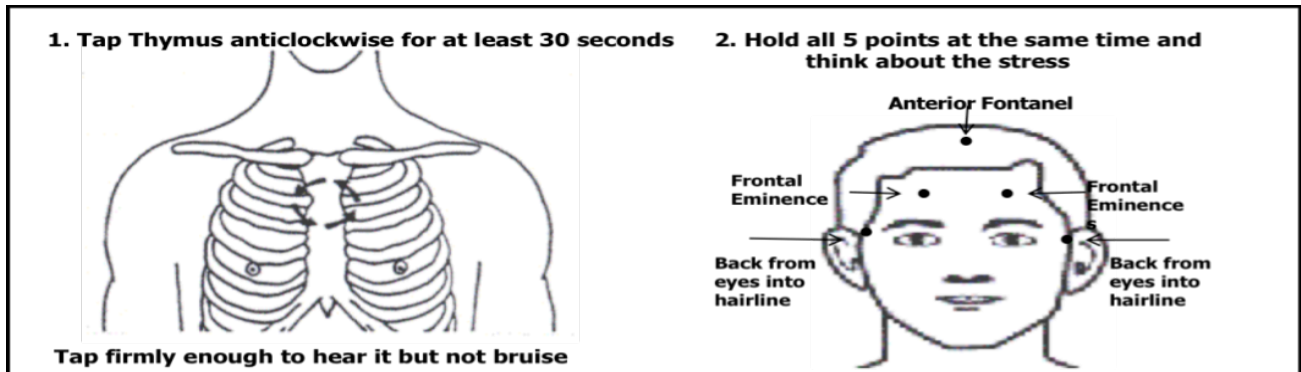


Self-help for clients

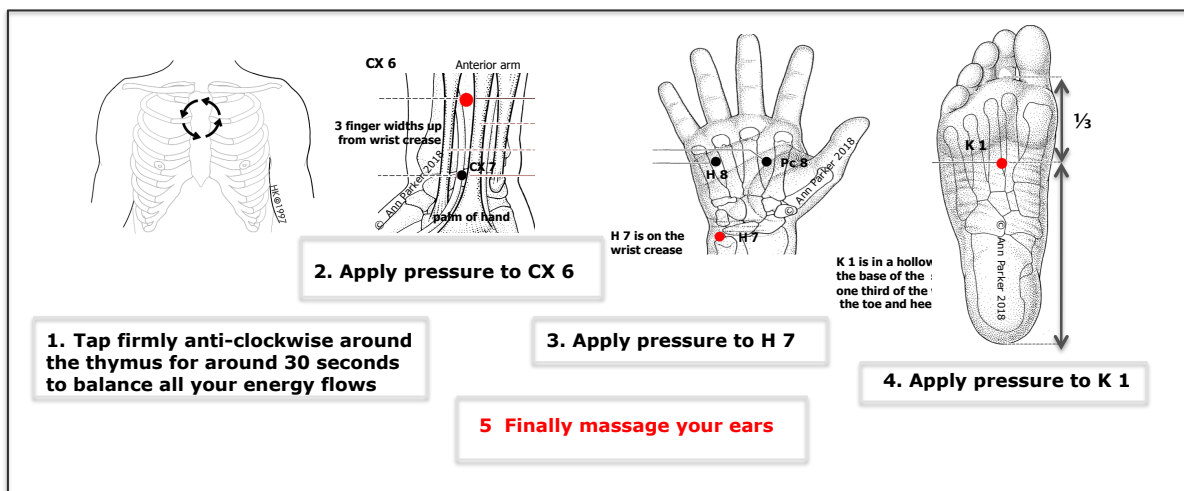
HK EMOTIONAL STRESS RELEASE

When you are feeling worried or distressed about something this could help. First, tap gently around the thymus – you may get a yawn after about 30 seconds then hold your head in your hands and cover all 5 points while you think about the stress.



Stress triggers the 'Fight or Flight' response and suddenly we feel overwhelmed. Unfortunately, many peoples' bodies are in this start of heightened awareness and alert all the time in our modern world. The Five Stress Release points on the head are the Governing and Central Neurovascular Points which when touched lightly bring blood back to the forebrain allowing one to release the accumulated stress safely and then respond more appropriately to various situation.

Useful acu-points for calming anxiety. If necessary, use in conjunction with the HK ESR points above.



CX 6 (Spirit Pass) calms the spirit and opens up the chest area, **H 7** (Spirit Gate) calms the spirit, settles the mind and regulates heart function and **K 1** (Gushing Spring) has the ability to bring us back into harmony with our Spirit (Heart Shen).

St 36 promotes good health, gives you a boost when tired and could help you lose weight.

St 36 Leg Three Miles

Go four fingers below the lateral bottom edge of the knee cap then one finger out against the fibula

St 36 is three cun directly below St 35 the lateral eye of the knee

To stimulate St 36 press in and circle clock-wise doing both legs at the same time or one after the other whichever you find more comfortable.

This acu-point is called the 'Point of Longevity' and if stimulated each morning ideally between 7 am and 9 am (Stomach Energy Time) it will help to promote good health.

It can also be used any time of the day as a 'pick-me-up' if your energy starts to flag and you have an important task to complete.

If you wish to lose weight and are already watching your diet and exercising regularly stimulate this point in the evening.

Hint: If you are on the correct spot the muscles will flex when the toes are turned up