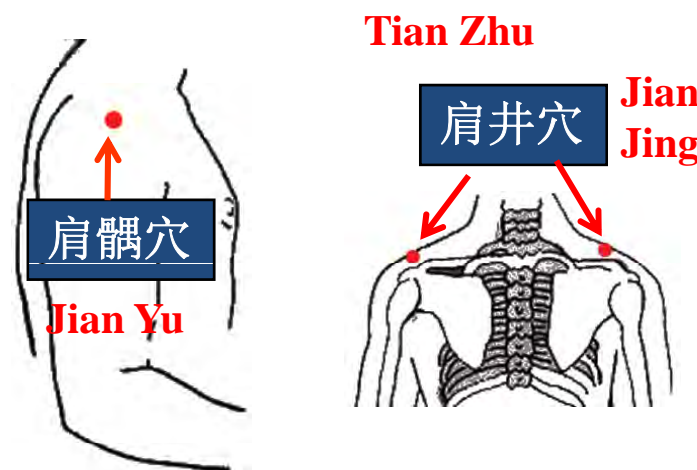
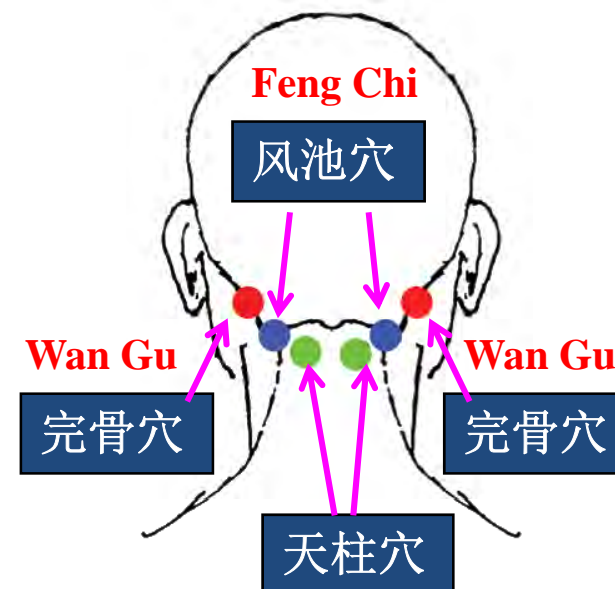


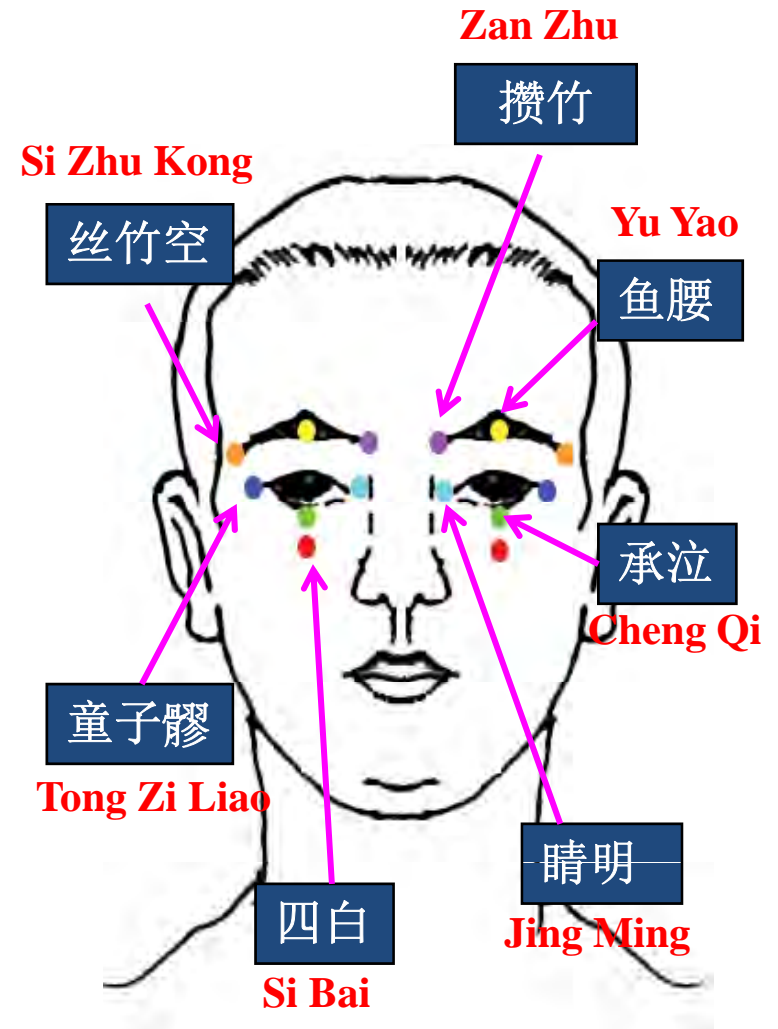
Various Kinds of Healing Methods -1

<p>Ailments</p>	<p>Headache/Migraine</p> <p>Headache/Migraine is a common symptom for illnesses or chronic illnesses but sometimes it could be caused by tiredness or change of weather.</p> <p>Ladies may also suffer from headache/migraine during their menstruation or imbalance of the Autonomic nervous system or sensitive physique.</p>
<p>Healing Methods</p>	<p>One hand on C6 & C7, one hand on the back neck (Wan Gu, Feng Chi and Tian Zhu acupuncture pts) then followed by on the shoulder (Jian Yu and Jian Jin acupuncture pt).</p> <p>Perform healing on chakras and ailment area. Remember to perform the “Clear through”, “Sweep along” and “Grasp” action.</p>



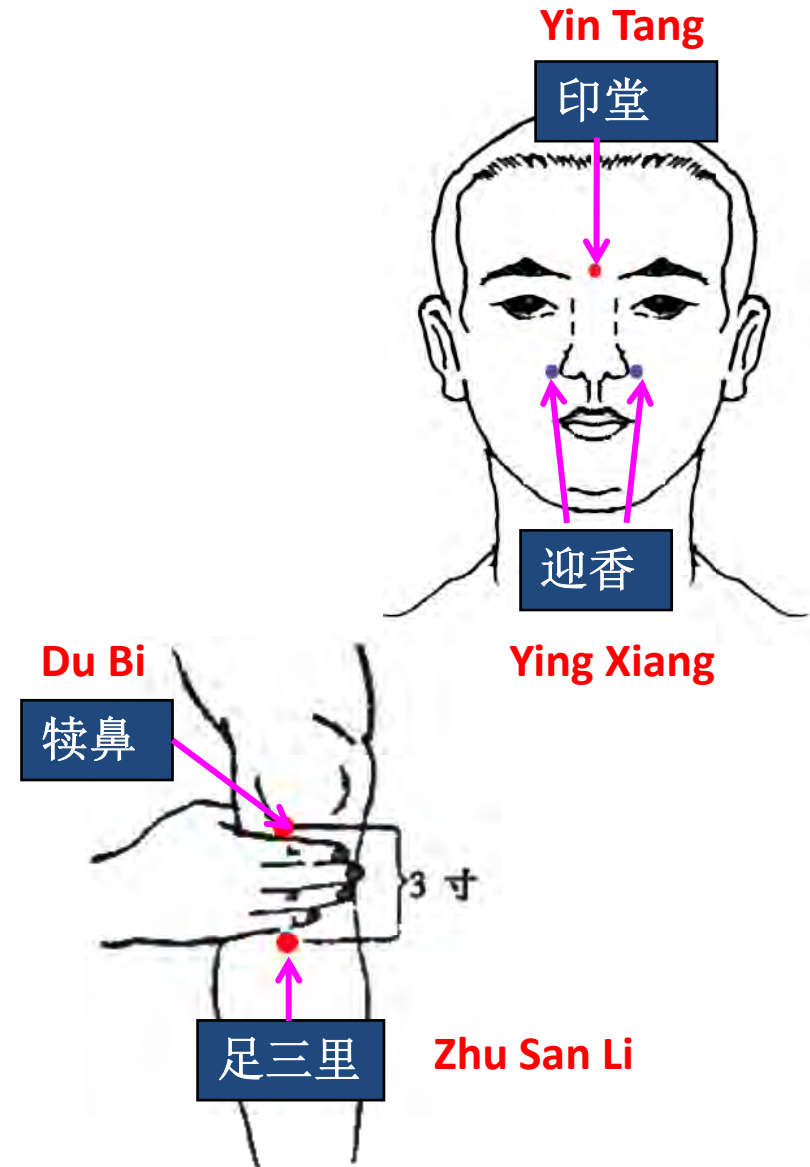
Various Kinds of Healing Methods -2

<p>Ailments</p>	<p>Eye-related ailments (eg. Short-sightedness, Long-sightedness, Glaucoma, Cataract)</p>
<p>Healing Methods</p>	<p>Main Chakras: C6, C7</p> <p>Acupuncture points: Jing Ming, Zan Zhu, Yu Yao, Si Zhu Kong, Tong Zi Liao, Si Bai and Cheng Qi (refer to diagram)</p>



Various Kinds of Healing Methods -3

<p>Ailments</p>	<p>Blocked Nose</p> <p>Blocked nose is caused by nose problem, weary, or deterioration of physical strength. Sometimes tired eyes, nose blocked and giddy may happen together.</p>
<p>Healing Methods</p>	<p>Main Chakras: C7, C5</p> <p>Acupuncture point:</p> <p>Ying Xiang, Yin Tang, Zhu San Li, Tian Zhu, Feng Chi (Refer to diagram)</p>



Various Kinds of Healing Methods -4

Ailments	Insomnia Normally caused by mental factors. May also be caused by High Blood Pressure or Stomach disorder.
Healing Methods	One hand on C7, the other on the bone behind the LEFT ear. (around the Ru Tu acupuncture point)

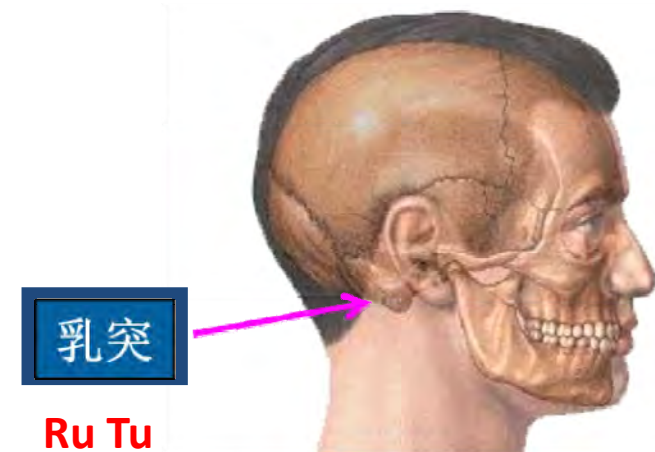


Ru Tu



Various Kinds of Healing Methods -5

Ailments	Lethargic
Healing Methods	One hand on C7, the other on the bone behind the RIGHT ear. (around the Ru Tu acupuncture point)



Various Kinds of Healing Methods -6

Ailments	Constipation
Healing Methods	Heal C7, C3, C2 and the other “hot compress” on <u>LEFT</u> abdomen “Hot compress” = placing hand on the ailment area to move the bowels. Drink more water to aid this.



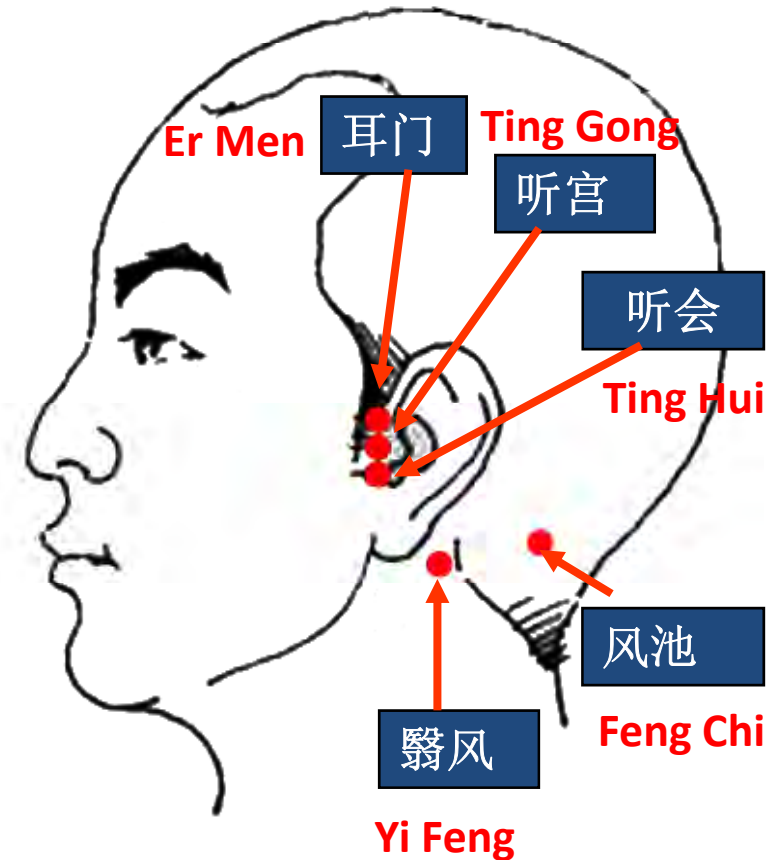
Various Kinds of Healing Methods -7

Ailments	Diarrhoea
Healing Methods	Heal C7, C3, C2 and the other “hot compress” on <u>RIGHT</u> abdomen “Hot compress” = placing hand on the ailment area.



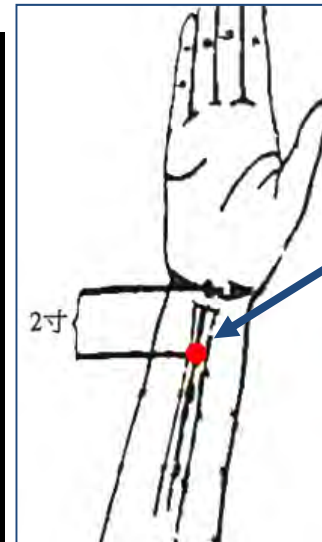
Various Kinds of Healing Methods -8

Ailments	Ear-related ailments
Healing Methods	<p>Main Chakras: C7, C5 and C3</p> <p>Acupuncture Points: Er Men, Ting Gong, Ting Hui, Yi Feng, Feng Chi, Tian Zhu</p> <p>Hot compress the Kidney.</p>



Various Kinds of Healing Methods -9

Ailments	Motion Sickness
Healing Methods	<p>Main Chakras: C7, C6, C3</p> <p>Hot Compress Stomach Area</p> <p>Acupuncture points: Nei Guan Xue and Zhu San Li</p>

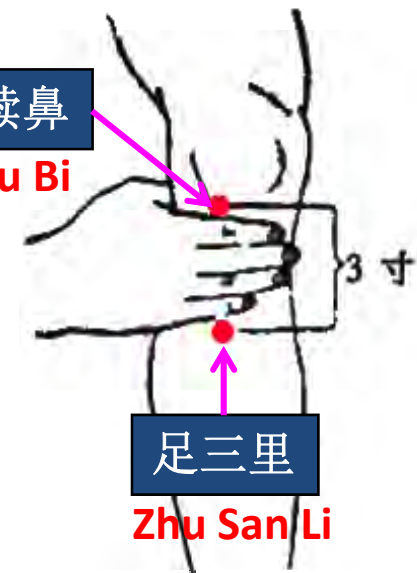


Nei Guan Xue

内关穴

犊鼻

Du Bi



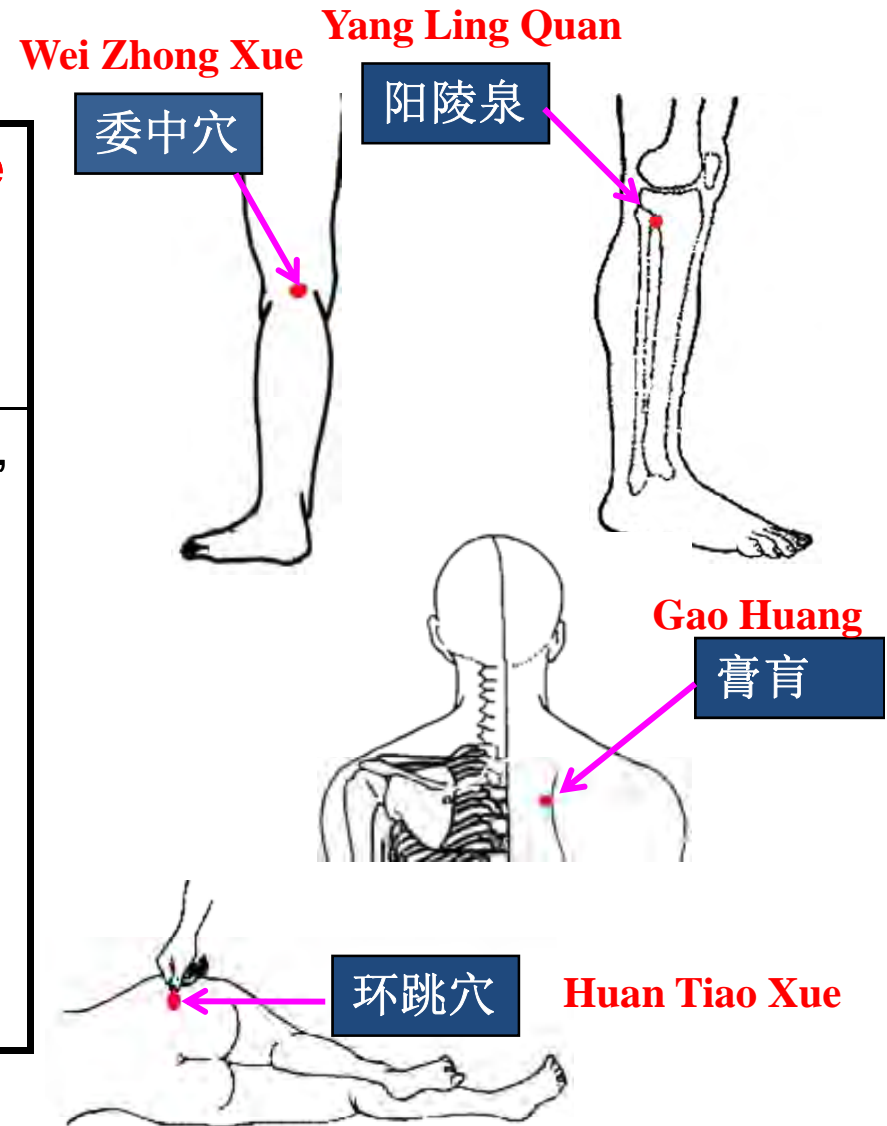
足三里

Zhu San Li



Various Kinds of Healing Methods -10

<p>Ailments</p>	<p>Compression of Nerve in the Spinal Cord</p>
<p>Healing Methods</p>	<p>Main Chakras: C7, C5, C4, C3, C2</p> <p>Hot compress the whole spine and Kidney</p> <p>Acupuncture Points: Wei Zhong Xue, Huan Tiao, Xue, Yang Ling Quan, Jian Jin, Jian Yu and Gao Huang</p>



Various Kinds of Healing Methods -11

<p>Ailments</p>	<p>Diabetes Insulin is a hormone produced by the pancreas to control blood sugar. Diabetes can be caused by too little insulin, resistance to insulin, or both. The common symptoms are: Excessive thirst, Frequent urination, Hunger and Weight loss.</p> <p>Simultaneous illness: Kidney failure, Stroke, Heart attack, Cataract</p>
<p>Healing Methods</p>	<p>Main Chakras: C7, C4, C3, C2</p> <p>Hot compress Kidney, Heart, Pancreas and Spleen</p>

