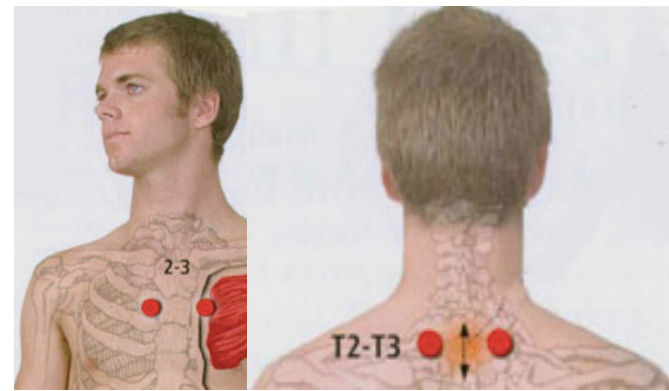


Neurolymphatic Massage Points Front:

between the 2nd & 3rd ribs beside the breastbone (Sternum).

Back: between T2 & T3, 1" to each side of the spine. Massage these areas for a few mins. If tender go back & massage after doing some of the other exercises here & see if less tender.



Heart 11am-1pm

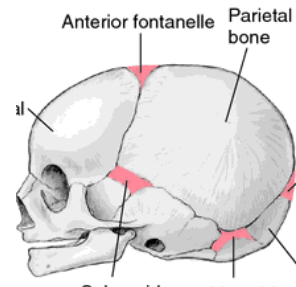
Trace with 2-3 fingers from the armpit, down the inside of the arm to thumb side of little finger nail. Do this 6 times on both sides



Using both hands place 1st two fingertip pads on each of the **1st set of points**, then do the same on **the 2nd set of points**, on the same side of the body. Then repeat on the other side. Sometimes you can feel a pulsing, if you do, wait for it to equalise on both points before you move to the next set of points.

Anterior Fontanelle

With the pads of yr first 2 finger tips hold this point for a few minutes.



Anterior Fontanelle



FOODS FOR BALANCING

Foods which contain calcium, vitamins E and B from brewer's yeast, wheat germ, bone, dairy products, egg yolk, green leafy vegetables, peas, beans, nuts, strawberries, lemons and oranges. Buckwheat and citrus are good, particularly with bleeding gums.