

Most root of diseases comes meridians blockages! It is necessary to dredge meridians and collaterals.

It is often said that "if the meridians and collaterals are smooth, the body is painless, but if the body is in pain, the meridians and collaterals are not smooth." in fact, when the meridians and collaterals are blocked, the human body will send out some help signals.

Headache, abdominal cold, irritability, leg edema, these may be manifestations of meridians and collaterals are not smooth.



Six "distress signals" sent by meridians and collaterals

The meridians and collaterals are disadvantageous or blocked, and the corresponding symptoms can appear in the meridians and collaterals.

Meridians and collaterals are the channels through which qi and blood run. Excess or deficiency of qi and blood may affect the function of meridians and collaterals, thus showing meridian diseases.

Check to see if your body has the following six reactions. If so, it means that the meridians and collaterals are blocked.

I .pain

Pain in meridians and collaterals has two characteristics.

One is that pain can occur in many parts of the meridian line.

Second, along the meridian line, appear: "traction pain", common headache, neck and shoulder pain, low back pain, knee pain and so on.



*Take a headache as an example, the headache on both sides is that the gallbladder meridian is not unobstructed.

*The pain in the forehead is the blockage of the stomach.

*The pain at the top of the head is closely related to the liver meridian.

*Pain in the back of the head,It's a bladder meridian problem.

The pain of different parts, easy to occur in different people, and human physique and other factors are closely related, such as office workers, often use computers, mobile phones, desk work easily lead to neck and shoulder waist discomfort, mental workers, if you do not eat breakfast, it is easy to appear dizziness, headache.

II .Cold

*It often occurs in the knee joint. The back. Epigastric cavity.

*People who like to ride bicycles, their knees are vulnerable to the wind, even if they wear

thick knee pads, it is difficult to avoid.

*The back is the most likely part of the human body to be afraid of the cold.



III.Hot

*If the meridians and collaterals are blocked, there may also be symptoms of heat, such as the heart meridian (the heart meridian starts in the heart, there is a route in the body and on the body surface, and the body surface is all the way from the medial posterior edge of the arm to the little finger)

*Meridian is not smooth appear upset, hand Sanyin (hand Yin Meridian including Lung Meridian, Heart Meridian and pericardial Meridian) is not smooth, appear palm fever and so on, can also cause acne, even facial heat and other symptoms.

"heat" is easy to occur in the angry people, these people are generally angry, easy to get angry, can not suppress the fire.

IV.Numb

Commonly seen in the hands, feet and tongue.

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*Foot numbness is associated with poor meridians and collaterals in the lumbar spine, which is more common in sedentary people.

*Tongue numbness, associated with poor meridians and collaterals in the brain, is more common in elderly people with hypertension and coronary heart disease.



V. Acid

*The muscles of the human body are prone to soreness, which is more common in people who are lack of exercise.

*After exercise, the whole body is sore and will be relieved after a day or two of rest.

*Early colds are also prone to soreness, which is related to the obstruction of the sun's meridians and collaterals.



VI.Swell

Swelling often occurs in the lower extremities, abdomen, waist.

*Abdomen, waist, swelling, and kidney, heart chronic diseases related, mostly in the middle-aged and elderly.

*Swelling of the lower extremities is related to the foot Sanyin meridian, which often occurs in people who often stand and work.



Meridian is the channel of qi and blood operation, is the medical soul of human self-healing, meridians and collaterals smooth, qi and blood harmony, energetic.

It is necessary to dredge the meridians and collaterals often.

"Meridian dredging" conditioning range: cervical spondylosis, lumbar spondylosis (lumbar disc protrusion, lumbar hyperplasia, etc.), migraine, uterine cold, dysmenorrhea, rhinitis, pharyngitis, juvenile pseudomyopia, gastrointestinal conditioning; Shaping body, limb joint pain, sciatica, spondylitis, gout facial paralysis, varicose veins, prostate syndrome, breast hyperplasia, facial care, whole body dredging, postpartum lactation.



There are many air nodes blocked in the meridians and collaterals of the body.

Each dredging time will gradually untangle the gas node of the meridians and collaterals, and at the same time discharge the wind, cold, dampness, heat, dryness in the body, so as to achieve the smooth flow of the meridians and collaterals of the whole body and eliminate the disease.

In particular, it has a significant conditioning effect on the sub-health and chronic diseases of modern people, and has a good effect on muscle, body soreness, swelling, pain and so on.

Note: because the individual physique is different, the conditioning effect will be different!

This technology only does the auxiliary conditioning function!

This article refer to “Home of therapy”