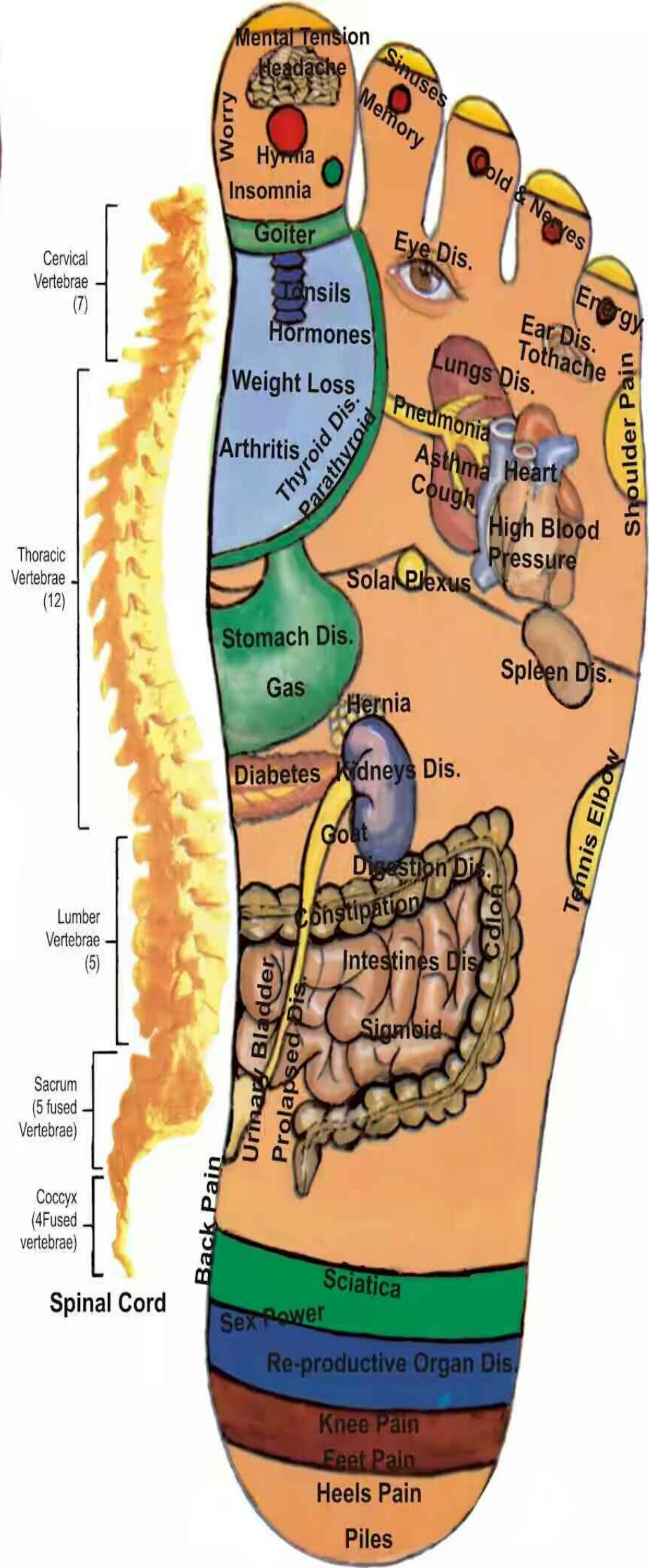
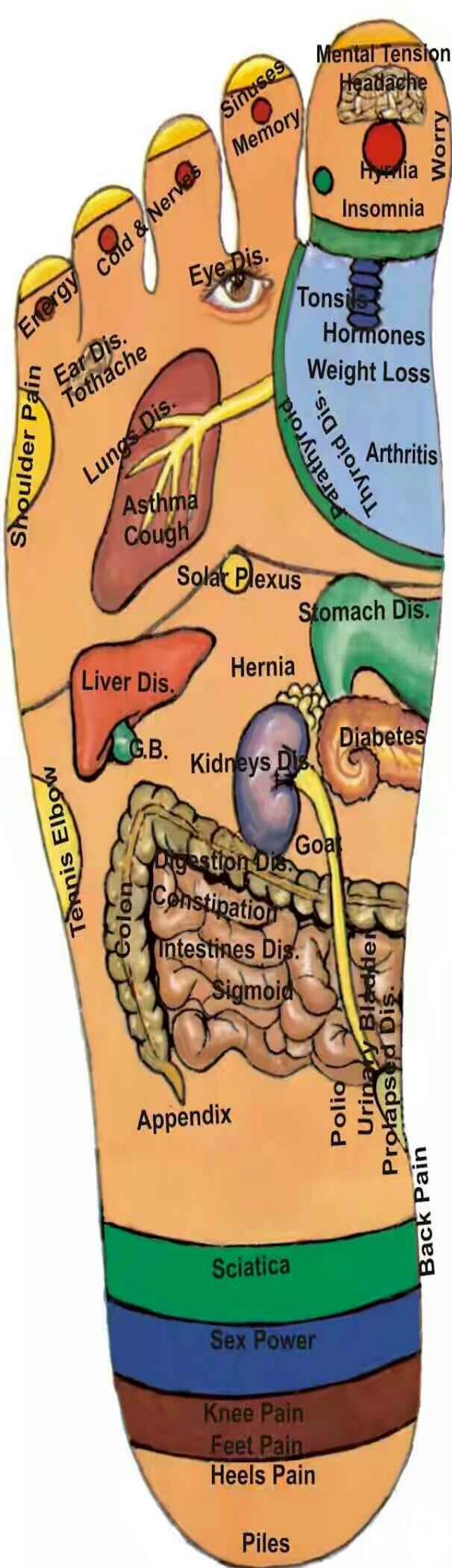
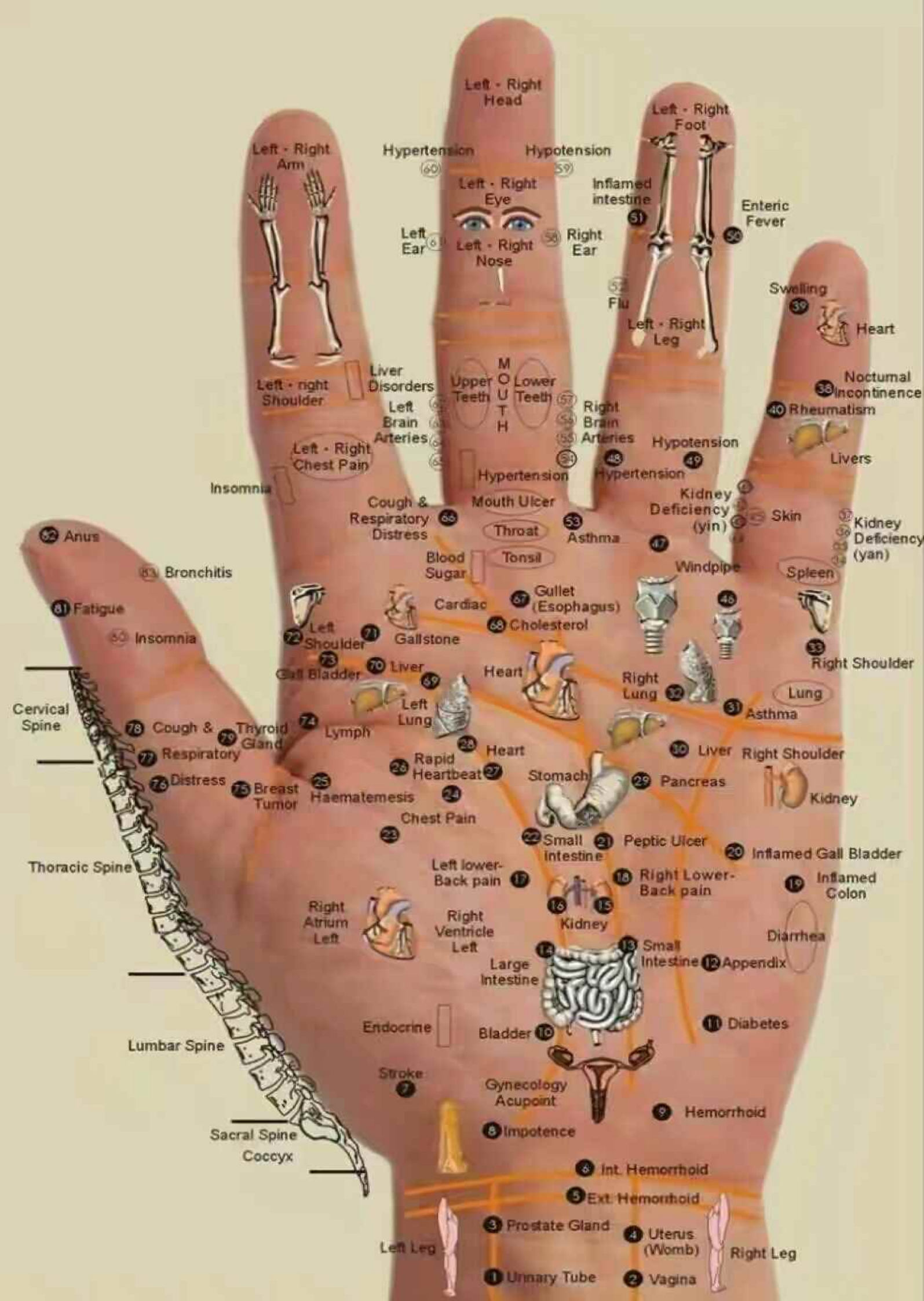
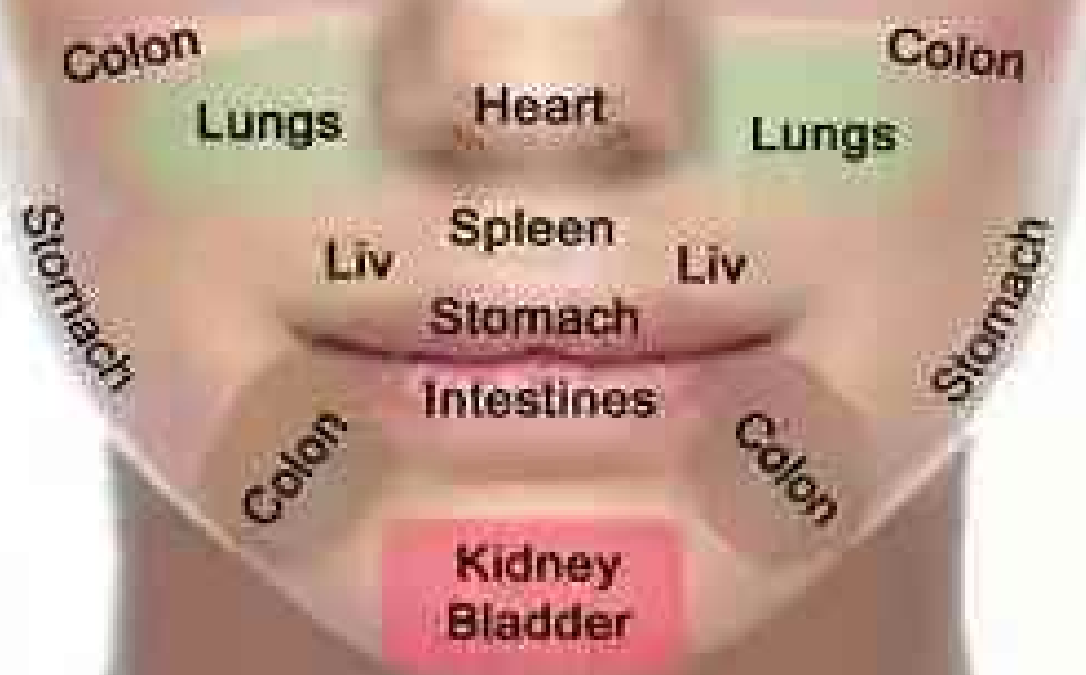
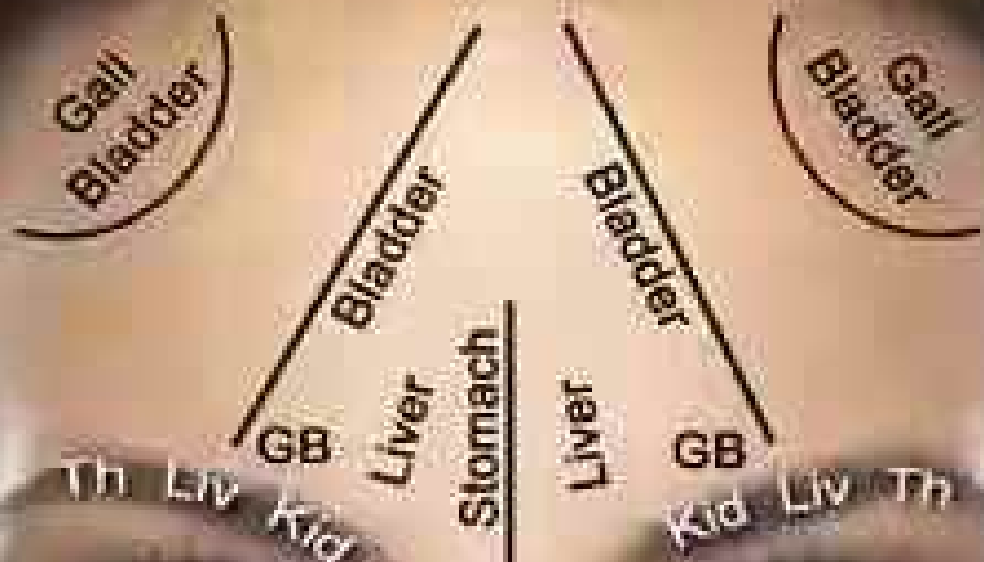






Kidney



BRAIN REFLEXES

for

DEPRESSION

Top 10
Home Remedies

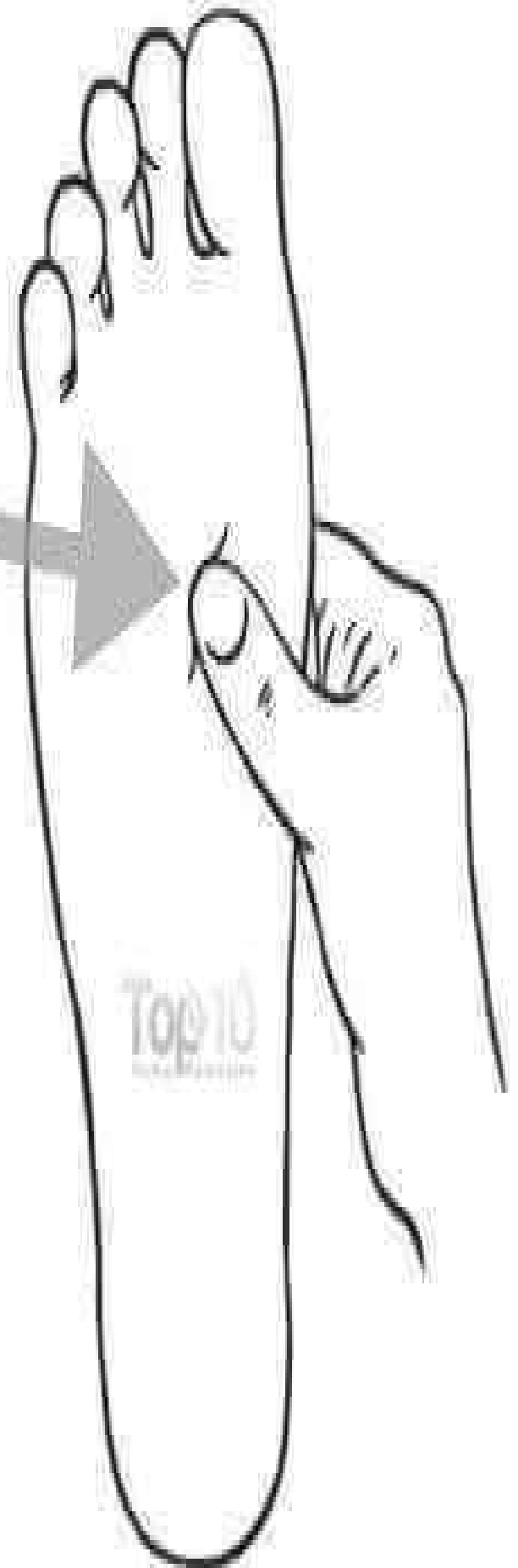
Massage the **points** on top of each toe for 30-60 seconds to promote the production of serotonin (happy hormone) by brain neurons.

Repeat this exercise at least thrice in one sitting.



STOMACH AND DUODENUM FOOT REFLEXES for **NAUSEA**

Massage this **point**
in a circular motion for 30-60
seconds to subside the symptoms
of nausea. Repeat this exercise
at least thrice in one sitting.



UTERUS REFLEX

for

MENSTRUAL CRAMPS

Top 10
Home Remedies

Massage this point

on the wrists

for 30-60 seconds to

relax the uterus and reduce

pain during menstruation.

Repeat this exercise at least

thrice in one sitting.



DIAPHRAGM REFLEXES

for

INSOMNIA



Massage this point

point

for 30-60 seconds to

promote relaxation &

induce sleep. Repeat

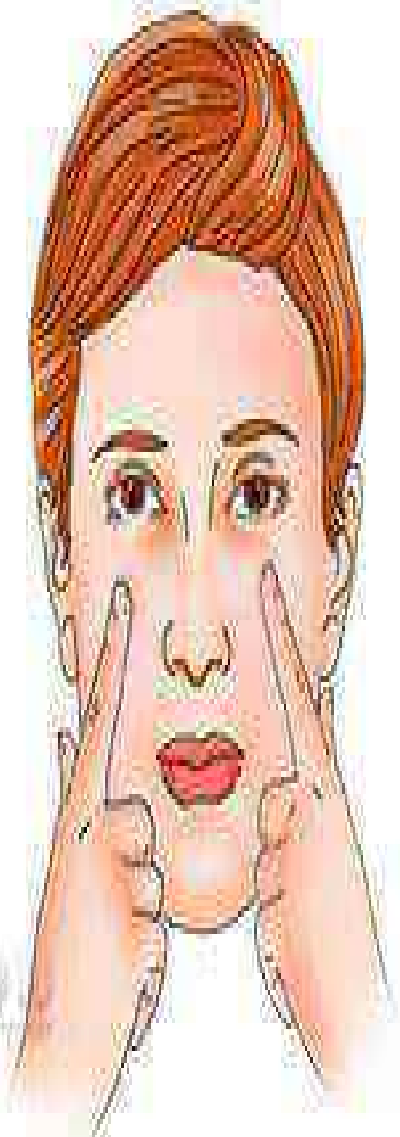
this exercise at least

thrice in one sitting.



Japanese Shiatsu for a Sinus Headache

Sinus Headache Alleviating Technique



1. Place your index finger on your cheekbones, apply firm pressure & rotate your fingers in a circular motion for 5 to 10 min.

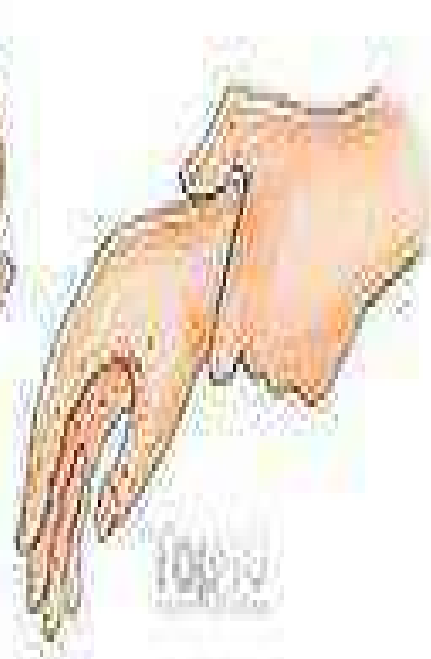
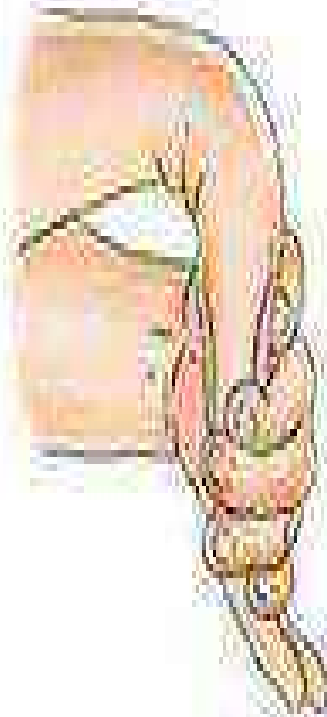
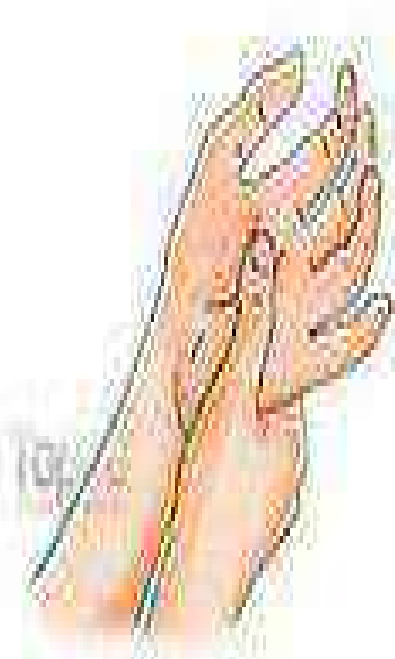


2. Place your index fingers on your forehead right about where your eyebrows begin, apply firm pressure & rotate your fingers in a circular motion for 5 to 10 min.

3. Perform this exercise twice daily.

Japanese Shiatsu for Anxiety & Stress

Anxiety Reduction Technique



1. Use your thumb on your right hand to apply pressure in the middle of your left palm, pressing that area for 30-60 sec.
2. Pull all four fingers of your left hand with the fingers of your right hand to stretch them. Release after 5 sec.
3. Vigorously stroke the inside of your entire left palm with your right thumb for 30 to 60 sec.
4. Finally, flip your hand over & massage the top of your wrist in a circular motion for 30 to 60 sec.
5. Switch hands and repeat exercise.
6. Perform this exercise twice daily.