

NEURO-LYMPHATIC POINTS

(KINESIOLOGY)

Neuro-lymphatic massage is an incredibly simple system of manual manipulation (done with your hands) of specific points on the physical body. For the most part, these points run down each side of the spine and sternum. They are stimulating neurologically to the lymphatic system in each area of the body (and to the organs and glands themselves).

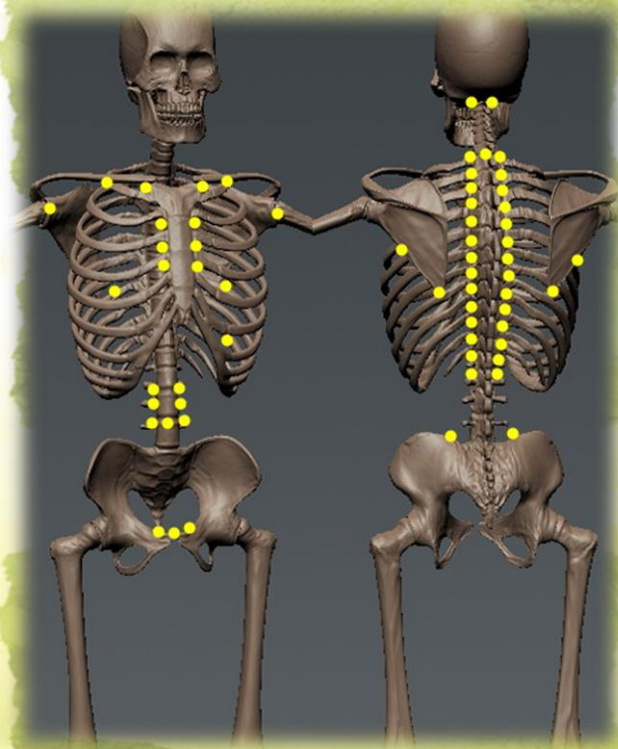
Down the Back: Start at the top of the spine at the base of the skull and work clockwise in a circular motion on each point down the spine to the tailbone. The points are located every 2" or where the ribs come in and create an indentation. Work each indentation.

If you're not sure, it's OK! Every 2" is fine. Again you're looking for the harder, thicker areas; like when you have a stiff neck or tight shoulder.

Down the Front: Start at the top of the upper ribs/sternum and work clockwise in a circular motion. Work down the sternum in between the ribs (where they meet the sternum).

The above is a simplistic approach and overview to the world of Kinesiology, which is mostly chiropractic driven. There are many detailed charts available.

Working these points one to two times a day (a friend or family member can do it for you!) will greatly help move your lymphatic system.



*Front and Back Locations of Major
Neuro-Lymphatic Massage Points*

Note: These points are massaged clockwise to strengthen and counterclockwise to weaken. So unless you are specifically working to weaken an overactive area, you would ALWAYS move in a clockwise direction. You can use your fingers, thumbs, or knuckles. You are looking for tightness, thickness, tenderness or pain.