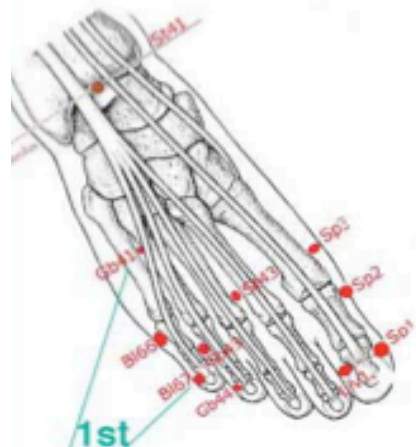
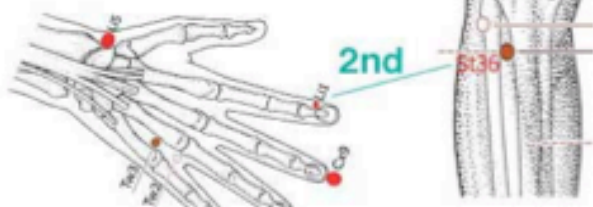


Bladder Meridian



BLADDER Acu points



Acupressure points: ↑

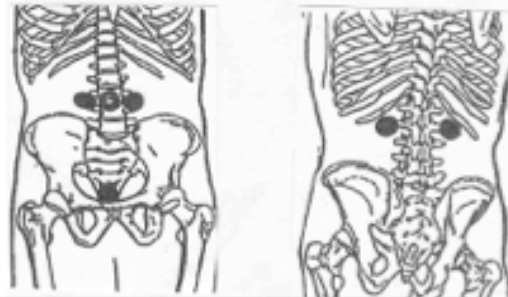
Hold the **1st** set of points & then the **2nd** set of points on the same side of the body. Then repeat on the other side of the body. Sometimes you can feel a pulsing, if you do, wait for it to equalise on the 2 points before you move to the next set of points.

Neurolymphatic points: ↓

FRONT: One inch (2.5cm) either side of the navel and a point at the centre of the pubic bone.

BACK: One and a half inches (4cm) each side of spine at level of second lumbar. (L2)

Sacrospinalis Bladder

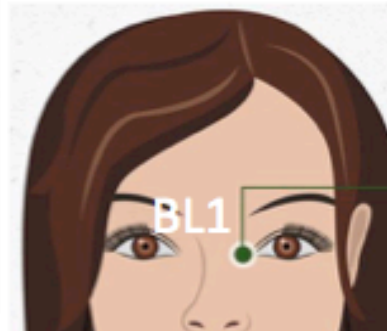


Massage these points. Do as best as you can with the back ones.

For each section, 30secs to 1-2mins

Neurovascular points: ↓

With the pads of 3 finger tips hold these points.

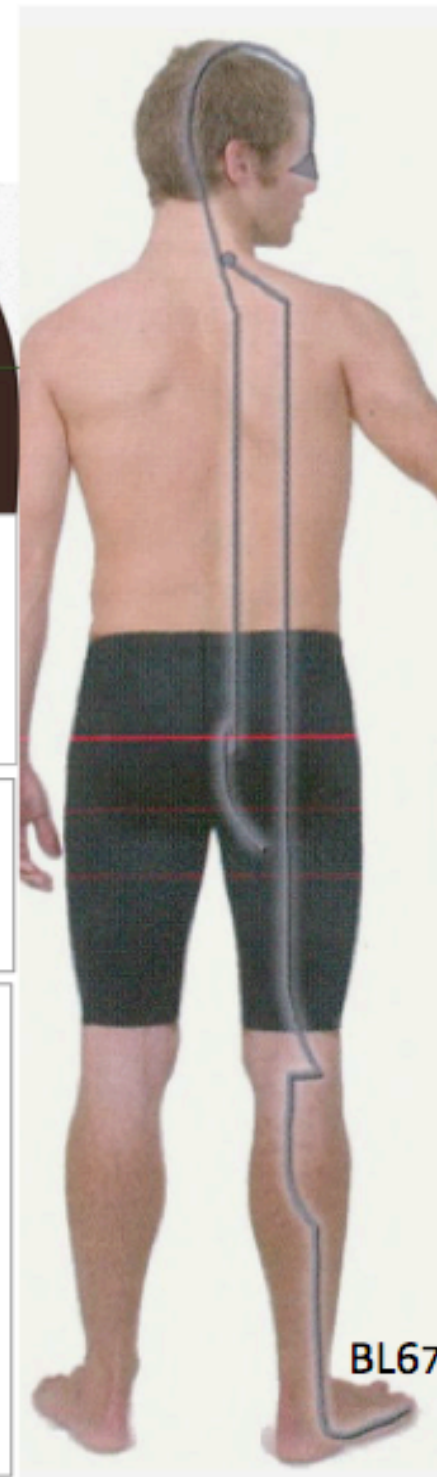


Meridian: ↑ →

Tracing: with yr finger tips BL1 – BL67. 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 wks then once daily for 1-2wks.

Flushing: Only if indicated in your report: Trace with finger tips from LI1 – LI20 back and forth x 6 times, on both sides of the body. Then finish off with tracing from BL1 – BL67 x three times on both sides of the body.



BL67

The Bladder Meridian function is to store waste liquid before elimination, not only in the urinary bladder but also in all of the cells and throughout the Soul. In the Chinese system, the Bladder is said to be the storehouse of emotions, and so the Bladder Function is involved in the water balance/emotional balance in the whole Soul. Water is eliminated as it reaches excessive volume, or when waste material is highly concentrated.

The urinary bladder is always "full" since the muscles expand or contract as more liquid is received from the kidneys. By drinking more pure water, the bladder is actually strengthened through exercise of the expanding bladder muscles. Water is a potent symbol for emotion and mystery in life. When we are able to accept more of the vast mystery of existence, and allow our emotions to flow, we find our tolerance and flexibility increase.

ELEMENT METAPHOR The Water Element is symbolized by the ocean, sea, lakes, and rivers. The Metal Element is said to create water, which we might visualize as water condensing on a cold metal surface, or bubbling up from the same depths in the earth where ores and salts are condensed. Water is controlled and formed by the Earth much like a container. Water controls fire by quenching it. Because water has a variety of properties, it is very mysterious and can be a symbol of the unconscious, of our dream-life, of our emotions, of that which we do not understand and that which we fear, yet it remains an essential element to our daily living.

FOODS FOR BALANCING Foods rich in thiamine (peas, beans, wheat germ, whole grains, raw fruit, cabbage, egg yolk, yeast), calcium (bone, dairy products, egg yolk, green leafy vegetables, beans, nuts). Avoid foods containing oxalic acid (cranberries, coffee, chocolate, purple fruits) at meals when calcium is consumed.

(Thie, John. Touch for Health - paperback edition (Kindle Locations 3416-3420). Devorss & Co.. Kindle Edition.)