

"Learn to heal yourself"

Tapping, On Achilles tendon

(30~50 taps)



1. Straighten legs and lift a foot.
 2. Drop the foot to strike Achilles tendon on the pillow.
 3. Alternate dropping left and right feet.
- Strengthens kidneys and bladder.

On Lower Back

(2min;
twice a day)



1. Place your lower back on the pillow.
2. Straighten legs down and arms up.
3. Relax your body in comfort.

- Treats incontinence, hemorrhoids, and back pain.

On Upper Back

(5min)



1. On the 7th thoracic vertebra (leveling with the interior angle of scapula).
2. Straighten legs down and arms up.

- Aligns the spine/posture, promotes the health of stomach, lungs & liver, and treats hypertension, insomnia and obesity.

Head-Shaking, On Neck

(1~2min)



1. Place your neck on the pillow and keep gently turning your head left to right as leveling your chin and forehead.

- Stimulates local acupuncture points to promote the smooth flow in Channels & Collaterals, loosens the stiff neck from stress, and improves the blood flow to the brain to rid of fatigue.

