

3-2-1 METHOD

This method has been created by a doctor at the Meridian Centre Beijing, and is simplicity itself.

"3" refers to three points - Hegu (L.I. 4), Neiguan (Pericardium 6) and Zusanli (Stomach 36).

Each one should be massaged for 5 minutes (each) morning and evening = 30 minutes in total. Hegu and Neiguan should be massaged with thumb in a "pumping" manner, with a strength enough to feel some discomfort and at a rate of about 30 presses per minute. Zusanli massaged at the same rhythm and strength but using a small circular movement. It is only necessary to massage one of each point. Perhaps massaging the left side in the morning and the right in the evening, but someone with a disability could massage either side as able.

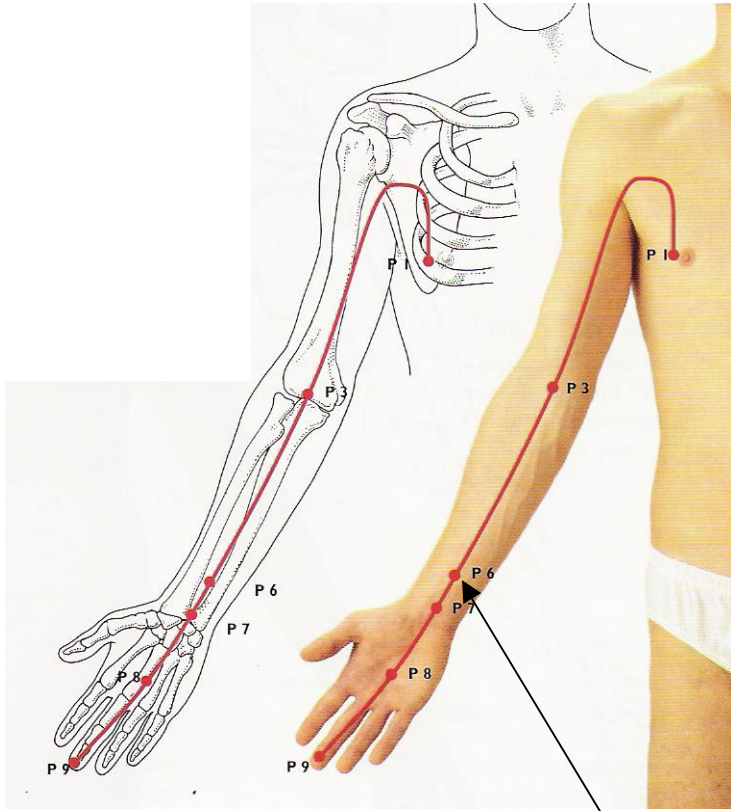
"2" refers to the two legs which need to be exercised for 5-10 minutes per day.

Any exercise is o.k., so obviously Taiji or walking or cycling etc would all be good. bedridden people could just move their legs as best as possible. Obviously people with no leg movement cannot do this, but if possible a partner could lift the legs alternately for a few minutes each day if permitted by their doctor.

"1" refers to straightforward abdominal breathing

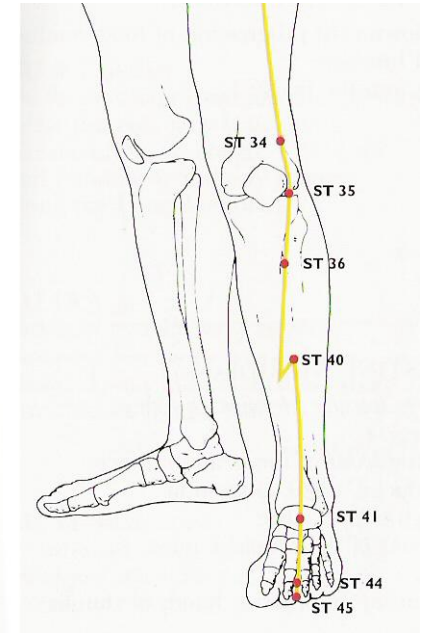
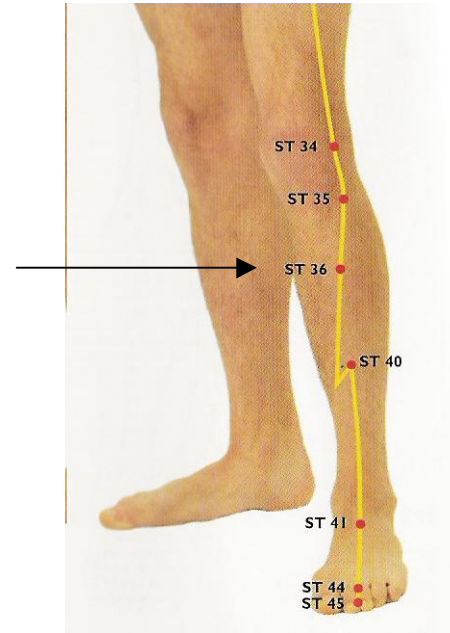
Which should be practised for 5 minutes morning and evening. This is best done sitting, but any position is o.k.

Basically that's it. About 45 - 50 minutes per day.



Neiguan

Zusanli



Hegu

