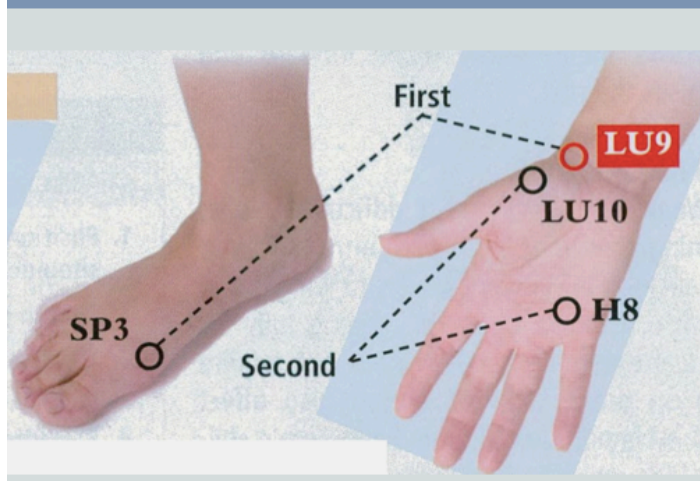


Kinesiology Lung Balance

ACUPRESSURE HOLDING POINTS



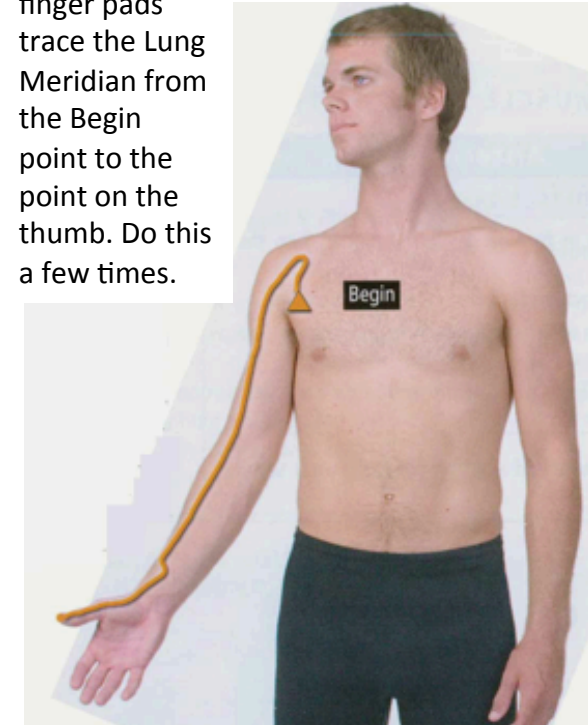
Hold/massage the First set of acupressure points on one side of the body & then the Second set of acupressure points on the same side of the body. Then move to the other side of the body and do the same.

From Touch for Health by John Thie, DC and Mathew Thie, M.Ed

Massage the areas outlined here. If sore, move to the other points then return. They should soften. If too sore then move to the Meridian or acupressure points and come back to these



With 1st & 2nd finger pads trace the Lung Meridian from the Begin point to the point on the thumb. Do this a few times.



With 1st & 2nd finger pads lightly hold this point for a few minutes.



NEUROVASCULAR HOLDING POINTS

Anterior Fontanel, the baby's soft spot on the top of the head.