

# Kang Yang Qiu, Health Balls - English translation

-By moving your fingers you can improve the health of your organs, regulate blood pressure and improve brain function!-

Professor Hu Xiao Fei's new Kang Yang Ball-health routine, released on 18th of April 2020.

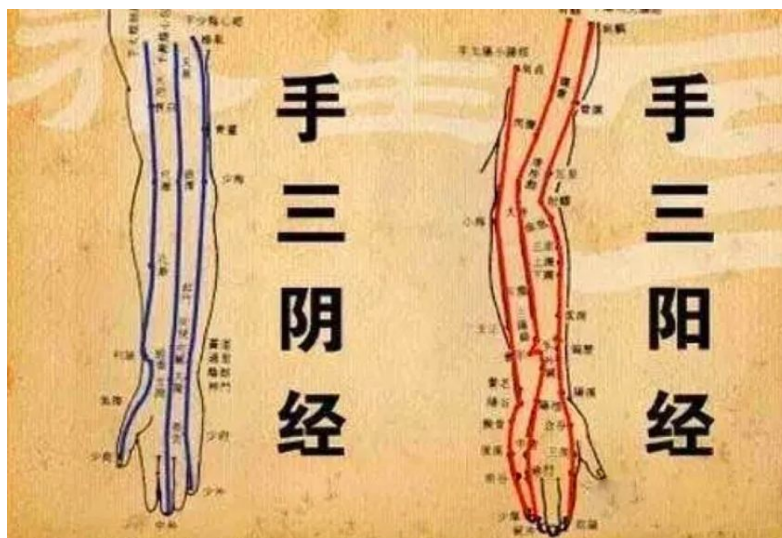
These health-balls are designed for finger training. A small ball, used in conjunction with qigong- and health exercises can play an additional role in stimulating meridians, strengthen the organs, improve circulation, regulate blood pressure, improve brains and increase intelligence. This is why these Kang Yang Ball exercises emphasise the "rolling fingers around wrists" and "working on tip knots".

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## Opening the Three Yin and Yang Meridians of the Hand and Improving the Organs Health

Chinese traditional medicine says that the prevention and treatment of diseases is done by assisting the smooth flow of qi along the meridians. The phrase is "When there is no flow, there is pain; when there is no pain, there is flow"

The hand has three yin and three yang meridians going through them. The fingers are the endpoints of those meridians (same applies to the feet and toes). The three yin meridians of the hand run from chest to fingers and connect to the three yang meridians that run up from fingers to head. The fingers are the connecting points and therefore the stagnation of qi occurs there more easily.



In Daoyin exercises for strengthening the lungs the stimulation of the fingers is emphasised, such as finger curling, making fists, clapping the arms and finger hooking. These exercises can strengthen the meridians connecting points and effectively activate the qi of the meridians in the hands and help to increase and open the flow of the qi in the meridians. All this assists the overall health, especially the heart and lungs. Also the squeezing of the health balls makes the exercise more interesting and increases the health effects.

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## Stimulation of the Five Types of Acupoints and Strengthening the Heart and Lungs

The qi flows from the fingertips to the internal organs like starting with a small brook then into a stream, growing to a river and finally merging into the sea.

Below the knee and elbow joints are the five types of acupoints in each meridian: Well/Jǐng, Spring/Xíng, Stream/Shu, River/Jing and Sea/He. The qi starts from nothing and grows through these acupuncture points. They are the most important and effective points in the meridians and they are the ones most used in acupuncture.



The Well-points are mostly at the ends of the fingers and toes. They are like the source of water, and in these points the qi is generated; its source. Then the flow of qi increases, like the flow of water from trickle to a stream. The Stream-points are located on wrists and ankle joints. Then it flows like water to the lake or sea. The Sea-points are located in the elbow and knee joints. From there it penetrates deeper and finally runs into the internal organs to nourish them.

Therefore lifting the wrists, rolling fingers, shaking hands, making hook hands, pushing palms, lifting and stretching the feet can effectively stimulate the practitioner's finger tip Well-points and also the Spring-points of the palm and the Stream-points of the wrists and ankles. It can effectively stimulate the qi and unblock the three yin and yang meridians of the hands. All that to help strengthen and protect the heart and lungs. When those movements are combined with the use of Kang Yang Ball, they can strengthen the stimulation of the Well and Stream-points of the three yin and yang meridians in the hand and open the meridians to help the lungs and heart.

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## Promoting Brain Cell Growth and Brain Plasticity

According to modern medicine a part of the brain, called the sensory center, manages various body sensations such as pain, warmth, touch, pressure, position and movement.

The fingers and toes occupy a major part of the sensory center. For example the stimulation of the thumb is the equivalent to ten times the activity of the stimulation of the entire thigh.

Therefore, the use of finger grips in the exercises can effectively improve brain cell synthesis, make you smarter and delay the onset of Alzheimer's disease

In Germany, which has one of the best medical systems in the world, you can often see elderly patients in nursing homes weaving, playing chess, or searching for colorful balls in the warm sand to increase the intensity of stimulation of the fingers, which is beneficial to improving the plasticity of the brain. The practice of holding the Kang Yang balls also has the same purpose.



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## Improve Microcirculation and Lowering Blood Pressure

Do you have cold hands and feet in winter?

There are many capillaries in the fingers and toes but these parts are far from the heart. If your qi and blood circulation are insufficient it will be difficult for the heart to supply blood to the distal tips. Therefore people with qi deficiency and poor blood circulation will have a problem with cold extremities.

When practicing, paying particular attention to the stimulation below the elbow and below the knee, especially the fingers and toes, can effectively stimulate the peripheral ends, make them warm, increase the number of capillaries opened, and improve blood circulation. Not only can it effectively protect the body but it can also help to reduce hypertension, coronary heart disease and diabetic diseases.

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## Improve Grip Strength and Prevent Hand Shaking

The weakened grip strength is related to poor nutrition, fatigue and overall depleted body function. It is also a significant indicator of the national fitness test. Testing grip strength can predict the mortality rate of the elderly. Kneading the Kang Yang Balls can enhance flexibility and coordination of the finger and wrist joints and improve the finger, palm and wrist strength. It has also great benefits in preventing hand shaking in the elderly and stiffness of the finger and wrist joints.



Playing with the health ball also stimulates the acupuncture points of the palm, thereby regulating the function of the central nervous system which plays a role in stimulating brain function and intelligence and eliminating fatigue. At the same time, it can smooth qi circulation, strengthen muscles and bones, prevent arthritis and local inflammation. Therefore, it is extremely beneficial for the health of the elderly to exercise the fingers more.

In addition, when practicing regularly with Kang Yang balls you can notice your grip strengthening, improve your physical condition, and avoid accidents and strokes.

In the traditional qigong exercises such as "Strengthen the body to support the lungs", "Taiji and Qigong Warm-up" and "Strengthen Body Eight Duanjin" and Health Qigong, etc., you can practice with the Kang Yang Balls. Come and try?

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