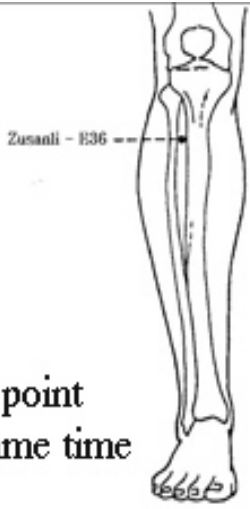


# Large Intestine Balance



**1<sup>st</sup> set**



Hold & massage the arm point and the leg point at the same time

**SIDE:** Runs down the leg where the side seam of the trousers would be, it needs to be massaged thoroughly  
**BACK:** A soft triangular area beneath the ribs, either side of the spine at the level from Lumbar 2 - Lumbar 5.

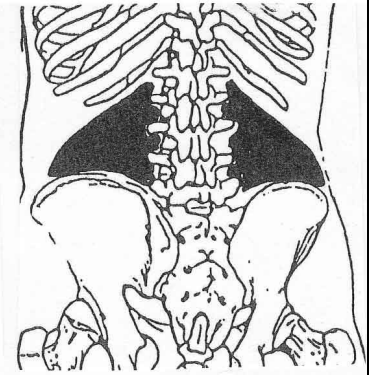
Massage the points in the direction that is appropriate

## ↓ Neurolymphatic areas:

massage these for a few minutes; if too tender go to another part of the Large Intestine Balance and then return to try again.

Stools  
Normal  
or  
constipated

Stools  
Loose  
or  
diarrhoea



**Acupressure Points:** Hold/massage 30 secs to a minute: the **1<sup>st</sup> set of points** & then the **2<sup>nd</sup> 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 the 2 points before you move to the next set of points.



## Neurovascular ↑ points:

With the pads of 4 finger tips hold on the point for 30secs to a minute. Do this on both sides of the head.

## Meridian: →

**Tracing:** with yr finger tips from LI1 to LI20. Do this 6 times on both sides of the body.

In each case try to do this once or twice a day for 1-2 weeks then drop down to once daily for 1-2 weeks.

**Flushing:** Only if indicated in your report: Trace with finger tips from LI1 - LI20 back and forth 6 times, on both sides of the body. Then finish off with tracing from LI1 - LI20 3 times on both sides of the body.



**2<sup>nd</sup> set**

