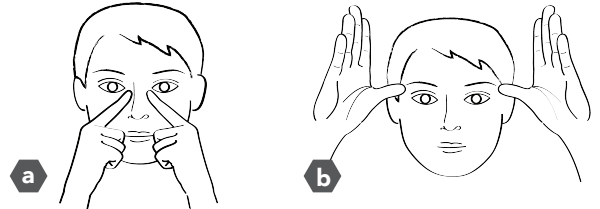


The ten techniques To longevity

These are easy to learn. Takes little time to practice, but can bring about quick effects.

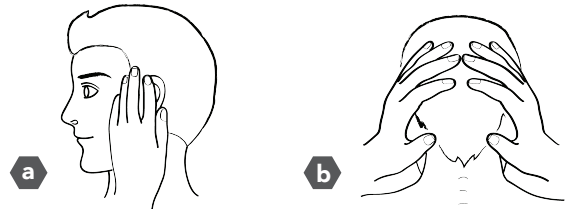
1. Eyes and Forehead:

- a** Massage the acupuncture points round the eye, 36 rotations on various points.
- b** Use the thumb to massage the side of the forehead. Roll the thumb in 36 circles. This can relax tension and reduces stress.



2. Ear:

- a** Massage the ears, rub the whole ear until the skin is slightly red and warm. Do this 36 times.
- b** Press the palms on both ears while using the index finger and middle finger to hit on the back of the skull to make an 'ear drum'. The pounding sound of the ear drum also serves to relax the person.



3. Nose:

Massage the side of the nose ridge, as there are a large number of acupuncture points along the nose ridge. This can reduce allergy of the nose and improve circulation.



4. Lips:

Press two fingers on the middle of the upper lip and lower lip. Rub the acupuncture point 36 times. Change hands and rub another 36 times.



5. Face:

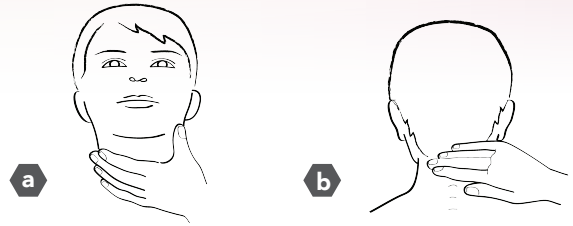
Massage the face with upward strokes as there are acupuncture points which can enhance immune system on the face.



The ten techniques To longevity

6. Neck:

- a** With both hands performing upward strokes massage the neck 36 times. Press the palms
- b** on both ears while Massage the back of the neck with both hands to relax the muscles on the back of the neck.



7. Chest:

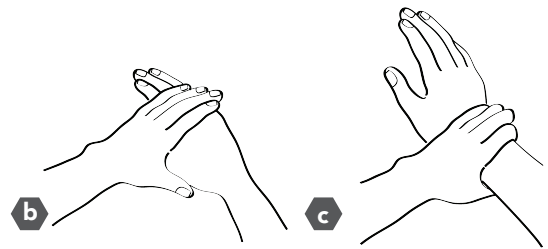
Hit with palms on the chest 36 times and create a pounding sound. This clears the lungs and improves the breathing.

8. Lower Back:

With both hands rub the sides of the spine at the back 36 times.

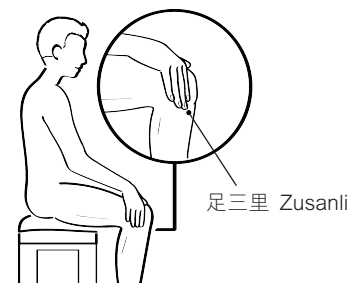
9. Hands and Wrists:

- a** Massage both hands 36 times by using the left palm to rub the back of the right hand and vice versa as all the twelve meridians go through the hands.
- b** Massage both wrist 36 times as there are many acupuncture points around the wrist which are for calming.



10. Legs:

- a** With the knuckles, massage the space below the knee (Zusanli Point 足三里) in between shin bone and calf muscle. This is a point to help with digestion and ease bloating.



By practicing these 3 times a day, people feel much better and can gain control over their health. All of the above massages or acupressure are derived from the understanding of the flow of the meridians in our body that can regulate harmony within the body system.