

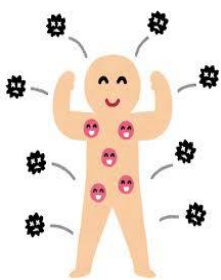


Protect yourself !

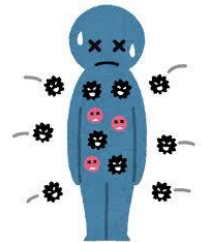
“Pressing meridian and pressure points” to strengthen your immunity



People tend not to feel well due to external (nature) influences including the flu going around and hay fever from winter to spring this time of year. In traditional Chinese medicine, those negatively impacting the human body are called “**exogenous evil**”. “The flu”, “hay fever” and “virus” such as outbreaking coronavirus are called “**wind evil**” in particular, as they come on the wind.



In **Chinses medicine**, “**nutrient**” circulates in the body surface and “protects” the body from “wind evil”. However, when “**nutrient**” function declines, wind evil easily invades the body. Once wind evil invades the body, “the lungs” are infected first producing symptoms in the throat and the nose.

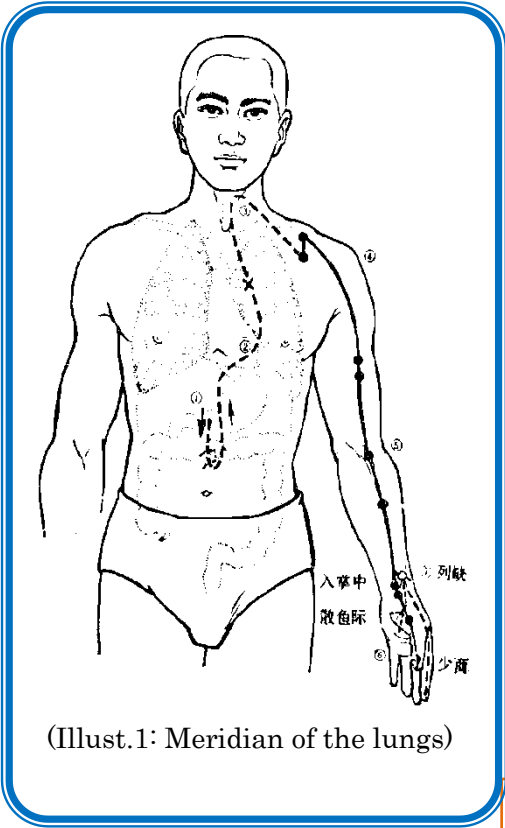


Therefore, strengthening “nutrient” function leads to strengthen your immunity and boost disease resistance. As one of the ways to do that, the following shows **how to strengthen “the lungs” and “nutrient” function by pressing pressure points [pressing meridian and pressure points] to accelerate the circulation of the blood and speed up metabolism.**

【Pressing meridian and pressure points】

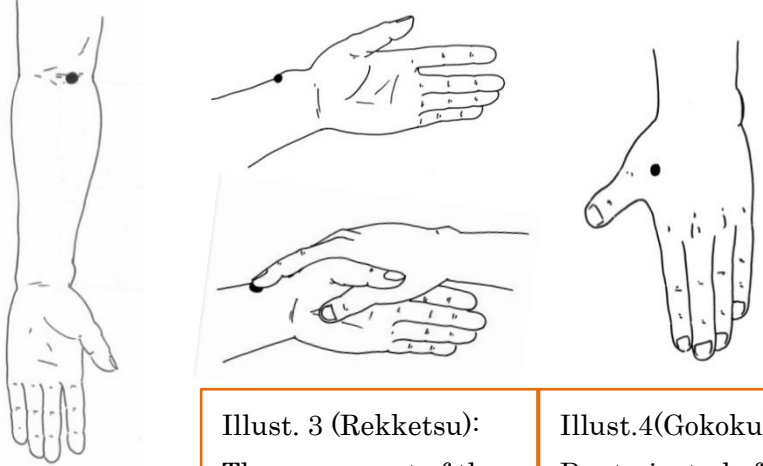
“Meridian of the lungs” starts from the upper part of the greater pectoral muscle under the collarbone through the front of the upper arm and almost the center of the elbow dent, and down to the ball of the thumb of the palm and the thumb (see the illust. 1 on the back). **Tap, touch or massage comfortably this “meridian of the lungs” from the chest down to the thumb.** You may use the pressure-point pushing stick.

Focus the comfortable massage on the pressure points of “the elbow dent” and “the upper part of the radial styloid process” and “large intestine meridian” (see the illust. 2, 3 and 4 on the back).



(Illust.1: Meridian of the lungs)

“Shakutaku” and “Rekketsu” are pressure points of meridian of the lungs.
 “Shakutaku”(illust. 2) “clears body water and the throat” while “Rekketsu”(illust. 3) controls “cough” and improves blood flow” to get rid of “wind evil”.



Illust. 2 (Shakutaku):
 A little bit outside from the center of cubital crease

Illust. 3 (Rekketsu):
 The upper part of the radial styloid process. When you cross your thumbs, the tip of your index finger touches

Illust.4(Gokoku):
 Dent just before extension lines of the thumb and the index finger meet

“Gokoku” (illust. 4) is the important pressure point to strengthen immunity and closely related to meridian of the lungs. It controls “chills” and improves **the body strength** to get rid of “wind evil”.
 In addition to pressing meridian of the lungs, you can expect the effect to treat for the symptoms caused by “wind evil” and get rid of it pushing these three pressure points



It’s important to lead an ordered life exercising moderately, eating right and sleeping enough to strengthen your “immunity” and boost disease “resistance”. Also, it’s important to prevent infection by “wearing a mask”, “gargle”, “washing hands” and “sterilization”. In addition to that, please try “**pressing meridian and pressure points**” to enhance the effect.

