

An Easy Method For Clearing Congested Lungs

Massaging the Primary Chinese Lung Points

By Jeff Bell

Massaging the Chinese Lung 1 Points: This simple procedure makes a huge difference in clearing most forms of respiratory congestion. It works by stimulating the specific immune systems in the lungs and surrounding tissue, increasing local blood flow, increasing lymphatic flow and action, and by increasing the activity of the cilia that serve to keep the lungs clear. Of course, since local blood flow to the area is critical to helping the body re-absorb fluid in the lungs, this procedure helps dramatically in that respect, as well. So it can make a huge difference. To make this easy, please print the attached illustration, then follow the simple instructions below.

Instructions: Please read through completely once before actually doing this exercise. The two heavy black stripes on the illustration indicate the area to massage. Do them one at a time, but always do both sides when you do this procedure. Otherwise you can unbalance your lungs, which is not good. Several times each day, massage these two Chinese Lung Points vigorously for about 30 seconds each. Do it hard enough so that there may be some slight discomfort, but not enough to cause pain or bruising. Use either your fingertips or your knuckles and massage briskly up and down, following the vertical alignment of the heavy black stripes on the illustration. It is easiest to use your opposite hand - that is use your right hand to massage the points on your left and your left hand to massage the points on your right.

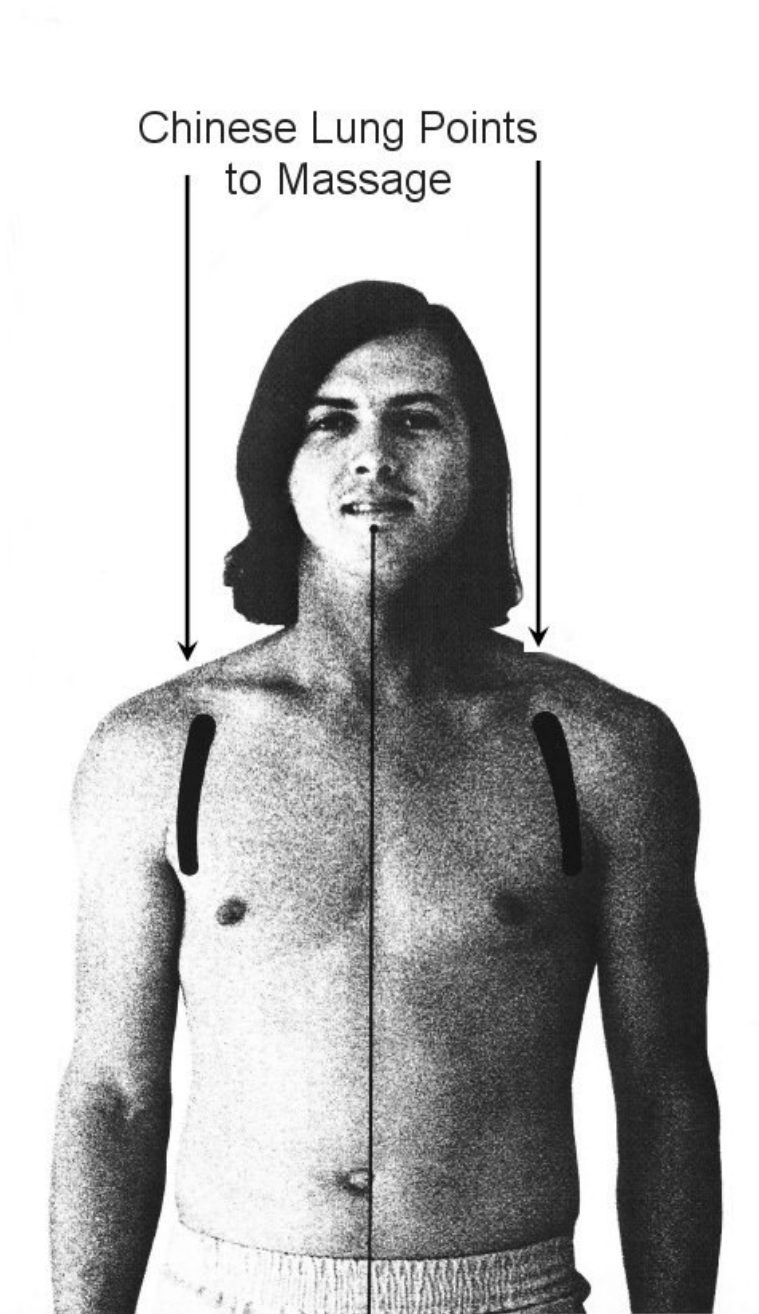
When feeling ill or congested, do this whole procedure at least 3 times a day. Otherwise, once a day won't hurt anything and is useful as a preventive measure.

Of course, the FDA and the other "official" medical agencies in this country have not evaluated any of this, but don't let that stop you. It is your right to do anything within reason that might improve your health or help you maintain your health. I have never observed any harm from using this exercise. Rather, I have seen and experienced a lot of benefit when dealing with both acute and chronic respiratory conditions.

The illustration that shows where to massage is on the next page.

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The black stripes are the areas that you want to massage. I massage them, one-at-a-time, by rubbing briskly up and down, using my fingertips or my knuckles. I find it easiest to use my left hand to massage my right lung points, and my right hand to massage my left lung points. Thirty seconds on each side is sufficient.

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Anyone using this information for any purpose must accept full responsibility for any and all results. It is recommended that anyone dealing with any persistent or serious illness or health conditions do so under the supervision of a licensed health-care practitioner. As with any herbal preparation strong enough to be effective, potentially serious harmful side-effects are always possible.

The author of this article, Jeff Bell, does not hold any medical degrees, nor is he accredited or licensed by any official agency charged with the oversight or regulation of health care providers or health care professionals.

If you feel you need medical advice, (recommended if you are dealing with any serious illness or health challenge), it is urged that you work directly with a qualified health care practitioner.

I value your feedback. Please send me your comments, questions and suggestions.

Mail to: jeff@myhealthoptimizer.com Thanks!

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