridian Point 3: Shoulder Well/GB21

(This meridian point is also used for headache, neck tension, shoulder tension and high blood pressure)



← **Step 1:** Use the outer length of the thumb and place it at the corner of the neck and shoulder.



↑ **Step 2:** Curl the other 4 fingers together.



↑ **Step 3:** Rest the fingers over the shoulder. The fingers should press into the shoulder muscle.



↑ The middle finger is likely to press into the sensitive area. This is the Shoulder Well meridian.

The Shoulder Well point is a tension-release point. So, if it is rotated backward, a sore sensation will be experienced.

The Shoulder Well meridian can be massaged in 2 ways:

Firstly, rub along the shoulder area with all fingers from half a minute to 1 minute. Alternatively, the knuckle may be used.

Secondly, a forward/backward rotation technique can be used.



Step 1: Lift the shoulder up and backwards in a gradual flexing/rotating motion.

Step 2: Rotate the shoulder in a backward motion 3 times.

Step 3: Rotate the shoulder in a forward motion 2 times.

Repeat Steps 1-3 for 2 sets each, and for both shoulders. The point may be massaged on a regular basis of 5-7 times daily.

NOTE: A word of caution here, the Shoulder Well is **NOT** to be pressed hard or firmly massaged by pregnant women as it may induce labor.

Meridian Point 4: Broken Sequence/LU7

(This meridian point is also used for headache and neck tension)

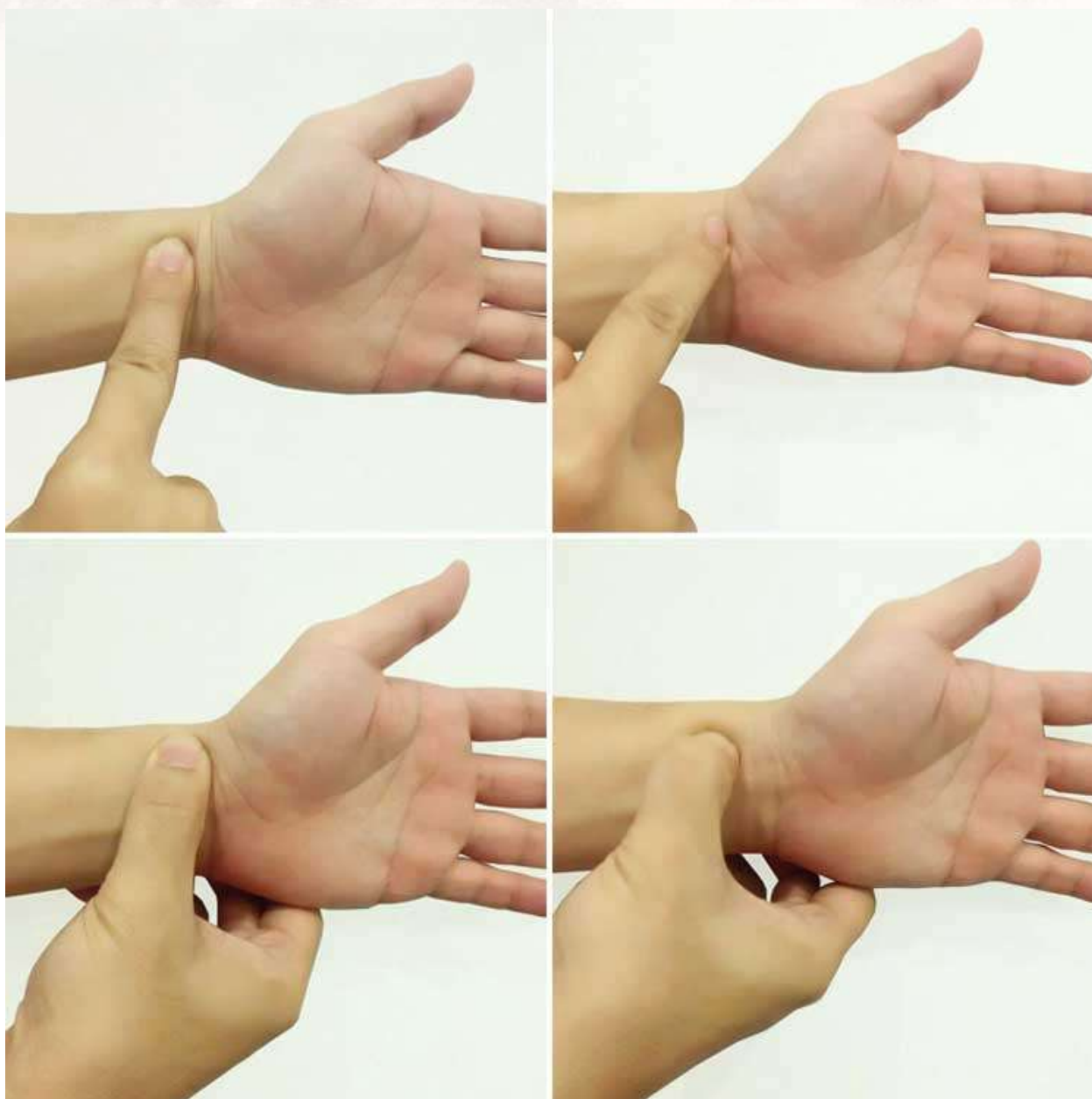


← **Step 1:** Spread the thumb and the index finger about 90-degree apart for both hands.

Step 2: Bring them together in a perpendicular manner and close the fingers altogether.

The Broken Sequence meridian point is the point where the index finger touches the other hand. Rub the point in a gentle circular motion.

The point may be massaged on a regular basis of 5-7 times daily.



Another way for finding the point is to use the index finger to trace the outline of the bone down the arm to the wrist. The moment the finger reaches the wrist, that point is Broken Sequence.

Meridian Point 5: Celestial Gathering/Sl11

(This meridian point is also used for shoulder tension)



Step 1: First, locate the shoulder blade of your back.



Step 2: Next, locate the sharp corner at the blade. Celestial Gathering is situated 45-degree diagonal upward, at a hollow part. The point is to be rubbed in a circular motion for about half a minute to a minute.

NOTE: A word of caution, pregnant women are NOT to press hard on this point.

Meridian Points 6-8: Lung Shu/UB13 & Pericardium Shu/UB14 & Heart Shu/UB15

(These meridian points are also used for shoulder tension)

These 3 meridian points are located at the spine.



↑ **Step 1:** Feel for the location of the spine. The 3 points are clustered at both sides of the spine, about one and a half thumb's distance away from the spine.



← **Step 2:** Press at the area with a circular motion for about half a minute to a minute. Gradually move down the area, until the bottom of the shoulder blade region.

As you can see, for Points 3-6, it may not be easy to locate the meridians and would require another person's help in order to facilitate the relief actions.



A tennis ball may be used in lieu.



↑ **Step 1:** Stand at the wall, feet shoulder-width apart and eyes looking forward.

Step 2: Place the tennis ball at the shoulder blade region (Celestial Gathering) or at the spine (Lung Shu, Pericardium Shu and Heart Shu).

Step 3: Gradually lower the knees until about 45-degree angle to the feet, and allow the tennis ball to gently massage the respective points. Do this for about half a minute to a minute, and on a regular basis of 5-7 times daily.



If you find it difficult to attempt this position, a seated pose may also be used.

Bonus Technique: Qi-Tension Release Remedy

This is a special technique that we're sharing with you only here on Pure Natural Healing!

This adds on after Step 5 of the Wind Pool meridian point relief.



↑ **Step 1:** After locating the Wind Pool, grab the meridian points in a firm grip.



← **Step 2:** While having a firm grip on the neck, tilt the head slightly backwards and look up, and count to 10-20 times.

Step 3: Gradually release the pressure on the neck and resume original position.

Step 4: Repeat for another 2 times.

This remedy may be practiced on a daily routine of 5-7 times regularly.

Anxiety

Anxiety is something that everyone experiences every now and then.

It happens when we face uncertainty, when we chart new territories in our career or relationship. While it's something that most people dread, a little bit of stress and anxiety actually helps us to focus and deliver results.

Anxiety only becomes a problem when we become too concerned about the myriad of options and outcomes that lie ahead of us, resulting in us being unable to make up our mind.

On top of that, panic disorders can cause anxiety as well. Disorders such as obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and specific phobias also contribute to the problem.

While a little bit of anxiety can be considered normal, it becomes a problem when it escalates into a full blown disorder. When that happens, it can trigger stress so debilitating that the afflicted person may be unable to lead a normal life.

In this day and age, we are more vulnerable to extreme anxiety, due to the fast-paced society that we live in.

This may prove detrimental to our health in the long run.

Not too long ago, a client engaged me to develop a new training program for his staff. As he was someone I respected, I took extra time and care to work on the program.

While I was excited about what I believed to be my best work yet, I was also worried about the possibility of something going wrong. The night before the program was to be launched, I was not able to rest well, and ended up tossing and turning in bed.

To relieve my anxiety symptoms, I massaged the Hundred Convergences meridian point and rubbed the Inner Pass point.

While doing so, I also repeated the affirmation – “I trust my successful past experience will guide me to deliver the positive outcome. I am willing to let this emotion (anxiety) go away for the next 6 hours, so that I can sleep and rest well.”

I was able to fall asleep shortly after.

And as for the program? It was a resounding success!

Meridian Therapy

Meridian Point 1: Labor Palace/PC8

(This meridian point is also used for insomnia and palpitation)



↑ **Step 1:** First, clench the fist. Next, release all fingers except the middle finger. The point on the palm which the middle finger presses on is the Labor Palace.

Step 2: Repeat for the other leg.

This point may be massaged for 5-7 times daily.

Meridian Point 2: Spirit Gate/HT7

(This meridian point is also used for heartburn, insomnia, high blood pressure, low blood pressure, palpitation and depression)



↑ **Step 1:** First, locate the area between the joint of the wrist and the hollow part of the bone.



↑ **Step 2:** Next, use the thumb to gently press or rub on the Spirit Gate in a circular motion for about half a minute to one minute. This may cause the person to burp.

Step 3: Repeat for the other hand.

The point may be massaged 5-7 times daily.

Meridian Point 3: Inner Pass/PC6

(This meridian point is also used for insomnia, high blood pressure, low blood pressure and depression)



↑ **Step 1:** From the wrist line, measure about 3 finger's distance away.



↑ **Step 2:** Inner Pass is the meridian point at the mid-point of the arm's breath. Gently

rub on it in a circular motion for about half a minute to a minute.

Step 3: Repeat for the other hand.

The point may be massaged 5-7 times daily.

NOTE: This point may be used by pregnant ladies as a calming relief and to relieve morning sickness symptoms.

Meridian Point 4: Central Hub/PC9



↑ **Step 1:** Central Hub is located at the tip of the middle finger. Gently rub the center part of the first segment of the finger for about half a minute to a minute.

Step 2: Repeat for the other hand.

The point may be pressed for 5-7 times on a daily basis.

NOTE: This point may be used by pregnant women as a calming relief and to relieve morning sickness symptoms.

Meridian Point 5: Hundred Convergences/GV20

(This meridian point is also used for depression)



↑ **Step 1:** Gently tap from the top of the head. Tell yourself to relax.

Step 2: From the top of the head, move the tapping to the side of the head.

There is no fixed count for it. Once your anxiety abates, cease the tapping.

The point may be tapped on a regular basis of 5-7 times daily.

Depression

Depression is an emotional disorder that is commonly characterized by inactivity, grief, sadness, sorrow, the inability to focus and feelings of loss.

All these thoroughly affect a person's state of emotion, affecting the thoughts, behavior and actions.

Why does depression happen in the first place?

More likely than not, depression is a signal, one that we have to look out for. It's a signal that our life is becoming unbalanced, possibly due to something lacking in specific aspects of our lives that we're not aware of.

For example, one common reason that people have often cited is the feeling of lacking purpose in life. This inability to find purpose, to find meaning in life often leads to depression, just as a lack of nurturing relationships may trigger depression.

Depression may not always escalate into a severe psychiatric disorder, but most people often fall into a vicious cycle of self-destructive behavior in their attempt to deal with their depression.

This vicious cycle can "shut down" the body both physically and psychologically.

So how do you battle depression?

In order to effectively beat depression, you have to look into several facets of your life:

- **Diet** – Depression may be caused by deficiency of certain essential vitamins, hypoglycemia (low blood sugar), among other reasons.
- **Emotions** – Lack of close, nurturing relationships often leave a person untethered to the real world. In addition, negative attitudes and mindsets can also wreck havoc.
- **Goals** – It is important to have personal or work goals in life, because these things give a direction in life, so that we may pursue something and progress accordingly.

In acupressure terms, depression affects the lung, pericardium, heart and liver meridians. One can consider drinking flower tea, such as rose or lavender tea, as a way to sooth the stagnant qi which occurred due to depression.

Meridian Therapy

Meridian Point 1: Spirit Gate/HT7

(This meridian point is also used for heartburn, insomnia, high blood pressure, low blood pressure, palpitation and anxiety)



↑ **Step 1:** First, locate the area between the joint of the wrist and the hollow part of the bone.



↑ **Step 2:** Next, use the thumb to gently press or rub on the Spirit Gate in a circular motion for about half a minute to one minute. This may cause the person to burp.

Step 3: Repeat for the other hand.

The point may be massaged 5-7 times daily.

Meridian Point 2: Inner Pass/PC6

(This meridian point is also used for insomnia, high blood pressure, low blood pressure and anxiety)



↑ **Step 1:** From the wrist line, measure about 3 finger's distance away.





← **Step 2:** Inner Pass is the meridian point at the mid-point of the arm's breath. Gently rub on it in a circular motion for about half a minute to a minute.

Step 3: Repeat for the other hand.

The point may be massaged 5-7 times daily.

NOTE: This point may be used by pregnant ladies as a calming relief and to relieve morning sickness symptoms.

Meridian Point 3: Great Surge/LV3

(This meridian point is also used for menstrual cramp and high blood pressure)



↑ **Step 1:** Great Surge is located in between the 2 bones of the big toe and the index toe.



↑ It can also be 'measured' on one and a half's thumb distance from the meeting point between the big toe and the index toe.

Step 2: Rub the point upwards into the bone (toward the toes), at about half a minute to a minute.

Step 3: Repeat for the other leg.

For this particular ailment, Great Surge is an important meridian point to note.

This point can be pressed more regularly than the rest.

Alternatively, prepare a basin of water of about 40 degrees Celsius. Soak the feet in it for about 20-30 minutes. If necessary, clear the basin and fill with another round of warm water to repeat.

Meridian Points 4-5: Camphorwood Gate/LV13 & Cycle Gate/LV14

(These meridian points are also used for bloating & indigestion)



← **Step 1:** The Cycle Gate is located about 4 fingers' underneath the nipple.



↑ **Step 2:** In order to locate the Camphorwood gate meridian point, rest the chin on the palm. Bring the elbow close to the torso. The point on the torso which corresponds to the tip of the elbow is the Camphorwood Gate.



↑ **Step 3:** Use the palm to rub down from Cycle Gate to Camphorwood Gate in a downward direction about 10-20 times. The points may be massaged regularly for 5-7 times daily.

This can be done about 30 minutes after meal and may cause burping. If there is any discomfort, to try again 30 minutes later.

NOTE: A word of caution, pregnant women are NOT to do any tapping or firm pressing on these points.

Meridian Point 6: Hundred Convergences/GV20

(This meridian point is also used for anxiety)



↑ **Step 1:** Gently tap from the top of the head. Tell yourself to relax.

Step 2: From the top of the head, move the tapping to the side of the head.

There is no fixed count for it. Once your depression abates, cease the tapping.

The point may be tapped on a regular basis of 5-7 times daily.

The Foundation Technique: Overall Health & Immune Boosting

In my line of work, I've noticed a few common ailments that people often experience. Most of the participants of my workshops typically complain about the common cold, cough, lethargy, not being able to sleep well, weight problems (overweight or underweight), and problems with digestion.

There are 3 specific meridian points that can be stimulated to strengthen the body and improve overall fundamental health.

These 3 specific meridian points are: Gushing Spring, Leg Three Mile and Three Yin Intersection.

These 3 points are also the longevity points.

Do note that here, longevity does not mean living past 80, 90, or even 100 years old.

Rather, longevity here refers to being healthy, having the ability to retain a strong

physiology, and to perform daily routine activities without having to depend on anyone, or any medication despite being well advanced in years.

While the 3 points can improve qi and blood circulation, it is recommended that you regularly stimulate these points to improve not only your qi, but your digestion as well.

This way, you should also be able to maintain your weight, while restoring your qi to its optimal level for great health.

NOTE: A word of caution here, pregnant women are to avoid using these 3 longevity points as it may induce labor.

Central Palace is included here because it is one vital meridian point that can reduce cough and flu. With regular stimulation of the meridian, the immune system is strengthened, resulting in a lesser incidence of the ailment.

Meridian Point 1: Gushing Spring/KD1

(This meridian point is also used for menstrual cramp and insomnia)



← **Step 1:** Gushing Spring is located at the mid-point of the fleshy halves of the sole. Press on the meridian point for about half a minute to a minute.

Step 2: Repeat for the other leg.

The point may be pressed on a regular basis of 5-7 times daily.

Meridian Point 2: Leg Three Mile/ST36

(This meridian point is also used for bad breath, common cold, asthma, heartburn, stomachache, bloating & indigestion and diarrhea)



← **Step 1:** In a sitting position, place the thumb at the hollow part of the kneecap. The rest of the fingers are to cover the area below the kneecap.



← **Step 2:** At the location of the last finger covering the area, measure about one thumb's distance away from the shinbone. The point is on the outside of the leg, at the muscle area. Tap or knock on the point with a loose fist, or press firmly for about a minute.

Step 3: Repeat for the other leg.

The point may be massaged on a regular basis of 5-7 times daily.

Meridian Point 3: Three Yin Intersection/SP6

(This meridian point is also used for bad breath, heartburn, menstrual cramp and high blood pressure)



← **Step 1:** First, locate the tip of the ankle bone.



↑ **Step 2:** Next, estimate about 4 fingers' width up from the tip of the ankle bone. Find the inner point behind the shinbone. This is the Three Yin Intersection.



↑ **Step 3:** Rub the thumb on the meridian point in a circular motion. An alternative method is to rub the point upwards.

Step 4: Repeat for the other leg.

The point may be massaged for about 5-7 times daily at half a minute to a minute.

Meridian Point 4: Central Palace/LU1

(This meridian point is also used for sinus, cough, asthma, bloating & indigestion and skin condition)



↑ **Step 1:** Feel for the collar bone at the base of the neck. Place the index finger at the hollow part beneath the collar bone.

Step 2: Place the next 3 fingers with the index finger. The point below the ring finger, or the fourth finger, is the Central Palace meridian.

Step 3: Gently rub the point in a circular motion for half a minute to a minute.

Step 4: Repeat for the other side of collar bone.

The point may be massaged for 5-7 times daily on a regular basis.

NOTE: The Central Palace point may induce burping, an indication of a poor digestive system.

What's Next?

We've come to the end of Pure Natural Healing.

Although we have provided you with a comprehensive answer to the more common ailments that you might experience, this is by no means the end of your journey to attaining great health.

You may have successfully mastered the various meridian therapy techniques, but simply put, lifelong wellness is not just about alleviating common ailments.

There is a lot more you have to keep in mind if you want to achieve perfect health.

For instance, diet is a significant factor to your health. Every food you eat has a fundamental bearing on your overall well-being. Foods such as processed foods, chips, sodas, and fast-food will do you more harm than good in the long run.

In fact, these kinds of food are - more often than not - responsible for a number of health problems plaguing most parts of the world today, not just America.

Obesity, diabetes, heart attacks... you name it. But food is not the only factor you have control of.

Physical activity is also key to perfect health. You need to have sufficient exercise to burn the calories you take in every day, more so if you decide to indulge in unhealthy foods. Jogging once a month around the neighborhood isn't going to cut it.

Make gradual changes in your daily activities. Start by walking a block or two further than your usual route. Take the stairs instead of the elevator. Alight a bus-stop away from your destination and walk the rest of the way there. The point here is to get your body moving, to engage your muscles and be physically active, especially if you lead a sedentary (read: deskbound) life.

As you can see, Pure Natural Healing is merely the beginning of your journey to great health and wellness. We look forward to seeing you again, because we'll have more great programs for you in the near future. You can find out more at www.PureNaturalHealing.com.

This has been Kevin Richardson and Master Lim, wishing you the best in your journey to great health!

Kevin & Lim