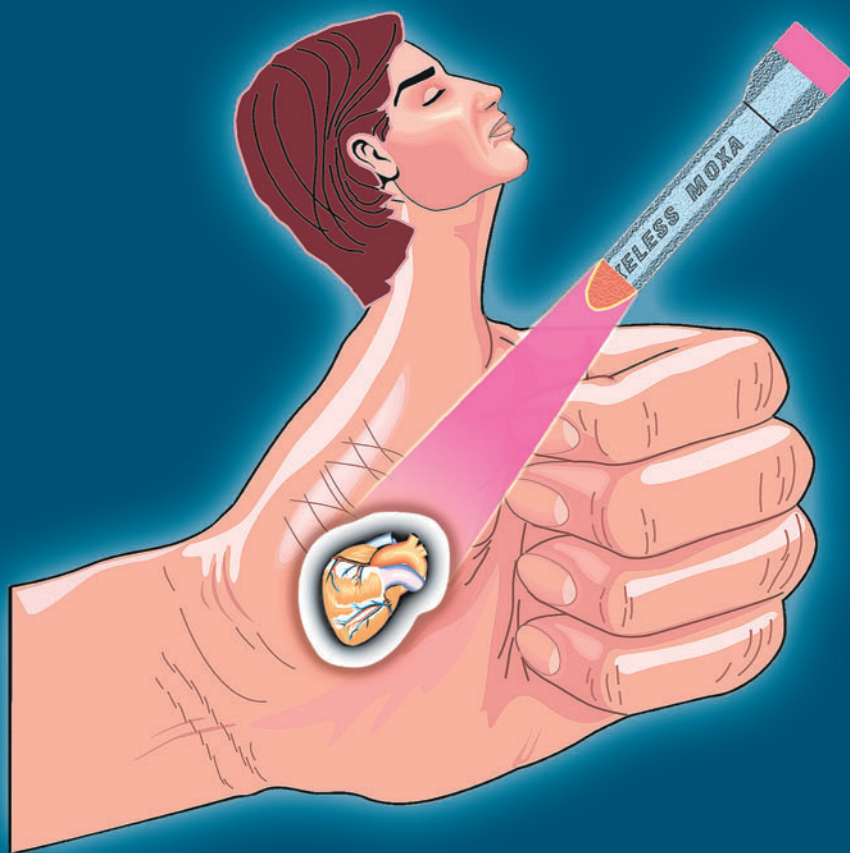


PLAMEN IVANOV

SU JOK AND MOXA

A SELF-TREATMENT MANUAL



Mediks Ltd

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SU JOK AND MOXA

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(THE ELECTRONIC EDITION)



MEDIKS Ltd - Bulgaria

PREFACE

The su jok therapy is a medical discovery of great importance for the mankind. It has raised the self-treatment, the self-dependent health care to a wholly new, higher level. Thanks to the su jok therapy, to its simplicity and availability, it has become possible many diseases, which require highly qualified and expensive medical aid, to be successfully treated at home, without special medical education.

The su jok therapy has parameters immensely surpassing all the known self-treatment methods. It is also more effective than many of the approbated in the western medicine methods and drugs for treatment of different diseases. Unfortunately its popularity does not correspond to its qualities and possibilities. And this is due to the fact that the su jok therapy is a new discovery although its origin is in the remote past. It was discovered by the South-Korean scientist, professor doctor Park Jea Woo and the first scientific reports concerning the topic were from 1987. Its world-wide popularization still has been picking up speed. This is a long, complicated and high-minded process, which will possibly take decades but in the long run it will turn the su jok therapy into a part of the life of millions of people.

The author is filled with respect for the elaborator of the su jok therapy - professor doctor Park Jea Woo and with desire to help for its popularization. This is the motive for the preparation of the present simple manual since the author's aspiration was:

- on the basis of the professor doctor Park Jea Woo's works to present most shortly, simply and easily to understand the most important information concerning the su jok therapy in terms of its practical usage without someone else's help;
- to illustrate the material in a manner that has not been realized till now;
- to describe some purely practical details connected with the realization of the healing procedures, which have not been examined in the existing literature on this matter;
- to draw the attention to the effectiveness and convenient use of the smokeless moxa;
- to suggest a combined application of su jok therapy and traditional acupuncture;

- to offer traditional acupuncture prescriptions in a form that allows these prescriptions to be used by people with no knowledge of the traditional acupuncture.

The su jok therapy consists of two levels, two stages differing in their complicity and method of approach by the healing process.

The first level includes several treatment micro acupuncture systems located on the hands and feet. These systems look like miniature spitting images of the human body. They mirror the health condition of the organism and can exert an active influence when it falls ill. The first su jok level is orientated to people without medical education and it can be learned by every average intelligent person for a few hours. **Always when we mention su jok in the book we have in mind the first level of the su jok therapy.**

Here we describe how to put into practice two of the treatment systems of the first level - **Main correspondence system** and **"Insect" correspondence system**, which according to the author, are most appropriate and absolutely sufficient to be used by people with no special training and without help - and this book is intended exactly for these people.

The second level of su jok is an independent healing method based on the metaphysics. It is more complicated. Its learning requires some knowledge of the philosophical and theoretical fundamentals which serve as basis of the most eastern healing methods. That's why we do not discuss it here.

During the years, after the su jok therapy had been discovered, professor doctor Park Jea Woo developed further his elaboration into a universal healing system, called Onuri medicine. The readers who want to learn more detailed information and to become more acquainted with the philosophy, theory and practice of the Onuri medicine and in particular with the theoretical fundamentals of the su jok therapy can search for his books, listed in the bibliography. There you will find statistical, scientific and clinical researches, carried out in dozens of medical institutions confirming the remarkable possibilities and the wide spectrum of effect of this wonderful healing method.

P.I.

VALUE OF THE ELABORATION

The su jok therapy is a new, unknown till now territory of the acupuncture - simple, effective and easy to practise by everybody. It is entirely concentrated on the hands and feet. In Korean **su** means hand and **jok** - leg. Hence the name of the elaboration.

Different healing and diagnostic micro acupuncture systems located on the hands and feet had also been known before the su jok was originated. But they were like mosaic pieces that didn't allow the whole picture to be seen but just hint at its value. The su jok therapy put these pieces in order to get a complete and clear image, which gave everyone the possibility to find highly efficient and rather simple way to his/ her own health. Exactly this simplicity and a complex of other qualities make the su jok therapy one of the great medical elaborations of 20th century. Here are some of the reasons for this definition:

◆ Su jok therapy is exceptionally easy to learn. It could be learned for couple of hours to a degree enough for its practice. The therapy is so easy to understand that in Russia (where it became widely spread very quickly) it is being successfully studied in some kindergartens and since 1997 has been taught in many of the secondary schools.

◆ To use the su jok therapy you don't need to have medical education. It is naturally intended for self-treatment and everybody can practise it at home. According to professor Zhanaidarov, the president of the su jok acupuncture association in Kazakhstan, su jok practically erases the borderline between self-treatment, which the official medicine doesn't approve and the sanitary and preventive measures, which must be encouraged.

◆ Su jok doesn't require special conditions, appliances, expensive instruments and can be successfully practised at anytime, anywhere and by everybody.

◆ The therapy su jok is absolutely safe. It can be practised without any concerns and limitations because there is only one way for its effect - and it leads to recovery. If you don't practise the method right, it can't do any harm to you anyway. It will simply have no effect.

◆ For the su jok practising there are no age restraints. It can be successfully used by 5-years old children as well as by old people at the age of 95.

◆ Su jok therapy can be practised for treatment of every organ, every joint and every body square centimetre. In fact each disease can be treated with su jok. There are no restrictions and contraindications for its use.

◆ Notwithstanding the method's simplicity, the published in the specialized literature statistic, scientific

and clinical observations indicate that its effectiveness for the most illnesses is comparable to the one of the drug treatment and is even higher, provided that the percentage of the relapses (renewing of the disease) is sensibly lower.

◆ The su jok therapy is efficient by a number of serious chronic diseases, which are extremely hard or impossible to be healed with the remedies known till now.

◆ The su jok therapy is compatible with every other kind of treatment. When it is used in combination with drug, herb or other medication, it sharply speeds up the healing process. By drug treatment this leads to reduction of the amount of the taken drugs and therefore to reduction of their possible harms.

◆ Su jok has a life-saving effect with different diseases in acute form when immediate and effective first aid is needed and there is no medical service available.

◆ The su jok therapy is peerless in poor countries where not everybody can afford a qualified medical attendance or in regions where it is hard to get such aid and the only alternative is the self-treatment.

Till now in the history of mankind a healing method or medicine hasn't existed so simple to use, so practical and with such a wide-spectrum of effectiveness. The su jok therapy does not offer a sensational way to heal some of the present diseases that can't be cured, but it can help great number of people in their fight against dozens of banal diseases, which bother them in their daily round. That's why it can be defined as one of the great medical elaborations of 20th century.

Unfortunately during this period the information in the public space about the potentialities of su jok as a self-treatment method was not thorough and intelligible, it was of no practical use. We hope that the publishing of the present manual will up for this deficiency.

A couple of years after its elaboration the su jok therapy started to establish itself worldwide. For this short period an international su jok acupuncture association was founded. Thousands of acupuncturists in dozens of countries use the su jok in their practice. At almost all international acupuncture scientific forums statements and reports come in, concerning positive results, achieved through su jok therapy. The fame of the su jok as an extremely efficient self-treatment method is spreading among the ordinary people like a blast.

PRINCIPLES OF THE SU JOK THERAPY

CORRESPONDENCE SYSTEMS AND ZONES

The human body is a complex mechanism where all the parts work in constant close interrelation. To function correctly they continuously interchange information. In every part of the body, without interruption, comes in information about all other parts and at the same time information about each part's condition is emitted. This interchange of information, as well as the storage of the received information, is carried out by the so-called **correspondence systems**.

The correspondence systems are informative, power producing projections of the organism located on all independent parts of the body. They look like reduced images of the human body, so deformed that to build in the form of the appropriate body part. Correspondence systems are built in the ears, head, feet, hands, internal organs, tongue, eyebrows and all other parts of the body, even in each cell.

Since each correspondence system is a reduced image of the organism, all the organs, all parts of the body are represented in it. The zones (the areas) of the correspondence systems, which correspond to the particular body organs, are called **correspondence zones**. Each organ and part of the body has their own correspondence zone in all correspondence systems. For example the stomach has a **zone of correspondence** in the **systems of correspondence**, located on the ears, eyes, feet and in all other correspondence systems.

The correspondence systems are in continuous information interchange. They contain full information about the organism, about its present condition. Save for the fact that they have information about the human organism, they actively stimulate its state of health. The mechanism for this stimulation is the following:

When an organ gets diseased, in all other correspondence systems a signal concerning this is received. The correspondence systems react as one or more miniature spherical fomatons in the correspondence zone tissue of the diseased organ, are formed in them. When pressed they are painful and are subjectively felt as **pain points**. Further we will refer to them in the same way.

If the kidney gets diseased, pain points appear in its correspondence zones, located on the ears, hands, feet, tongue, nose, fingers and all other independent parts of the body. The same happens with a disease of the stomach, eyes, liver and every other organ or part of the body.

In everyday life man continuously stimulates, accidentally and chaotically, one or another correspondence system and the pain points that have appeared there as a result of disease. When you put a hat, you press part of the correspondence zones, located on the head. When you walk, you massage the correspondence zones on the feet. When you work, you stimulate the correspondence zones on the hands etc.

As a result of this stimulation, the pain points in the correspondence zones generate healing impulses, directed to the diseased organ. In this way healing impulses flow from different parts of the body, from different correspondence systems, to the diseased organ. They activate complex regulating mechanisms, which fight against the disease.

The healing impulses, created in consequence of the human everyday activity, are formed accidentally and chaotically. They are sufficient for the preventive keeping fit when there are some slight deviations in the state of health. But these impulses may not exist by sedentary way of living or may not be sufficient by more severe disorder. Then the disease gets worse. Therefore to heal ourselves, when we are seriously ill, it is necessary to create powerful enough healing impulses through an intentional and directed stimulation of the pain points in some of the correspondence systems.

This question emerges immediately - which of the numerous correspondence systems are most efficient and can be used most successfully for that purpose? Which of them include the organism reserves most effectively? The experience gained till now, indicated that these are the correspondence systems located on independent parts, which have the strongest resemblance to the human body and create healing impulses most often. Such independent parts are the hands and the feet. They have an amazing structural resemblance, a similarity to the human body structure. In addition they get most often into contact with the environment thus creating healing impulses most often. Nature wisely took care of things and the most often created impulses are the most powerful and effective ones. Because of that the healing impulses generated in the correspondence systems located on the hands and feet are far more powerful and effective than the impulses generated in the most of the other correspondence systems.

The su jok therapy has entirely been created on the basis of the correspondence systems located on the hands and feet. It consists of two levels. The first level is easy to use by people without medical education and includes several healing correspondence systems. From practical point of view the most important are two of them:

- ◆ **Main correspondence system;**
- ◆ **"Insect" correspondence system.**

Here we will confine ourselves to the presentation of these two correspondence systems that are suitable and sufficient for unaided practice.

The second high level of su jok is a healing method based on metaphysical ground. It is more complicated and for its learning more careful preparation in the acupuncture sphere is needed.

MAIN CORRESPONDENCE SYSTEM

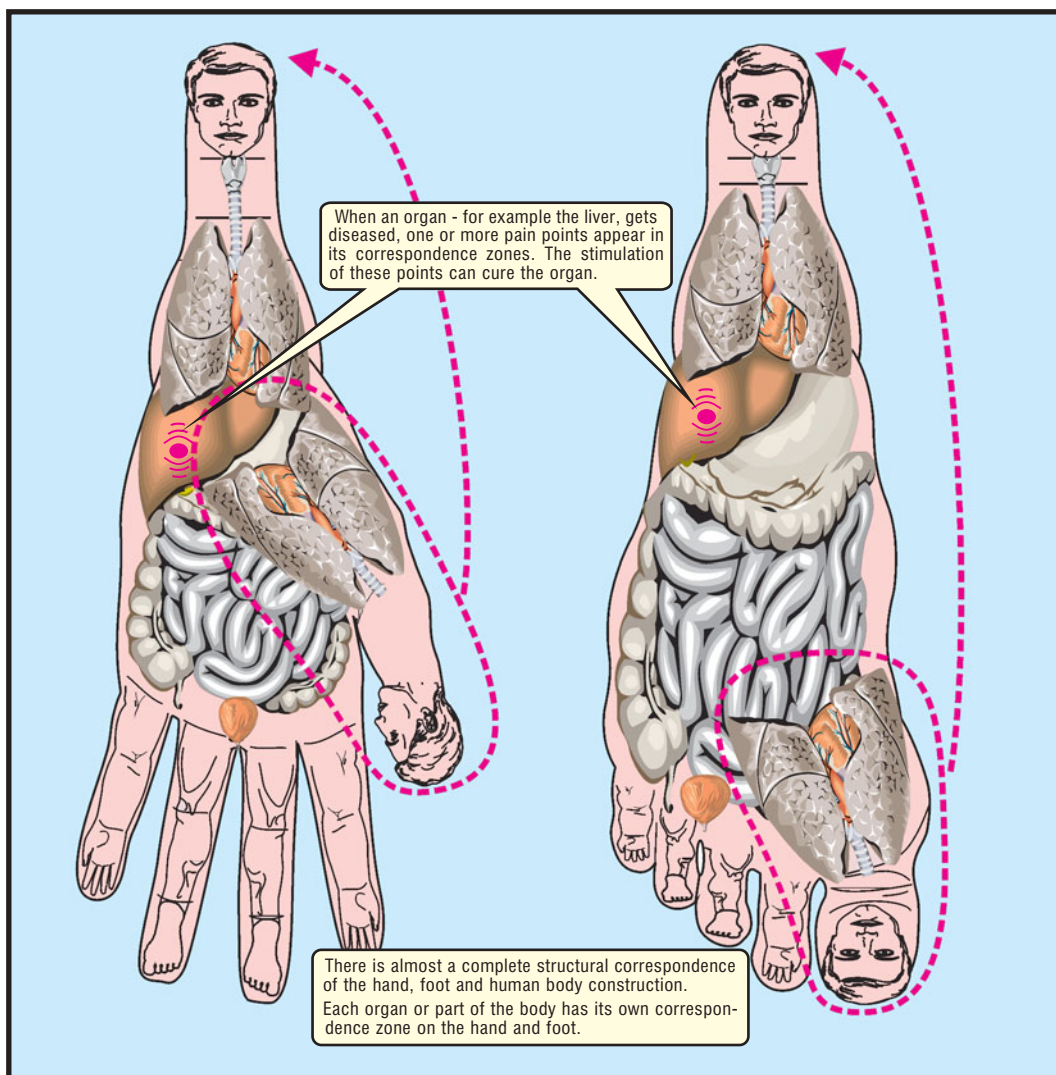
The hands and feet structure is almost identical with the structure of the human body. Forming a mental image it is sufficient to turn your thumbs up, with their adjoining areas of the palm, to see that the similarity to the human body is amazing and the correspondence zones of the organs and parts of the body appear clearly and logically.

- ▶ The thumb corresponds to the neck and head.
- ▶ The second and fifth fingers correspond to the upper limbs.
- ▶ The third and fourth fingers - to the lower limbs.
- ▶ The knuckles correspond exactly to the joints of the limbs.
- ▶ The palm, the foot and their backs - to the torso.
- ▶ The correspondence zones of the internal organs are located on the palm and foot, following the resemblance principle.

In this way on each hand and foot a correspondence system of the human body is formed, called **Main correspondence system**.

When a man falls ill one or more pain points (su jok acupoints) appear on the hands and feet in the correspondence systems of the diseased organ. The stimulation of these zones has a clear healing effect. This stimulation can be compared with the button pressure on a remote control panel. The button pressure sends to the diseased organ an impulse that starts the healing process. Besides the healing effect is extremely powerful and quick!

Note: The feet are put to more aggressive everyday pressure than the hands. Therefore the healing impulses created by the pain su jok points located on the feet are more effective.



"INSECT" CORRESPONDENCE SYSTEM

The fingers and toes are independent parts of the body as well as the entire hands and feet. On each independent body part and hence **on each finger and toe** a healing correspondence system, similar and corresponding to the human body is located. Each organ or part of the body has its own correspondence zone in the correspondence system of each finger or toe.

With a disease in the correspondence zones of the diseased organ, pain points appear **on each finger and toe** appear pain points. The stimulation of these points has the same healing effect as the stimulation of the pain points in the **Main correspondence system**.

The insects' bodies consist of three parts: head, chest, stomach. In the same way the correspondence systems on the fingers and toes are located.

► On the distal (first) phalanx of the fingers and toes the head and neck are projected.

► On the middle (second) phalanx the breast-cell is projected.

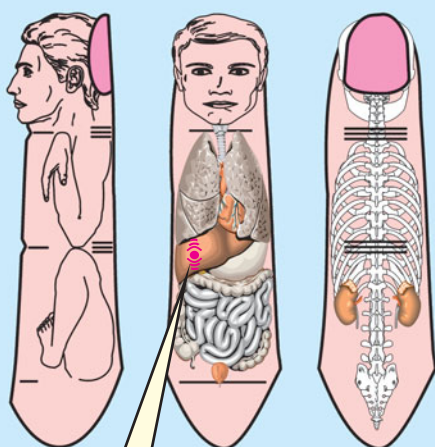
► On the proximal (third) phalanx the stomach area is projected.

Because of that the system is called **"Insect" correspondence system**.

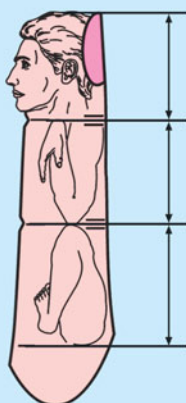
The upper limbs are projected in bent position in the side part of the middle phalanx of the fingers and toes.

The lower limbs are projected in bent position in the side part of the third phalanx.

Note: In the "Insect" system too, the healing impulses created from the su jok points located on the feet are more effective than these on the hands are.



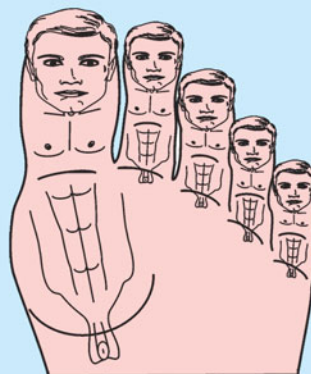
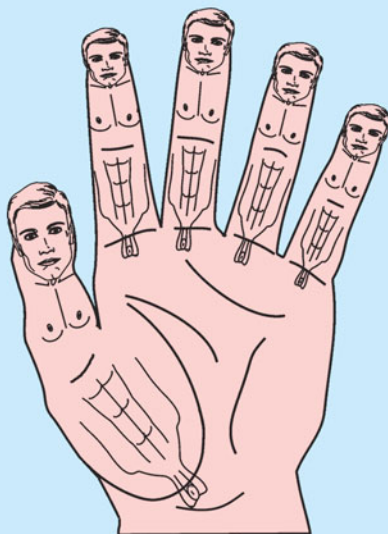
Each organ or part of the body has its own correspondence zone on each finger and toe. When the organ gets diseased, in its zone on each finger and toe a pain point appears. Its stimulation has a powerful healing effect.



DISTAL PHALANX

MIDDLE PHALANX

PROXIMAL PHALANX



On each finger and toe a miniature image of the human organism is located.

PRIMARY AND SECONDARY ZONES OF CORRESPONDENCE

The body has two vertical halves - left and right. In the same way each correspondence system has left and right half, corresponding with the left and right body half.

♦ The position of the left and right half in the **Main correspondence system** is defined when your own hands (feet) are with fingers (toes) directed downwards. The palms (feet) are turned forward. Form a mental picture of the turned up thumb, together with its adjoining area of the palm (foot). As it is, on the right halves of the hands (feet) the right body half is projected and on the left halves - the left body half.

♦ The position of the left and right half in the **"Insect" correspondence system** is defined when your own hands (feet) are with fingers (toes) directed upwards. The palms (feet) are turned forward. As it is in the right halves of the fingers (toes) the right body half is projected and in the left halves - the left body half.

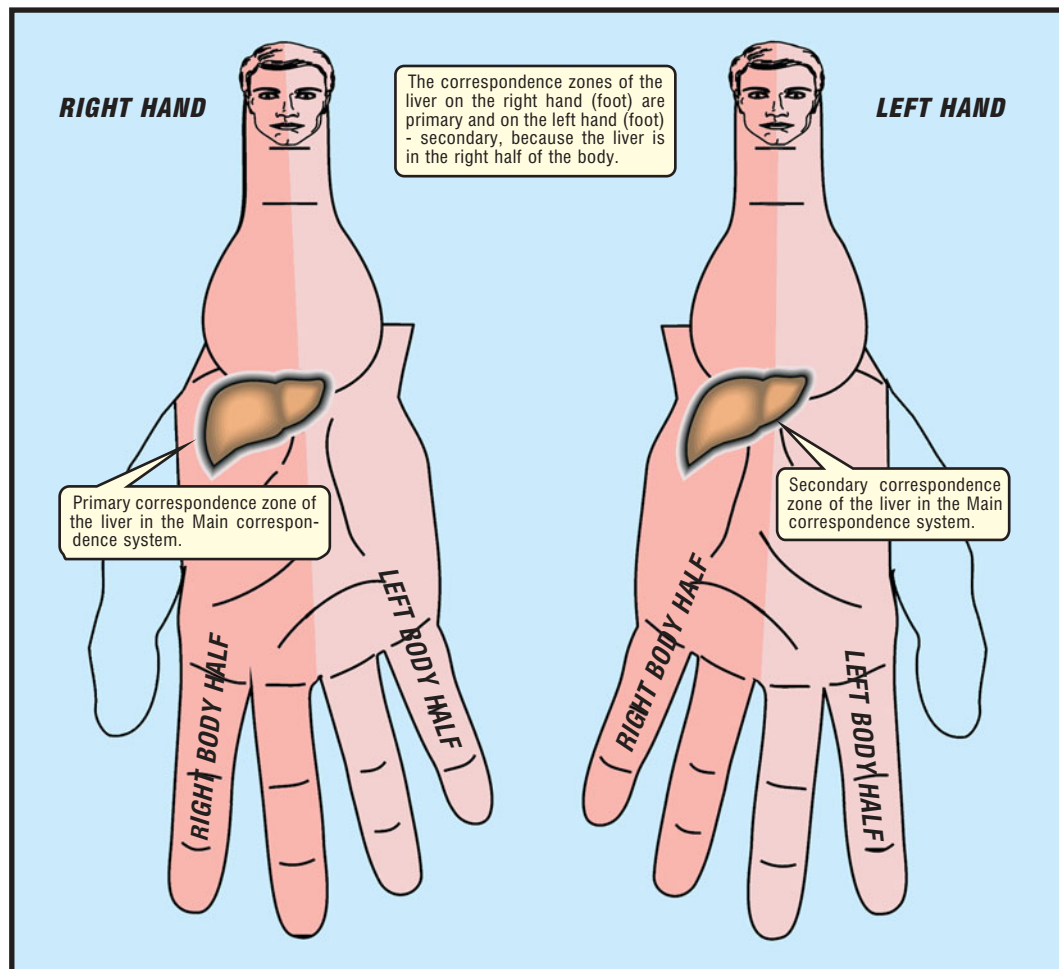
In the both systems all organs have correspon-

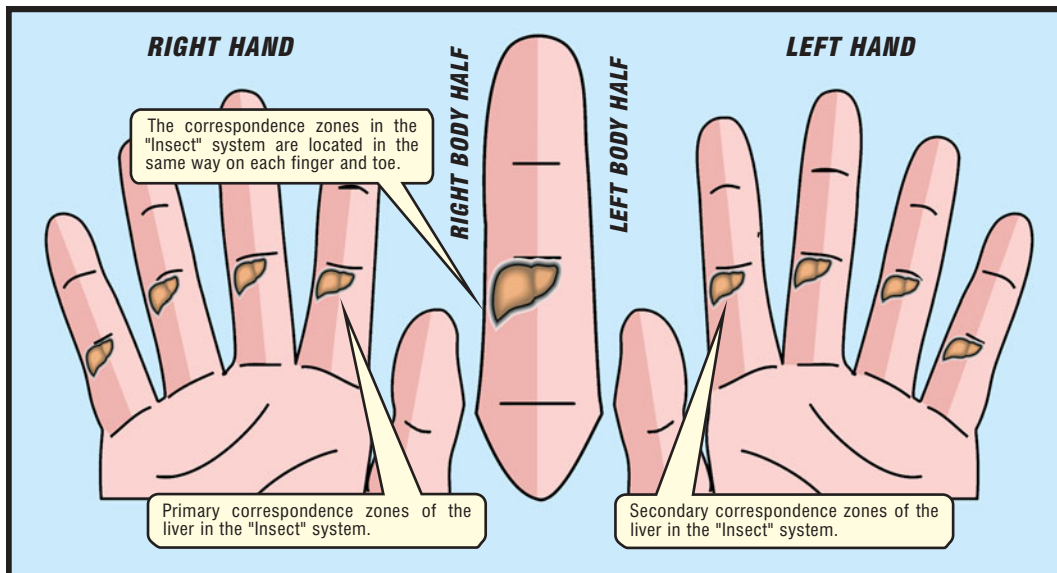
dence zones on the left hand (feet) as well as on the right hand (feet). The correspondence zones, which are on the side of the organ they represent, are called **primary zones** and these on the other side - **secondary**.

Example: The liver, gall, right leg, right arm, right eye, right ear etc. are organs located in the **right** body half. That is why their **primary correspondence zones** are on the **right** hand (foot) and their **secondary correspondence zones** are on the other side - on the **left** hand (feet).

Example: The heart, spleen, left leg, left arm, left ear, left eye etc. are in the **left** body half. That is why their **primary correspondence zones** are on the left hand (foot) and their **secondary correspondence zones** - on the **right** hand (feet).

The primary correspondence zones are closer to the organ they correspond with and may be that is the reason for their greater effectiveness. They have priority when you choose a zone for stimulation.





STRATIFICATION OF THE CORRESPONDENCE SYSTEMS

The Main correspondence system is located on the hands (feet) and the "Insect" correspondence system - on the fingers (toes). But the fingers (toes) are part of the hands (feet). Namely the **"Insect" correspondence system** lies on this part of the **Main system**, projected on the fingers (toes).

As we mentioned above, correspondence systems are located on all independent parts of the body. But some independent parts of the body are part of other independent parts of the body. In this instance the hand (foot) as a whole is an independent part. Separately the fingers (toes) are independent parts too. Thereby a stratification of correspondence systems comes out - once on the entire hand (foot) and twice on each finger (toe) separately. This means that in one and the same area of the hands (feet) correspondence zones of different organs are projected.

Example: According to the Main correspondence system, the right foot is projected on the first phalanx of the right middle finger. But according to the "Insect" system the head is projected there.

In the same way stratification appears between some correspondence zones, which are components of the Main correspondence system. That is the case with the zones of the thoracic organs. On the hand the thorax is projected in the area of the palm, separated by the life line. When we form a mental picture of the turned thumb, together with the thumb we turn this part of the palm too. Then it is obvious that when the thumb is in normal position the zones of the organs, located in the thorax, overlap part of the organs, located in the abdominal area (see p. 6).

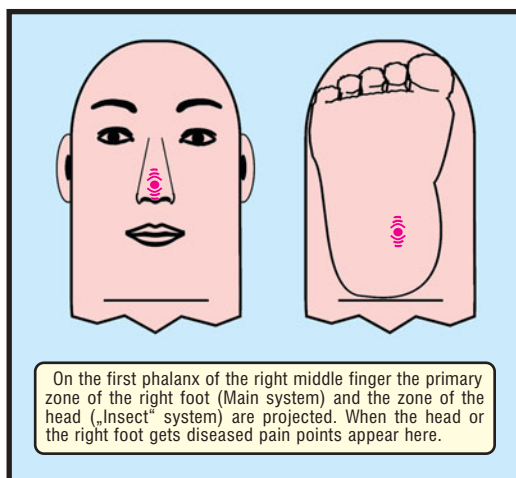
At first sight this stratification of correspondence systems and zones seems confusing but actually (related to the example) it only means that:

► If the right foot gets ill a pain point will appear on the first phalanx of the right middle finger, according to the Main correspondence system.

► If some of the head organs get diseased, for example the nose, a pain point will appear on the first phalanx of the right middle finger, according to the "Insect" system.

► If the nose and the foot get diseased at the same time, pain points will appear simultaneously on the first phalanx of the right middle finger, corresponding to the right foot after the Main correspondence system and on the nose after the "Insect" system.

Namely the areas of the hand (foot) on which the different correspondence systems and zones are stratified, represent these systems and zones independently and parallel.



MULTIPLE PROJECTING OF THE HEAD

The head (brain) is the most important part of the human body. Here the control of all systems and organs forming the body is concentrated. The proper functioning of the whole organism and its health depends on the proper brain functioning. Because of the great significance of the brain in the both correspondence systems - **Main system** and **"Insect" correspondence system** the correspondence zones of the head are doubled.

► Once the head is projected on each finger and toe with a face, located on the soft part of the first finger (toe) phalanx - **lower projection** (see the illustrations above, illustrating the Main system and the "Insect" correspondence system, p. 6, 7).

► Twice the head is projected on each finger and toe with a face, located on the back of the first finger (toe) phalanx - **upper projection**.

Thus the head (brain) is projected forty times - two times on each finger (toe).

By both kinds of projections the correspondence zones of the organs, forming the head, are located at definite proportional intervals against each other and against the finger

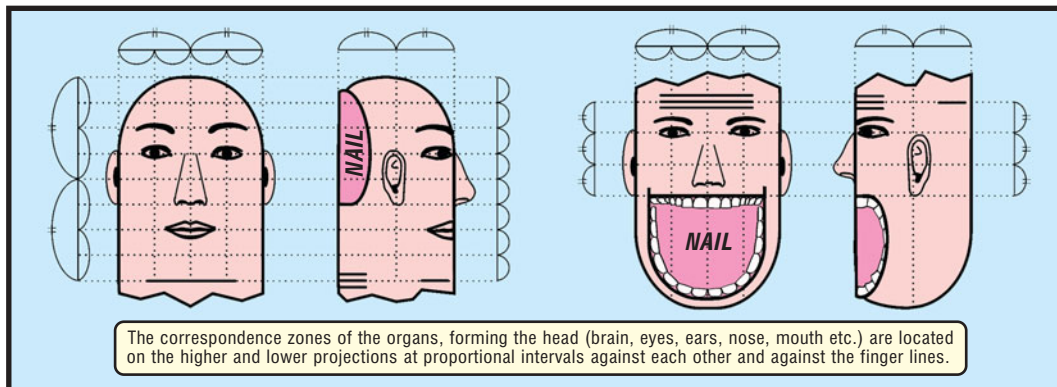
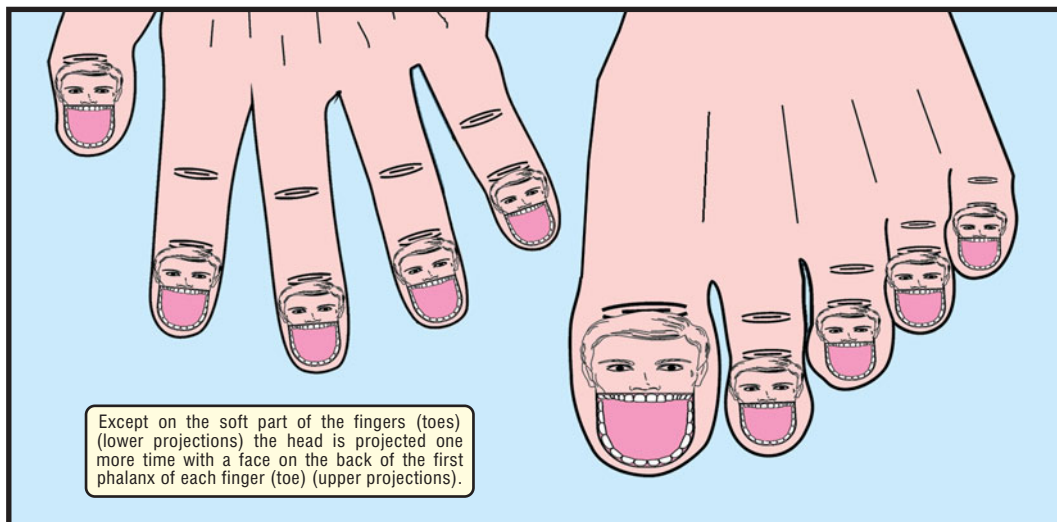
lines. For example on the lower projections of the head, the correspondence zones of the eyes are located three segments below from the finger (toe) tips. In the upper projections the zones of the eyes are located in one segment from the knuckle of the first phalanx.

♦ **The pain point stimulation of the both kinds of projections in the head - higher and lower, has the same healing effectiveness.**

When you have cold it doesn't matter whether you stimulate the pain points, appeared in the correspondence zones of the nose on the lower projections or on the higher ones. In both cases a healing impulse with the same strength and effectiveness will be generated.

♦ **The most important projections of the head are located on the thumbs.**

Here coincide the lower and the upper projection of the head according to the both correspondence systems - the Main system and the "Insect" correspondence system. For that reason the healing impulses emitted by the pain points on the thumbs are more powerful than these of the other fingers (toes).



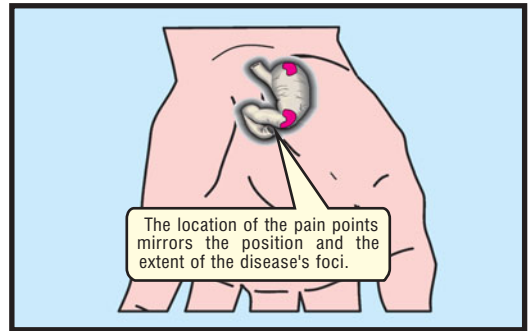
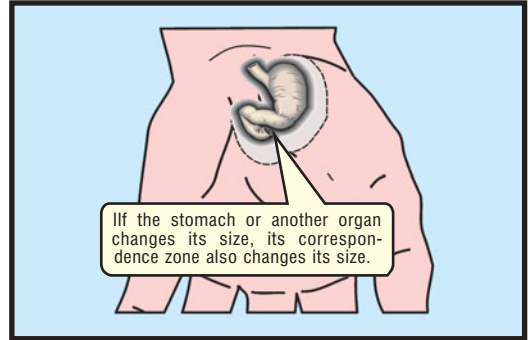
PROPORTIONALITY OF THE CORRESPONDENCE ZONES

♦ The shape of the correspondence zone is similar and proportional to the shape of the organ it corresponds with. It follows the changes that occur in the position and shape of the organ itself.

Example: When a person puts on too much weight, the stomach becomes distended. Then the correspondence zone of the stomach expands too and becomes dislocated against the zones of the other organs, proportional to the shape and position change of the stomach itself. In such a way - as little images, the correspondence systems and zones mirror the alterations in the organism state.

♦ When some organ gets diseased the position of the pain points, appearing on its correspondence zone, mirrors the location and the size of the disease's focus on the ill organ.

Example: If you have a gastric ulcer in the upper part of the stomach, pain points appear in the upper part of its correspondence zone. If the ulcer is in the lower part of the stomach □ pain points appear in the lower part of the correspondence zone. If several gastric areas are affected in the stomach zone pain points appear, corresponding with the location of the affected areas. Besides the surface on which the pain points appear on the correspondence zone is geometrically similar and proportional to the surface of the stomach areas, affected by the disease.

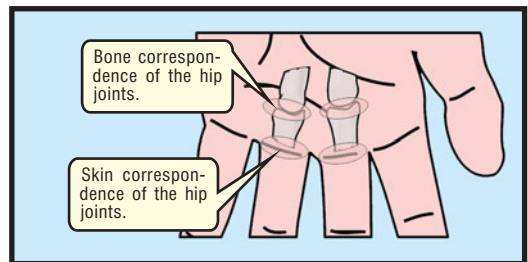


SKIN AND BONE CORRESPONDENCE

The correspondence systems are not located only on the skin. They are three-dimensional like the body and include the entire hands and feet tissues. Because of that there is a certain difference in the position of the correspondence zones of the organs and tissues that lie deeper in the body and these that are close to the skin. In the first case, as a reference point by the defining of the correspondence zones serve the hand and feet bone-structures (bone correspondence), and in the second one - the hand and feet skin flaps (skin correspondence).

Example: The correspondence zone of the groin flaps (the skin in front of the hip joints) coincides with the skin flaps under the middle and fourth finger. However, the zone of the hip joints, which are deeper situated, coincides with the knuckles of the third phalanges of these two fingers.

♦ When the disease's focus is deeply located the pain points should be searched as man proceeds from the bone correspondence. When the disease is close to the skin or on it the pain points should be searched on the basis of the skin correspondence.



MIRRORED PAIN POINTS

When some organ or part of the body gets diseased in the correspondence zones on the hands and feet, save the main pain points, also appear the so called **mirrored pain points** appear. We will describe part of these points but we'll save you the theoretical ground for their appearance. We will concentrate on the mirrored points, located on the fingers, because their defining is very easy. Furthermore we consider that to know and to use them is enough for the

practical objectives of our manual.

We'll consider a concrete example with a correspondence zone of the heart in the "Insect" system on one of the fingers. If the heart is diseased in the correspondence zone appears a pain su jok point appears. Let's draw a vertical line through this point, parallel to the symmetry axis of the correspondence system, to its intersection with the finger knuckles under and above the point. At the intersection

point of this line with the knuckles always appear the so called **vertical mirrored pain points** appears. They are not as painful as the main su jok point but are **always** in the knuckles under and above it.

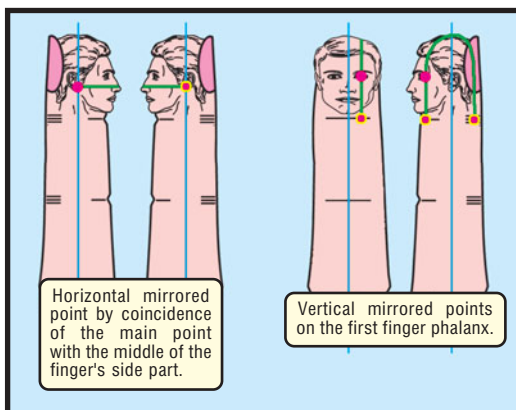
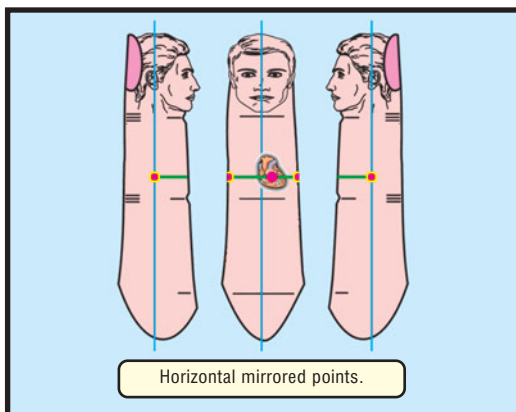
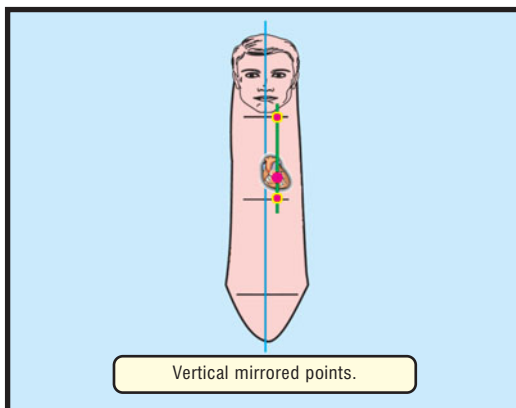
Now let's draw a horizontal line, perpendicular to the symmetry axis, through the main su jok point from the example to its intersection with the side part middle of the finger from its both sides. Pain points **always** appear there, too, called **horizontal mirrored points**..

Vertical and horizontal mirrored points appear around the main pain points in all correspondence zones of the diseased organ in the "Insect" system and in the part of the Main system, located on the fingers. They are of major importance for the quick course of the healing process. The stimulation of the main pain point in combination with the vertical or horizontal mirrored pain points leads to an immediate result. The use of these points is especially effective when the patient wants to cure large affected areas. For example - pneumonia, having affected the two lungs

We find the **vertical mirrored points** on the **middle** and **third** phalanges of the fingers in the way we described above, as we draw a vertical line, perpendicular to the symmetry axis of the correspondence system, to its intersection with the knuckles under and above the pain point.

The things are different by the vertical mirrored points on the **first** phalanx of the fingers because in this case we don't have a knuckle, located above the main pain point. Here we locate one of the vertical mirrored points as we draw a vertical line to its intersection with the knuckle under the main pain point. The other mirrored point lies on the same knuckle but on the other side of the finger. We locate it as we produce the vertical line to the finger's tip and drop it on its other side to its intersection with the knuckle.

We find the **horizontal mirrored points** on all finger phalanges in the same way, described above, as we draw a horizontal line until it intersects the middle of the fingers' side parts. An isolated case is the coincidence of the main pain point with the middle of the fingers' side part. Then the mirrored horizontal point is only one and it is located on the other side of the finger, against the main pain point..



IRREFUTABILITY OF THE CORRESPONDENCE SYSTEMS

The existence of the correspondence systems can be ascertained in a very simple way. It's enough to try to find pain su jok points in the correspondence zones of a diseased organ. Such points are **always** to be found. When the organ is sound these pain points are missing.

It is so easy and simple to check the existence, location's accuracy and effectiveness of the correspondence systems that there is no room for doubt, controversies and

discussions. The correctness of the correspondence zones is flatly proved through the practice of thousands of people, using the su jok therapy - professionally or for self-treatment.

Note: The illustrations of the Main system and the "Insect" correspondence system, published above, are of illustrative nature. The exact topography of each correspondence zone is represented in the prescription guide.

SU JOK THERAPY PRACTICE

INTRODUCTION

WHEN CAN YOU PRACTISE SELF-TREATMENT WITH SU JOK

◆ **You can use su jok without a problem parallel with other treatment which is controlled by a doctor.**

In this case practise su jok therapy without worries - it will considerably shorten the time needed for the healing. Remember that the su jok therapy doesn't have contra-indications and secondary effects. It can't do any harm to you. Su jok can be used parallel with every other way of treatment. Thus the disease will be cured faster and the quantities of the taken drugs (if you take any) and the damages caused by them will be smaller.

◆ **You can practise su jok as a main and only healing method by serious, acute or chronic diseases but only under medical control.**

With serious diseases su jok can be practised as a main and only healing method only under doctor's or su jok therapy specialist's control. The method is extremely effective by wide range of diseases but there are a number of diseases that are too dangerous and must be treated completely. Only a doctor can assess when your condition requires other, more drastic ways of treatment - for example operation.

◆ **You can practise su jok without medical control with banal, acute or chronic diseases.**

Many illnesses do not necessarily require medical assistance. For instance a slight chill or cold can be stopped quickly through massage of the pain su jok points in the correspondence zones of the throat and nose.

The obstinate chronic diseases that give you trouble and that you know well - for example pain in a joint, can be also treated single-handed.

◆ **You can use su jok as a first aid by emergencies before someone from the medical services arrives.**

◆ **The su jok therapy has no contra-indications and secondary effects and can be used by everyone without health risk. But there are some conditions with which this therapy will be not sufficiently effective or won't be wisely to be practised.**

Su jok therapy must not be practised:

- ▶ During or after excessive alcohol or drug use.
- ▶ With a strong fatigue, insufficient sleep or starvation.
- ▶ When the disease is acute and is not medically diagnosed (unless as a first aid)..
- ▶ Immediately after finishing a lavish meal.
- ▶ During the last three months of the pregnancy.

WHAT KIND OF DISEASES CAN YOU TREAT WITH SU JOK

◆ **Su jok can be used for treatment of each disease if you know where its focus is. Besides, the disease's nature is not important.**

You must know for sure which the diseased organ is, where the focus of the disease is. Then only, you can define correctly the correspondence zone and can stimulate the healing su jok points, which have appeared there. For that reason with su jok you can cure diseases with an exact address. The nature of these diseases is not important. The healing impulses directed to the diseased organ cure it no matter what the disease is.

From the point of view of the su jok therapy it makes no difference if your stomach suffers from ulcer, gastritis or something else. The healing impulses created through the stimulation of the pain su jok points attack the disease regardless of its nature.

Note: When the disease is serious - has affected large body areas and includes several organs and systems - the first su jok level, which we discuss here, can prove to be insufficient or too labour-consuming for a stable healing effect. Then it is necessary for you to use the metaphysical part of su jok with the help of a qualified specialist or another treatment method.

◆ **The su jok therapy (the first level) is not the proper one for symptomatic treatment.**

You can't use su jok to influence symptoms directly - vertigo, nausea, high temperature, high blood pressure etc. It is important to know the disease of which organ causes these symptoms and then the organ should be treated through its correspondence zones.

Example: High temperature is a symptom. It could be caused by an inflammation of the tonsils (tonsillitis) but it could be also caused by an inflammation of the kidneys. Su jok therapy can't be practised successfully if the location is not defined.

◆ **The su jok therapy is with restricted effectiveness by diseases causing irreversible alternations of the tissues of the diseased organ.**

When the disease has caused irreversible changes of the tissues, the su jok therapy eases the condition but does not heal. Still, even when the disease is regarded as incurable by the modern medicine it is wisely to practise su jok. Where it is not in the power of the medicine to help, it is possible the internal reserves of the organism to succeed. Such cases are described in the books written on this topic.

TREATMENT PROCEDURES

CONTENTS OF THE TREATMENT PROCEDURE

The treatment procedure with the su jok therapy is not complicated and is the same for each person regardless of the disease's nature. It includes selection of the correspondence zones of the diseased organ that will be used, location of the pain su jok points in these zones and their stimulation. In view of the fact that the correspondence zones are situated in the same manner by all people, for each one could be very easy to find them, without help, on his/ her hands and feet, to choose several of them, to find the pain points that have appeared there and to cure him/herself with high efficiency, stimulating these points.

And so - the technology and manipulations constituting the treatment procedure in su jok are not complicated and are the same for all people regardless of the disease's nature. They are as follows:

1. Selection of the correspondence zones of the diseased organ on hands and feet.
2. Location of the pain points in the correspondence zones.
3. Creating of a healing impulse through stimulation of the pain points.

1. SELECTION OF THE CORRESPONDENCE ZONES

♦ The first and most important condition for a successful single-handed practice of su jok is the correct medical diagnosis.

Before you start practising su jok, you have to know for sure what your disease is and which the diseased organ is. If you don't have the opportunity the nature of your disease to be determined medically, you can follow your sensations but in principle you should not start a su jok therapy treatment without exact medical diagnosis of the disease. Otherwise it is possible you to go wrong and to stimulate the zones of other organ, not the diseased organ's zones. This won't do any harm to you but neither will help. This way you will be disappointed of the method without a reason. That is why it is so important a specialist to examine you and to define the exact location of the disease. You should not (save you are forced by the circumstances) try to find the focus of the disease on your own, judging by the location of the pain you feel. Pain is a symptom that could be misleading.

Example: You have pains in your waist and you may decide that you have problems with the spinal column but in fact your pain could be caused by a kidneys disease. It is evident that if you stimulate pain points in a correspondence zone of the spinal column instead of a zone of the kidneys, you won't have success.

♦ After the diseased organ or part of the body is defined you must choose several of its correspondence zones which you will use for its treatment.

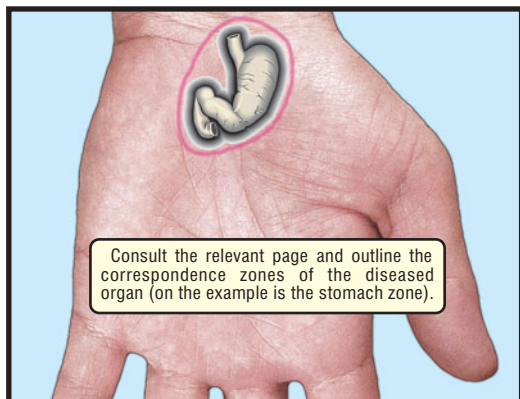
Each organ or part of the body has numerous correspondence zones on the hands and feet. The brain for instance has forty correspondence zones. To achieve a healing effect it is not necessary to stimulate the pain points in all correspondence zones. Depending on the seriousness of the disease it is enough to choose **from one to four of them** as you have in mind the following:

- The correspondence zones in the Main system and in the "Insect" correspondence system have the same effectiveness.
- The correspondence zones on the feet are more efficient than the zones on the hands.
- The primary correspondence zones are more efficient than the secondary correspondence zones.
- The combination of zones on the hands with zones on the feet is more efficient than the combination of zones only on the hands or only on the feet.
- When a large body area is affected it is better the smaller correspondence zones in the "Insect" system to be used.

You can find the zones after you consult the relevant page of this manual. Carefully compare the spatial position of your hand and foot with the illustrations in the manual so not to confuse the correspondence zones of the organs, located in the left body half with these located in the right half. If you make a mistake by the defining of the correspondence zones against the axis line, there is a danger if your left eye is ill you to stimulate a correspondence zone on the right one and thus not to get the desired result.

♦ Outline the correspondence zones that you'll use with some harmless colouring agent (marker).

At least in the beginning it is necessary to do this. Thereby you won't deviate when you look for the pain points in the zone and you'll find them easier.



1.1. ADDITIONAL CORRESPONDENCE ZONES

EExcept for the correspondence zones of the diseased organ in the treatment procedure one or two additional correspondence zones of other organs, directly connected with the ill person can be selected and included, which are most likely involved in the pathological process. This is done with more serious, acute and chronic diseases when the result of the pain points' stimulation in the correspondence zones of the diseased organ is unsatisfactory. **In the first place pain points in the correspondence zones of the spinal column and brain should be searched.**

ROLE OF THE SPINAL COLUMN

The spinal column is a highway, where information flows from the brain to each part of the body and vice versa. The vertebrae of the spinal column can be compared to highway forks that lead to different organs and parts of the body. By most chronic diseases the affection process includes one or several areas of the spinal column, which are connected to the diseased organ. Thus the normal information link between the brain and the diseased organ is hindered. The regulating functions of the brain are worsened.

We can normalize the 'brain - diseased organ' relation and achieve a healing effect, stimulating the pain points that conform to the diseased organ in the correspondence zones of the spine.

The pain points should be searched on this side of the correspondence zones of the spinal column, where the diseased organ is located.

Note: When we talk about vertebrae of the spinal column we have in mind all tissues (segments of spinal cord, spinal-cerebral nerves etc.) adjoining the respective vertebra.

CONNECTION OF THE ORGANS AND BODY PARTS WITH THE SPINE

Here we name some of the vertebrae in whose correspondence zones you should look for pain points if the organ or the part of the body, they are connected with, has a chronic disease. **You can find the position of the vertebrae zones and reference notes on their relation to the body parts in the prescription guide.**

Lungs and bronchi: C3-C4, T3-T9

Heart, ascending aorta: C3-C4 from the left, T1-T8

Gullet: T3-T5

Stomach: C3-C4, T6-T9

Ascending colon of the large intestine: T9-L1

Appendix: C3-C4, T11-T12 from the right

Descending colon of the large intestine: C3-C4

Rectum: T11-T12, L1-L2

Liver and gall-bladder: C3-C4, T6-T10 from the right

Pancreas: C3-C4, T7-T9 from the left

Kidneys and ureters: C4, T10-L2

Bladder: T11-L3, S2-S4

Uterus: T10-L3

Ovaries and uterine tubes: T10-L3

Testicles: T12-L3

Mammary glands: T4-T6

ROLE OF THE BRAIN

The brain controls all organs and systems of the body. If an organ gets diseased in the correspondence zones of the brain a pain point appears. This point conforms to the brain area, which corresponds with the diseased organ. The stimulation of this point makes the healing effect more powerful.

Normally several pain points can be found in the correspondence zones of the brain. Since it is difficult to define which of these points is connected with the diseased organ the most painful one is to be chosen.

With especially serious and insusceptible to medical treatment diseases, save on the correspondence zones of the spinal column and brain, pain points should also be searched in the correspondence zones of organs that are connected with the diseased organ and are probably a link from the pathological chain. But in view of the fact that the defining of these organs requires some medical competence it is necessary (if you are not competent) to consult a specialist.

If you don't have the possibility for consultation just check the correspondence zones of all main internal organs and choose one or two of them in which you find the most painful points or areas.

Example: If you suffer from inflammation of the bladder it is probably due to a kidneys inflammation. It is necessary to search for pain points in the areas of the kidneys too.

With the letter **C** are indicated the cervical vertebrae, with **T** - the thoracic vertebrae, with **L** - the lumbar vertebrae, with **S** - the sacral vertebrae. The number, next to the letter, is the vertebra's number. The dash between the indication of two vertebrae means that they and all vertebrae between them correspond with the respective organ or part of the body.

Nape: C2

Cervix: C3-C4

Arm: C6-C7

Forearm: C6-C7, T1

Armpit: C5-C7, T1-T3

Shoulder: C4-C5, T1-T3

Collar-bone: C4

Shoulder girdle: C4-C5, T1

Thorax and back to the diaphragm: C4, T1-T8

Abdominal area: T9-T12, L1, S1

Back below the diaphragm: T9-T12, L1-L5

Outer side of the thigh: L2-L5, S1

Inner side of the thigh: L2-L4, S2-S3

Outer side of the shank: L4-L5, S1

Inner side of the shank: L4, S1-S2

Foot: L4-L5, S1-S2

2. LOCATION OF THE PAIN SU JOK POINTS

You can find the pain su jok points in the correspondence zones with a simple instrument, called diagnostic probe or with a proper object at hand.

The diagnostic probe serves for location and massage of the pain points on the hand and foot. It is a stick made of metal, plastic or wood, about ten centimetres in length. Its both ends are spherical, with roundness 2-4 mm. One of the spheres is with larger diameter and is used on the soft parts of the hand. The smaller sphere is used on the areas, where the bones are close to the skin.

If you don't have a probe, you can use a match, the thin end of a thermometer or other appropriate object at hand with a rounded tip and 2-3 mm in diameter. With a little practice you could locate the su jok points even with a nail.

◆ **Look for the pain points as you carefully go through the outlined correspondence zones with the diagnostic probe.**

Go through the zone as you press the probe **vertically, with the same intensity** and move it slightly. Move the probe consecutively and methodically - as if you mow a lawn, with a step equal to the diameter of its tip. Don't leave an unchecked area. The pain points are small and could be easily missed. That is why it is very important to explore the zone methodically, not just to wander about it randomly.

When you look for the pain points pay attention on the following:

- ▶ The probe's pressure should not be too intensive, because then you will feel a pain everywhere you press. Start with a slight pressure.

- ▶ It is possible after you go through the zone for the first time not to find a pain point. Then repeat, as you make the pressure stronger and change the angle of pressure.

- ▶ In the knuckles area look for the pain su jok points by bent and stretched fingers (toes) trying to check as deep as possible the space between the knuckles.

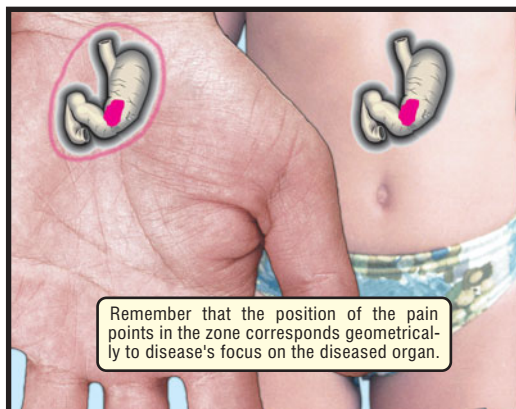
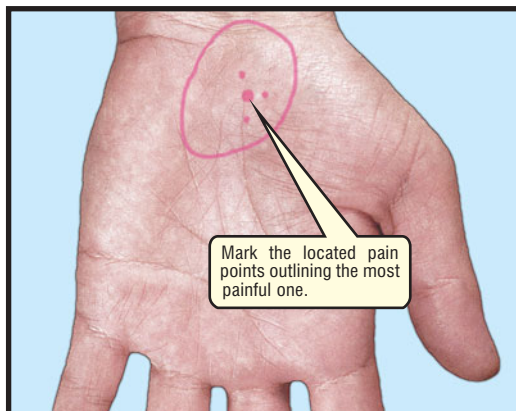
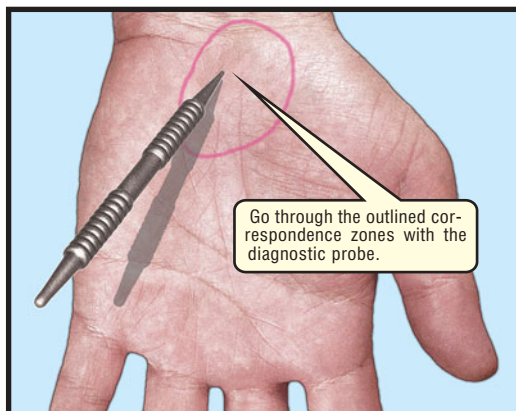
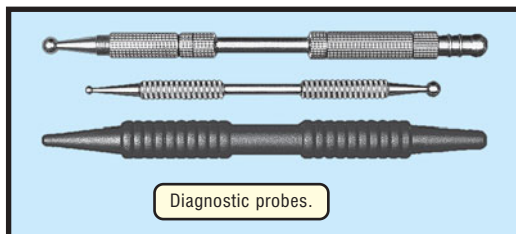
- ▶ In the area of the soft tissues (for example the palm) use the big end of the probe and more intensive pressure so you can "feel" the bones underneath.

- ▶ You can also explore the zone as you "slide" the probe on the skin. When its tip goes over a pain point you will feel that clearly.

- ▶ In the hand and foot areas where the skin is close to the bones, for example the upper side of the fingers, you can easily locate the pain points as you roll over them the side part of the probe.

- ▶ If it is a large zone, first explore it with a strong vertical pressure of the thumb. Normally the area, where the pain points are located, is tender. Then check this spot with a probe very thoroughly.

- ▶ Remember that the correspondence zones are similar and proportional to the organs and parts of the body that they correspond to, and the position of the pain points on them corresponds geometrically to the position of the disease's focus on the diseased organ.



For instance, if your gastric ulcer is in the upper part of your stomach, look for pain points in the upper part of its correspondence zone. Or if you have pains in the middle part of the thigh - look for pain points in the middle of its correspondence zone etc.

► When the disease's focus is close to the skin or on it, look for the pain points proceeding from the skin correspondence, and when it is in the internal organs and in the deeper located tissues follow the bone correspondence (see p. 11).

Finally you will locate one or several pain points. If there are several points - one of them will be most painful. When this point is pressed, the pain is sharp, sometimes unbearable. The pain is more intensive by acute diseases and slighter by chronic ones.

◆ **Mark the located points and outline the most painful one.**

Sometimes the pain points are so close to each other that they become one and form larger pain area. Normally the middle of the area is most painful and corresponds to the most painful point.

The epicentre, the focus of the disease is projected on the most painful point. Its stimulation attacks this focus directly and has a powerful healing effect. We can compare the other not so painful points with the glowing embers lying around the fireplace. When we try to work on them, to put them out, this will only abate the warmth of the fire but won't extinguish it because the focus will be still

untouched. For that reason the right determination of the most painful point is so important.

◆ **You can find out if you have defined the most painful point correctly after you stimulate it experimentally. The stimulation of this point brings comfort practically always and immediately.**

Note: The outlining of the most powerful point is of great importance when the stimulation is with needles, massage, seeds or magnets, because in this case it is absolutely necessary not to miss the point. By stimulation with moxa the exact location is not so essential because in practice all pain points in the warmed area are stimulated simultaneously.

If you don't find pain points in the correspondence zones of a diseased organ is quite possible your disease to be inaccurately diagnosed. There are **ALWAYS** pain points in the correspondence zones of a diseased organ. In case the diagnose is beyond doubt it is possible the pain points to be located deep under bone structures that hinder their easy location, or in the soft parts of the hand under thick tissue layer. It is possible that you haven't found these points due to lack of experience.

The pain su jok points have also a diagnostic value. If you find pain points located in the same way in all correspondence zones of an organ in the both correspondence systems - the Main and "Insect", it is quite possible this organ to be diseased.

3. STIMULATION OF THE PAIN POINTS

To create a healing impulse and to achieve a healing effect it is necessary the su jok points to be stimulated. In essence the su jok points are acupuncture ones. To activate them are used traditional ways of stimulation that are also practised in the traditional acupuncture. Most often are used:

- ◆ **Moxa stimulation (moxa);**
- ◆ **Cold stimulation (criotherapy);**
- ◆ **Su jok needle stimulation;**
- ◆ **Combined stimulation with needles and moxa;**
- ◆ **Various kinds of massage;**
- ◆ **Magnet stimulation.**

3.1. MOXA STIMULATION

The inserting of acupuncture needles and the massage of acupoints is very popular. In contrast to them the moxa stimulation has remained in shadow (completely underservedly) and is unfamiliar to the most people. That is the reason to introduce you in short to the pros and cons of this efficient method that serves as a basis of our manual.

Further we treat the combined use of pain su jok points and traditional acupoints. So when we write the following lines about moxa stimulation we mean its place in the su jok therapy as well as in the traditional acupuncture.

In the remote past in China together with the needling has been practised warming up of the acupoints. Since needling (chen) has been often used parallel with warming (chiu) the original Chinese method was called chen-chiu therapy.

The warming (chiu) of the acupoints has been made in various ways but the thousand-year old practice proved that most efficient is the warming up with smouldering mugwort - mugwort chiu.

Today the chen-chiu therapy is well-known as acupuncture and the mugwort chiu - as moxa.

The word moxa is of Japanese origin. Thus it is called the Japanese herb - equivalent of the mugwort, which is used for warming up of the acupoints in Japan. Gradually the word moxa has made its reputation and at present moxa is called the raw material of mugwort as well as the treatment method itself.

Moxa is produced as the mugwort (leaf) is gathered and dried at the end of the summer. The dried mugwort ages for three years and then it is ready for use. After that it is ground and reduced into a mugwort distaff-full (moxa) - it looks like raw wool.



Pure moxa is rarely used. Normally it is mixed with other herbs for better therapeutic effect. Various kinds of products are made of moxa but the main ones are moxa cigars and cones. When the cigars and cones are lit they don't flame but burn slightly. Thus the (su jok) acupoints are warmed up and stimulated.

◆ Moxa cigars

The moxa cigars are the handiest tool for heat stimulation of the acupoints. They established themselves in the acupuncturists' practice all over. They are 10 to 20 centimetres long and 0,8 to 2,5 centimetres in diameter.

The stimulation with a moxa cigar is accomplished as follows: the cigar is lit and the (su jok) acupoint is warmed up with its burning tip from a certain distance. The way the warming up is done and its duration depends on the disease's nature and the method - traditional acupuncture and su jok therapy.

Two types of moxa cigars are mainly used - such made by rolling of moxa in porous paper and pressed smokeless cigars.

The cigars made by rolling of moxa in paper, burn quite fast and emit too much smoke with a strong typical smell. Exactly the smoke and the lasting unpleasant smell in the room, where the procedure is practised, were the main obstacles moxa to be widely used at home at your will (or on prescription). But this situation changed when in 1984 Chinese producers put on the market for acupuncture articles the so called **smokeless moxa**.

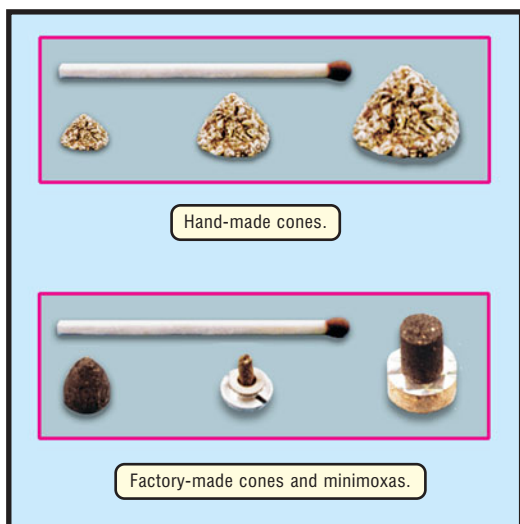
The smokeless moxa cigars are made of mugwort distaff-full and various herbal essences, processed using special technology similar to the one used for the charcoal mining. Thus the great deal of organic substances that smoke and smell unpleasant by burning is eliminated. The produced in this way material is pressed in the form of cigars adding to it a certain percentage of ground charcoal.

The smokeless moxa cigars are considered to be one of the most precious articles in the acupuncture practice. They emit slightly small quantity of smoke and allow the procedure to be done in an enclosed space without bothering the people around. The quality smokeless cigars include aroma essences such as sandalwood, patchouli, ylang ylang, frankincense and so forth, which provide the room with a wonderful scent and have a relaxing effect on the psyche thus helping for the healing process.

The burning duration of a rolled in paper moxa cigar that is 20 cm long is about 60 minutes. The high-grade smokeless cigar, 10 cm long, burns slightly about 200 minutes.

◆ Moxa cones.

The stimulation with moxa cones is accomplished as follows: on the (su jok) acupoint is placed a well pressed moxa cone and is lit. The heat goes into the skin. When the heat becomes almost unbearable, the cone is replaced by another one. The number of the cones, burned consecutively on one point, varies from



one to hundred and more, and their size - from rice grain to hazelnut depending on the nature of the disease and the used method.

The cone is placed directly on the skin or on a slice of garlic, ginger or cake made of special paste mixtures serving as a "mat".

The cone can be formed with fingers from moxa and used on a smooth surface. But you can also buy a factory-made one. The factory-made cones usually have a sticky bottom, like adhesive tape, which allows them to be placed everywhere on the skin. Cones of smokeless moxa, as well as of unprocessed one, are manufactured. The cones of smokeless moxa are well pressed and burn longer.

The traditional Chinese texts indicate that the procedure is necessary to continue until on the acupoint appears a blister caused by burning. Later on, this blister constantly activates the acupoint and regulates the energy of the meridian, on which the point is located. It is even thought that the festering of the blister is a guarantee for the successful healing (the small fight in the blister area mobilizes the organism for winning the big fight for the diseased organ).

In our days, the warming up of the points till burning and appearing of a blister is very rarely practised, only in some Asian countries, because of the cosmetic defects (marks) that remain after the treatment. In practice the moxa cones are removed before the heat becomes unbearable to avoid the burning effect.

Except for the moxa cones, in the acupuncture practice spread their modification - the so called minimoxa. These are pressed and rolled in paper little moxa cigars with diameter from 2 to 5 mm and about 10 mm long, placed on round mat made of non-burning material. The mat's bottom is sticky like the one of the factory-made cones.

ADVANTAGES OF THE MOXA STIMULATION

The moxa stimulation is the most physiological, convenient, pleasant, proved in time, powerful, effective and acceptable method for activation of the (su jok) acupoints. It is more efficient than all other methods of stimulation, the needling inclusive, especially by treatment of chronic diseases, healing of weak patients, old people and children.

In the classical Chinese work "The magic point of support", in the seventy-third chapter is said: "Disease that can't be healed with acupuncture can be healed with moxa." In other classical Chinese book "Introduction to medicine" is written: "When the disease doesn't react to drugs and acupuncture, moxa should be used."

Most of the modern authorities on acupuncture also say that by many diseases the moxa stimulation has a number of advantages over the other methods of acupoints stimulation.

It is presumed that the healing power of the moxa stimulation is due to the high-grade warmth emitted by its slightly burning. It has special parameters which are not reproduced for the present. An artificial

source of heat that could replace the moxa doesn't exist. It's an incontrovertible fact that only with moxa can be achieved quality healing results. This is true for the traditional acupuncture as well as for the su jok therapy.

In our manual we lay particular stress on the moxa stimulation, having in mind its advantages over the other methods of stimulation. Especially when the case in point is the unaided practising (on prescription or for self-treatment). Here are the reasons for this insistence:

► Moxa is a stimulation method which is most appropriate to be practised by the patient him/herself. This is taken for granted because the method is most effective when the sick person warms up the points without aid. Thus the sick person can precisely dose the heat quantity, emitted to the acupuncture or su jok point, to warm it up intensively and deeply enough and at the same time without skin burns.

► The moxa procedure doesn't require any special knowledge or preparation.

► It can be done without aid, at home, at convenient for the patient time.

► The moxa stimulation is not associated with unpleasant sensations. It is nice.

► Practically there are no contra-indications for using moxa in the su jok therapy (save by diseases involving very high temperature). In the traditional acupuncture there are no absolute contra-indications only some limited relative ones.

► The activation of the traditional and su jok acupoints is a more certain thing. By the other methods, since the points are so small, you can't be sure that you stimulate exactly the point. With moxa are warmed up 2-3 square centimetres of the skin and the possibility for you to "miss" the point is minimal. Besides, the tissues are warmed in depth. Also points that lie under thick tissue layer are activated in this way.

► When su jok points are treated together with the main pain point the secondary points around it activate too.

Normally, in the correspondence zone of the diseased organ around the main most painful point appear several secondary ones, not so painful. For the successful treatment it is very important these points to be stimulated too. You can achieve this with moxa very easily because in this case the secondary points are stimulated together with the primary one.

► The possibility of transmitting an infection (AIDS, hepatitis), which exists by the needles, is eliminated.

DISADVANTAGES OF THE MOXA STIMULATION

Moxa was not so widely used for self-treatment mainly due to the emitted smoke and the unpleasant smell during and after the procedure. The smokeless moxa solved this problem.

The moxa stimulation has one more disadvantage that limits its usage in the acupuncture surgeries but is

non-essential for self-treatment at home. And that is its low technological level. The moxa stimulation takes longer time than the acupuncture. Needles can be inserted simultaneously in a great number of (su jok) acupoints and the procedure can last for about thirty minutes. With moxa the points are stimulated one by one. The procedure takes more than an hour. This is not a problem when a man practises self-treatment at home but is not appropriate for the acupuncture surgeries where a stream of people comes and time is of vital significance. And this, together with the smoke and smell, is the reason the needles to be preferred worldwide in

the acupuncture surgeries notwithstanding the higher effectiveness of the moxa. Simply the needles are on a higher technological level.

The moxa is the most appropriate tool for self-treatment and prophylaxis through activation of (su jok) acupoints. Using moxa as an instrument and su jok as a therapy everybody could heal the diseases alone at home. That is why our manual is based mainly on the moxa stimulation.

METHOD OF STIMULATION WITH MOXA CIGARS

Most proper and universal are the smokeless cigars with a diameter between 10 and 12 millimetres. They can be used for efficient warming up of classic acupoints as well as for su jok points in the Main correspondence system where the correspondence zones are larger.

In the „Insect“ system the zones of correspondence are smaller. There it is better to use a cigar with a smaller diameter, between 6 and 8 millimeters, or other tools for effect. A cigar with a diameter of 10-12 millimeters can be used if the affected area is large.

◆ **Light the moxa cigar so that its entire tip starts burning steadily.**

The lightening is done by turning slowly the cigar's tip over the flame of a match, lighter, gas ring or candle until it starts burning steadily from all sides.

The rolled in paper cigars are lit easily since they are not thick like the smokeless ones. They can be lit with one match only.

The smokeless cigars are very thick. They must be lit with a lighter, gas ring or a candle for about a minute.

◆ **Point the tip of the lit cigar to the pain su jok or classic acupuncture point.**

Hold the cigar like a pen. The distance to the skin should be enough for you to feel pleasant warmth - on the verge of the slight burning. If the sensation becomes too intensive, remove the cigar slightly.

Usually the distance is from 1 to 4 cm depending on the skin sensibility.

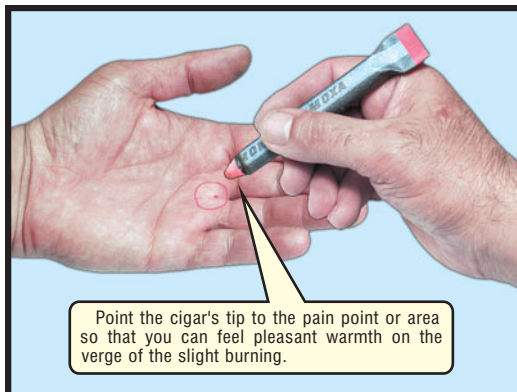
ATTENTION !!! You should not tolerate too intensive sensation of warmth. You should feel light burning, not strong, unbearable one. If you warm up too intensive, the skin becomes insensitive and is possible to burn imperceptibly till a blister appears. Don't be afraid - this result was even aimed by the Ancient Chinese and also today in some Asian countries. The disadvantage is that a cosmetic defect remains - a scar on the skin.

But yet it is possible to burn yourself - through carelessness or owing to excess of zeal. React as you usually do when you burn yourself by cooking for example - salve the blister with some liniment containing antibiotic.

To fall asleep during a procedure could be another possible reason to burn yourself involuntarily. The moxa procedure is very pleasant, has a relaxing effect and it is possible to fall asleep. That is why if you feel that you can't fight sleep, you'd better stop the procedure.

◆ **If you want to warm up a larger area than the burning tip of the cigar covers, start moving it slowly so you can warm up the entire area.**

The movement of the cigar over the skin is determined by the sensation of slight burning. When you feel



it, move the burning tip forward till you feel it again and so on. It must be a continuous, easy movement. The speed is determined by the distance between the cigar and the skin and the sensation of warmth.

♦ **To get a healing effect you must warm up the pain su jok point for 20-30 minutes and the traditional acupoint for 10-12 minutes.**

To have a therapeutic effect, the healing impulse should be created and should not be interrupted for a definite period of time. The experience proves that the stimulation of one su jok point or area shouldn't be less than 20-30 minutes to achieve a stable healing effect.

In contrast to the su jok points, which send impulses directly to the diseased organ, the traditional acupoints stimulate the energy system of the organism. Energy is added to or taken from this system depending on the duration of the points' stimulation. The longer stimulation of the classic acupoints takes energy and the shorter one adds energy. It is considered that the 10-12-minute stimulation has a harmonizing effect. It adds energy to the organism if needed and takes from it if it is in excess. Because of that this duration of the stimulation is appropriate and advisable to be observed by unaided use of moxa.

♦ **The skin area that you want to warm up should not be larger than 4-6 square centimetres.**

If you warm up a too large surface, the stimulation of the acupuncture (su jok) points will be diluted. The larger the warmed up area, the weaker the healing effect. So try to warm up exactly the marked points and areas.

A precise warming up of the desired area is also possible through placing of a heat-insulating mat, for example a piece of cardboard, with an opening between the cigar and the skin.

♦ **You can control the size of the area on the skin, warmed up with the cigar's burning tip, changing its angle of orientation.**

When the burning starts the cigar's tip is half-round. After a few minutes it assumes a conical form. Then, if you want to concentrate the heat on a smaller area, direct the cigar perpendicularly to the skin. If you want to warm up a larger area it's a good idea the cone side to be parallel to the skin. Thus the infra-red emission of the burning tip is used more efficiently.

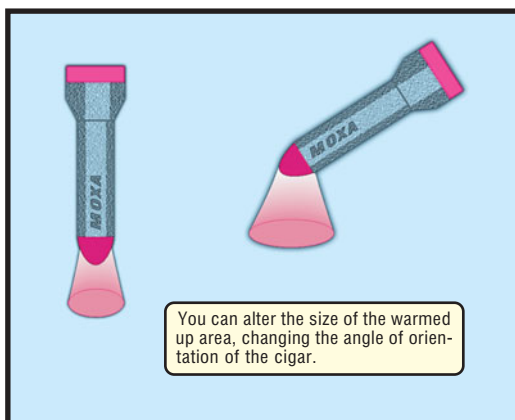
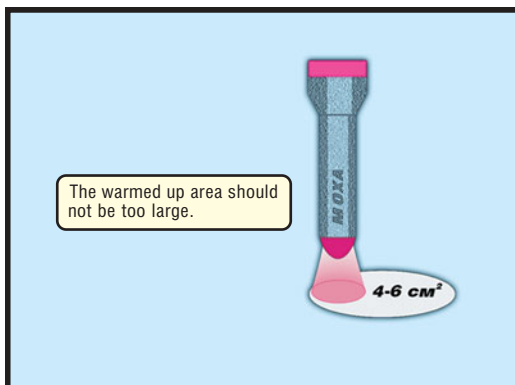
♦ **From time to time rotate the cigar on its axis.**

Because on the lower part of the burning tip comes in more oxygenated air, there the burning is more intensive. Rotate the cigar from time to time to avoid deformation of the tip.

♦ **Knock the ash off the cigar regular enough.**

On every 4-5 minutes on the cigar's burning tip a layer of ash forms and this hinders the infra-red emission. Don't let the layer to become too thick.

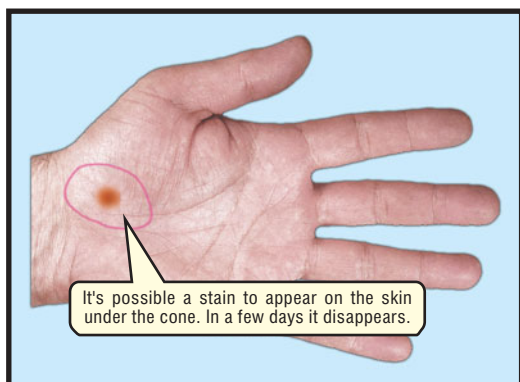
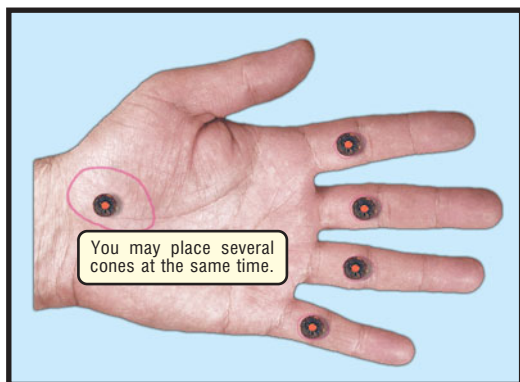
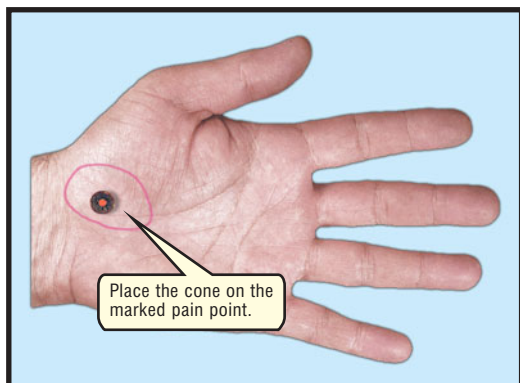
♦ **After the end of the procedure put out the cigar placing it into a moxa holder, vessel with sand or wrapping its tip with a tin-foil.**



Have in mind that the smokeless moxa is hard to extinguish and fire can be caused by inattentive use. You can't put out a moxa cigar in the way you stub out a normal cigarette. If there is only a stub left, extinguish it in water, but if there is a bigger piece left, which you can use for a future procedure, bury its burning end in a vessel with sand or wrap it in a tin-foil to block the air flow. Only then you can be sure that the cigar will die out.

Special holders for extinguishing of moxa cigars are sold. They are very convenient to use and guarantee reliable extinguishing and storing of the burning cigar till the next procedure.

METHOD OF STIMULATION WITH MOXA CONES



There are various kinds of cones and minimoxas but their practice method is the same.

◆ **Light the cone's tip. Place it on the acupuncture (su jok) point.**

Normally the bottom of the factory-made cone (or minimoxa) is gluey like adhesive tape, and sticks to the skin. Place it so that the middle of its bottom to coincide with the point. In about twenty seconds you will feel your skin warming up. When you feel burning that is almost unbearable, remove the cone and put a new one. If this is a hand-made cone, the skin should be moistened in advance to allow the cone to stay in place.

Minimoxas that can't burn the skin are manufactured - they have mats accumulating the heat. Such a minimoxa is replaced with another, when the sensation of warmth almost disappears.

◆ **Change the cones until their total heat stimulation reaches 20-25 minutes for the su jok points and 8-10 minutes for the traditional acupoints.**

The factory-made cones are with diameter of the base from 5 to 10 mm. A cone with a base of 10 mm burns slightly for about 4 minutes. It is necessary 5-6 such cones to be burned on each pain su jok point to generate a powerful enough healing impulse, and 2-3 on the traditional acupoints to make the stimulation harmonious. The smaller cones burn faster, so it is necessary more cones to be burned.

The cones and minimoxas warm up the tissues in depth - very fast and concentrated, that's why we recommend the stimulation with them to last less than the cigar stimulation.

◆ **You can place several cones simultaneously - on two to six pain points or areas.**

This is one of the cones advantages because in this way the duration of the procedure is shortened.

Note: Some factory-made cones (minimoxas) are produced in such a way that the smoke goes into the skin. And thus the skin becomes yellowish due to the substances infiltrated in it (sometime later the stain disappears). These substances play an active, positive role in the healing process.

3.2 COLD STIMULATION

The cold stimulation is quite unpopular but is necessary in particular cases. It can be used instead of moxa when the disease includes high temperature of the whole body or of the diseased organ, or when the weather is too hot. In these cases the moxa use is not recommended. It's better to put ice on the traditional or su jok points. For the purpose you can use ice made in pieces and put in a nylon bag, trying to lay it only on the traditional point or on the area with the pain su jok points.

You can also use a test-tube or other appropriate glass vessel filled with ice.

Special plastic forms, which can be used for making of ice "cigars" - cigar-shaped ice pieces, are also manufactured.

You can make an ice "cigar" by yourself as you freeze water in an appropriate tubular plastic bottle.

The duration of the process is the same as for the moxa stimulation.

3.3 NEEDLE STIMULATION

The needle stimulation in the su jok therapy differs from the needling in the traditional acupuncture in the size of the needles and technique of inserting.

The needles, used in the traditional acupuncture, are about 0, 25 mm thick and from 3 to 15 cm long.

The needles, used in the su jok therapy, are much smaller and thinner. They are so thin that the trauma caused by them can be insignificant. One might say that the su jok needles "go among the tissues". They are from 12 to 20 microns thick and their edge is to 7 mm long.

The inserting of the needle in the traditional acupuncture is a complicated process. The method of inserting is defined after a high quality diagnostics of the disease and for the achieving of the healing result should be considered the angle of inserting of the needle, its material, the rotation direction by inserting, the depth, the duration of the process etc. Furthermore there are dozens of traditional points where needles can't be inserted or can be inserted only by a well-trained specialist, because they are in a dangerous proximity of vital organs. That's why the needling in the traditional acupoints can't be used for self-treatment.

In contrast to the traditional acupoints, the su jok points can be stimulated with needles without aid:

- ▶ The needles, used in the su jok therapy, are extremely small, thin and can't cause a trauma to the tissues even by inadvertent use.
- ▶ The needles are inserted only in the hands and feet because there is not the slightest chance to damage - directly or indirectly - vital organs.
- ▶ The needling technique is very simplified.

In the su jok (the first level) there is one main rule by inserting of the needles, which directly influences the treatment process - they must be inserted directly in the pain point.

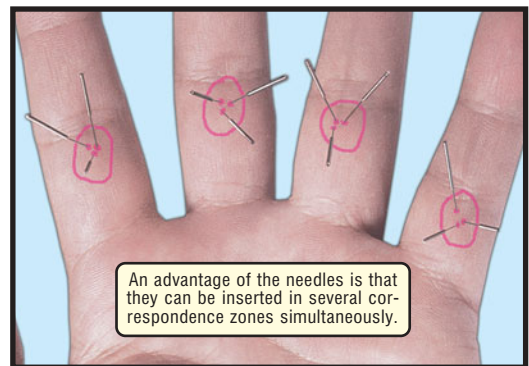
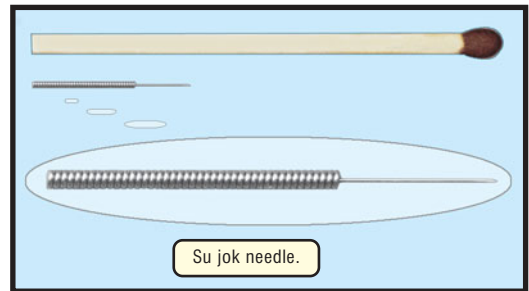
The advantage of the needling in the su jok therapy is that in contrast to the moxa warming up and massage, where the pain points are stimulated one by one, the needles allow simultaneous treatment of a number of points. Thus, at the same time several diseased organs can be treated or a larger number of pain points can be achieved, connected with one diseased organ and this won't make the procedure too long. Besides, when the needles are correctly inserted, the healing effect sets in faster than by the other stimulation methods.

A disadvantage of the needling is the unpleasant sensation of the needles at inserting and the fear of them. Actually the fear is the main hindrance the self-treatment with needles in the su jok therapy to be more widely spread. Not everybody has the courage to insert needles in his/her own body by himself/herself.

A serious disadvantage of the needling is the possibility of infection (AIDS, hepatitis etc.), if you use the needles irregularly and thoughtlessly.

Another disadvantage is also the fact that the acupuncture requires some knowledge and skill, which are needed for you to find the pain points and to insert the needles exactly there.

You should have in mind that you can insert su jok needles only in your own body on your own responsibility. These needles should be individual - they must be used only by you. You don't have the right to insert needles on other people. This is considered for a surgical intervention, which is in violation of the law, if you are not a doctor.



NEEDLING (ACUPUNCTURE) METHOD IN SU JOK

You may insert needles in two ways: using a device, called injector, or using your hand.

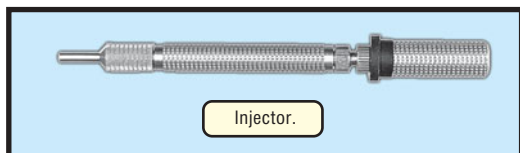
◆ Preparation

Before inserting the needles it is necessary for you to wash your hands (feet) carefully and to daub the skin in the correspondence zone with a cotton-wool ball moistened with alcohol. You should do this before you start looking for the pain points and marking them because after that

you will erase the marking. Use alcohol to clean the tip of the diagnostic probe too.

If the su jok needles are sterilized by gamma rays, they can be used immediately. After the first use they are kept in alcohol. They are individual and under no circumstances should be allowed for use on another person.

It is possible the 'use by' date of the sterilization to be expired or the needles to be not factory-sterilized. In this



case proceed as follows: before use, sterilize them in boiling distilled water for 30 minutes and then put them in alcohol.

◆ Inserting needle with an injector.

Put a needle in the injector nozzle and adjust the depth you want to insert the needle. Then press the injector nozzle to the pain point, perpendicularly to the skin. In the nozzle, behind the needle, there is a movable plunger. Push it up with your forefinger and release it sharply. Under its own weight it will hit the needle and will insert it at the previously set depth - usually 1-2 millimetres in the areas close to the hand bone structures and 3-6 millimetres in the soft tissues. The needles are inserted very sharply and you don't feel the needle coming through the skin. When you want to insert the needles deeper, press and release the plunger several times so the needle can reach the set depth.

If the needle is properly directed and reaches a su jok point, you will feel a fleeting sharp pain that will only last for a few seconds. If there is no pain so you missed the point. It is either somewhere close or is not inserted deep enough. In this case you should insert one or more needles once again, changing the depth and the angle of inserting, until you feel the fleeting sharp pain typical of the su jok point.

If after the inserting of the needle the sensation of pain is still there, take it out and put it again. The needle is properly set when you feel a brief pain, as if caused by a sting, lasting for a few seconds.

◆ Inserting a needle with your hand.

Inserting a needle with your hand requires more skill than inserting it with an injector.

Hold tight the needle between your thumb and forefinger. Rest your hand on some surface to be more stable. The needle's tip should slightly touch the skin. After that, insert the needle with a fast short rotary movement. The faster the movement is the more painless the inserting of the needle's point through the skin into the deeper located tissues is.

The needles should remain in the tissue for about 30 minutes. Then take them out and daub the pricked place with a cotton ball moistened with alcohol.

By needling (acupuncture) you should have in mind the following:

- ▶ If you have decided to use needles on your own, and you have never put yourself to acupuncture, it is better the first procedure to be done by an acupuncturist so you can assure that the needling doesn't have a negative effect on you. Even after that, when you put the first needle by yourself, wait a few minutes before inserting the next one. If you are aware of changes in your normal state of health - perspiration, faint spell, immediately take the needle out and stop the procedure.

- ▶ When you insert needles for the first time, don't do this in the correspondence zones of the brain. By powerful stimulation of points located in the brain zones (if this is your first time, if you feel tired, hungry or weak) it is possible your organism to respond violently - you can even lose consciousness.

- ▶ To create more powerful healing impulse several needles are inserted in one and the same pain point.

- ▶ You can use pain points in several correspondence zones simultaneously.

- ▶ When the points form a pain area, put a "carpet" of 10-20 and more needles depending on the area size.

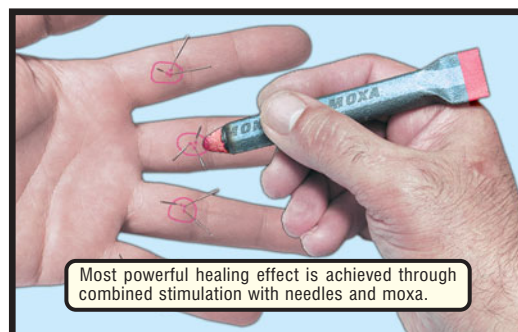
- ▶ When you take out the needles, it is possible small drops of blood to appear on the skin. This is a good sign, which means that you have found the pain point.

3.3 COMBINED STIMULATION WITH NEEDLES AND MOXA

Most powerful and fast healing effect is achieved through combination of needles and moxa - the so called **method of the hot needle**.

After inserting of the needles, warm up the su jok point together with the needles. At regular intervals touch the inserted needles with the burning tip of the cigar. Thus the heat penetrates deep into the tissue with the help of the needles and an extremely powerful healing impulse is generated.

The combined stimulation of one point or area lasts 10-20 minutes. The needles, inserted in all points, are warmed up one by one and these that are already warmed up are not taken out. All needles are removed, only after the last one is warmed up.



3.3 MASSAGE STIMULATION

The massage of the pain su jok points leads to quick therapeutic results and is very suitable for self-treatment. Its stimulation hasn't got such powerful effect on the su jok points as the moxa and the needles, but when practised properly and intensively enough, it has the same effectiveness.

The massage in the su jok therapy is much more efficient than the popular point massage in the traditional acupuncture. To show good results the point massage should be done by a well-trained acupuncture or point massage specialist. When practised for self-treatment the result is disappointing.

In contrast to the point massage, the single-handed massage in su jok therapy allows successful healing and a special previous training for the points' selection and their treatment is not needed.

The pain su jok points can be massaged in several ways:

- ▶ Diagnostic probe massage.
- ▶ Seed massage (seed-therapy).
- ▶ General massage with various massagers.
- ▶ Finger massage.
- ▶ Magnetic stars massage.

DIAGNOSTIC PROBE MESSAGE

The massage can be done with a diagnostic probe but also with other appropriate object that is available, even with a nail.

◆ **Press the pain su jok point with the probe's tip and rotate it a little so to place it in the "centre" of the point - the spot with the most violent pain.**

When you set the probe in the centre of the pain point, change its angle to the point to find the direction with the most intensive sensation.

◆ **Keep the probe steady in the centre of the point.**

The pressure should be strong enough so you can feel an intensive pain - as much as you can take. After a while the pain will abate, it will almost fade away.

◆ **When the pain from the point pressure abates tangibly, start massaging it with light rotary movements of the probe.**

Make the rotary movements by turns in both directions: 3-4 movements clockwise and 3-4 movements counter-clockwise. The massage is finished when the pain fades away and you feel warmth in the point. Usually 3 to 5 minutes are enough.

Depending on where the points are located - close

to a bone or in the soft tissues of the hand and foot use the smaller or the bigger sphere of the probe. The smaller sphere is more suitable for massage of points close to a bone, for example on the upper part of the fingers. The big sphere is suitable for massage of points on the palm and other areas where the tissue layer is thicker. It can also be used for massage of traditional acupuncture points.



SEED MESSAGE (SEED-THERAPY)

For seed-therapy all kind of seeds with different shape and size can be used, leading to quality massage of the pain points. It is preferable round seeds to be used.

Very appropriate for seed-therapy is the pepper. Its seeds are with a relief surface and the massage with them is excellent. Furthermore the pepper has an additional warming up effect on the skin.

◆ **Put on the pain points you have found a seed of some plant - pepper, a pit of cherry or some other fruit, millet, soy-bean etc. and fix it with a piece of adhesive tape.**

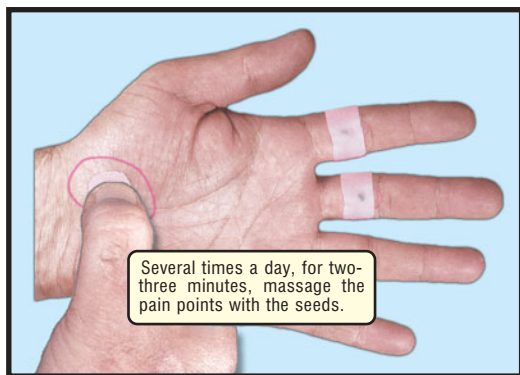
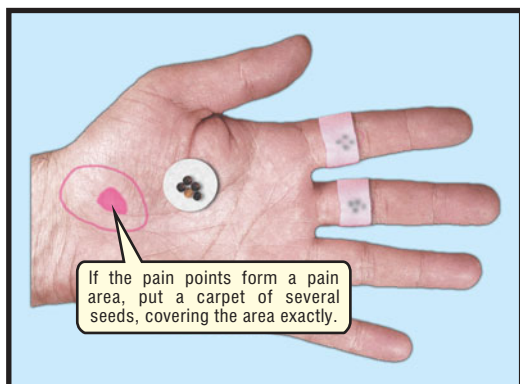
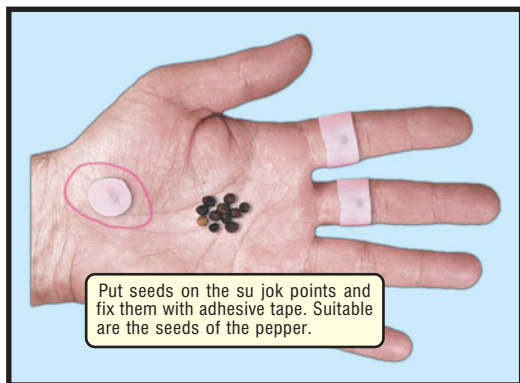
Bigger seeds are put on the soft parts of the hand or foot - for instance on the palm or arch.

Smaller seeds are put where the bones are close to the skin - for example on the upper part of the fingers.

If you have the chance use "live" seeds. These are seeds that can sprout. The live seeds' energy exchange with the pain point is very active and this furthers the more successful passing off of the treatment process.

It is very important the seeds to be placed exactly on the pain points. When you press them, you should feel pain. If they are not on the right spot, you won't feel pain and there will be no healing effect.

The adhesive tape should be of high quality and your hands should be well dried, this is a guarantee for a stable fixation. If the weather is hot and your skin is sweating, dry it with talc or kid powder.



◆ When the pain points are more or form a pain area, make a "carpet" of seeds and cover the whole area with it.

Make the carpet of seeds arranging the seeds on an even surface in the needed shape and press them slightly with the sticky side of a piece of adhesive tape. Then the adhesive tape with the seeds is placed on the pain area and is additionally fixed with a bigger piece of sticking plaster if necessary.

The carpet of seeds should not be bigger than the pain area.

◆ On every three-four hours massage the fixed with adhesive tape seeds for one-two minutes, using pressure and rotary movements of the thumb.

You should massage for 1-2 minutes, not just press the seeds from time to time. When you do the massage, look at your watch. Don't estimate the time intuitively. Because the massage is quite painful, twenty-odd seconds may seem to you like more than two minutes and you can stop before a powerful enough healing impulse is created.

Be careful not to wait too much, because a blister can appear!

When you want to massage with one seed only, move the skin together with the seed to place it on the pain point and then start massaging.

When you massage using a carpet of seeds, change the centre of the thumb pressure until you feel the most painful area under the carpet. Focus the massage on this area.

◆ Change the seeds after 24 hours.

It is considered that for 24 hours the seeds emit their energy and that's why they must be changed. Besides, they become soft because of the skin moisture.

It is very convenient to put seeds on the feet. There they can't be noticed and don't focus attention. In addition, the shoes press them and when you walk they make constant, intensive massage. Thus it is not necessary for you to massage the points on every three-four hours.

Choose seeds that do not hurt the leg but can be felt by walking.

GENERAL MESSAGE WITH MASSAGERS

Even when the disease is at its first stage and we don't suspect this, in the correspondence zones of the diseased organ pain points appear. If at this stage we stimulate them, we can block the disease's progress. In this case a less intensive and not so long stimulation is needed than for a disease discovered at a later stage. Such a stimulation, which can stop the disease in the very beginning of its progress, is the general massage of the correspondence systems on the hands and feet, with specially developed for the su jok therapy massagers.

The su jok massagers are made to massage inten-

sively the skin and the tissues under it in number of various small point areas. For prophylaxis and to keep fit it is necessary the massage with these tools to be made every day or every second day. The regular use of su jok massagers stimulates all pain points in all correspondence zones, even when they appear, and attack the diseases right from their start. The massage has a tonic and stabilizing effect on the entire organism.

By treatment of more serious diseases the use of su jok massagers can't replace the methods of stimulation, which we described so far, but it could be used as an additional method. Furthermore it can be used in addition to any

kind of medication - drug, herbal etc., speeding up the process.

We must notice that sometimes through general massage with su jok massagers amazing results are achieved with obstinate chronic diseases.

The most widespread massagers, which are used for general massage of the correspondence systems, are:

- ▶ A massage ring.
- ▶ A massage spiral.
- ▶ A massage cylinder.

The massage with these tools is made 1-2 times a day until the massaged areas redden and you feel warmth there.

A MASSAGE RING

The massage ring is made in a special way from twisted flexible steel wires. It is mainly used for a finger massage. In view of the fact that the entire body is projected on the fingers, their massage has a clear strengthening effect.

The massage is done through very fast and intensive rolling of the ring, back and forth, along the length of the massaged finger.

By rolling the ring on the finger, the pain areas and points in the correspondence zones of a diseased organ can be easily felt. In this case an intensive massage is possible only of the above-mentioned areas and the thumb of the hand, directing the ring, should press the ring harder exactly on this place. This applies to the massage with a massage spiral and cylinder too.

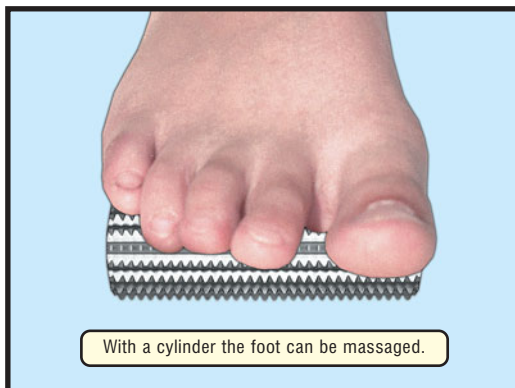
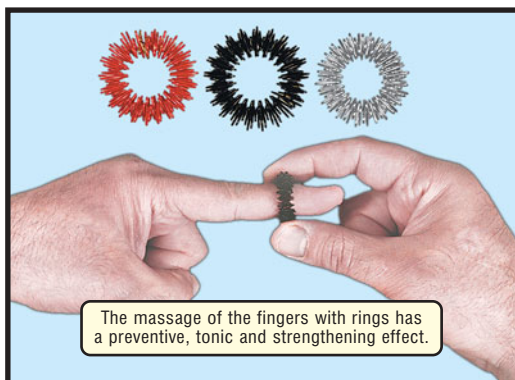
A MASSAGE SPIRAL

The massage spiral and massage ring are made in the same way. The spiral is used for general massage of the hands. It aims a high quality massage of the entire hands. The massage is done through intensive and fast rolling over of the spiral between the palms or between a palm and the upper side of the other hand.

A MASSAGE CYLINDER

The massage cylinder is made of metal or plastics. It is aimed for massage of the hands and feet. Its stimulation is very strong. It is rolled over fast and intensively between the palms, between a palm and the upper side of the hand, between a palm and the upper part of the foot, also it is rolled only with the foot.

The massage cylinder is advisable for people with a coarse skin, who need more effective massage than this



made with the massage rings and spirals.

If necessary, with the cylinder not only the hands and feet can be efficiently massaged but also other body areas.

MASSAGE WITH FINGERS

The correspondence zones respond to the disease not only with the appearing of pain points but also with a change in the state of the tissue, which forms them.

If you run your fingers along your hands and feet, you can find tense muscles, hard or sensitive areas. Very useful is their strong, intensive massage with fin-

gers till a complete warming up and relaxing of the tissues is achieved.

Usually the massage is made with a thumb or forefinger, with a violent pressure and slow rotary movements. You could make the massage more effective, if you dub your skin with some oil or cream in advance. The massage has a prophylactic, strengthening and healing effect.

MAGNETIC STARS MASSAGE

Except for seeds various artificial stimulators are used in the su jok therapy. Most widespread are the magnetic stars. They are with a diameter of about 6 mm and are made of ferromagnetic alloy. Their relief lower part is star-shaped. They are placed on the pain points and fixed with an adhesive tape, like the seeds.

The magnetic stars stimulation is a kind of massage method for stimulation, but the massage is also combined with the stimulation of the magnetic field, which tangibly increases the healing effect.

Two kinds of magnetic stars are manufactured. The first are with a north pole from the relief side (with a blue or white cap). The other ones are with a south pole from the relief side (red or yellow cap).

There are different ways for using the magnetic stars. Here you'll get acquainted with three of them.

► To place one magnetic star on a main pain point.

► To place two magnetic stars on a projection of an affected area.

► To place three magnetic stars on one main and two mirrored points.

STIMULATION WITH ONE MAGNETIC STAR

One magnetic star is placed on the main pain point, when there is a small, localized focus of the disease.

STIMULATION WITH TWO MAGNETIC STARS

Two magnetic stars are used with larger affected areas. On two pain points, in two opposite ends of the projection of the affected area, two magnetic stars with a different polarity are placed.

STIMULATION WITH THREE MAGNETIC STARS

Three magnetic stars are mainly used on the fingers. One magnetic star is placed on a main su jok point and two, with the same polarity, on two mirrored points - vertical and horizontal.

POLARITY SELECTION

When one or three stars are used, there is a relative approach to their polarity selection:

► If the disease is characterized by excess of energy - inflammatory, hyperfunction (too great activity), magnetic stars with a south pole (red or yellow cap) are placed on the skin. Placed this way, they suppress, damp down.

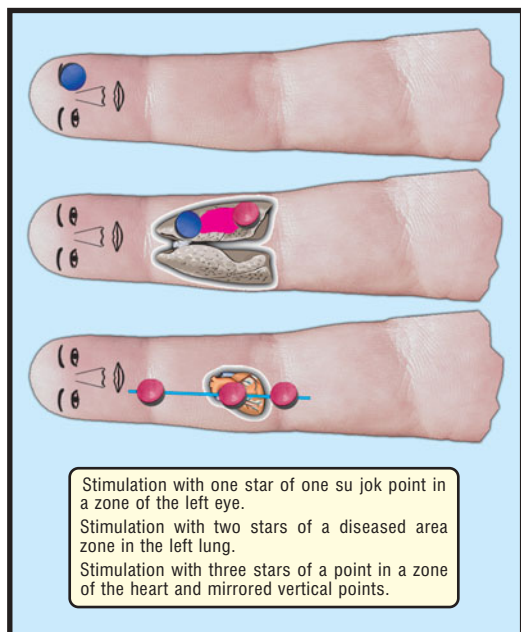
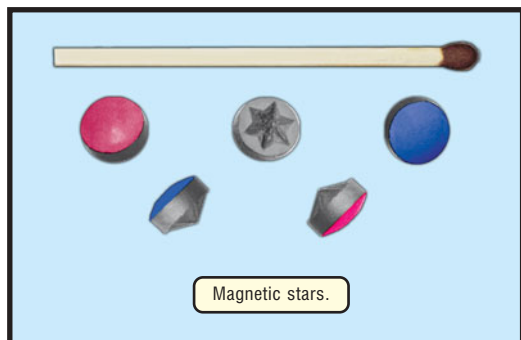
► When the disease is characterized by lack of energy - atrophic, hypofunction (insufficient energy), spasm, magnetic stars with a north pole (blue or white cap) are placed on the skin. Placed this way, they tone, warm up.

Often it is very difficult to define the nature of the disease - if it is characterized by excess or lack of energy. That's why in practice is adopted the so called **application method for polarity selection** of the magnetic stars is adopted. Initially magnetic stars are placed with a south pole to the skin (red or yellow). After a few minutes (sometimes several hours) you feel that your state of health changes. If you feel that the symptoms worsen (for example worse cough by affected lung, more violent pain) the reason is that the polarity changes.

When two magnetic stars with a different polarity are used in the both ends of an affected area, there is no rule for their selection (from which side the south and from which side the north pole). Here the application method is used. The stars are placed by your wish. Their polarity changes, when the condition gets worse..

The magnetic stars are placed for several hours a day (for 24 hours is possible too). On each three-four hours the su jok points should be massaged with them for 1-2 minutes. The next day the stars are moved to another correspondence zone of the diseased organ.

Attention! You must be very careful when using magnetic stars (and magnets), if you are sensitive to magnetic field. If the polarity change leads to discomfort you'd better use seeds.



3.5 MAGNET STIMULATION

An effective method for stimulation of the pain su jok points and areas is the magnet stimulation. In contrast to the magnetic stars here we don't use massage. The relief magnets stimulate only with their magnetic field.

The magnets create an energy flow in the correspondence zone of the diseased organ, which rectifies, normalizes its energy state.

The vector of the magnetic field is directed from the north to the south pole. Through selection of its direction against the pain su jok point or area the diseased organs and tissues can be relaxed or stimulated, cooled or warmed up.

Three kinds of magnets are used:

- ▶ Point magnets.
- ▶ Ring-shaped magnets.
- ▶ Magnetic pointers.

The three kinds of magnets are characterized by marking as it is by the magnetic stars. Blue and white colour of the cap means that the north pole is below (warms, tones), red and yellow - the south pole is below (cools, sedates). A non-standard colouring of the magnets is also possible. In this case a manufacturer manual concerning the polarity is needed.

POINT MAGNETS

The point magnets are round-shaped, with a diameter of about 6 millimetres. Usually they are white on the one side, and yellow - on the other. They are used in the same way as the magnetic stars. A regular massage is not done with them because here the stimulation comes only from the magnetic field.

RING-SHAPED MAGNETS

The ring-shaped magnets consist of two magnets, a point magnet in the middle and a magnetic ring - around it.

The ring-shaped magnets are fixed with an adhesive tape on a pain points or area. They are placed for several hours (at the most 24), after that they are moved on pain points in other correspondence zone of the diseased organ.

The ring-shaped magnets, placed with a yellow point magnet and a white ring above, suppress, calm down, cool (inflammation, high temperature, excess).

The ring-shaped magnets, placed with a white point magnet and a yellow ring above, tone, stimulate, warm up (paresis, bad irrigation, insufficiency).

The polarity selection is done depending on the disease's nature. The application method is used when the disease is hard to be diagnosed, to be defined.

Ring-shaped magnets with several magnetic rings with alternating polarity are also manufactured. Depending on the correspondence zone's size of the affected area the rings can be added and removed and so the size of the stimulated area to be regulated.

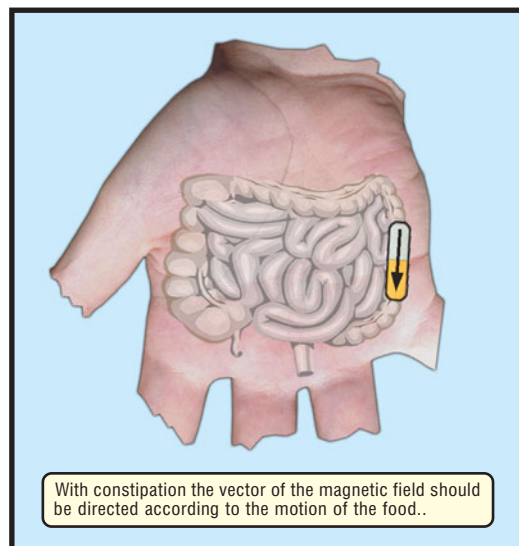
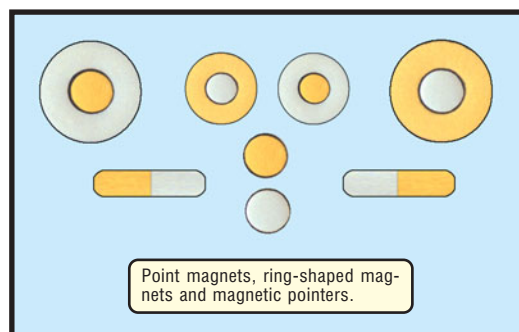
MAGNETIC POINTERS

The magnetic pointers look like elongated rectangles. In the first end of the magnetic pointer is the north pole and in the other - the south. Thus the vector of the magnetic field is directed along the length of the magnetic pointer, from the white to the yellow end of the pointer.

The magnetic pointers create a pointed energy flow in the correspondence zones. For example by chronic constipation a magnetic pointer can be placed in the correspondence zone of the large intestine in such a way that the direction of the magnetic vector to coincide with the direction of the food. With diarrhea the direction of the magnetic vector must be against the direction of the food.

Magnetic pointers can be used instead of two point magnets in the both ends of the affected area. They can be arranged one after another and so to make the stimulation line longer.

The magnetic pointers are fixed with an adhesive tape for several hours (at the most 24), after that they are moved on pain points in other correspondence zone. The selection of the vector's direction of the magnetic field is usually done with the help of the application method.



SELECTION OF THE STIMULATION METHOD

The selection of the method of stimulation over the su jok points depends on the disease's seriousness and the size of the correspondence zone that will be used.

◆ **More serious the disease, more lasting and powerful must be the healing impulses needed for its overcoming.**

With diseases that are not so serious a soft way of stimulation of the pain su jok points can be used. For instance for the treatment of a mild case of a cold it is not necessary needles to be used. Sufficient is the massage with a diagnostic probe or seed-therapy (magnets).

The more serious, acute and chronic diseases require powerful and lasting healing impulses, created with moxa, needles or combination of different methods of stimulation. For example warming up with moxa and placing of magnets for the period till the next procedure or needle stimulation plus a recurrent general massage with a su jok massager.

When you choose a stimulation method you should have in mind that if you select a powerful method to treat not so serious disease you will simply cure it faster, but if you choose too soft method by a serious disease you won't have any success. So it is better you to get re-insured.

◆ **In small correspondence zones it is better to use a method of stimulation, concentrated on a smaller area.**

The correspondence zones in the „Insect“ system are smaller than the correspondence zones in the Main correspondence system. That's why in this case it is better to use needles, minimoxa, seeds, magnets or a diagnostic probe massage. Moxa cigars are more suitable to be used in the Main correspondence system. Cigars can be also used in the „Insect“ system if the affected body area and its projection are large.

PROCEDURE PARAMETERS

NUMBER AND FREQUENCY

The procedures number depends on the nature and seriousness of the disease. They are done every day, no matter what time of the day, but not more than 14 in one course of treatment.

If there is time and patience, it is possible 2 procedures to be made a day (in the morning and in the evening). Thus the healing process speeds up.

The treatment must continue 2-3 procedures after the symptoms of the disease have disappeared - this serves as a rule that must be always observed. Otherwise, it is possible the disease to „come back“

◆ **Normally with recently discovered acute diseases 3 to 5 procedures daily are enough.**

Often the disease's symptoms disappear in the first minutes and sometimes in the first seconds of the first procedure. Notwithstanding, 2-3 procedures more are needed for the healing effect to be strengthened.

◆ **Sometimes with chronic diseases a course treatment is necessary to be done. 2 to 6 courses consisting of 10-14 procedures are made with a break of 1-2 weeks between them. If the disease worsens during this period, the procedures should be made every day, if it is not acute - at intervals of one-two days.**

Note: The breaks between the treatment courses are made so that the used pain points can rest, because their long every day stimulation decreases their effectiveness. That's the reason the prescriptions given in this book to suggest succession of the pain points stimulation in different correspondence zones of the diseased organ.

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DURATION

The duration of a procedure depends on the stimulation method and the number of the stimulated pain points or areas. Here we just want to give you some information about the duration of the main stimulation methods and we don't include the time needed for the location of the pain points.

GENERAL STRENGTHENING MASSAGE WITH A MAS-SAGER: Usually two fingers are massaged with a ring and the entire hands and feet - with a spiral or cylinder, the aimed result is a powerful warming up of the skin. It takes 3-7 minutes altogether.

SEEDS (MAGNETIC STARS, MAGNETS): The placing of the stimulators itself can take up to 20 minutes. From 1 to 6 points are used. Later on the pain points are massaged (when seeds or magnetic stars are used) for 1-2 minutes, 3-4 times a day.

DIAGNOSTIC PROBE MESSAGE: To be created a stable healing impulse the pain point should be massaged till the pain disappears and a warm sensation takes its place - for about 15 to 30 minutes.

MOXA: The warming up of a point or area takes 20-30 minutes. Most often are warmed up 1-2 su jok points or areas. This takes from 20 to 60 minutes altogether.

NEEDLES: The needles have to stay in the pain point not less than 30 minutes. The counting starts after the last needle is placed. The total duration of the procedure, together with the needle inserting is up to 50 minutes.

At first sight one procedure lasts long - sometimes more than an hour. But you can make it at leisure, while you are watching TV. The procedure is not boring and is made without causing inconveniences, with a nice movie, serving as a background. As a matter of fact if you make psychotherapeutic procedures in a hospital you would lose more time, and money, which is time again, because you have worked to earn it.

POSSIBLE REASONS FOR FAILURE

◆ The diagnose is incorrect.

If your kidneys are wrongly diagnosed as diseased - and your main disease is of another organ, you can make a whole treatment course, stimulating the zones of the kidneys, and your complaints won't reduce.

◆ The selection of the stimulation method is not correct.

For example, only a massage stimulation is not sufficient with a more serious disease.

◆ You haven't stimulated the pain point efficiently and you haven't created a healing impulse, powerful and long enough.

A healing impulse to be created it is necessary the pain point to be efficiently stimulated. If you warm up with moxa around the point, if you massage too gently, if the needle is inserted too superficially and it has not reached the pain point, if the stimulation is too short etc., it is highly possible to have no success.

◆ You use a small number of correspondence zones.

The more serious diseases require pain points to be included in several correspondence zones. For example on a primary and secondary correspondence zone according to the Main system plus correspondence zones on several fingers according to the "Insect" system.

◆ You haven't defined correctly the pain points.

In the larger correspondence zones - intestines, lung etc, it is possible to lose the right direction and to stimu-

late not the most painful points and areas, which correspond to the epicentre of the diseased spot, but some of the secondary ones.

◆ You don't observe the strict regimen required by the particular disease.

You won't cure you stomach, if you continue eating gingery food as much as you want, or your waist if you continue carrying heavy things.

◆ If there are irreversible organic changes in the diseased organ.

With some diseases the tissue of the diseased organ is irreversibly degenerated and can't be recovered. In these cases the su jok won't be successful.

◆ If there is a serious disorder in the normal functioning of the organism, several organs and systems are involved in the process.

In these cases the first level of su jok is not sufficient for healing. It is necessary the second level of su jok to be put into practice by a qualified specialist or another appropriate treatment method to be chosen.

◆ The diseased area of the body is too big.

If the disease has affected a whole system - for example arteriosclerosis of large areas of the cardiovascular system, the treatment through the correspondence systems is needless. Here the second level of su jok can also help or another treatment method.

SU JOK WITH CHILDREN

The su jok therapy can be practised successfully with children over 5 years of age. With children from 5 to 10 years old the procedure has to be done by you or by another adult and the child must assist. It is very difficult to get this assistance when the child is younger than 5 years. This is the only reason for the age limitation.

You find the pain points as you go over the zone of the diseased organ with a probe, observing the rules given above. At that you have to distract the child's attention and to watch carefully its behavior. When the probe gets on a pain point, the child winces. Mark the point.

The pain point can be stimulated with moxa cigars, a diagnostic probe massage, a seed-therapy, magnetic stars, magnets. Needles should be inserted only by a certified specialist.

MOXA WITH CHILDREN: The children over 10 years old could do the procedure by themselves. With younger children you should do the procedure. For that purpose you must place the child's hand or foot comfortably and direct the burning tip of the cigar to the marked pain point. Warn the child to tell you a signal word, when it becomes too hot - for instance „hot“. When it reacts - remove the cigar a little and start closing it slowly until the child reacts again. It is good to distract the child's attention during the procedure. Let the child watch a car-

toon or hear a story. Thus it will react spontaneously to the heat and will signal when it has become really hot. The approximate time needed for warming up of a point or area by children from 5 to 10 years of age is 15-20 minutes.

The moxa stimulation method requires patience. When the child is whimsical and can't endure the moxa procedure, use another method.

DIAGNOSTIC PROBE MASSAGE BY CHILDREN: The children over 10 years old could massage the points, found and marked by you, single-handed. If the child is younger, the massage should be made by you. Massage a point for about 1-3 minutes. This should be a moderately vigorous massage - such that isn't traumatic for the child but at the same time is intensive enough.

SEED-THERAPY, MAGNETIC STARS, MAGNETS WITH CHILDREN: These are the most convenient stimulation methods with children. They are used as described above with the following additional recommendations:

► If the child can't stand the seeds (magnetic stars or magnets) in the day time, you can place them only during the night.

► Normally the child's skin is moist. That's why a high-quality adhesive tape is needed. Dry the skin in advance.

SU JOK AND TRADITIONAL ACUPUNCTURE

The acupuncture is the oldest from the used till now stimulation methods. It was used in the Far East, 5000 years ago. According to the ancient healers, originated the acupuncture, the human body is covered with fourteen canals (meridians) and energy flows through them. They are connected with the internal organs and most of them are named after the organ that they are responsible for - stomach meridian, liver meridian, kidneys meridian etc.

Twelve of the meridians are symmetrical - located on the both sides of the body, two are identical and flow through the front and the back axis line of the body.

To be healthy a man needs energy balance in the meridians. If this balance gets upset (as a result of improper way of living, heredity, external influences etc.), the organism falls ill. For healing of the disease it is necessary the balance in the meridians to be restored.

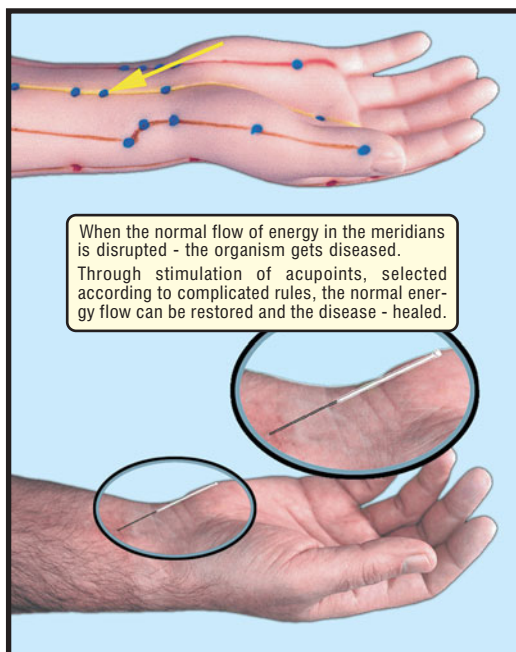
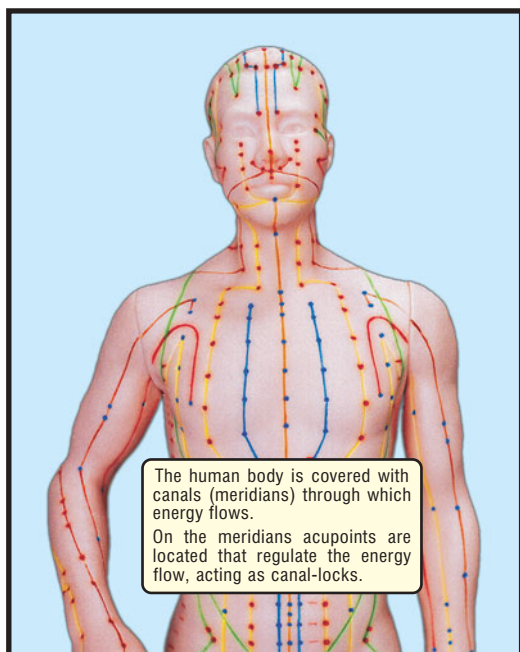
Along the length of the meridians over 700 traditional acupoints are located that can regulate the energy level in them, acting as canal-locks. The position and operation of these points is defined on the basis of a millennial research work of dozens of generations of Eastern healers. Each of the points has a Chinese name - Zu San Li, Qu Chi, He Gu etc., but in Western Europe the shorter letter-numerical symbol for the meridian has been adopted and the number of the point, located on it. For example the index E-36 means the 36th point from the stomach meridian (E), according to the French index system, which we also use in this manual.

Through stimulation of the acupoints an energy balance in the meridians is achieved. They can be stimulated with needle inserting, warming up, massage and so

on. When, as a result of the stimulation of the acupoints, the energy in the meridians is restored - the organism recovers.

The most important condition for the successful healing process is the position of the acupoints that will be stimulated to be defined correctly. The disease can be cured only if 4-5 of the hundreds of acupoints are properly selected. For each disease and for each person these points are different. Their correct selection is an exceptionally complicated process, which requires highly qualified acupuncturist with experience of many years and an individual ability. We will only mention that by the points' selection the good acupuncturist takes into consideration the age, weight, sex, pulse, meridian system condition of the patient, the season, the moon phase etc. Only then specifies the combination of points that will be stimulated. The rules concerning the selection of methods of point stimulation are also very complicated, and this technique involves a long practice and tuition. Therefore the traditional acupuncture in its pure aspect is a treatment for chosen people. Its rules and philosophy are so complicated that they eliminate the possibility for self-treatment. Few are the specialists managed to attain proficiency in this ancient healing method.

As a matter of fact, many of the people practising acupuncture are not skilful at acupuncture and don't use the traditional acupuncture in its pure aspect. They use preliminarily prepared combinations of points (acupuncture recipes) that have proved their effectiveness by healing of various diseases. These prescriptions don't correspond to the idiosyncrasies of the sick person and



their effectiveness can't be compared with this of the selected individual combinations of points. However the thousand-year old practice has proved that the recipes of points are efficient with quite a large percentage of the sick people although the real acupuncturists call these who use them - „cooks“.

In contrast to the traditional acupuncture, the use of recipes doesn't require special skills, it's simple and you can practise it by yourself. It's enough for you to define the location of the points from the recipe and to stimulate them effectively. In fact that's what the acupuncturists, called "cooks", do. The elaboration of the smokeless moxa made possible this kind of efficient stimulation, which doesn't require special qualifications to be realized at home. That's why in our manual we offer stimulation of the pain su jok points simultaneously with the stimulation of some traditional acupoints. Thus we combine the simplicity of su jok with this part of the traditional acupuncture that is easy to understand and we achieve two things:

First - stimulating the su jok points, we directly stimulate the diseased organ through the correspondence systems.

Second - stimulating the traditional acupoints, we stimulate the diseased organ through the energy system of the organism.

The combination of su jok therapy and prescriptions from the traditional acupuncture increases the effectiveness of the self-treatment and makes it equal with the effectiveness of the more complicated, high levels of the su jok therapy, but remains simple and easy to use.

The su jok points change their position in the correspondence zone depending on where the disease's focus is located. In contrast to them the position of the traditional points is fixed and is one and the same for all people. In our manual we have described how to define the position of the needed traditional points. To be sure that you have found the point correctly, you have to press it hard with the tip of your thumb or with the thicker end of the diagnostic probe. If you have defined correctly its position, you will feel the so called expected sensation - pain, tingle, twitch etc. If you don't feel anything, so you missed the point.

We recommend stimulating the traditional acupoints mainly with moxa, because:

- ▶ the acupuncture needles can't be used independently. Their inserting carries risks and requires a qualification, quite higher than the required one for the inserting of the su jok needles;

- ▶ for the massage of traditional acupoints skills are also needed, because the results are not satisfying if the technique is not perfect.

For that reason when the case in point is self-treatment of the traditional acupoints, you should use moxa stimulation. And this is best achieved with moxa cigars. The moxa cigars are a professional acupuncture tool that can be also used by amateurs.

The moxa stimulation of the traditional acupoints

lasts for 10-12 minutes and the burning end of the cigar is directed to the acupoint so that a pleasant heat, almost burning, should be felt.

The affection is characterized with excess or lack of energy in some of the meridians. Depending on this fact, it is necessary energy to be added or removed. With moxa you can increase or decrease the energy in the meridians according to the way of warming up of the acupoints. For example if you warm up the acupoint for 2-3 minutes, you will add energy and tone the corresponding meridian. If you warm up the same point for 20-30 minutes, you will remove energy from the meridian and thus lower its level. But if you warm up an acupoint for 10-12 minutes, you will achieve the so called harmonizing stimulation. By such duration of the stimulation the energy is harmoniously distributed, depending on the meridian's condition - the meridian with low energy tones itself and the overloaded one unloads. Exactly the harmonizing stimulation should be used when you warm up traditional acupoints parallel with su jok points. If you warm up the point for shorter time interval, it is possible to add energy when its level is high anyway. If you warm up for a longer time interval, then you can remove energy from a low energy meridian as it is. In both cases the disease can slightly change for the worse. That's why stick to the rule the traditional acupoints to be warmed up for 10-12 minutes. It is possible a longer warming up - till 20 minutes, but only if you feel and are absolutely sure that this will have a positive effect on you.

Attention: By warming up of the traditional points, as well as by warming up of the su jok points you should be careful with the intensity of the heat treatment. If you go too far a blister will appear.

When using the traditional acupoints you have to observe the limitations concerning the su jok therapy practising, described above. Except for these limitations there are also relative contra-indications with some specific diseases and conditions.

Traditional acupoints should be used only on prescription and under the control of acupuncturist in the following cases:

- ▶ Malignant and non-malignant neoplasms, regardless of their localization.
- ▶ Acute inflammatory diseases of bones and joints.
- ▶ Diseases of the blood and blood-forming organs.
- ▶ Pregnancy (the second half).
- ▶ Active rheumatism.
- ▶ Acute infectious diseases and temperature conditions with an unknown reason.
- ▶ Worsened chronic infectious diseases.
- ▶ Myocardial infarction.
- ▶ Cardiac pulmonary insufficiency.
- ▶ Very high blood pressure.
- ▶ Diseases of the internal organs in critical stage.
- ▶ Venous thromboses and embolisms in an acute period.

A PRESCRIPTION GUIDE

INTRODUCTION

The prescription guide consists of:

- ▶ **Maps of the correspondence zones in the two systems - the Main and the "Insect" correspondence system.**
- ▶ **Traditional acupuncture prescriptions with maps of the location of the prescription's acupoints.**

To treat yourself using the guide, you have to specify the contents of the healing procedure and to accomplish it using the correspondence zones maps of the affected organ, and when necessary you will also have to include the traditional acupuncture prescription published on the same page.

In this particular case you have two choices:

The first choice is to build the contents of the healing procedure by yourself, based on the information presented so far, the correspondence zones maps, the traditional acupuncture prescriptions and using your own intelligence.

The second one is to use the standard healing procedure which we describe on pages 36 and 37.

BUILDING THE HEALING PROCEDURE

Let's remind in brief what you have to do in case you decide to build the contents of the healing procedure by yourself (for details refer to the corresponding section).

1. You have to select one to four correspondence zones of the diseased organ in which you have to look for pain points or areas.

Make the choice considering the basic principles used for selection of correspondence zones.

It is necessary to notice that despite the great effectiveness of those zones located on the feet, due to the better comfort and the easier definition of the correspondence zones the hands are used more often in the real practice. Primary and secondary correspondence zones are combined on both of the hands.

Besides, sometimes the use of secondary instead of the primary zones is more comfortable. Such an example is the case with the zones of the blade-bones in the Main correspondence system. The secondary zones of the blade-bones are located over a bone thus the pain points there are easier to find. That is why they are used more frequently.

2. In case of more serious and refractory chronic diseases you have to include pain points in additional correspondence zones.

These are the correspondence zones of the spinal column, the brain and internal organs, directly related to the diseased organ.

3. You have to take a decision whether you will use mirrored pain points or not.

Here you have to decide whether you will use mirrored points, besides the main su jok points and if yes, which one - horizontal or vertical. You won't make a mistake if you include them.

4. You have to select a stimulation method of the pain points and areas.

The stimulation methods are divided conditionally in two categories:

▶ **Methods of relatively short but powerful stimulation.**

These are diagnostic probe massage, moxa (or ice), needles, hot needles.

▶ **Methods of long and soft stimulation.**

These are seeds, magnetic stars, magnets.

You'd better combine methods of stimulation from both of the categories.

5. According to the seriousness of the disease, use your own judgment to decide whether to include the traditional acupuncture prescription.

At this point don't forget that the traditional acupuncture prescriptions might also be used independently.

If the making up of the healing procedure hampers you, use the standard healing procedure which we suggest in the "Prescriptions" section (pages 36 and 37). It has been tested many times and the results have been excellent, including the cases of serious chronic diseases.

GENERAL ADVICES AND NOTES

◆ It is recommended to treat one diseased organ or part of the body. If you have several diseases, then you have to select the one that concerns you the most. The distribution of healing impulses among many organs decreases their effectiveness.

◆ It is possible to treat two diseased organs simultaneously by alternating the healing procedures. For example: on the first day - kidneys, on the second day - bladder etc.

◆ If symmetric organs or parts of the body are diseased, for example the two kidneys or the two knees, you can heal them by alternating procedures for the left and for the right side.

◆ In case of acute illnesses expect the healing effect to show itself by the third-fifth procedure, although often with the very first procedure and even in the first seconds of the stimulation a clearly expressed healing effect and sometimes even a complete fade away of the disease's symptoms might be observed. In the cases of chronic diseases the healing effect might be felt for a first time by the seventh-eighth procedure.

◆ In some cases it is possible to feel no improvement at the time of the healing course and the disease can fade away suddenly, several days or weeks after its finish. The reason is that the stimulation upon the correspondence zones gives a push for the healing changes, which sometimes accelerate very slowly and can not be felt in the term

of ten days which are needed for the procedures.

◆ In the course of the healing procedures you might get a disease aggravation. That is the so called "healing crisis". This shouldn't worry you. Remember, the su jok therapy can't do any harm to you!

◆ When you stimulate the pain points you must also stimulate the secondary pain points, which sometimes appear near to the main, most painful point.

NOTES AND ADVICES ON THE CORRESPONDENCE ZONES MAPS

◆ We have developed maps of the correspondence zones for almost every organ and part of the body.

For each correspondence zone in the **Main system** we've developed a separate map.

We have shown the correspondence zones in the **"Insect" system** summarized on a single finger, as they are located in the same way on all fingers and toes. Slightly different is the case with the thumbs in the "Insect" system. In contrast to the other fingers, the thumbs have two phalanges - distal (first) and proximal (second). The system is projected over the first phalanx (the head and neck zone) and the second phalanx (thorax zone). The role of the third phalanx is performed by the first bone before the wrist for the hands, and the first bone before the foot for the feet (stomach zone).

The determination of the correspondence zones by the "Insect" system might hamper and confuse you. For that reason use the remaining four fingers and toes. They are fairly enough.

We have marked the correspondence zone in the following manner:

► We have marked the areas where the skin and bone correspondence coincide with blue outline.

► In the places where the skin and bone correspondence don't coincide we have used blue outline for the skin and black outline for the bone correspondence.

► In some of the correspondence zones in which the skin correspondence is not clearly expressed - for example on the bottom of the toes, we have outlined only the bone correspondence with black contour.

Keep in mind that in some cases the contour on the map doesn't outline the exact borders of the correspondence zone. For example the stomach zone may be smaller for some people and larger for others according to the size of the stomach itself. That is why you must also search for the pain points around the borders outlined on the map.

◆ We haven't developed maps of the primary and secondary correspondence zones for some unpaired organs located on the body axis. We've only shown their location on the both hands and feet. The correspondence zones of the spinal column or the thymus are such an example. In theory, their halves have primary and secondary correspondence, and you can guess by yourself how to determine and use it.

◆ In the process of location of the correspondence zones on your own hands and feet, the best way to keep yourself from making a mistake with left and right is to use your imagination and to lay your hand or foot on the place of the illustration.

NOTES AND ADVICES ON THE TRADITIONAL ACUPUNCTURE PRESCRIPTIONS

We have included mostly ancient Chinese prescriptions from traditional acupoints as well as some popular contemporary prescriptions recommended by competent acupuncture specialists. These prescriptions can be used in parallel with the su jok therapy or independently.

We've made our best to collect combinations, consisting of acupoints whose location can be determined easily by inexperienced people.

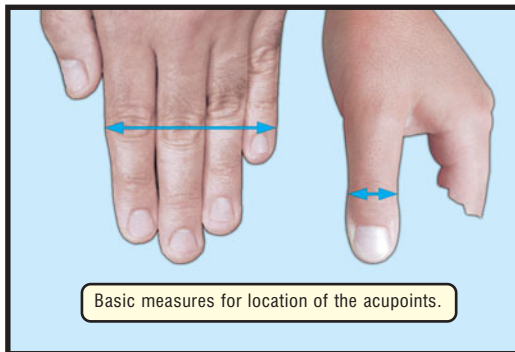
Keep in mind that our manual is for self-treatment, so we haven't included points on the back which can not be stimulated independently, without someone's help (despite their high effectiveness).

The basic measuring units by the location of the acupoints are:

► The width of **YOUR** hand's thumb in the place of the knuckle between the first and the second phalanx. In the traditional acupuncture this width is called individual tsun.

► The width of **YOUR** gathered four fingers of the hand (without the thumb) in the place of the knuckle between the middle and the third phalanx of the middle finger. The width there equals to three individual tsuns.

In the illustrations these measuring units are shown by graphical pictograms.



When you use traditional acupuncture prescriptions don't forget the following:

► If you've located the place of the acupoint correctly, by strong vertical pressure with the thumb's tip or with the thicker end of the diagnostic probe you must experience "the expected sensations" - pain, tingle, twitch etc. Be sure to do this check.

► Stimulate the acupoints with moxa for 10-12 minutes. If you clearly feel that a longer heat treatment will have a positive effect on you, you may prolong it up to 20 minutes.

► In some cases when the acupoints are on the face, in the hair or the warming up is not allowed, the recommended action is massage stimulation on these points.

► Warm up the acupoints in the sequence specified in the prescriptions. Usually the points on the axis of the body are warmed up at first, then all the other - from above downwards.

A STANDARD HEALING PROCEDURE

The standard healing procedure consists of two parts. The first one is performed in the case of the most usual diseases. The second part is added to the first one in cases of more acute or chronic diseases.

IN CASE OF USUAL DISEASES

1. Locate the pain points in two correspondence zones of the diseased organ in the Main correspondence system and warm up them with moxa for 20-30 minutes.

To do this it is necessary to open the prescription guide on the corresponding page so you can become acquainted how the diseased organ's correspondence zones are located on your hands and feet. You will have an exact idea of their location if you get a mental picture of your hand or foot in the place of the illustration.

After that outline the zones using a marker and go over them with the diagnostic probe. Mark the open pain points and warm them up with moxa.

It is advisable to use the primary correspondence zones - one on hand and one on foot (at the diseased organ's side).

When the organ is located on the body axis, alternate the hands and feet in the separate procedures. For example: left hand - right foot in one procedure and right hand - left foot in the next one.

If it's difficult for you to use the feet then use your both hands in each procedure.

Depending on the seriousness of the disease you may stimulate the su jok points with massage, needles or hot needles instead with moxa.

2. Perform the traditional acupuncture prescription by heating the traditional acupoints for 10-12 minutes with moxa.

You will find the traditional acupuncture prescription on the page with the correspondence zones of the diseased organ. The location of one of the acupoints used in the prescription is shown there. You'll find the other with the help of the references to other pages.

Before you perform the prescription look on page 33 what possible contra-indications has the traditional acupuncture. If the use of traditional acupoints is contra-indicated for your disease - don't use them.

3. Locate the pain points in two correspondence zones of the diseased organ in the "Insect" system (on two fingers) and put magnetic stars or seeds on them. Massage the points for 1-2 minutes on every 3-4 hours, using the magnetic stars or the seeds.

The "Insect" system is located likewise on all fingers and toes. For that reason there is a map of only one finger on the page containing the diseased organ's correspondence zones. You will get an exact idea of the diseased organ's correspondence zone location if you form a mental picture of the finger you want to use in the place of the illustration.

The magnetic stars (seeds) are put for 24 hours, till the next procedure with moxa when they are re-located on other two fingers.

Yet again it is advisable to use the primary correspondence zones of the diseased organ (one finger and a toe from the side of the diseased organ).

When the organ is located on the body axis alternate the fingers and the toes in the separate procedures. Left hand - right foot in one procedure, right hand - left foot in the next.

If you feel it's difficult for you to use the toes, use only the fingers.

We strongly advise you not to ignore the magnetic stars (seeds). Their inclusion in the procedure is often a key to the fast overcoming of the disease.

The healing effect can increase vastly if you also put magnetic stars (seeds) on the mirrored pain points (see page 11).

IN CASE OF MORE REFRACTORY, ACUTE AND CHRONIC DISEASES

4. By using the "Insect" system, locate on two of your fingers pain points in the correspondence zones of the spinal column and brain, which are connected to the diseased organ (see page 15). Massage them using a massage ring 2-3 times a day for 2-3 minutes.

Massage intensively the fingers with a massage ring by concentrating the massage in the areas in which you've found pain points. Massage each area on the two fingers 2-3 times a day for 2-3 minutes. On the next day use other two fingers.

If you experience difficulties with the location of the points just do a general massage of the fingers with the ring emphasizing on the areas in which you feel pain.

For more intensive stimulation instead with the massage ring you might influence on the open pain points with the magnetic stars or seeds.

This is a standard procedure which is effective for most of the diseases. However, you might "customize" it in accordance with the particular disease's characteristics.

► You can use the separate elements of the procedure independently or in combination.

► You can also use less or more correspondence zones.

► You can choose other stimulation methods.

For example if you want a cyst to disappear, it is good to use a hot needle. You can also include ring-shaped magnets or magnetic pointers, which are very effective.

For the number and frequency of the procedures, which you have to perform, read on page 30.

IN CASE OF USUAL DISEASES

1

Warm up the pain points in two correspondence zones of the diseased organ in the **Main correspondence system** with moxa - on a hand and foot.

If it is difficult for you to use the foot, stimulate the pain points in the correspondence zones of the diseased organ located on your hands.

2

Refer to page 33 to ensure that your disease is not listed among the diseases for which the use of traditional acupuncture is contradictory.

Follow the traditional acupuncture prescription by warming up the acupoints with moxa.

3

Put the magnetic stars (seeds) on pain points in two correspondence zones according to the **"Insect" system**. Use two fingers - on a hand and foot.

If it is difficult for you to use the toes, put magnetic stars (seeds) on your fingers.

IN CASE OF ACUTE OR CHRONIC DISEASES

4

Massage with a ring the pain points in the zones of the spinal column and brain, which are connected with the diseased organ. Use two fingers according to the **"Insect" system**.

For more intensive stimulation instead of massage ring you may use magnetic stars (seeds) on a finger and toe, and if difficult on the toe - on the fingers of your both hands.

PREScriptions

KEEPING FIT, GENERAL STRENGTHENING

We will pay special attention to this prescription, because of its prophylactic nature. If used on regular basis it might ensure a good health for up to old ages and can also save you the necessity to use the other prescriptions in this guide.

The contents of the procedure here is more different from the standard procedure. For that reason we describe it separately.

The prescription combines the use of su jok and traditional acupoints. Except for keeping fit, it can be also used:

- ▶ To make the immune system stronger in cases of various conditions which require such a thing - viral diseases (influenza, hepatitis etc.), preparation for surgical operations, after operation recovery etc.

- ▶ For treatment of light, banal illnesses, regardless of their nature.

- ▶ As an addition to main treatment with medicines, herbs etc. of more severe diseases involving a general organism disorder, when there is no clearly expressed focus of the disease or there are large areas which are affected. Its application shortens the treatment process and vastly decreases the amount of medicines taken.

The prescription is performed:

- ▶ For keeping fit - monthly in 4 to 6 consecutive days.

- ▶ For reinforcement of the immune system - a course of ten daily procedures.

- ▶ For treatment of light, banal illnesses - daily, to the full disappearing of the symptoms, plus two or three procedures more, to stabilize the result.

- ▶ If used as an addition to main treatment with medicines, herbs etc. - daily, to the end of the main treatment.

The prescription consists of two parts. The first - massage of the correspondence systems with various massagers. The second - two ancient Chinese combinations of traditional points for general reinforcement of the organism, which are alternated - in one procedure - one of the combinations, and in the next - the other. The two parts of the prescription can be performed in combination or separately.

1. Massage for one minute two of the fingers with a massage ring and the whole hands with a massage spiral or cylinder.

The intensive hands' massage activates all pain su jok points that have appeared there and has a strengthening effect on the whole organism. If a regular massage is practised, all pain points are stimulated even by their appearance, in the beginning of the disease's development. Then a not so intensive impulse is also enough for you to overcome the disease, to stop it in its initial stage.

2. Warm up with moxa for 10-12 each of the traditional acupoints, as follows:

A) He Gu (GI-4) and Zu San Li (E-36) on both hands and legs.

B) By next procedure Nei Guan (MC-6) and San Yin Jiao (RP-6) on both arms and legs.

Continue the procedures, alternating combinations **A** and **B**.

The Zu San Li, He Gu, Nei Guan and San Yin Jiao points are considered one of the most important in the traditional acupuncture. They have a powerful strengthening and healing effect. Their periodical warming up with moxa regulates the deviations in the energy system of the organism, before they have intensified, and keeps you in a good health.

Here are some of the most distinguishing features of these points in detail, which can show you their wide spectrum of application

Zu San Li (E-36): a general strengthening point, with proved effect against brain insults, heart diseases, a main point for regulating the blood pressure (by severe forms of hypertension in some eastern countries cauterization of Zu San Li, till a blister appears, is still used today), all gastric and intestinal diseases, aches in legs and waist, diseases of the eyes, nervous system, urino-genital system, asthenia, allergic conditions, diseases of the respiratory organs, general weakness, it increases the energy in all meridians and regulates the deviations in the energy condition of the organism, it is effective by aches in the lower half of the body.

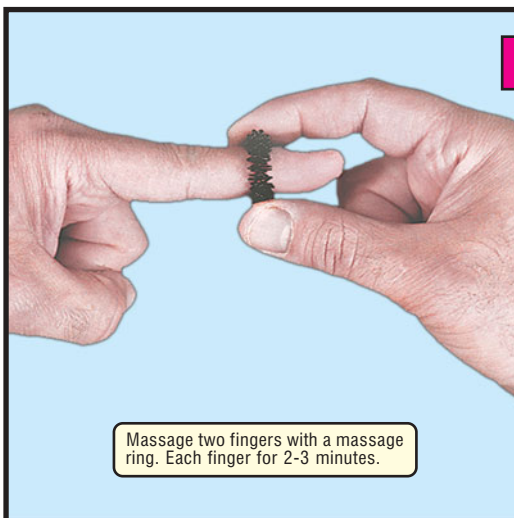
He Gu (GI-4): a general strengthening point, diseases of the nervous system, eyes, ears, nose, throat (colds), teeth, sinuses, headache, fever, gynecological diseases, diseases of the digestive system - stomachaches, constipation, it is effective by aches in the upper half of the body.

Attention: He Gu should not be used by pregnant women, because it activates the uterus and can lead to a premature birth.

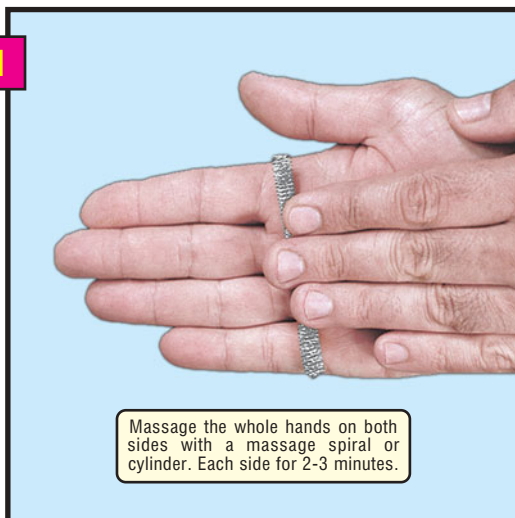
Nei Guan (MC-6): a general strengthening point, main point for treatment of neuroses, maniacal conditions and regulating of mental disorders. The treatises from ancient China say that this point is stimulated, „when the sick man is full of desire to kill someone“, an important point with heart diseases, diseases of the lung, stomach, it regulates the blood pressure, effective with insomnia.

San Yin Jiao (RP-6): a general strengthening point, it is effective with diseases of the digestive system - stomach, intestines, liver and pancreas, urino-genital system - kidneys, bladder, ureters, male and female genitals, diseases of the lower limbs, it regulates the blood pressure.

1

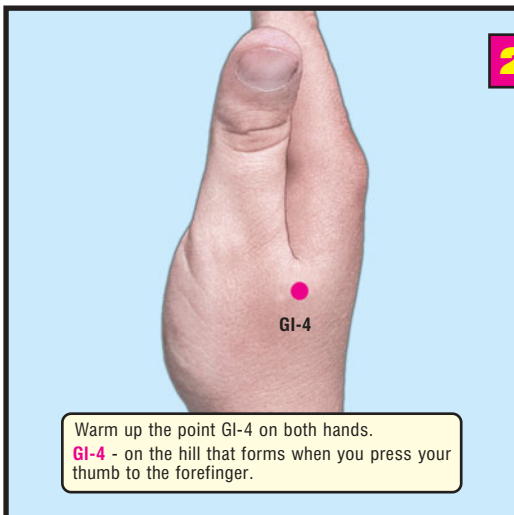


Massage two fingers with a massage ring. Each finger for 2-3 minutes.



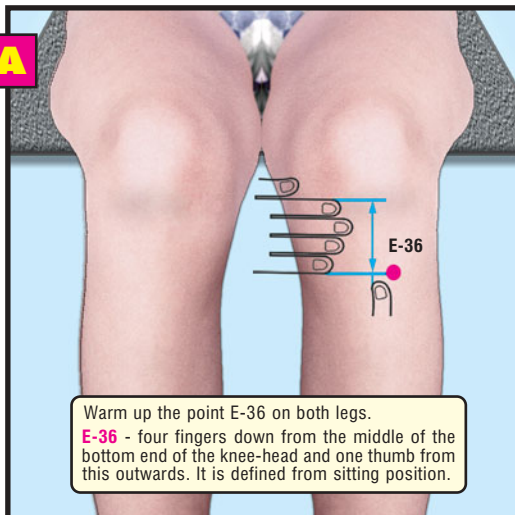
Massage the whole hands on both sides with a massage spiral or cylinder. Each side for 2-3 minutes.

2A



GI-4

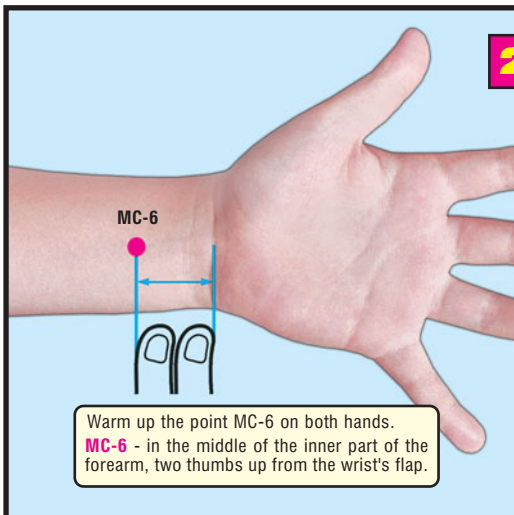
Warm up the point GI-4 on both hands.
GI-4 - on the hill that forms when you press your thumb to the forefinger.



E-36

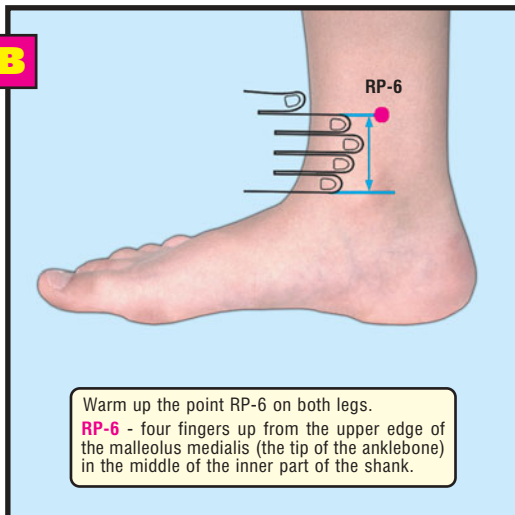
Warm up the point E-36 on both legs.
E-36 - four fingers down from the middle of the bottom end of the knee-head and one thumb from this outwards. It is defined from sitting position.

2B



MC-6

Warm up the point MC-6 on both hands.
MC-6 - in the middle of the inner part of the forearm, two thumbs up from the wrist's flap.



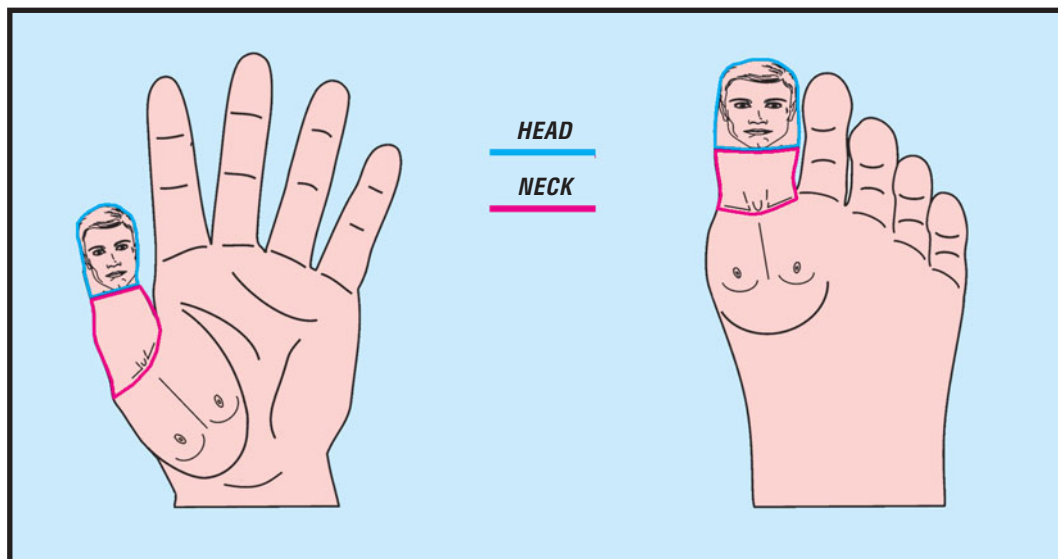
RP-6

Warm up the point RP-6 on both legs.
RP-6 - four fingers up from the upper edge of the malleolus medialis (the tip of the anklebone) in the middle of the inner part of the shank.

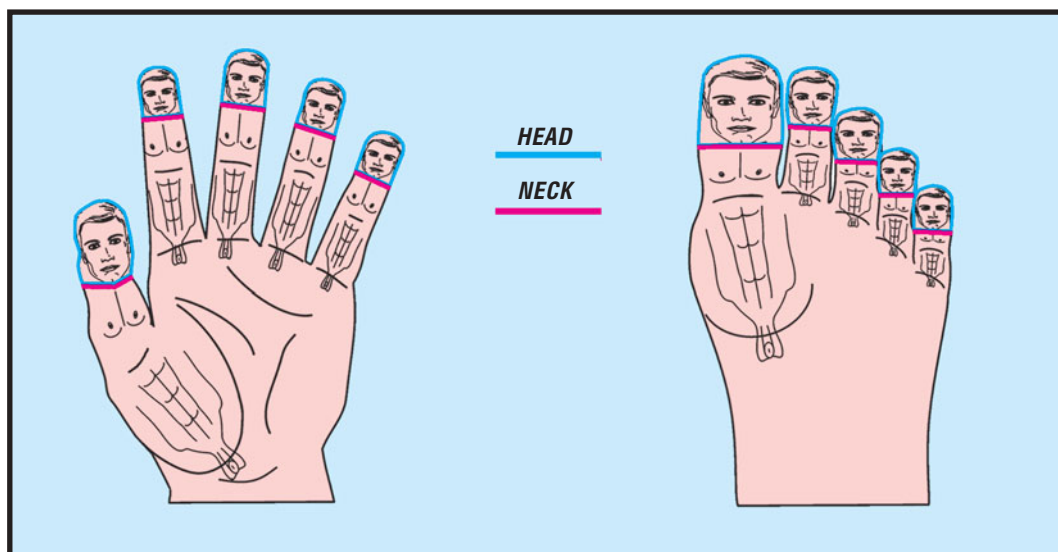
DISEASES IN THE AREA OF THE HEAD AND THE NECK

CORRESPONDENCE ZONES ON THE HEAD AND THE NECK

MAIN CORRESPONDENCE SYSTEM



"INSECT" CORRESPONDENCE SYSTEM



In the **Main system** the correspondence zone of the head is located on the first phalanx of the thumb, and this of the neck - on the second phalanx.

In the **"Insect" system** the correspondence zone of the head is located on the first phalanges of all fingers and toes. The neck is projected in a small area between the first and the second phalanx of the fingers and toes, on the joint

and a bit above and below it.

Here we have presented the lower projection of the head. For treatment you can also use the upper projection. In some cases it is even more convenient, because it doesn't lie on soft tissues and the points are easier to be found on it. You will get an idea about the position of the head organs on the upper projection from the illustration on page 10.

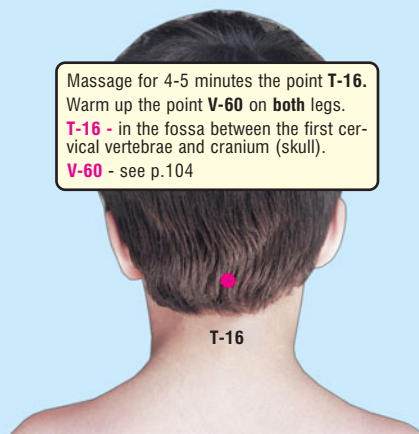
HYPOPHYSIS

HYPHYPHYSIS

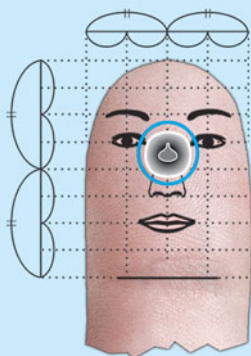


TRADITIONAL ACUPUNCTURE PRESCRIPTION

Massage for 4-5 minutes the point **T-16**.
Warm up the point **V-60** on **both** legs.
T-16 - in the fossa between the first cervical vertebrae and cranium (skull).
V-60 - see p.104

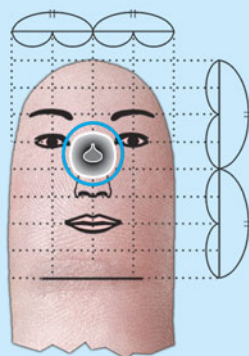


MAIN SYSTEM



RIGHT HAND - THUMB

MAIN SYSTEM



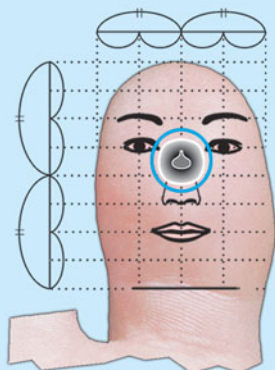
LEFT HAND - THUMB

"INSECT" SYSTEM



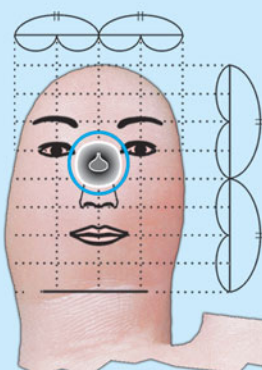
ON EACH FINGER
AND TOE

MAIN SYSTEM



RIGHT FOOT - THUMB

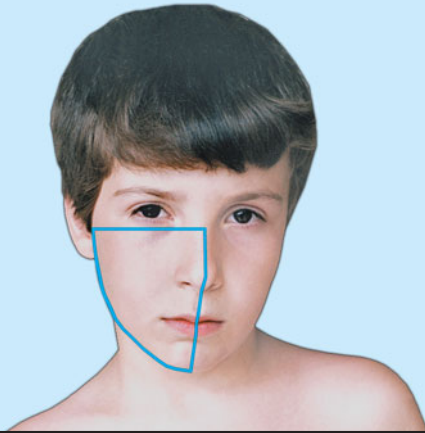
MAIN SYSTEM



LEFT FOOT - THUMB

FACE - RIGHT SIDE

RIGHT SIDE OF THE FACE



TRADITIONAL ACUPUNCTURE PRESCRIPTION

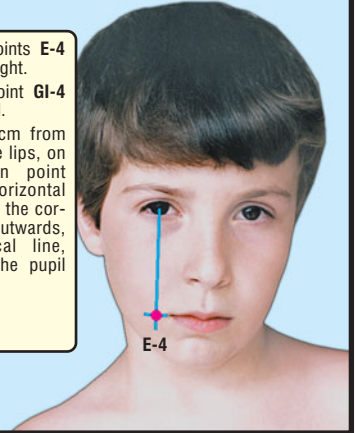
Warm up the points **E-4** and **E-6** on the right.

Warm up the point **GI-4** on the right hand.

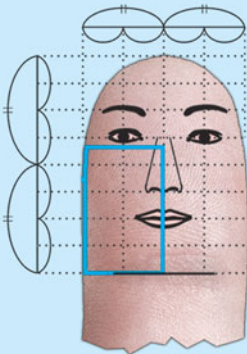
E-4 - about 1 cm from the corner of the lips, on the intersection point between the horizontal line, drawn from the corner of the lips outwards, and the vertical line, dropped from the pupil downwards.

E-6 - see p.48

GI-4 - see p.43

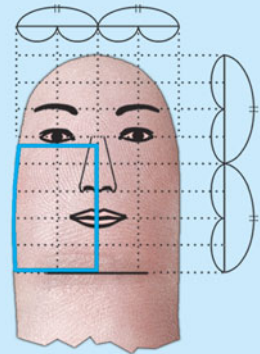


MAIN SYSTEM - PRIMARY ZONE



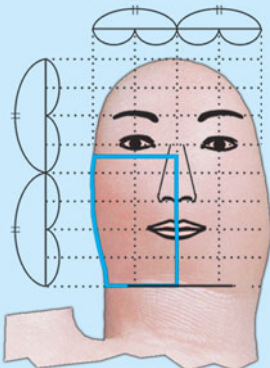
RIGHT HAND - THUMB

MAIN SYSTEM - SECONDARY ZONE



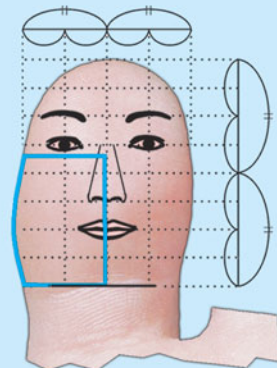
LEFT HAND - THUMB

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT - THUMB

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT - THUMB

"INSECT" SYSTEM



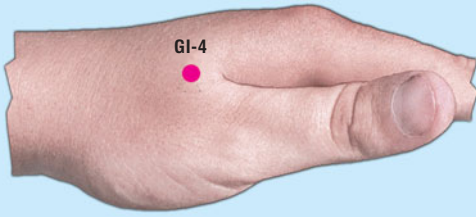
PRIMARY ZONES:
RIGHT HAND AND FOOT

SECONDARY ZONES:
LEFT HAND AND FOOT

ON EACH FINGER
AND TOE

FACE - LEFT SIDE

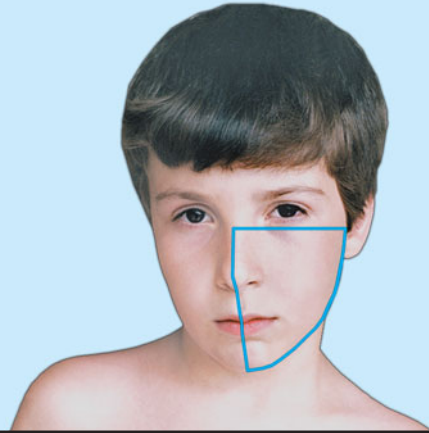
TRADITIONAL ACUPUNCTURE PRESCRIPTION



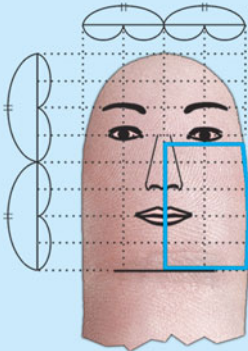
GI-4

Warm up the points **E-4** and **E-6** on the left.
Warm up the point **GI-4** on the left hand.
E-6 - see p.48
E-4 - see p.42
GI-4 - on the top of the hill that forms when the thumb is pressed to the forefinger.

LEFT SIDE OF THE FACE

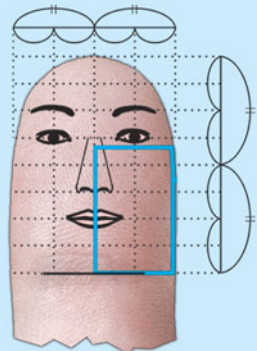


MAIN SYSTEM - SECONDARY ZONE



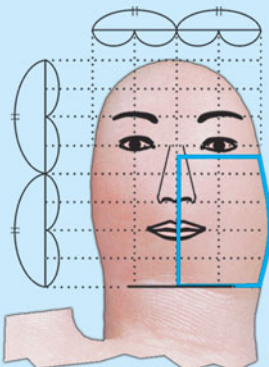
RIGHT HAND - THUMB

MAIN SYSTEM - PRIMARY ZONE



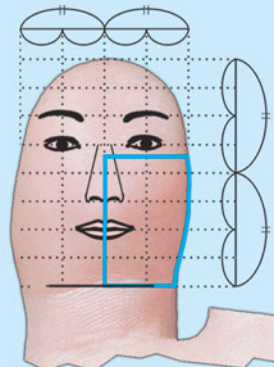
LEFT HAND - THUMB

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT - THUMB

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT - THUMB

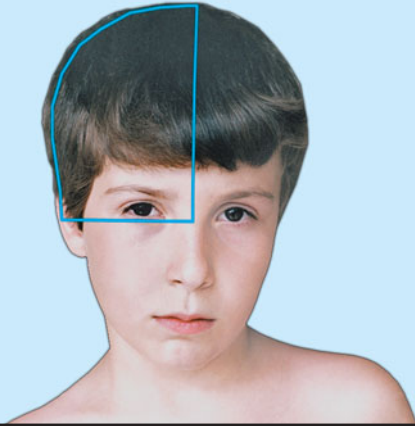
"INSECT" SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT
ON EACH FINGER
AND TOE

BRAIN - RIGHT HEMISPHERE (PSYCHE)

RIGHT HEMISPHERE OF THE BRAIN



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Massage for 4-5 minutes the point T-16.

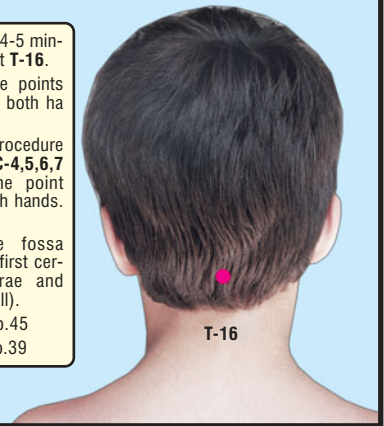
Warm up the points C-4,5,6,7 on both hands.

In the next procedure instead of C-4,5,6,7 warm up the point MC-6 on both hands. Alternate.

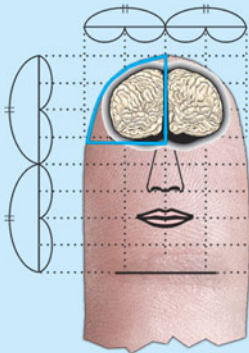
T-16 - the fossa between the first cervical vertebrae and cranium (skull).

C-4/7 - see p.45

MC-6 - see p.39

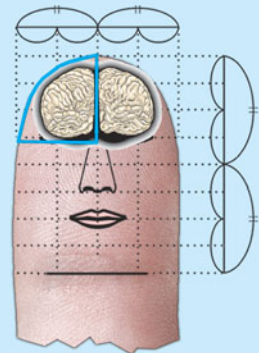


MAIN SYSTEM - PRIMARY ZONE



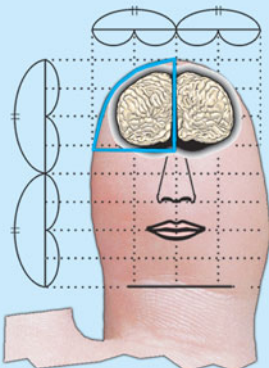
RIGHT HAND - THUMB

MAIN SYSTEM - SECONDARY ZONE



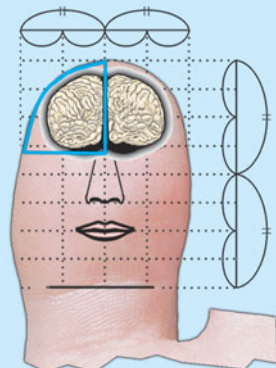
LEFT HAND - THUMB

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT - THUMB

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT - THUMB

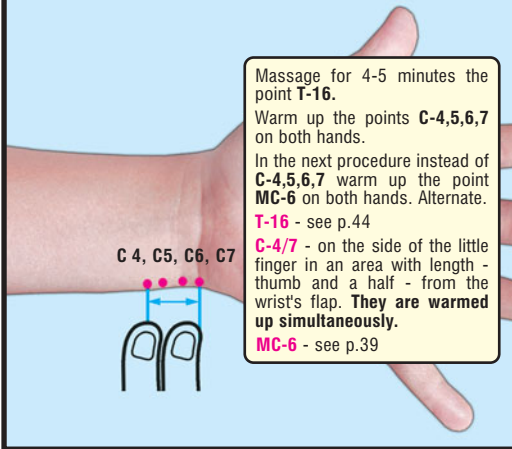
"INSECT" SYSTEM



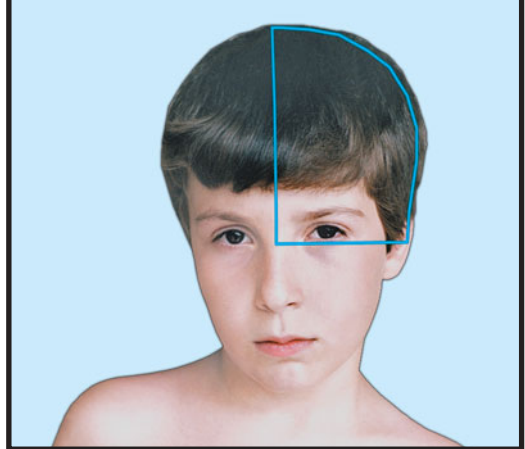
PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT
ON EACH FINGER
AND TOE

BRAIN - LEFT HEMISPHERE (PSYCHE)

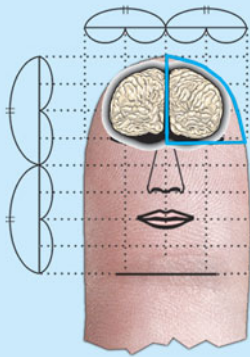
TRADITIONAL ACUPUNCTURE PRESCRIPTION



RIGHT HEMISPHERE OF THE BRAIN

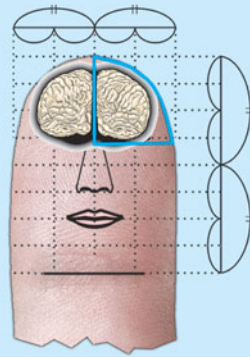


MAIN SYSTEM - SECONDARY ZONE



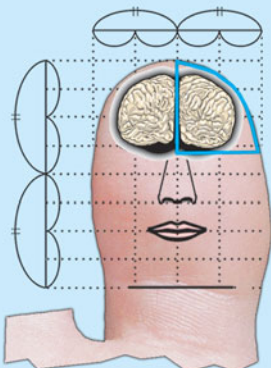
RIGHT HAND - THUMB

MAIN SYSTEM - PRIMARY ZONE



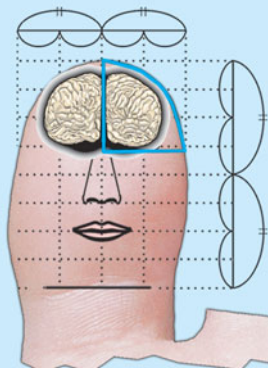
LEFT HAND - THUMB

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT - THUMB

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT - THUMB

"INSECT" SYSTEM



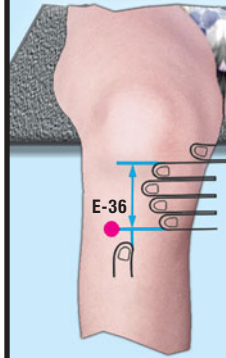
PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT
ON EACH FINGER
AND TOE

RIGHT EYE

RIGHT EYE



TRADITIONAL ACUPUNCTURE PRESCRIPTION



Massage for 4-5 minutes the points E-2, V-2 and TR-23 on the right.

Warm up the point GI-4 on the right hand.

In the next procedure instead of GI-4 warm up E-36 on the right leg.

E-2 - see p.47

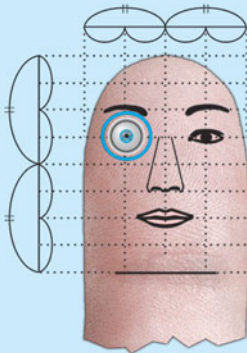
V-2 - see p.47

TR-23 - see p.47

GI-4 - see p.39

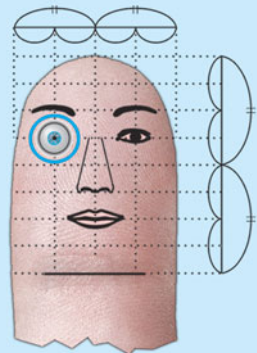
E-36 - four fingers down from the middle of the lower end of the kneecap and one thumb from this outwards. It is defined from sitting position.

MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND - THUMB

MAIN SYSTEM - SECONDARY ZONE



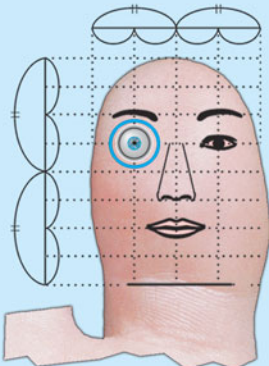
LEFT HAND - THUMB

"INSECT" SYSTEM



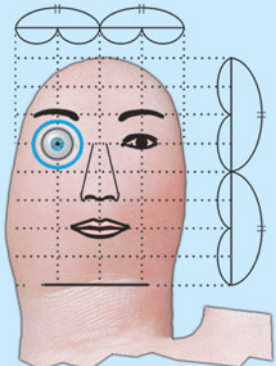
PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT - THUMB

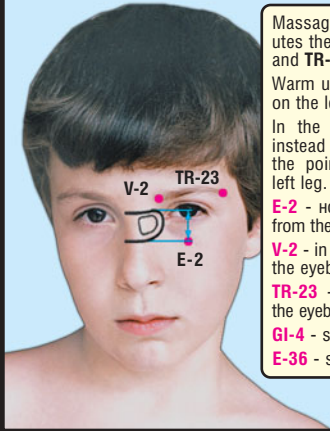
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT - THUMB

LEFT EYE

TRADITIONAL ACUPUNCTURE PRESCRIPTION



Massage for 4-5 minutes the points **E-2**, **V-2** and **TR-23** on the left.

Warm up the point **GI-4** on the left hand.

In the next procedure instead of **GI-4** warm up the point **E-36** on the left leg.

E-2 - Bone thumb down from the pupil.

V-2 - in the beginning of the eyebrow.

TR-23 - Bat the end of the eyebrow.

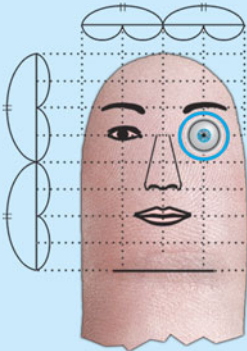
GI-4 - see p.39

E-36 - see p.46

LEFT EYE

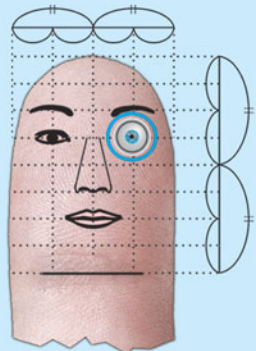


MAIN SYSTEM - SECONDARY ZONE



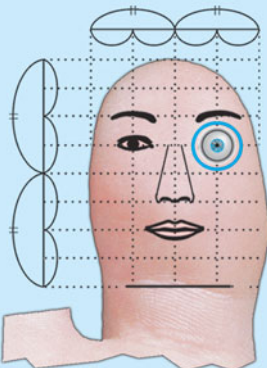
RIGHT HAND - THUMB

MAIN SYSTEM - PRIMARY ZONE



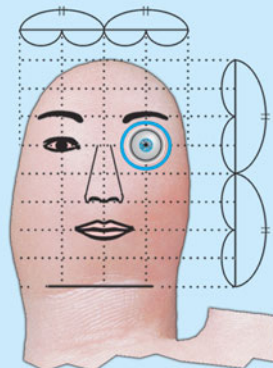
LEFT HAND - THUMB

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT - THUMB

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT - THUMB

"INSECT" SYSTEM

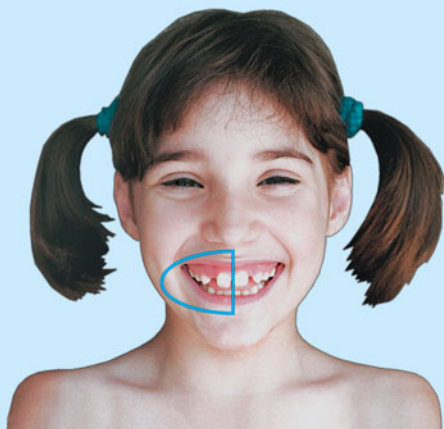


PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT
ON EACH FINGER
AND TOE

DISEASES IN THE AREA OF HEAD AND NECK

TEETH AND GUMS - RIGHT SIDE

RIGHT SIDE OF THE TEETH AND GUMS



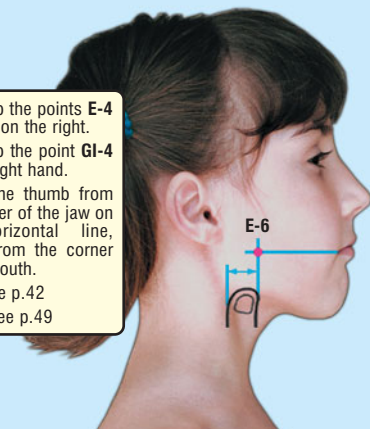
TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **E-4** and **E-6** on the right.
Warm up the point **GI-4** on the right hand.

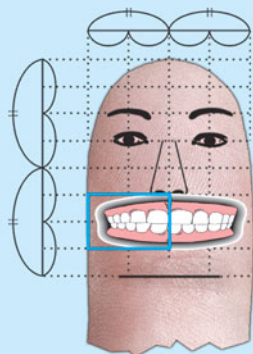
E-6 - one thumb from the corner of the jaw on the horizontal line, drawn from the corner of the mouth.

E-4 - see p.42

GI-4 - see p.49

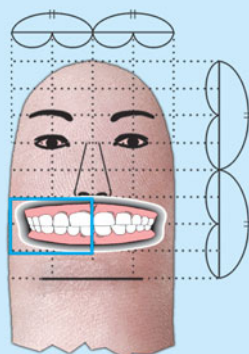


MAIN SYSTEM - PRIMARY ZONE



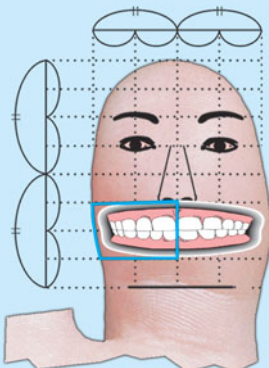
RIGHT HAND - THUMB

MAIN SYSTEM - SECONDARY ZONE



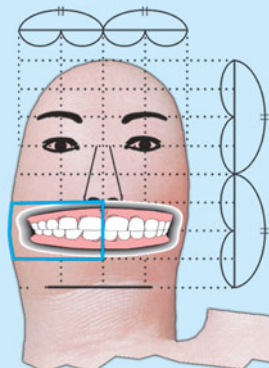
LEFT HAND - THUMB

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT - THUMB

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT - THUMB

"INSECT" SYSTEM

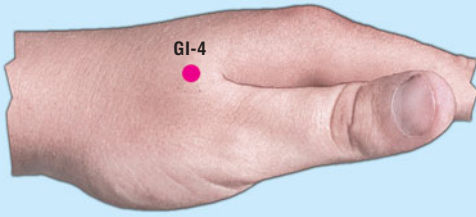


PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT
ON EACH FINGER
AND TOE

DISEASES IN THE AREA OF HEAD AND NECK

TEETH AND GUMS - LEFT SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

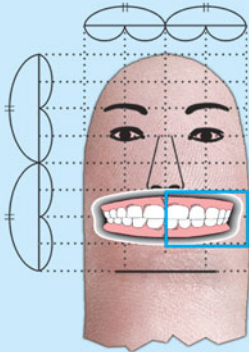


Warm up the points **E-4** and **E-6** on the left.
Warm up the point **GI-4** on the left hand.
E-6 - see p.48
E-4 - see p.42
GI-4 - on the top of the hill that forms when the thumb is pressed to the forefinger.

LEFT SIDE OF THE TEETH AND GUMS

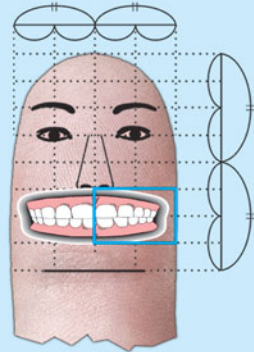


MAIN SYSTEM - SECONDARY ZONE



RIGHT HAND - THUMB

MAIN SYSTEM - PRIMARY ZONE



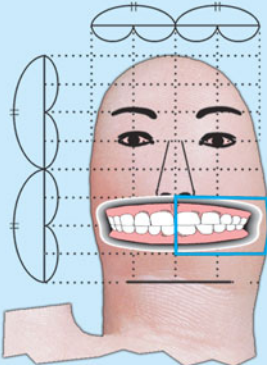
LEFT HAND - THUMB

"INSECT" SYSTEM



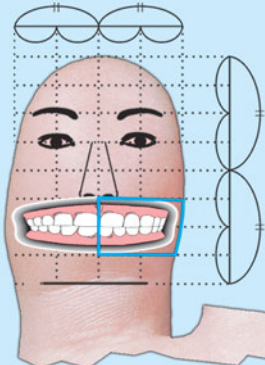
PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT
ON EACH FINGER
AND TOE

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT - THUMB

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT - THUMB

RIGHT EAR

RIGHT EAR

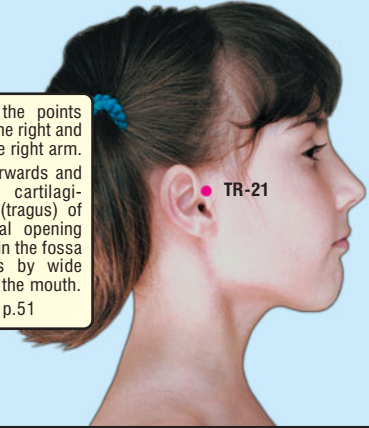


TRADITIONAL ACUPUNCTURE PRESCRIPTION

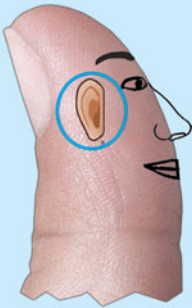
Warm up the points
TR-21 on the right and
TR-5 on the right arm.

TR-21 - forwards and
above the cartilagi-
nous flap (tragus) of
the external opening
of the ear, in the fossa
that forms by wide
opening of the mouth.

TR-5 - see p.51

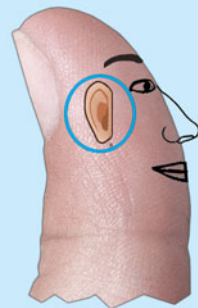


MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND - THUMB (FROM INSIDE)

MAIN SYSTEM - SECONDARY ZONE



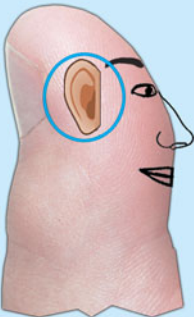
LEFT HAND - THUMB (FROM OUTSIDE)

"INSECT" SYSTEM



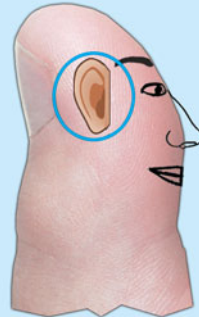
PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT - THUMB (FROM INSIDE)

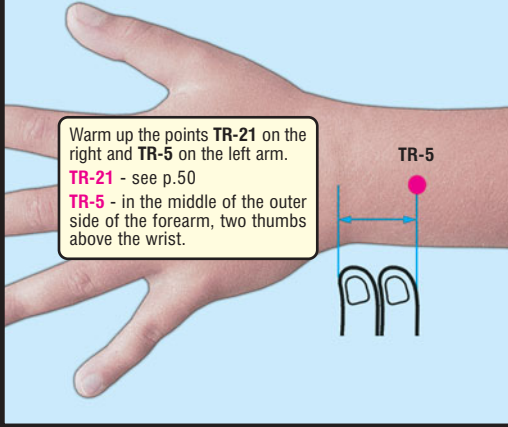
MAIN SYSTEM - SECONDARY ZONE



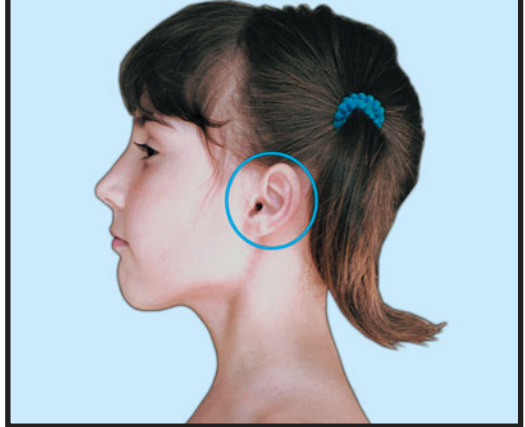
LEFT FOOT - THUMB (FROM OUTSIDE)

LEFT EAR

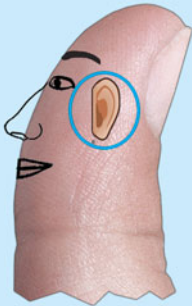
TRADITIONAL ACUPUNCTURE PRESCRIPTION



LEFT EAR

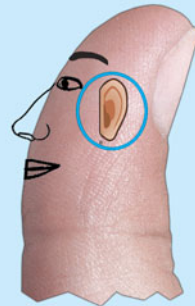


MAIN SYSTEM - SECONDARY ZONE



RIGHT HAND - THUMB (FROM OUTSIDE)

MAIN SYSTEM - PRIMARY ZONE



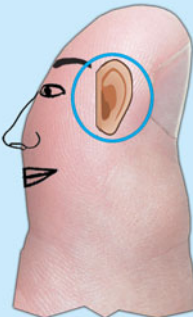
LEFT HAND - THUMB (FROM INSIDE)

"INSECT" SYSTEM



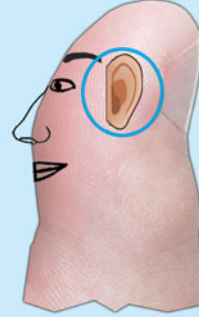
PRIMARY ZONES:
 LEFT HAND AND FOOT
 SECONDARY ZONES:
 RIGHT HAND AND FOOT
 ON EACH FINGER
 AND TOE

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT - THUMB (FROM OUTSIDE)

MAIN SYSTEM - PRIMARY ZONE

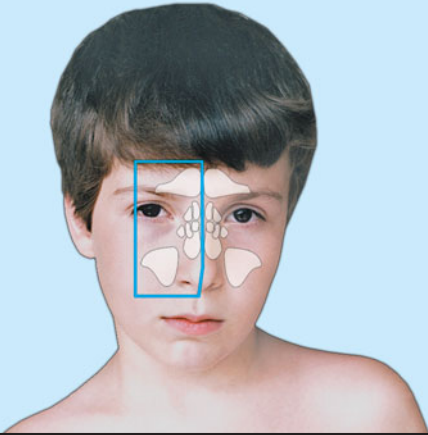


LEFT FOOT - THUMB (FROM INSIDE)

DISEASES IN THE AREA OF HEAD AND NECK

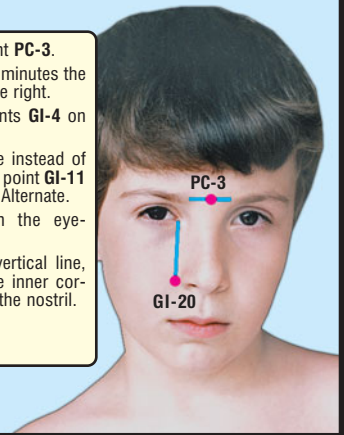
SINUSES - RIGHT SIDE

RIGHT SINUSES

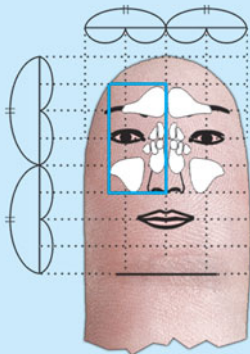


TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the point **PC-3**.
Massage for 4-5 minutes the point **GI-20** on the right.
 Warm up the points **GI-4** on the right hand.
 In next procedure instead of **GI-4** warm up the point **GI-11** on the right arm. Alternate.
PC-3 - between the eye-brows.
GI-20 - on the vertical line, dropped from the inner corner of the eye to the nostril.
GI-4 - see p.39
GI-11 - see p.53

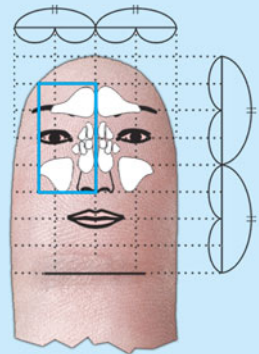


MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND - THUMB

MAIN SYSTEM - SECONDARY ZONE



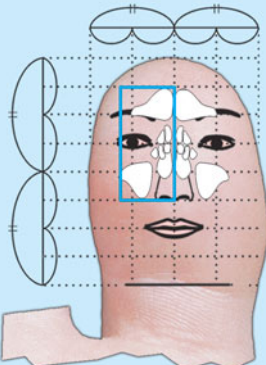
LEFT HAND - THUMB

"INSECT" SYSTEM



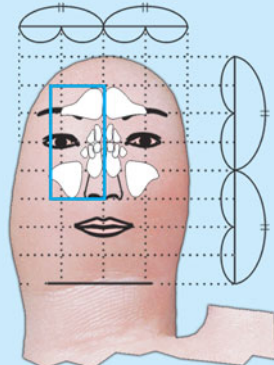
PRIMARY ZONES:
 RIGHT HAND AND FOOT
 SECONDARY ZONES:
 LEFT HAND AND FOOT
 ON EACH FINGER
 AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT - THUMB

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT - THUMB

SINUSES - LEFT SIDE

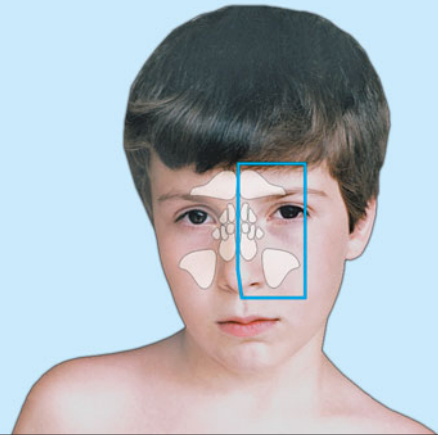
TRADITIONAL ACUPUNCTURE PRESCRIPTION



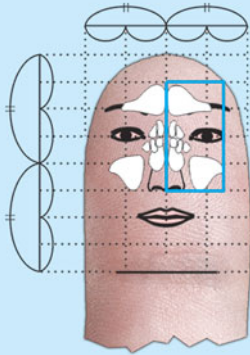
GI-11

Warm up the point **PC-3**.
Massage for 4-5 minutes the point **GI-20** on the left.
 Warm up the points **GI-4** on the left hand.
 In next procedure instead of **GI-4** warm up the point **GI-11** on the left arm. Alternate.
PC-3 - see p.52
GI-20 - see p.52
GI-4 - see p.39
GI-11 - on the **outer** side of the elbow, at the end of the skin flap, formed when the arm is bent at most.

LEFT SINUSES

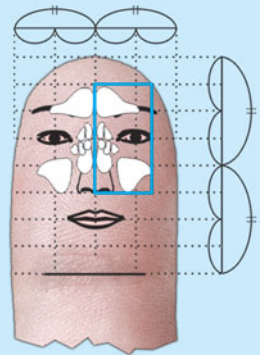


MAIN SYSTEM - SECONDARY ZONE



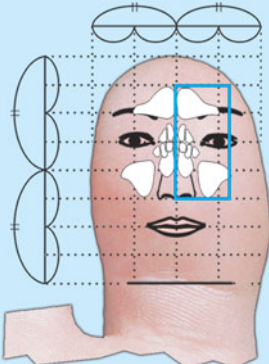
RIGHT HAND - THUMB

MAIN SYSTEM - PRIMARY ZONE



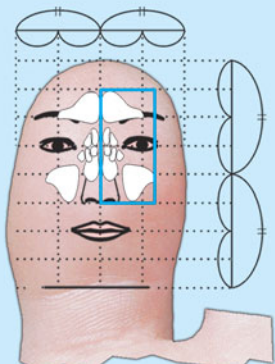
LEFT HAND - THUMB

MAIN SYSTEM - SECONDARY ZONE



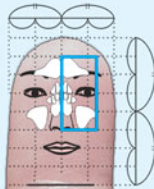
RIGHT FOOT - THUMB

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT - THUMB

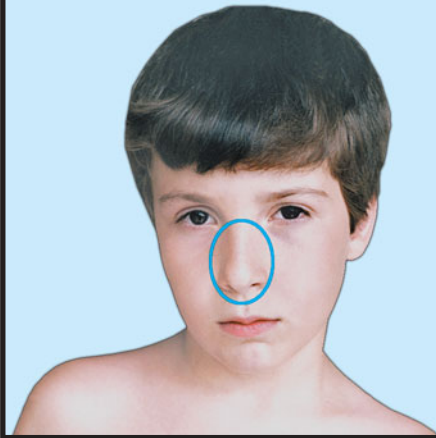
"INSECT" SYSTEM



PRIMARY ZONES:
 LEFT HAND AND FOOT
 SECONDARY ZONES:
 RIGHT HAND AND FOOT
 ON EACH FINGER
 AND TOE

NOSE

NOSE



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Massage for 4-5 minutes the point **GI-20** on both sides of the nose.

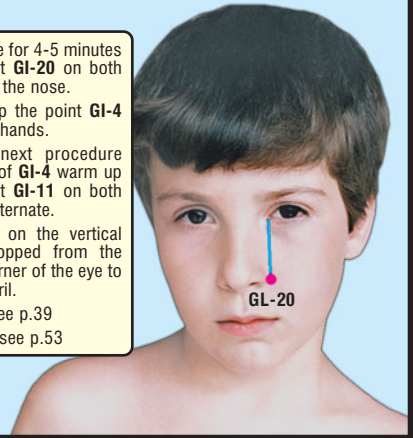
Warm up the point **GI-4** on both hands.

In the next procedure instead of **GI-4** warm up the point **GI-11** on both arms. Alternate.

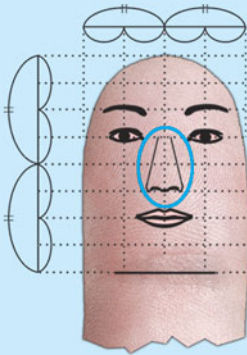
GI-20 - on the vertical line, dropped from the inner corner of the eye to the nostril.

GI-4 - see p.39

GI-11 - see p.53

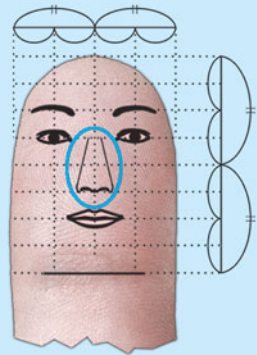


MAIN SYSTEM



RIGHT HAND - THUMB

MAIN SYSTEM



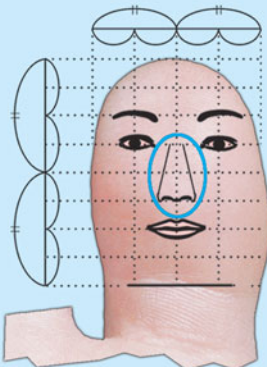
LEFT HAND - THUMB

"INSECT" SYSTEM



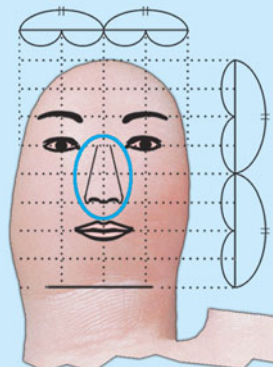
ON EACH FINGER AND TOE

MAIN SYSTEM



RIGHT FOOT - THUMB

MAIN SYSTEM



LEFT FOOT - THUMB

TONGUE

TONGUE



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the point J-22.

Throw your head back when you warm it up and use a mirror.

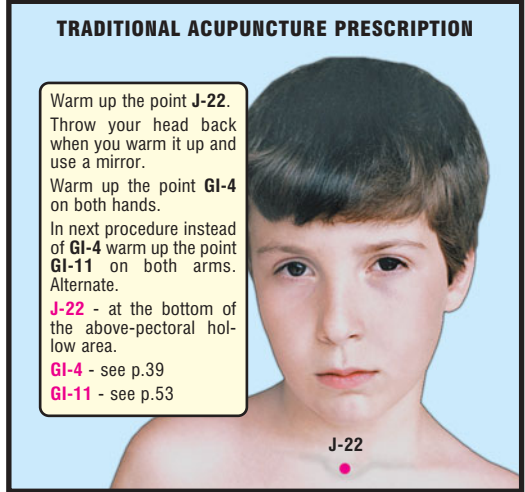
Warm up the point GI-4 on both hands.

In next procedure instead of GI-4 warm up the point GI-11 on both arms. Alternate.

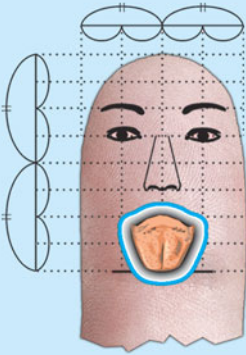
J-22 - at the bottom of the above-pectoral hollow area.

GI-4 - see p.39

GI-11 - see p.53

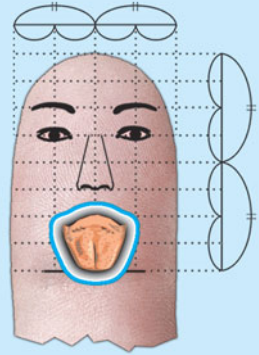


MAIN SYSTEM



RIGHT HAND - THUMB

MAIN SYSTEM



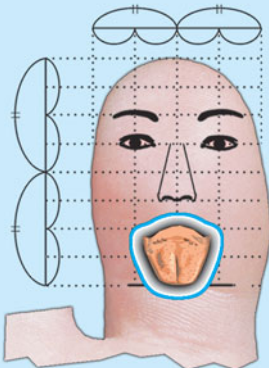
LEFT HAND - THUMB

"INSECT" SYSTEM



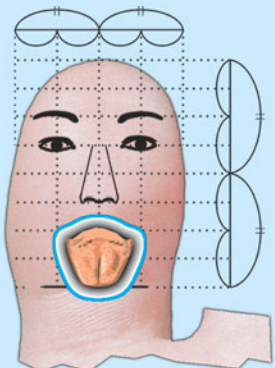
ON EACH FINGER AND TOE

MAIN SYSTEM



RIGHT FOOT - THUMB

MAIN SYSTEM

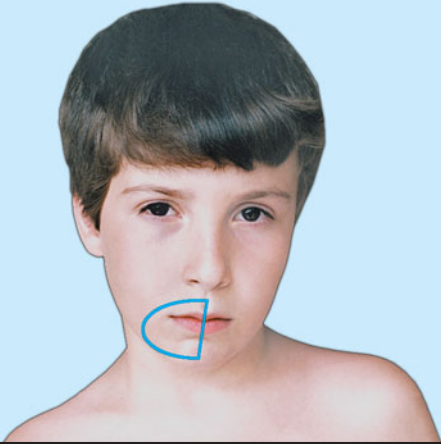


LEFT FOOT - THUMB

DISEASES IN THE AREA OF HEAD AND NECK

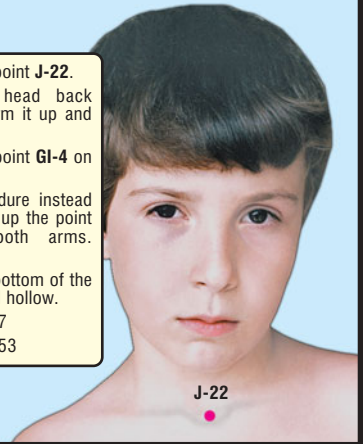
THROAT - RIGHT SIDE

RIGHT SIDE OF THE THROAT

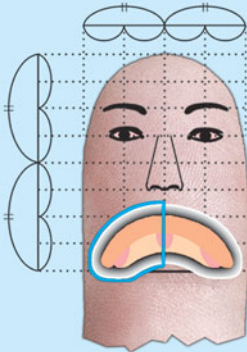


TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the point **J-22**.
 Throw your head back when you warm it up and use a mirror.
 Warm up the point **GI-4** on both hands.
 In next procedure instead of **GI-4** warm up the point **GI-11** on both arms. Alternate.
J-22 - at the bottom of the above pectoral hollow.
GI-4 - see p.57
GI-11 - see p.53

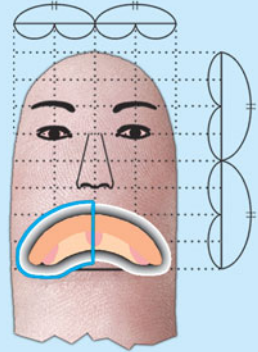


MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND - THUMB

MAIN SYSTEM - SECONDARY ZONE



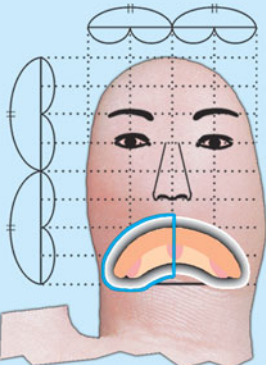
LEFT HAND - THUMB

"INSECT" SYSTEM



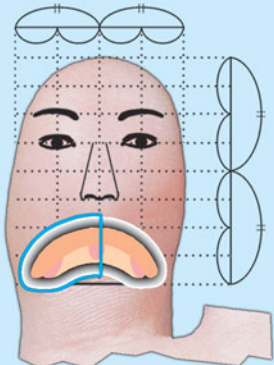
PRIMARY ZONES:
 RIGHT HAND AND FOOT
 SECONDARY ZONES:
 LEFT HAND AND FOOT
 ON EACH FINGER
 AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT - THUMB

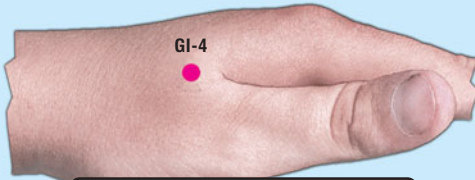
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT - THUMB

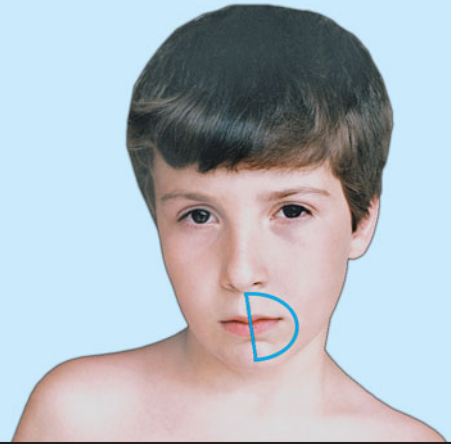
THROAT - LEFT SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

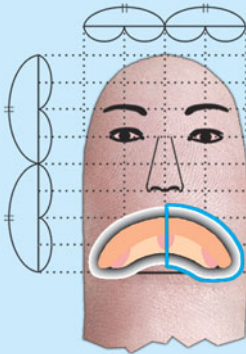


Warm up the point **J-22**. Throw your head back when you warm it up and use a mirror.
Warm up the point **GI-4** on both hands.
In next procedure instead of **GI-4** warm up the point **GI-11** on both arms. Alternate.
J-22 - see p.56
GI-4 - on the hill that forms when the thumb is pressed to the forefinger.
GI-11 - see p.53

LEFT SIDE OF THE THROAT

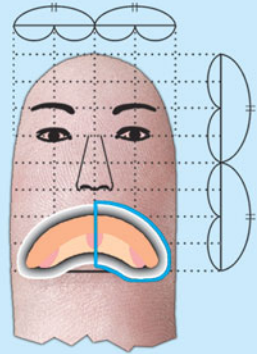


MAIN SYSTEM - SECONDARY ZONE



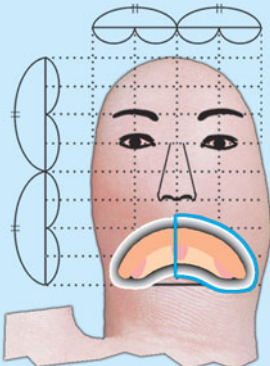
RIGHT HAND - THUMB

MAIN SYSTEM - PRIMARY ZONE



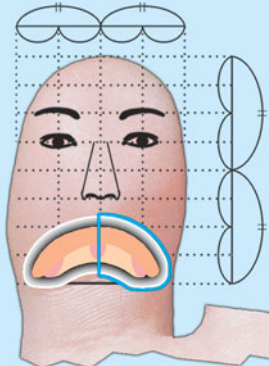
LEFT HAND - THUMB

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT - THUMB

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT - THUMB

"INSECT" SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT
ON EACH FINGER
AND TOE

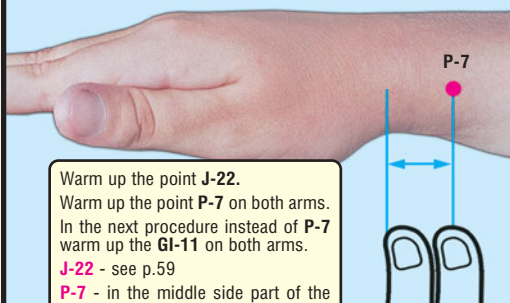
DISEASES IN THE AREA OF HEAD AND NECK

LARYNX AND VOCAL CHORDS

LARYNX AND VOCAL CHORDS



TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the point **J-22**.

Warm up the point **P-7** on both arms. In the next procedure instead of **P-7** warm up the **GI-11** on both arms.

J-22 - see p.59

P-7 - in the middle side part of the forearm, one thumb and a half above the wrist. There you can feel a hollow area in the bone.

GI-11 - see p.53

MAIN SYSTEM



RIGHT HAND - THUMB

MAIN SYSTEM



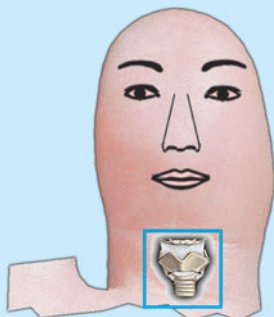
LEFT HAND - THUMB

"INSECT" SYSTEM



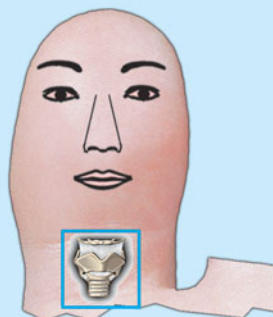
ON EACH FINGER
AND TOE

MAIN SYSTEM



RIGHT FOOT - THUMB

MAIN SYSTEM



LEFT FOOT - THUMB

THYROID AND PARATHYROID GLAND

THYROID AND PARATHYROID GLAND



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the point J-22.

Throw your head back when you warm it up and use a mirror.

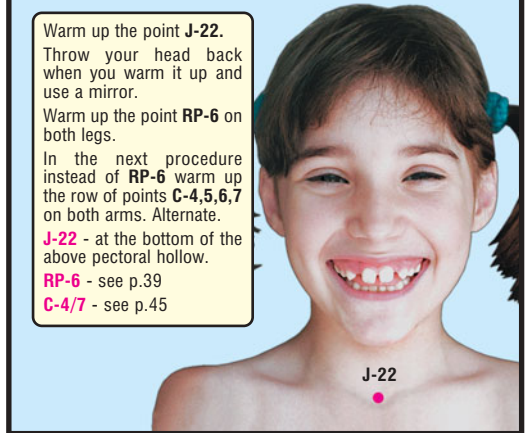
Warm up the point RP-6 on both legs.

In the next procedure instead of RP-6 warm up the row of points C-4,5,6,7 on both arms. Alternate.

J-22 - at the bottom of the above pectoral hollow.

RP-6 - see p.39

C-4/7 - see p.45



MAIN SYSTEM



RIGHT HAND - THUMB

MAIN SYSTEM



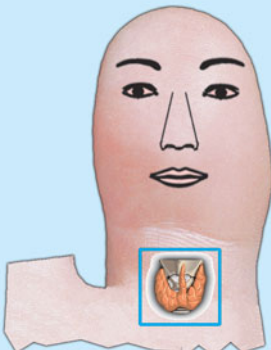
LEFT HAND - THUMB

"INSECT" SYSTEM



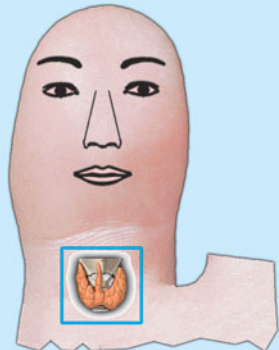
ON EACH FINGER AND TOE

MAIN SYSTEM



RIGHT FOOT - THUMB

MAIN SYSTEM



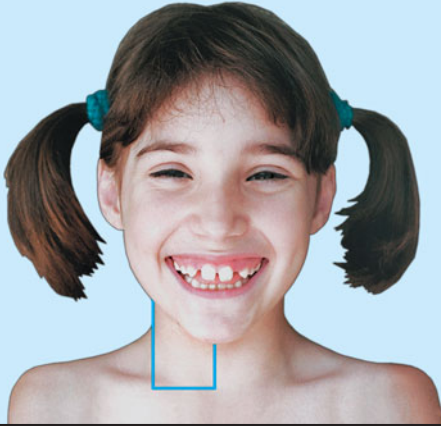
LEFT FOOT - THUMB

DISEASES IN THE AREA OF HEAD AND NECK

NECK TISSUES - RIGHT SIDE

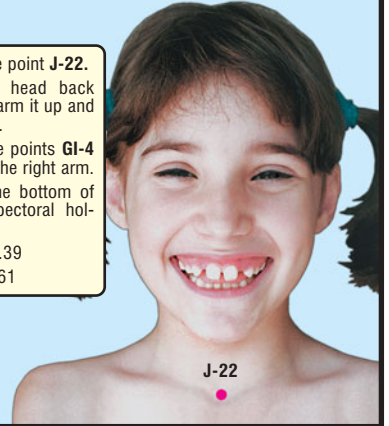
FRONT RIGHT SIDE OF THE NECK

Connection with the spine: C3-C4 (p.96)

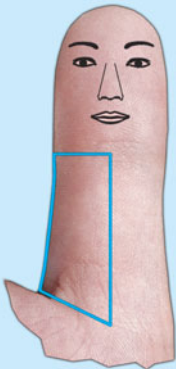


TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the point J-22.
Throw your head back when you warm it up and use a mirror.
Warm up the points GI-4 and P-7 on the right arm.
J-22 - at the bottom of the above pectoral hollow.
GI-4 - see p.39
P-7 - see p.61

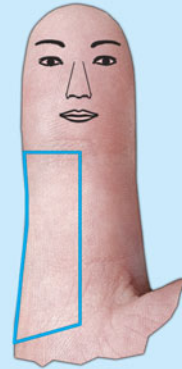


MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND - THUMB

MAIN SYSTEM - SECONDARY ZONE



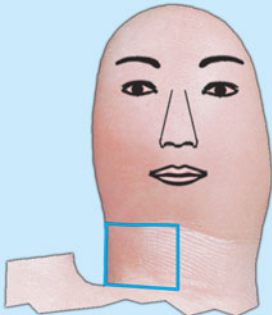
LEFT HAND - THUMB

"INSECT" SYSTEM



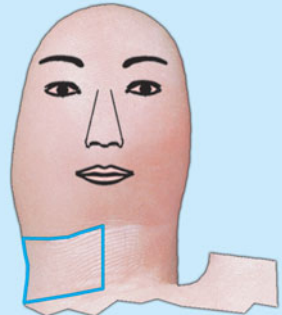
PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT - THUMB

MAIN SYSTEM - SECONDARY ZONE

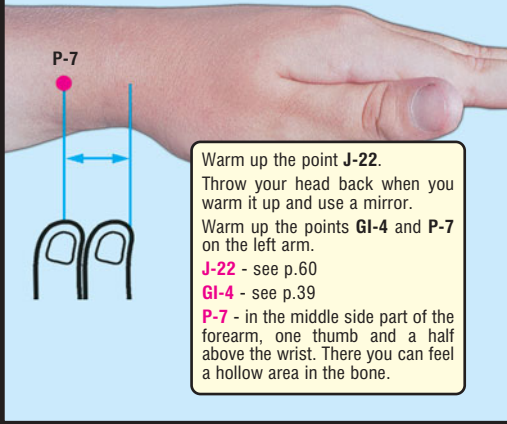


LEFT FOOT - THUMB

DISEASES IN THE AREA OF HEAD AND NECK

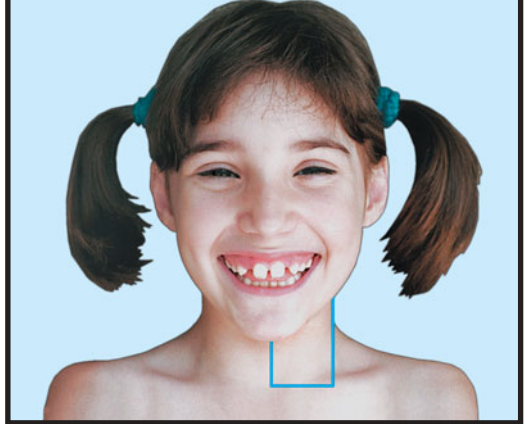
NECK TISSUES - LEFT SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

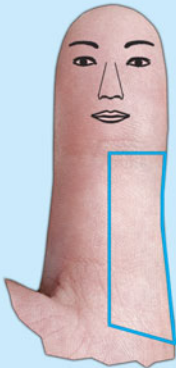


FRONT LEFT SIDE OF THE NECK

Connection with the spine: C3-C4 (p.96)

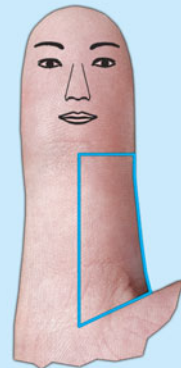


MAIN SYSTEM - SECONDARY ZONE



RIGHT HAND - THUMB

MAIN SYSTEM - PRIMARY ZONE



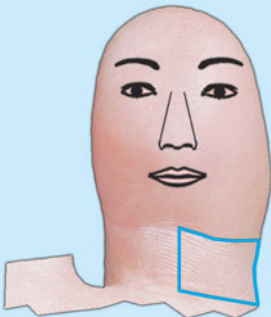
LEFT HAND - THUMB

"INSECT" SYSTEM



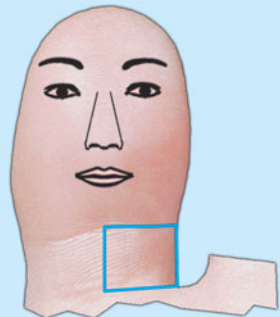
PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT
**ON EACH FINGER
AND TOE**

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT - THUMB

MAIN SYSTEM - PRIMARY ZONE

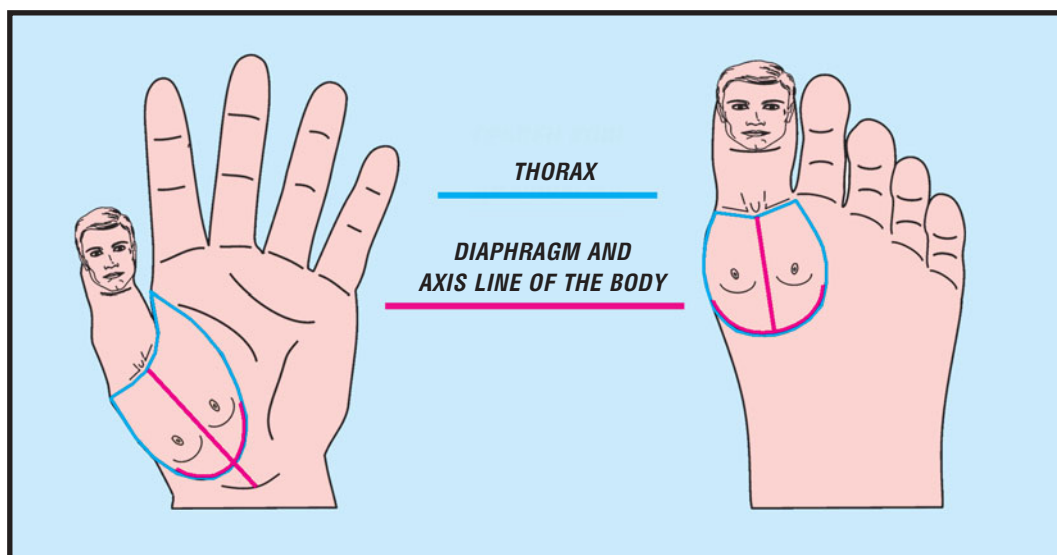


LEFT FOOT - THUMB

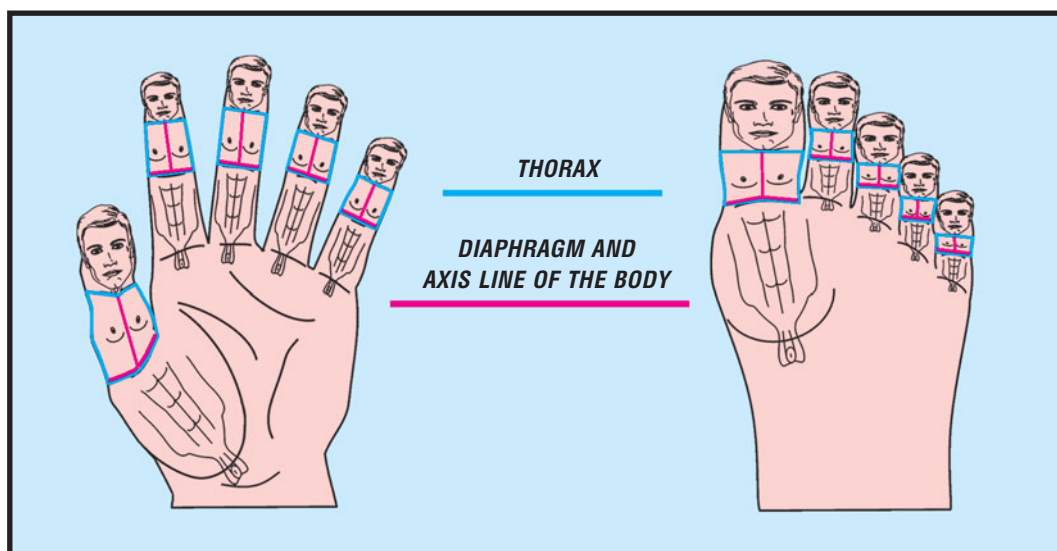
DISEASES IN THE AREA OF THE THORAX

CORRESPONDENCE ZONES OF THE THORAX

MAIN CORRESPONDENCE SYSTEM



"INSECT" CORRESPONDENCE SYSTEM



In the **Main system** the thorax is outlined on the hands from the "life line", and the axis line, dividing the thorax in two halves, is projected from the middle of the thumb's base to the middle of the skin flap in the base of the wrist.

The diaphragm, separating the thorax from abdominal area, is symmetrically projected on the life line from the

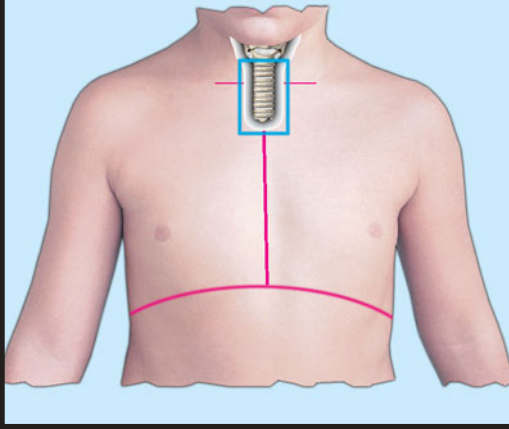
both sides of the axis line.

On the feet, the thorax is outlined on the ball, which forms when the thumb is bent to the foot. The diaphragm is projected on the flap, outlining this ball.

In the **"Insect" system** the thorax is projected on the middle phalanx of the toes.

TRACHEA

CERVICAL AND THORACIC AREA OF THE TRACHEA



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **J-22** and **P-7** (on both arms).
In the next procedure warm up the points **J-17** and **GI-11** (on both arms). Alternate.

J-22 - see p.60

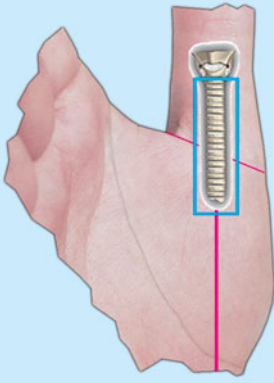
J-17 - see p.66

P-7 - in the middle side part of the forearm, one thumb and a half above the wrist. There you can feel a hollow area in the bone.

GI-11 - see p.53

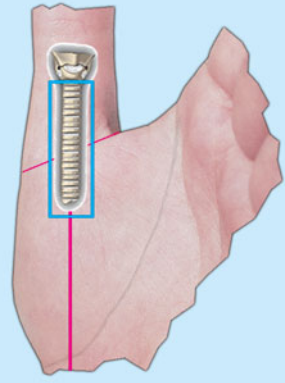


MAIN SYSTEM



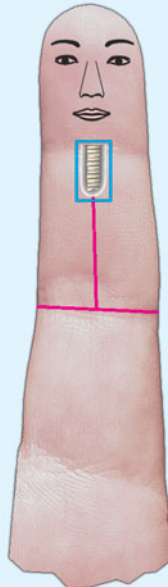
RIGHT HAND

MAIN SYSTEM



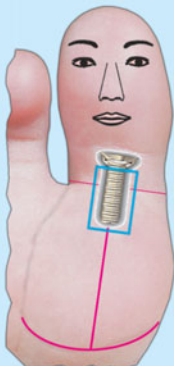
LEFT FOOT

"INSECT" SYSTEM



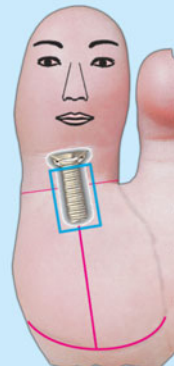
ON EACH FINGER AND TOE

MAIN SYSTEM



RIGHT FOOT

MAIN SYSTEM

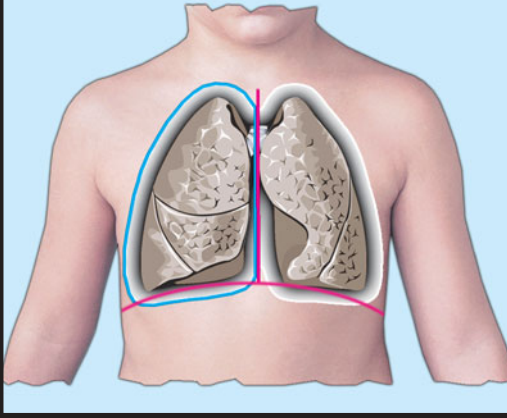


LEFT FOOT

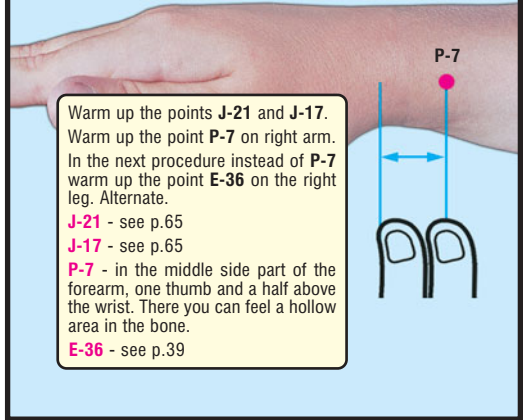
RIGHT LUNG AND BRONCHI

RIGHT LUNG AND BRONCHI

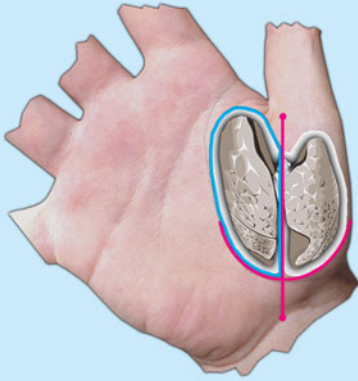
Connection with the spine: C3-C4 (p. 96), T3-T9 (p. 97, 98)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

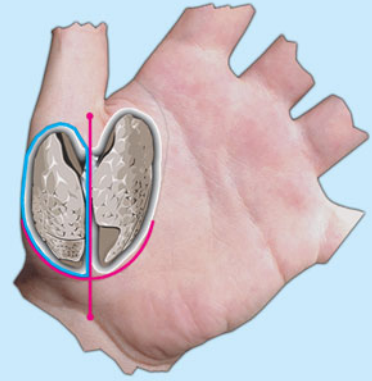


MAIN SYSTEM - PRIMARY ZONE



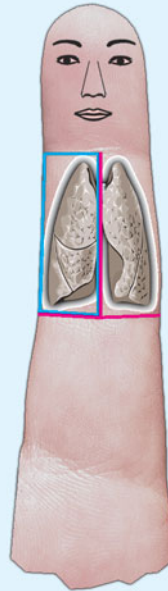
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



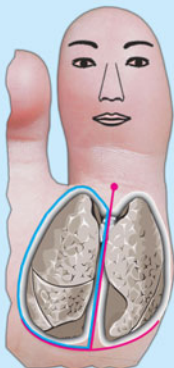
LEFT HAND

"INSECT" SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

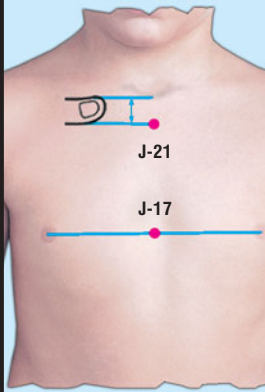
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

LEFT LUNG AND BRONCHI

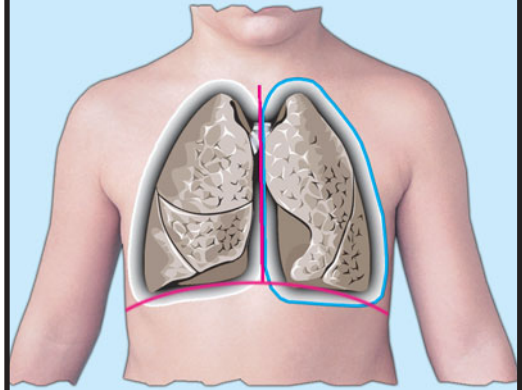
TRADITIONAL ACUPUNCTURE PRESCRIPTION



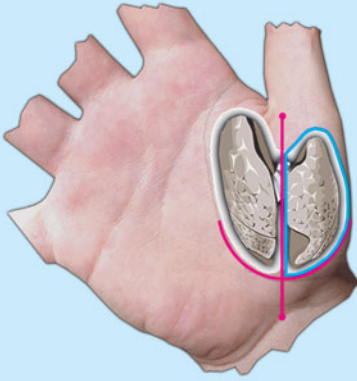
Warm up the points **J-21** and **J-17**.
Warm up the point **P-7** on left arm.
In the next procedure instead of **P-7** warm up the point **E-36** on the left leg. Alternate.
J-21 - on the axis line of the body, one thumb below the above-pectoral hollow.
J-17 - in the middle of the line, drawn between the breast nipples. It is defined from lying position.
P-7 - see p.64
E-36 - see p.39

LEFT LUNG AND BRONCHI

Connection with the spine: C3-C4 (p. 96), T3-T9 (p. 97, 98)

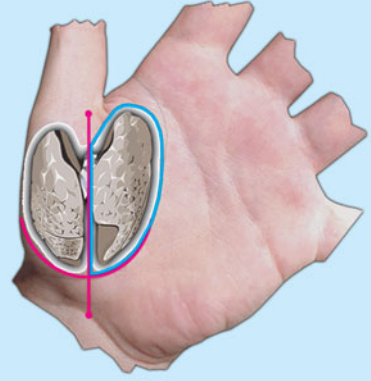


MAIN SYSTEM - SECONDARY ZONE



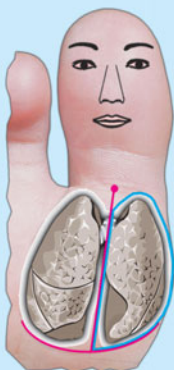
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



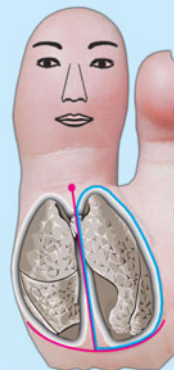
LEFT HAND

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

"INSECT" SYSTEM



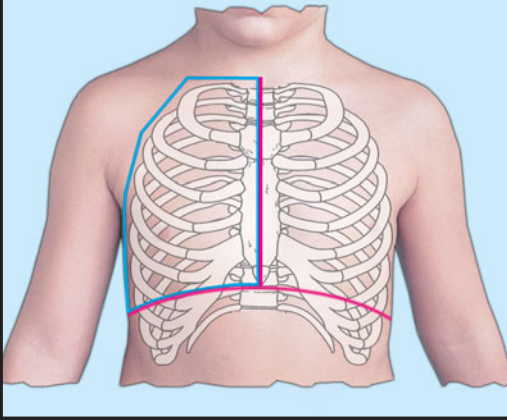
PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT
ON EACH FINGER
AND TOE

DISEASES IN THE AREA OF THE THORAX (BREAST AREA)

BREAST TISSUES - RIGHT SIDE

THORAX - FRONT RIGHT SIDE

Connection with the spine: C4 (p. 96), T1-T9 (p. 97, 98)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

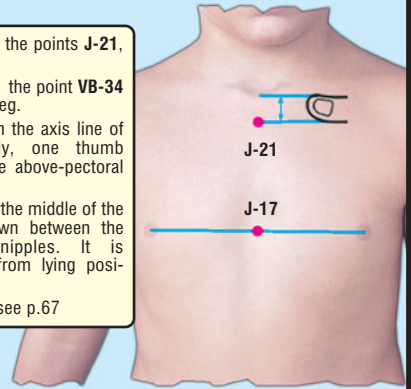
Warm up the points J-21, J-17.

Warm up the point VB-34 on right leg.

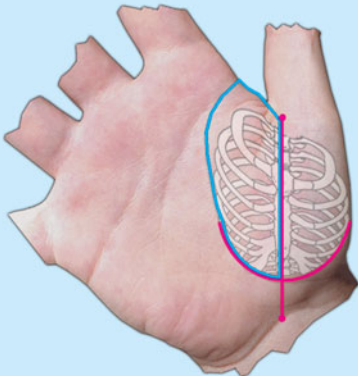
J-21 - on the axis line of the body, one thumb below the above-pectoral hollow.

J-17 - in the middle of the line, drawn between the breast nipples. It is defined from lying position.

VB-34 - see p.67

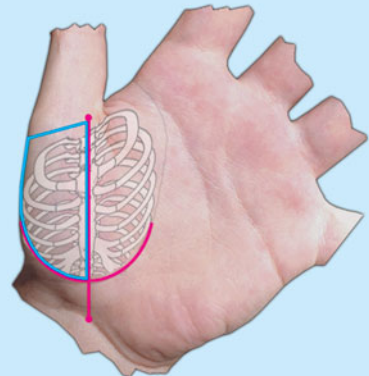


MAIN SYSTEM - PRIMARY ZONE



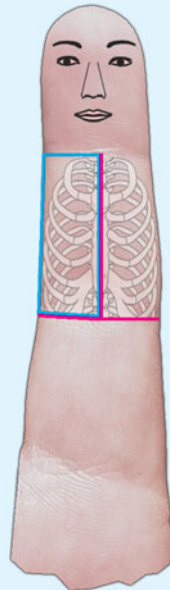
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

"INSECT" SYSTEM

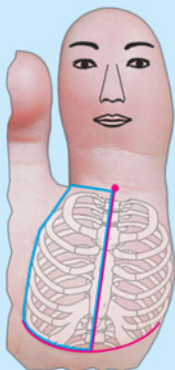


PRIMARY ZONES:
RIGHT HAND AND FOOT

SECONDARY ZONES:
LEFT HAND AND FOOT

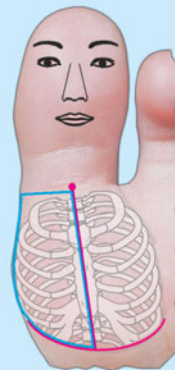
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

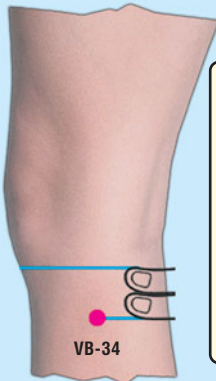
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

BREAST TISSUES - LEFT SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION



VB-34

Warm up the points **J-21**, **J-17**.

Warm up the point **VB-34** on left leg.

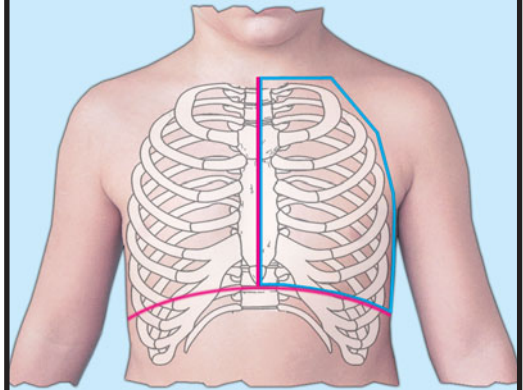
J-21 - see p.66

J-17 - see p.66

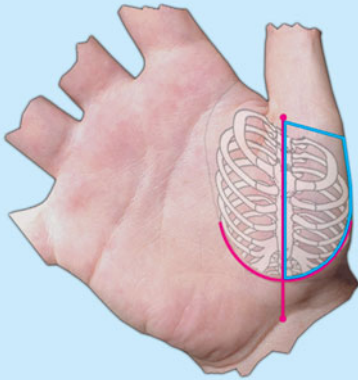
VB-34 - in the middle of the **outer** part of the leg, two thumbs below the level of the bottom end of the kneecap. In the hollow area below the head of the fibula. When defining of the point the leg is stretched.

THORAX - FRONT LEFT SIDE

Connection with the spine: C4 (p. 96), T1-T9 (p. 97, 98)

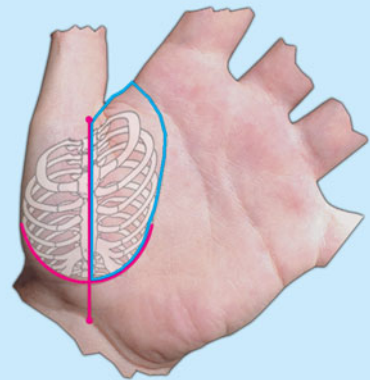


MAIN SYSTEM - SECONDARY ZONE



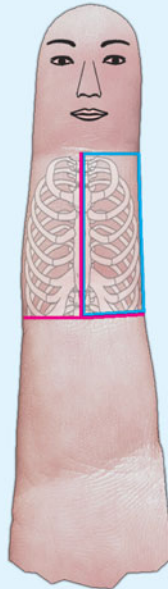
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



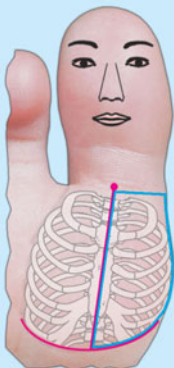
LEFT HAND

"INSECT" SYSTEM



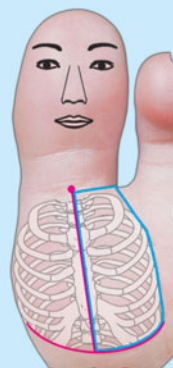
PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT
ON EACH FINGER
AND TOE

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE

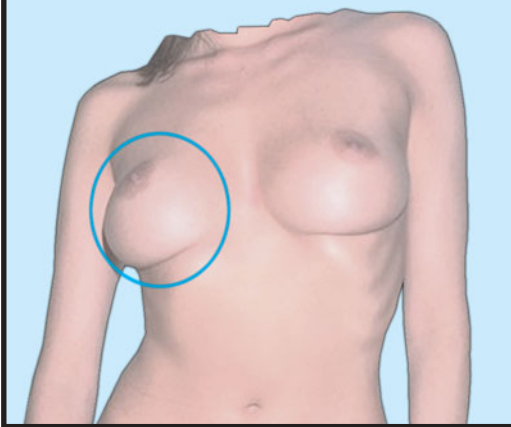


LEFT FOOT

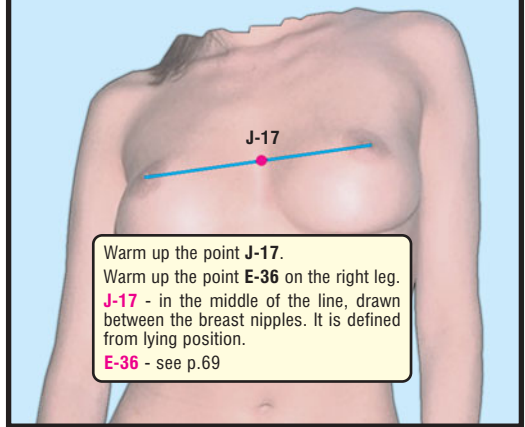
RIGHT MAMMARY

RIGHT MAMMARY

Connection with the spine: T4-T6 (p. 97)

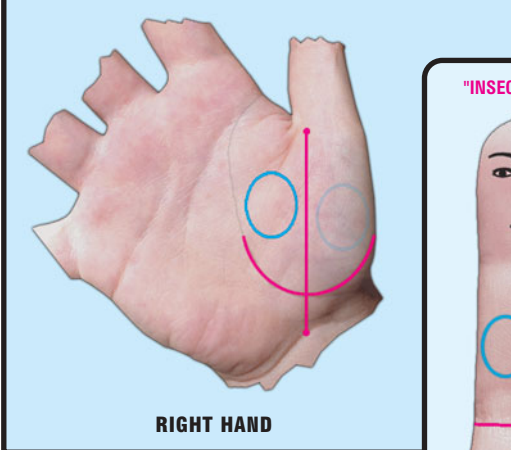


TRADITIONAL ACUPUNCTURE PRESCRIPTION



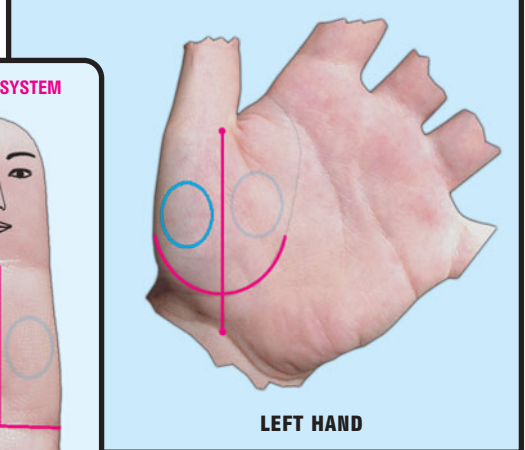
Warm up the point **J-17**.
Warm up the point **E-36** on the right leg.
J-17 - in the middle of the line, drawn between the breast nipples. It is defined from lying position.
E-36 - see p.69

MAIN SYSTEM - PRIMARY ZONE



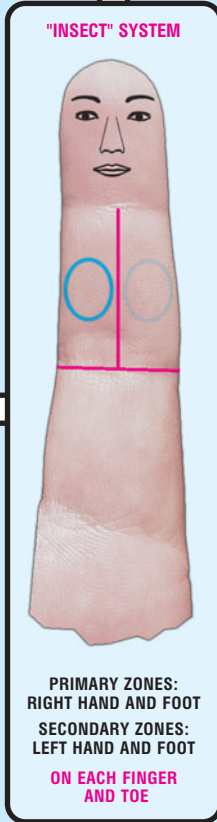
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



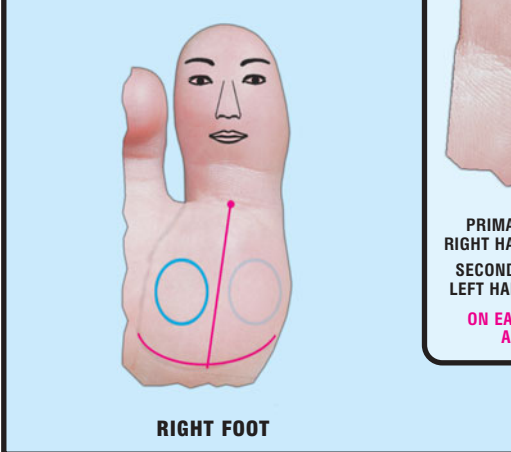
LEFT HAND

"INSECT" SYSTEM



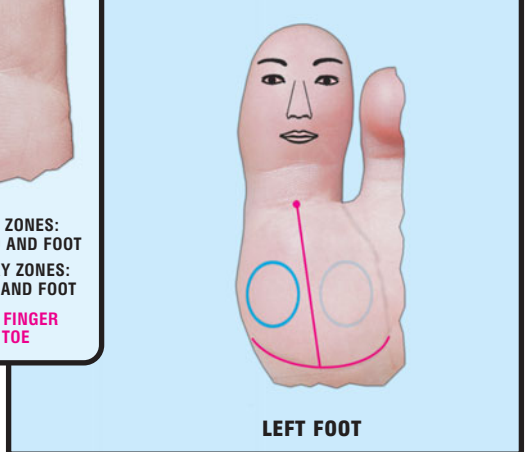
PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

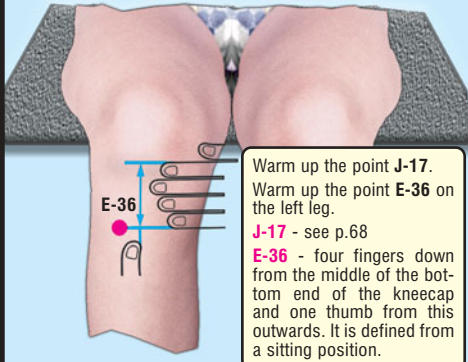
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

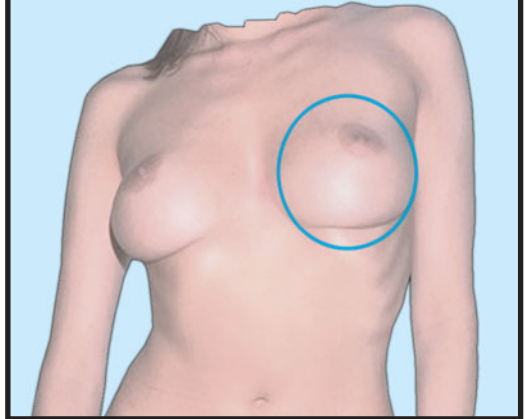
LEFT MAMMARY

TRADITIONAL ACUPUNCTURE PRESCRIPTION

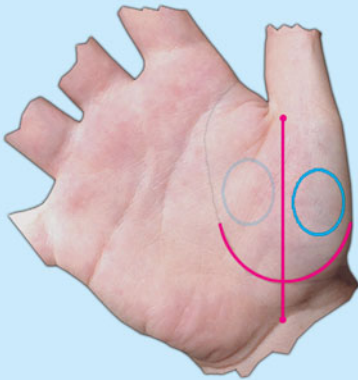


LEFT MAMMARY

Connection with the spine: T4-T6 (p. 97)

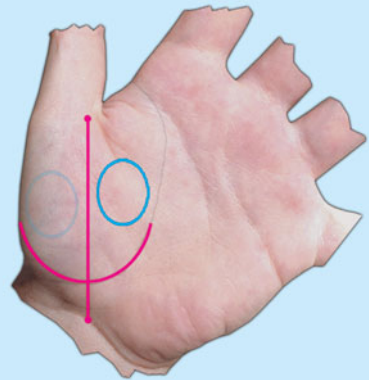


MAIN SYSTEM - SECONDARY ZONE



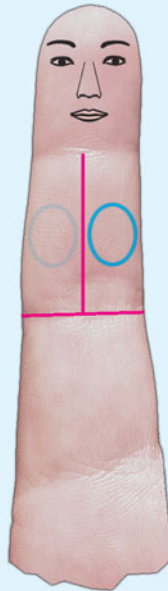
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



LEFT HAND

"INSECT" SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT
ON EACH FINGER
AND TOE

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

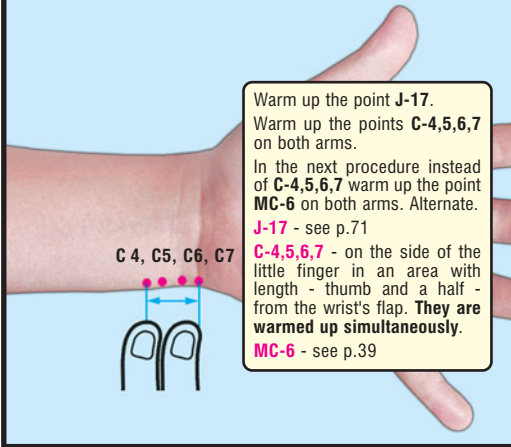
MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

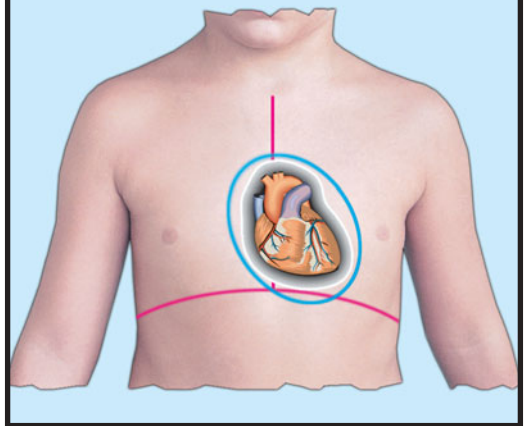
HEART

TRADITIONAL ACUPUNCTURE PRESCRIPTION

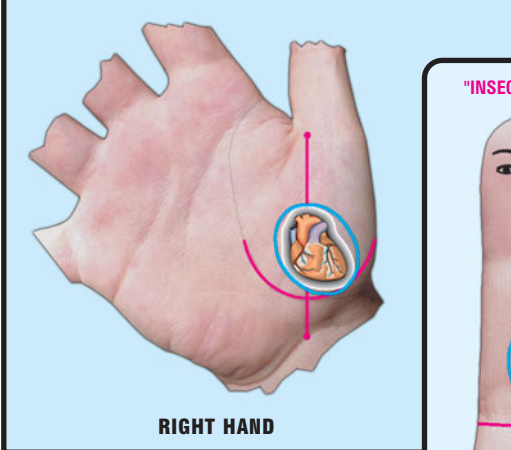


HEART

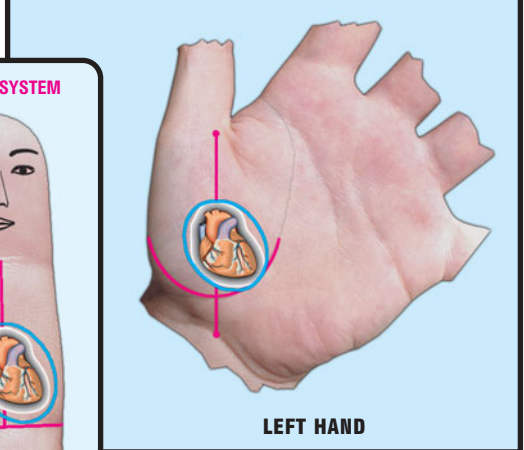
Connection with the spine: C3-C4 (p.96), T1-T8 (p. 97)



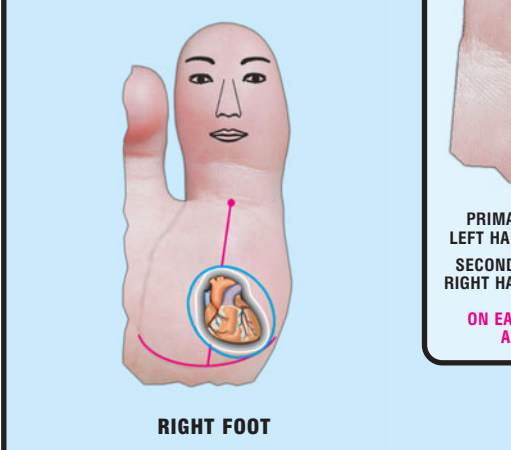
MAIN SYSTEM - SECONDARY ZONE



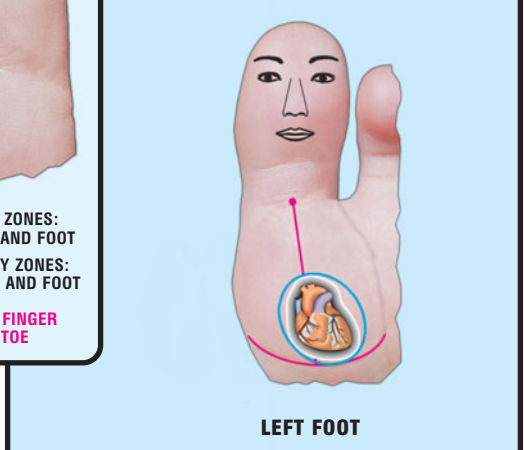
MAIN SYSTEM - PRIMARY ZONE



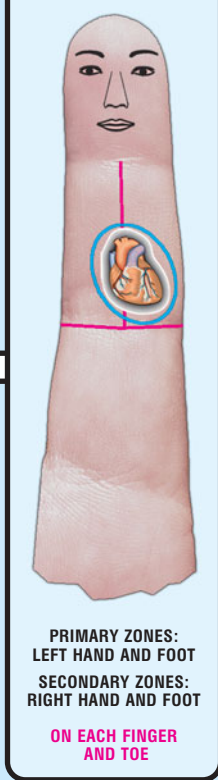
MAIN SYSTEM - SECONDARY ZONE



MAIN SYSTEM - PRIMARY ZONE

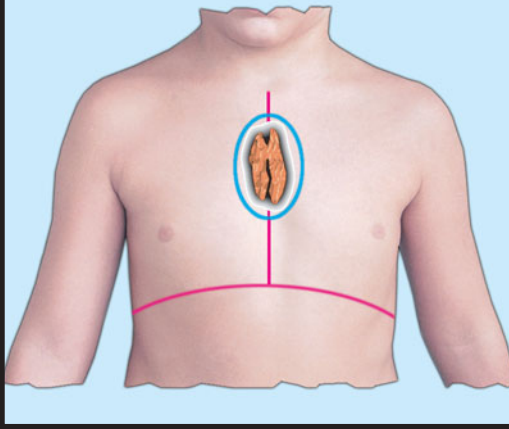


"INSECT" SYSTEM



THYMUS

THYMUS



TRADITIONAL ACUPUNCTURE PRESCRIPTION

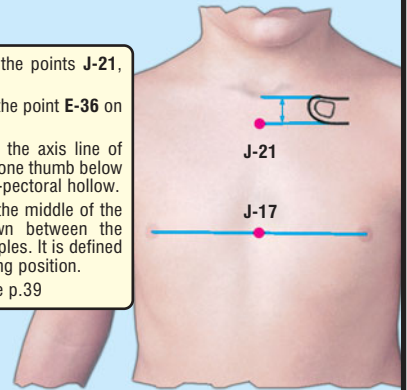
Warm up the points J-21, J-17.

Warm up the point E-36 on both legs.

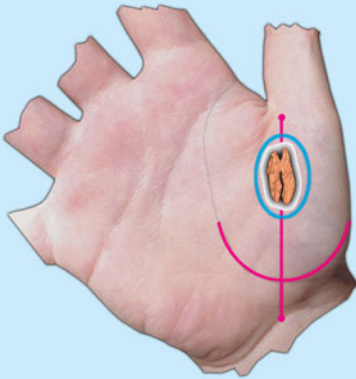
J-21 - on the axis line of the body, one thumb below the above-pectoral hollow.

J-17 - in the middle of the line, drawn between the breast nipples. It is defined from a lying position.

E-36 - see p.39

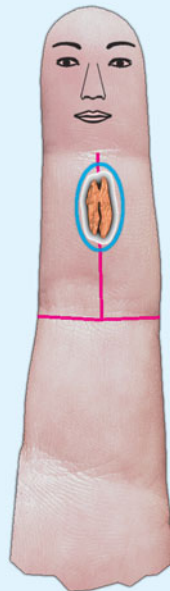


MAIN SYSTEM



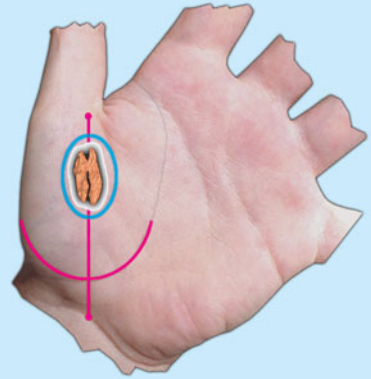
RIGHT HAND

"INSECT" SYSTEM



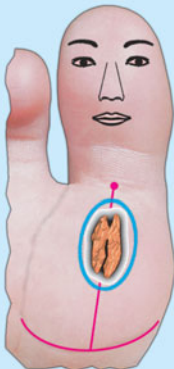
ON EACH FINGER AND TOE

MAIN SYSTEM



LEFT HAND

MAIN SYSTEM



RIGHT FOOT

MAIN SYSTEM

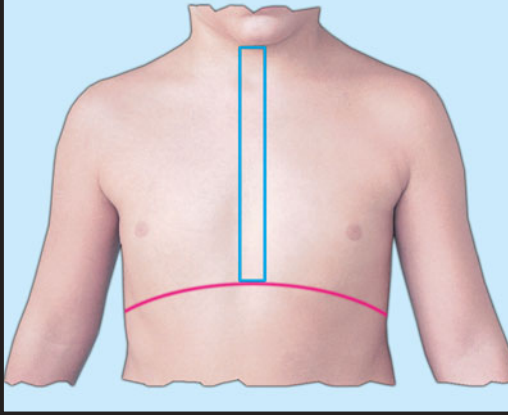


LEFT FOOT

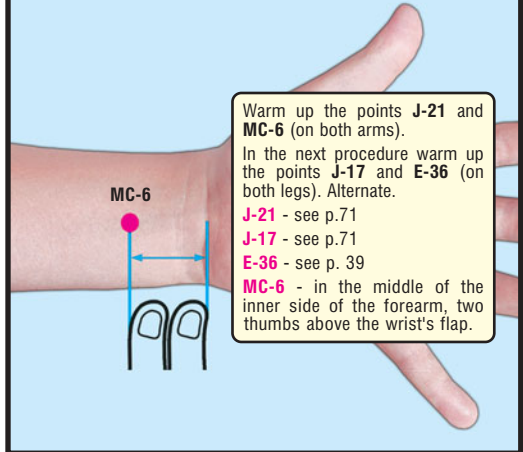
ESOPHAGUS

ESOPHAGUS

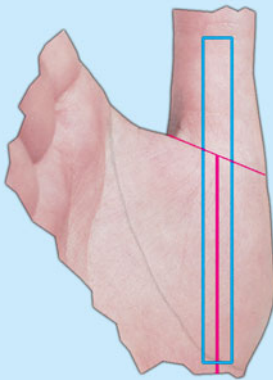
Connection with the spine : T3-T5 (p.97)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

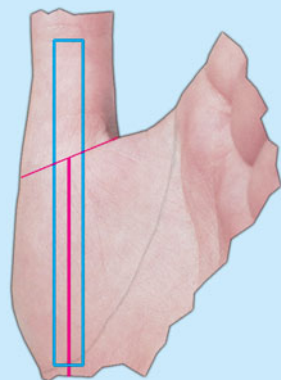


MAIN SYSTEM



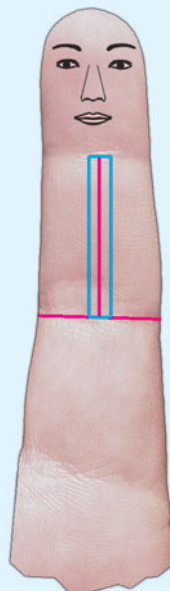
RIGHT HAND

MAIN SYSTEM



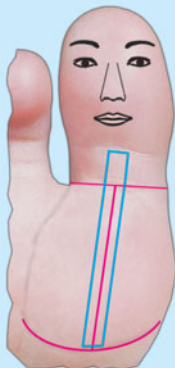
LEFT HAND

"INSECT" SYSTEM



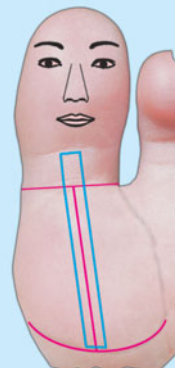
ON EACH FINGER
AND TOE

MAIN SYSTEM



RIGHT FOOT

MAIN SYSTEM

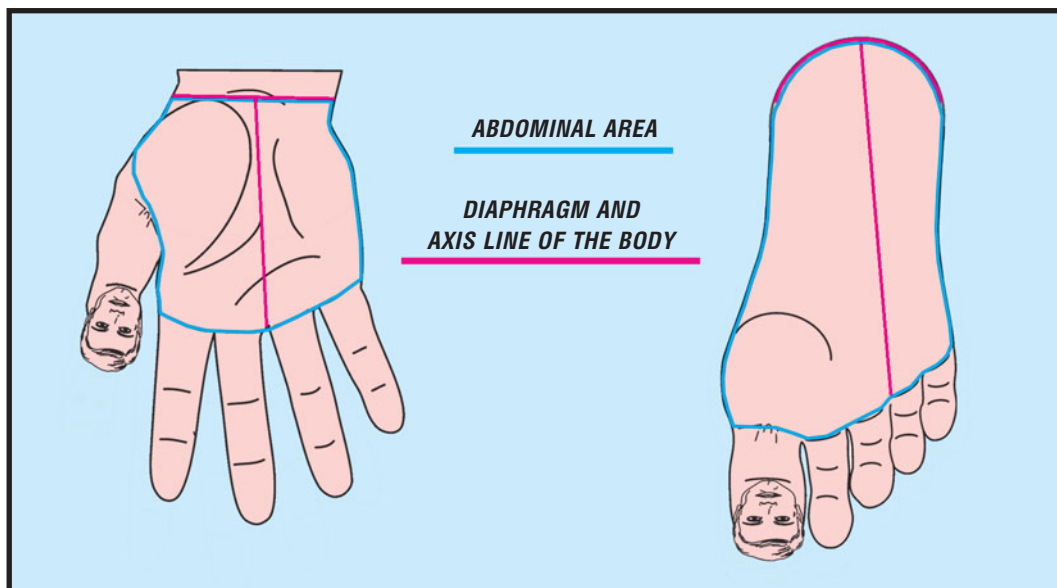


LEFT FOOT

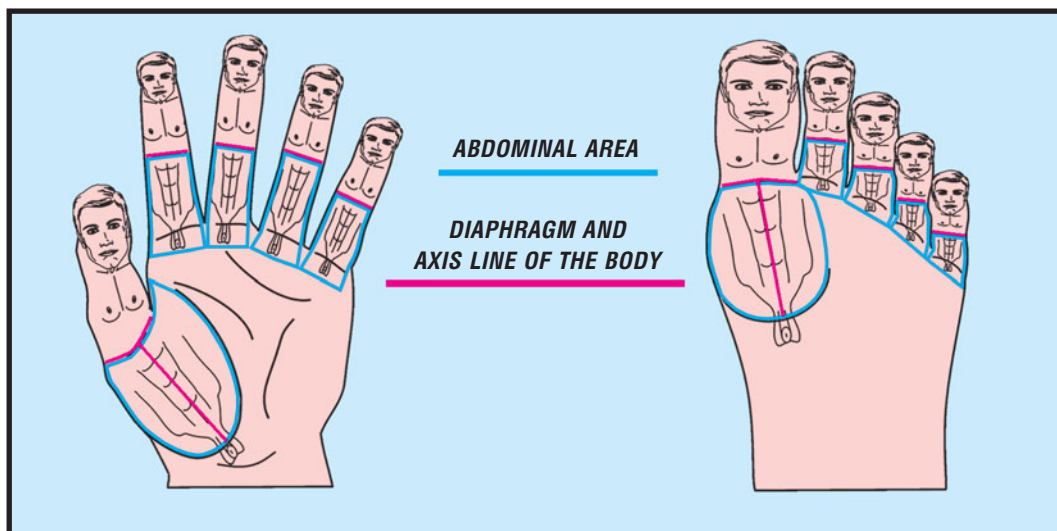
DISEASES IN THE ABDOMINAL AREA

CORRESPONDENCE ZONES OF THE ABDOMINAL AREA

MAIN CORRESPONDENCE SYSTEM



"INSECT" CORRESPONDENCE ZONE



In the **Main system** the abdominal area is projected on the palm and foot. The position of the diaphragm on the palm coincides with the skin flap at the wrist's bottom. On the foot, it coincides with the contour, outlining the back side of the heel, looked from below.

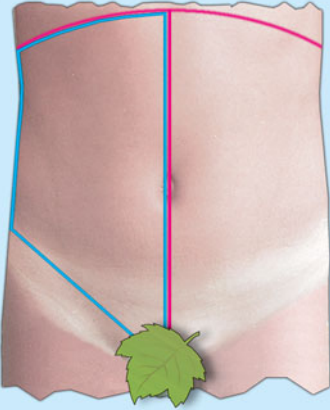
In the **"Insect" system** the abdominal area coincides with the inner part of the proximal (third) pha-

langes of all fingers and toes (without the thumbs). On the thumbs the abdominal area is projected on the first bone before the wrist and the first bone before the foot. Here the abdominal area is "stratified" and coincides exactly with the correspondence zone of the thorax according to the Main correspondence system (see p. 62).

ABDOMINAL AREA TISSUES - RIGHT SIDE

ABDOMINAL AREA TISSUES - RIGHT SIDE

Connection with the spine: T9-T12 (p. 98), L1, S1 (p. 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

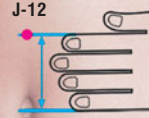
Warm up the point J-12.
Warm up the point J-4.
Warm up the point E-36 on the right leg.
In the next procedure instead of E-36 warm up the point RP-6 on the right leg. Alternate.

J-12 - on the axis line of the body, four fingers above the navel. It is defined from a lying position.

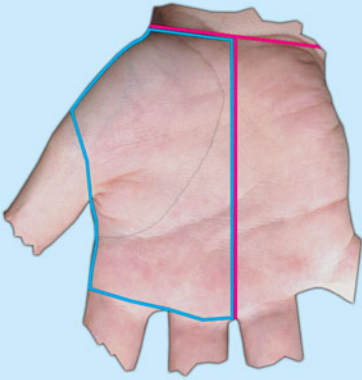
J-4 - see p.75

E-36 - see p.39

RP-6 - see p.39

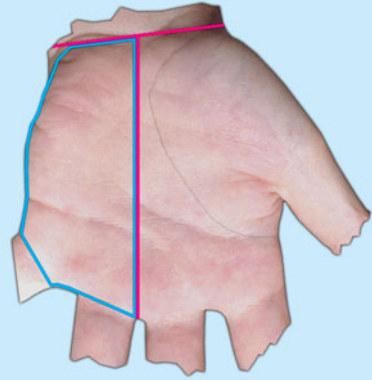


MAIN SYSTEM - PRIMARY ZONE



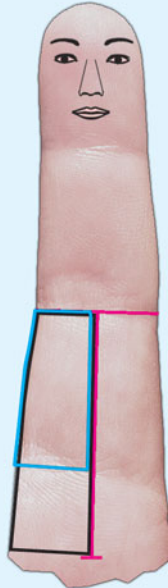
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

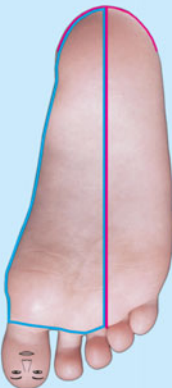
"INSECT" SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

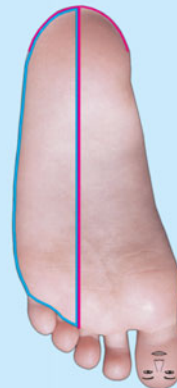
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

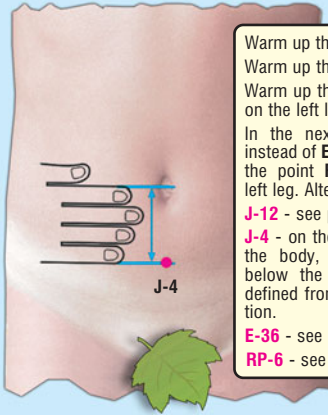
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

ABDOMINAL AREA TISSUES - LEFT SIDE

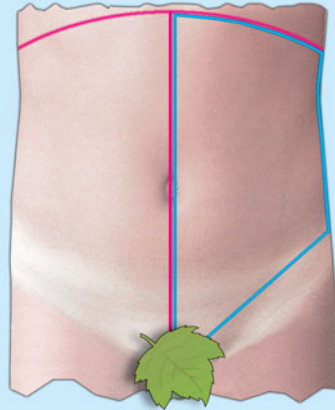
TRADITIONAL ACUPUNCTURE PRESCRIPTION



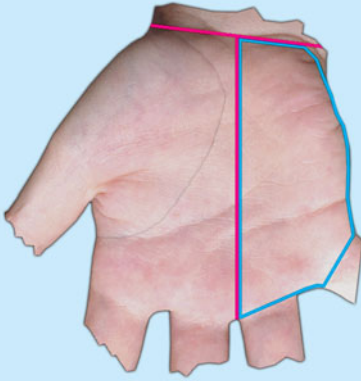
Warm up the point J-12.
Warm up the point J-4.
Warm up the point E-36 on the left leg.
In the next procedure instead of E-36 warm up the point RP-6 on the left leg. Alternate.
J-12 - see p.74
J-4 - on the axis line of the body, four fingers below the navel. It is defined from lying position.
E-36 - see p.39
RP-6 - see p.39

ABDOMINAL AREA TISSUES - LEFT SIDE

Connection with the spine: T9-T12 (p. 98), L1, S1 (p. 99)

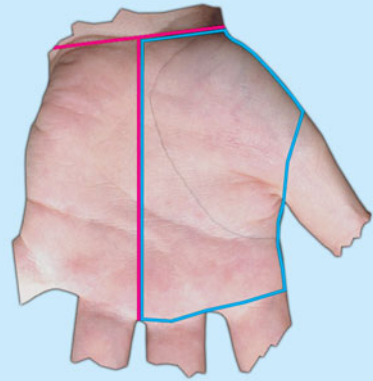


MAIN SYSTEM - SECONDARY ZONE



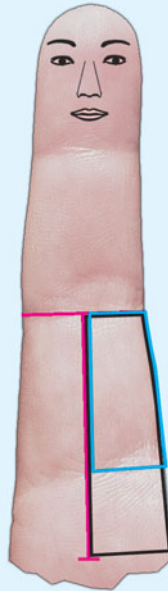
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



LEFT HAND

"INSECT" SYSTEM



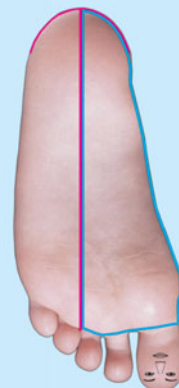
PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT
ON EACH FINGER AND TOE

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

DISEASES IN THE ABDOMINAL AREA

STOMACH AND DUODENUM

TRADITIONAL ACUPUNCTURE PRESCRIPTION

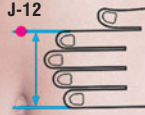
Warm up the point J-12.
Warm up the point MC-6
on both arms.

In the next procedure
instead of MC-6 warm
up the point E-36 on
both legs.

J-12 - on the axis line of
the body, four fingers
above the navel. It is
defined from a lying
position.

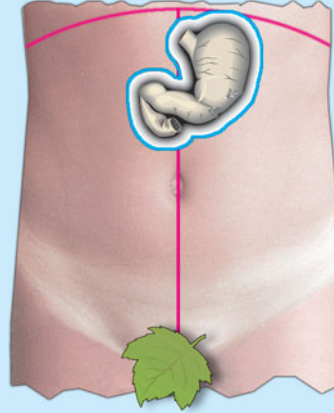
MC-6 - see p. 72

E-36 - see p. 77

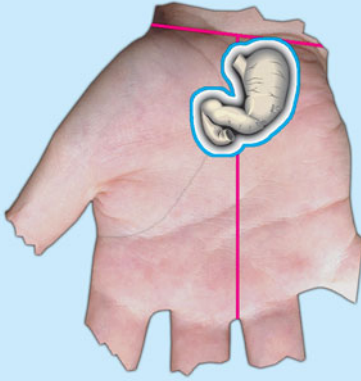


STOMACH AND DUODENUM

Connection with the spine: C3-C4 (p. 96), T6-T9 (p. 97, 98)

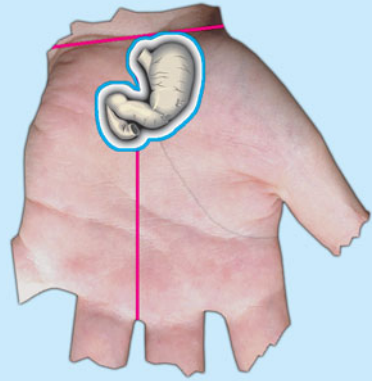


MAIN SYSTEM - SECONDARY ZONE



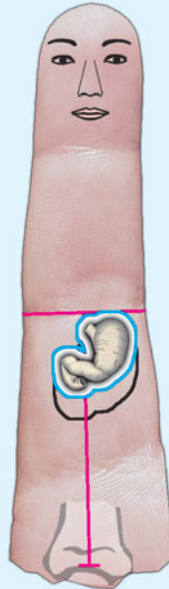
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



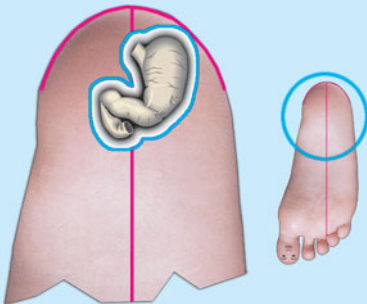
LEFT HAND

"INSECT" SYSTEM



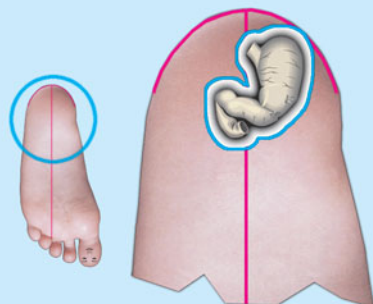
PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT
ON EACH FINGER
AND TOE

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

PANCREAS

TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the point J-12.
Warm up the point RP-6
on both legs.

In the next procedure
instead of RP-6 warm
up the point E-36 on
both legs.

J-12 - see p.76

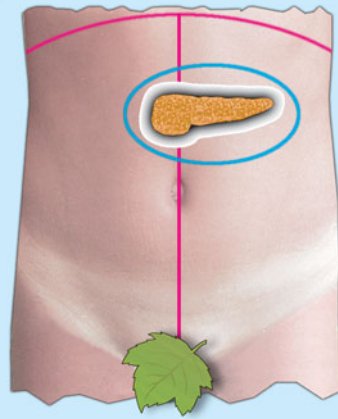
RP-6 - see p.39

E-36 - four fingers down
from the middle of the
bottom end of the
kneecap and one thumb
from this outwards. It is
defined from a sitting
position.

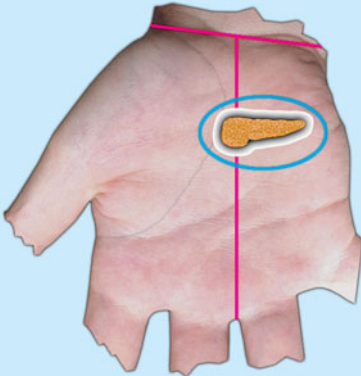


PANCREAS

Connection with the spine: C3-C4 (p. 96), T7-T9 (p. 97, 98)

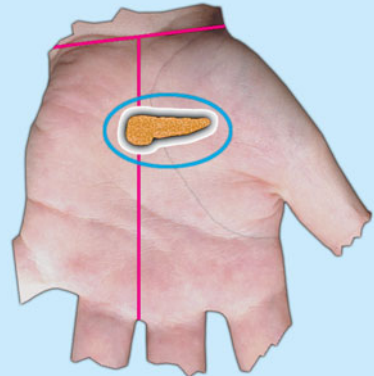


MAIN SYSTEM - SECONDARY ZONE



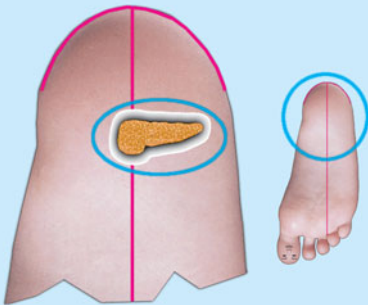
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



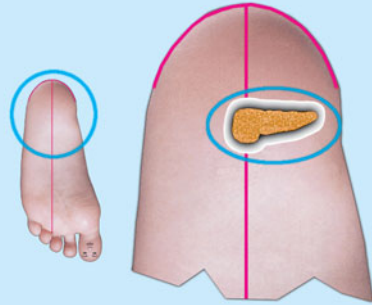
LEFT HAND

MAIN SYSTEM - SECONDARY ZONE



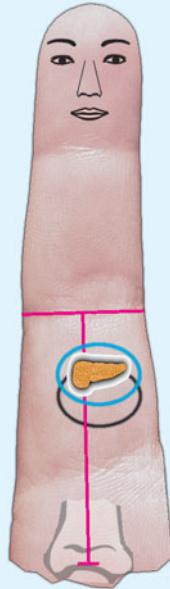
RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

"INSECT" SYSTEM

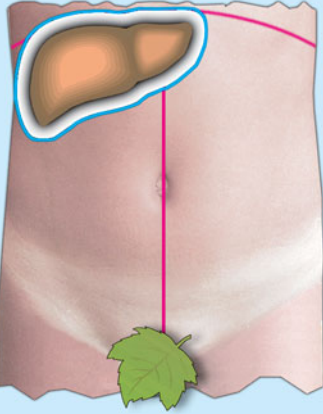


PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT
ON EACH FINGER
AND TOE

LIVER

LIVER

Connection with the spine: C3-C4 (p. 96), T6-T10 (p. 97, 98)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

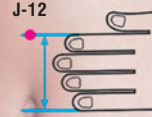
Warm up the point J-12.
Warm up the point VB-34
on both legs.

In the next procedure
instead of VB-34 warm
up the point RP-6 on
both legs.

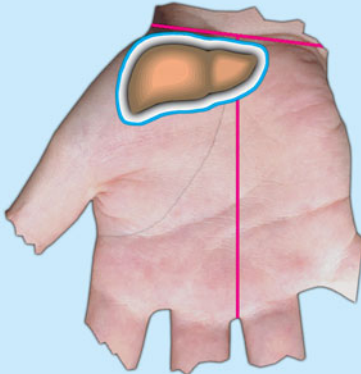
J-12 - on the axis line of
the body, four fingers
above the navel. It is
defined from a lying position.

VB-34 - see p.67

RP-6 - see p.39

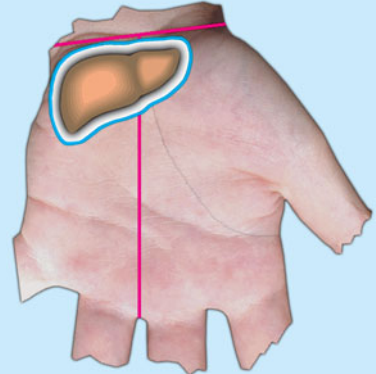


MAIN SYSTEM - PRIMARY ZONE



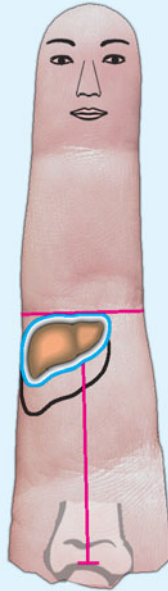
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

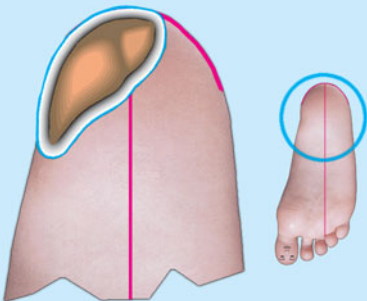
"INSECT" SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

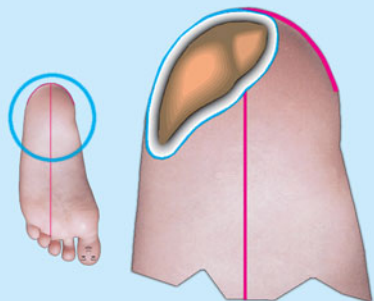
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

MAIN SYSTEM - SECONDARY ZONE

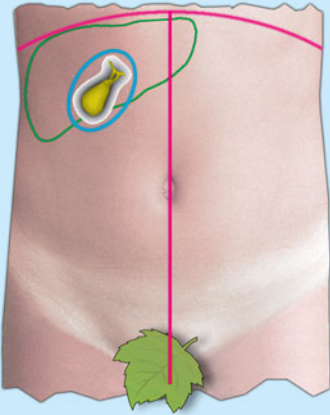


LEFT FOOT

GALL-BLADDER

GALL-BLADDER

Connection with the spine: C3-C4 (p. 96), T6-T10 (p. 97, 98)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the point **J-4** and **VB-34** (on both legs).

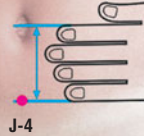
In the next procedure warm up the points **J-12** and **RP-6** (on both legs). Alternate.

J-4 - on the axis line of the body, four fingers above the navel. It is defined from a lying position.

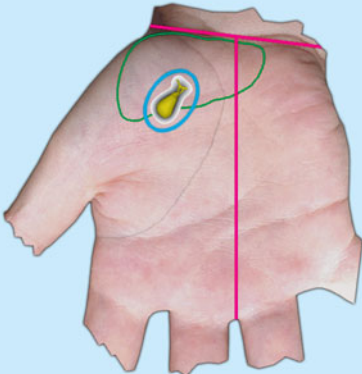
VB-34 - see p.67

J-12 - see p.78

RP-6 - see p.39

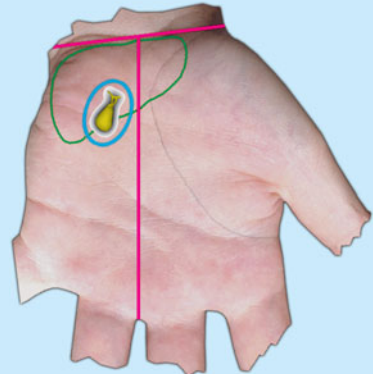


MAIN SYSTEM - PRIMARY ZONE



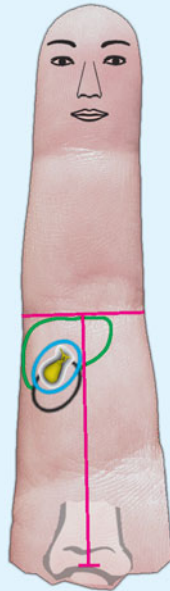
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

"INSECT" SYSTEM

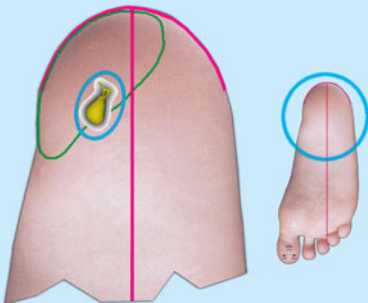


PRIMARY ZONES:
RIGHT HAND AND FOOT

SECONDARY ZONES:
LEFT HAND AND FOOT

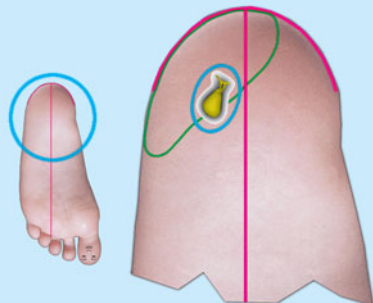
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

SPLEEN

TRADITIONAL ACUPUNCTURE PRESCRIPTION

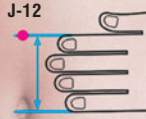
Warm up the point J-12.
Warm up the point RP-6
on both legs.

In the next procedure
instead of RP-6 warm up
the point E-36 on both
legs. Alternate.

J-12 - on the axis line of
the body, four fingers
above the navel. It is
defined from a lying
position.

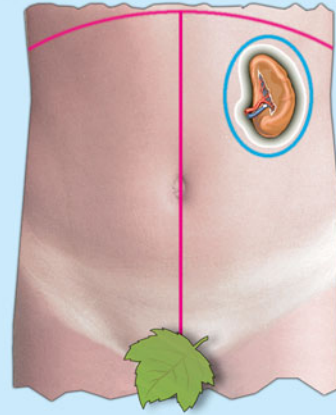
RP-6 - see p.39

E-36 - see p.39

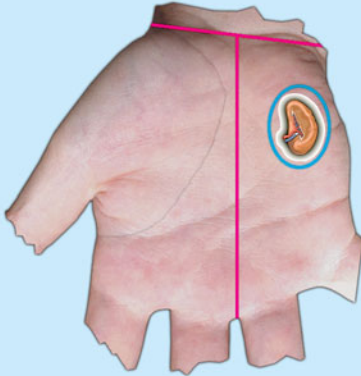


SPLEEN

Connection with the spine: T7-T9 (p. 97, 98)

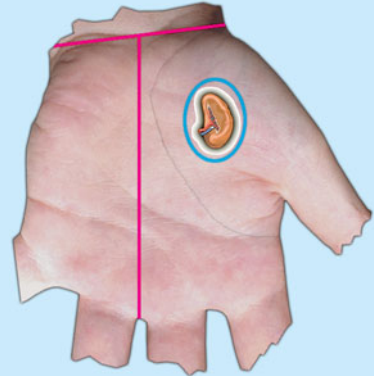


MAIN SYSTEM - SECONDARY ZONE



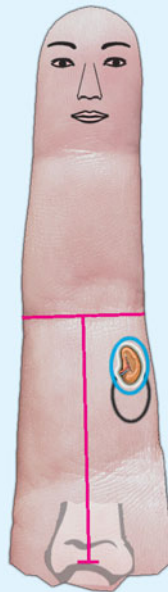
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



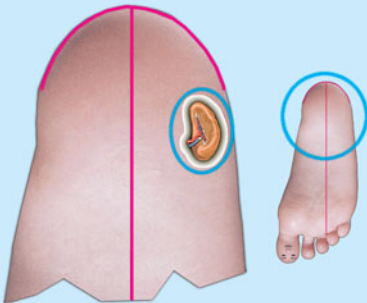
LEFT HAND

"INSECT" SYSTEM



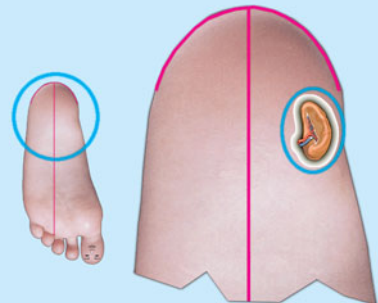
PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT
ON EACH FINGER
AND TOE

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE

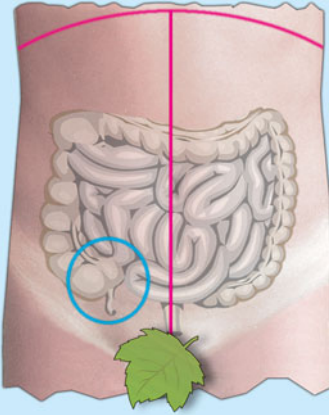


LEFT FOOT

APPENDIX

APPENDIX

Connection with the spine: C3-C4 (p. 96), T11-T12 (p. 98)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the point E-25 on the right.
Warm up the point E-36 on the right leg.

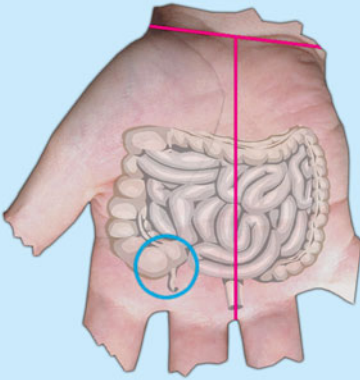
E-25 - two thumbs aside from the navel. It is defined from a lying position.

E-36 - see p.39

E-25

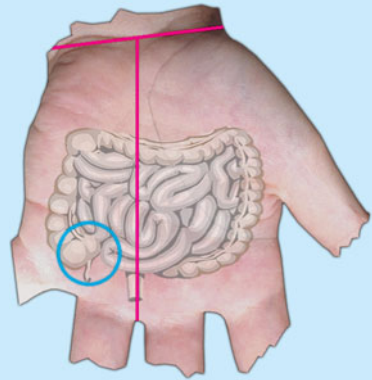


MAIN SYSTEM - PRIMARY ZONE



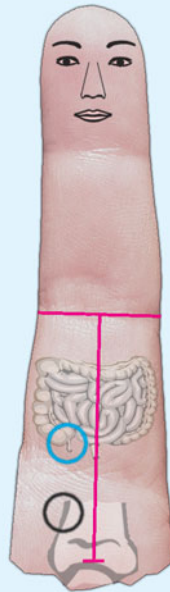
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

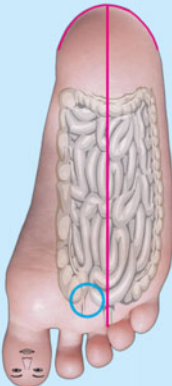
"INSECT" SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

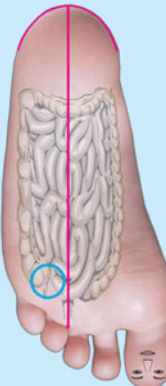
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

MAIN SYSTEM - SECONDARY ZONE

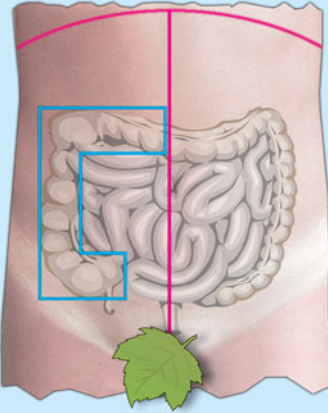


LEFT FOOT

LARGE INTESTINE - RIGHT SIDE

LARGE INTESTINE - RIGHT SIDE

Connection with the spine: C3-C4 (p. 96), T9-L1 (p. 98, 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the point E-25 on the right.

Warm up the point E-36 on both legs.

In the next procedure instead of the point E-36 warm up the point RP-6 on both legs.

E-25 - - two thumbs aside from the navel. It is defined from a lying position.

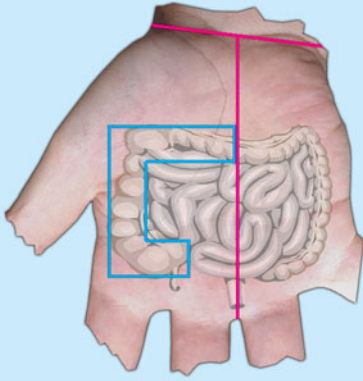
E-36 - see p.39

RP-6 - see p.83

E-25

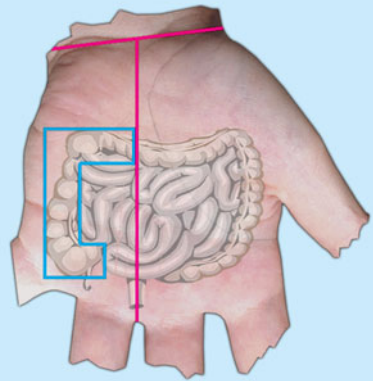


MAIN SYSTEM - PRIMARY ZONE



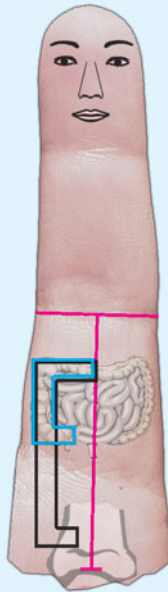
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

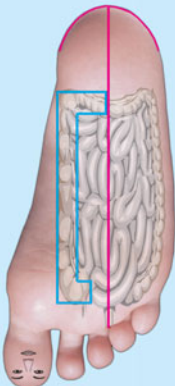
"INSECT" SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

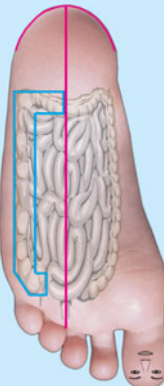
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

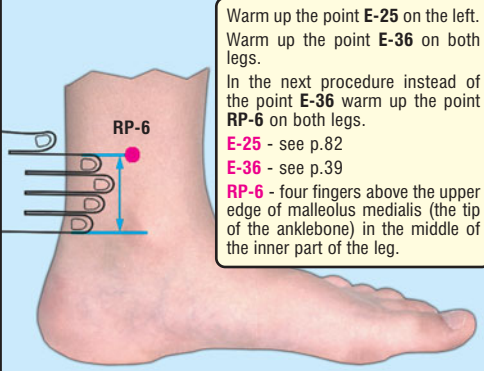
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

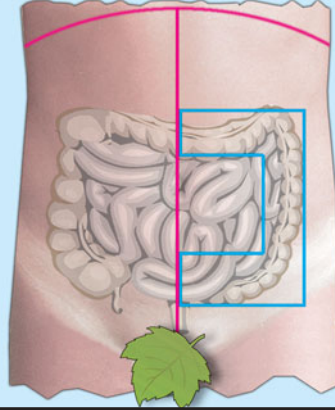
LARGE INTESTINE - LEFT SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

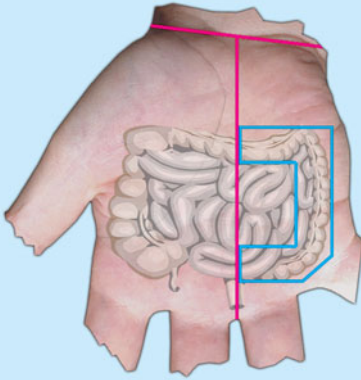


LARGE INTESTINE - LEFT SIDE

Connection with the spine: descending colon - C3-C4 (p. 96), rectum - T11-T12 (p. 98), L1-L2 (p. 99)

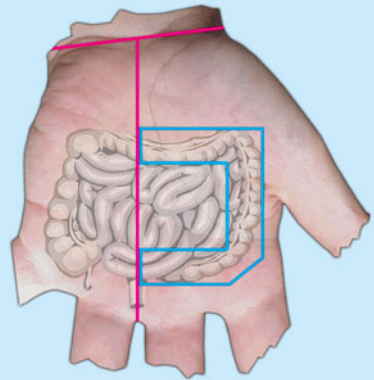


MAIN SYSTEM - SECONDARY ZONE



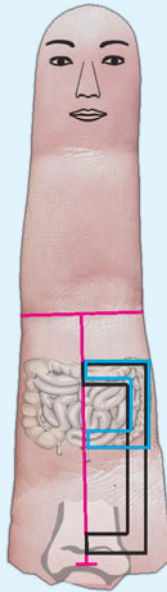
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



LEFT HAND

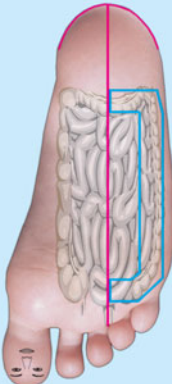
"INSECT" SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

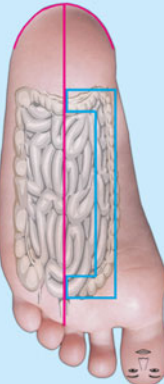
ON EACH FINGER
AND TOE

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE

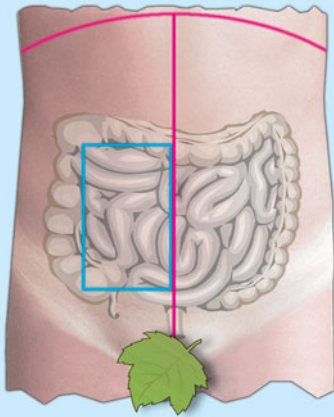


LEFT FOOT

SMALL INTESTINES - RIGHT SIDE

SMALL INTESTINES - RIGHT SIDE

Connection with the spine: T6-T12 (p. 97, 98)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **J-4** and **E-36** (on both legs). In the next procedure warm up the point **E-25** on the right and **RP-6** (on both legs). Alternate.

J-4 - see p.85

E-36 - see p.39

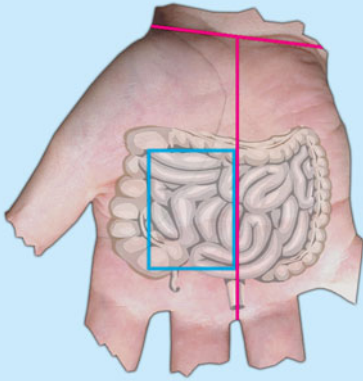
E-25 - two thumbs aside from the navel. It is defined from a lying position.

RP-6 - see p. 39

E-25

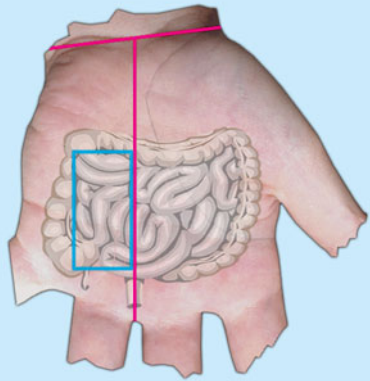


MAIN SYSTEM - PRIMARY ZONE



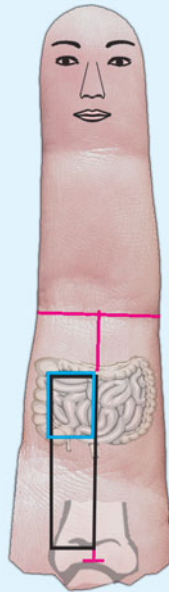
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

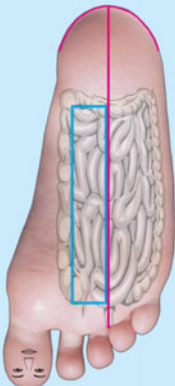
"INSECT" SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

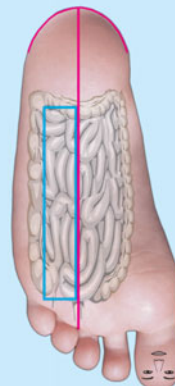
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

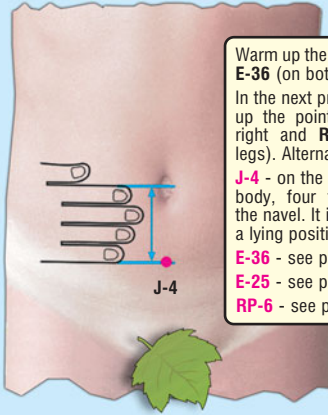
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

SMALL INTESTINES - LEFT SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **J-4** and **E-36** (on both legs).

In the next procedure warm up the point **E-25** on the right and **RP-6** (on both legs). Alternate.

J-4 - on the axis line of the body, four thumbs below the navel. It is defined from a lying position.

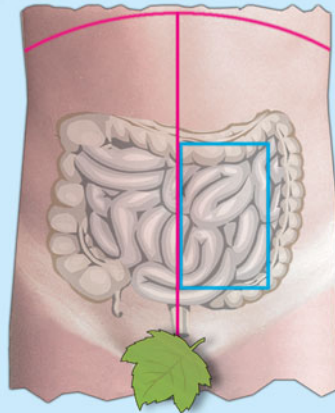
E-36 - see p.39

E-25 - see p.84

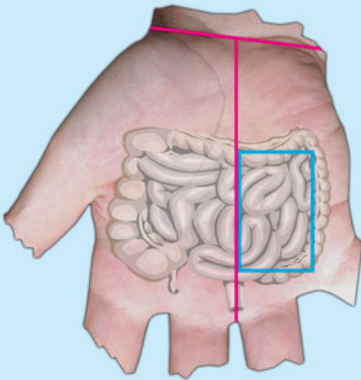
RP-6 - see p.39

SMALL INTESTINES - LEFT SIDE

Connection with the spine: T6-T12 (p. 97, 98)

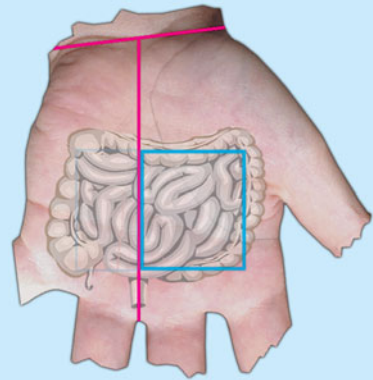


MAIN SYSTEM - SECONDARY ZONE



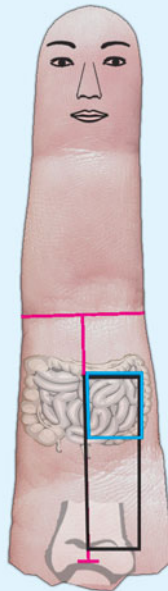
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



LEFT HAND

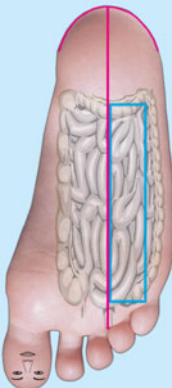
"INSECT" SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

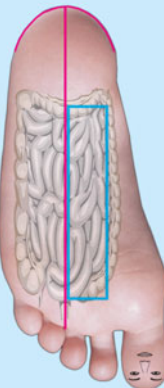
ON EACH FINGER
AND TOE

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE

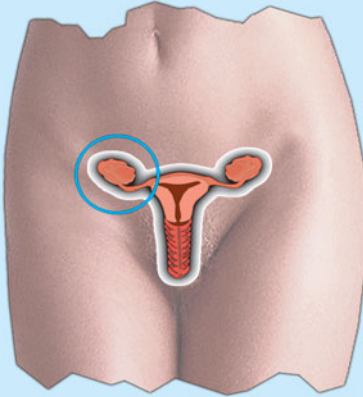


LEFT FOOT

RIGHT OVARY AND UTERINE TUBE

RIGHT OVARY AND UTERINE TUBE

Connection with the spine: T10-L3 (p. 98, 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **J-4** and **RP-6** (on the both legs).

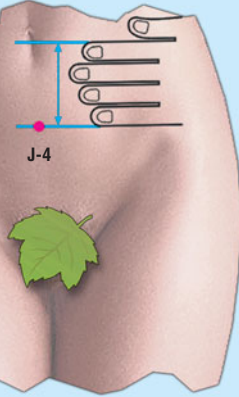
In the next procedure warm up the points **J-3** and **E-36** (on both legs).

J-4 - on the axis line of the body, four fingers below the navel. It is defined from a lying position.

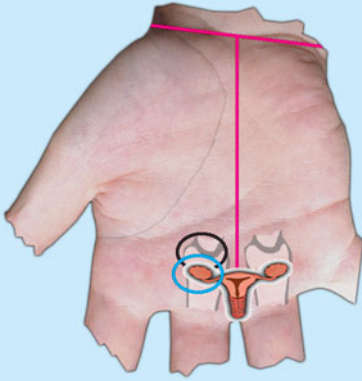
RP-6 - see p.87

J-3 - see p.89

E-36 - see p.39

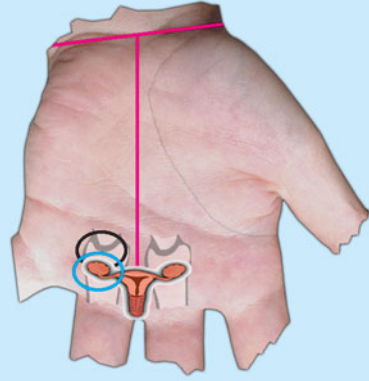


MAIN SYSTEM - PRIMARY ZONE



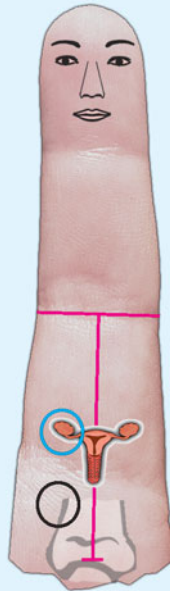
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



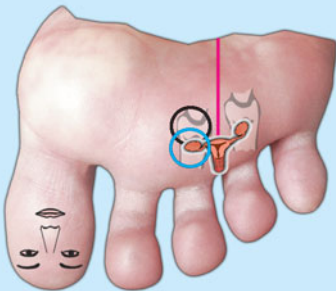
LEFT HAND

"INSECT" SYSTEM



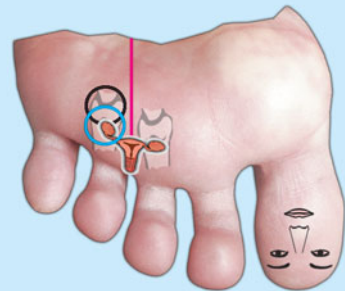
PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

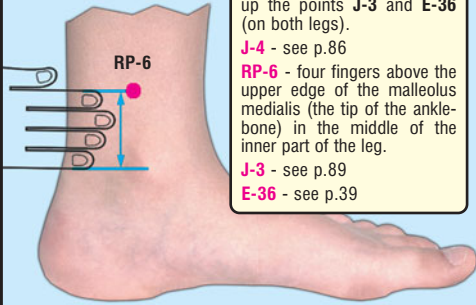
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

LEFT OVARY AND UTERINE TUBE

TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **J-4** and **RP-6** (on both legs).

In the next procedure warm up the points **J-3** and **E-36** (on both legs).

J-4 - see p.86

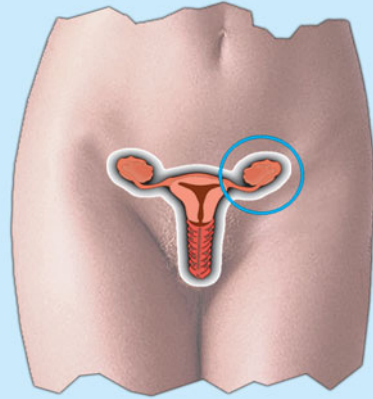
RP-6 - four fingers above the upper edge of the malleolus medialis (the tip of the ankle-bone) in the middle of the inner part of the leg.

J-3 - see p.89

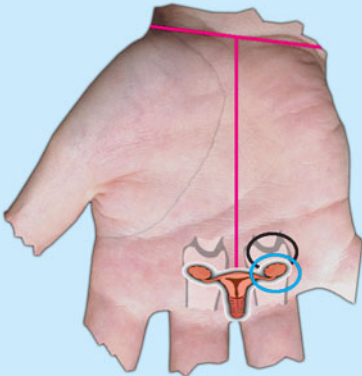
E-36 - see p.39

LEFT OVARY AND UTERINE TUBE

Connection with the spine: T10-L3 (p. 98, 99)

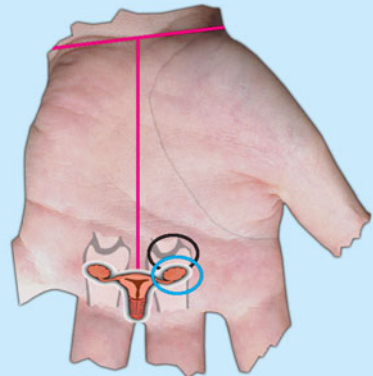


MAIN SYSTEM - SECONDARY ZONE



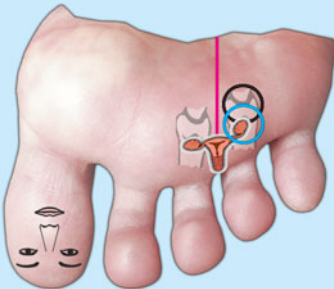
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



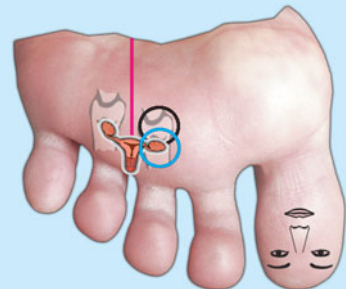
LEFT HAND

MAIN SYSTEM - SECONDARY ZONE



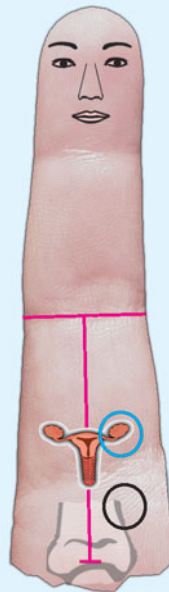
RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

"INSECT" SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

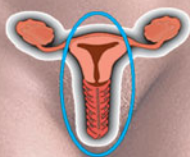
ON EACH FINGER
AND TOE

DISEASES IN THE ABDOMINAL AREA

UTERUS AND VAGINA

UTERUS AND VAGINA

Connection with the spine: T10-L3 (p. 98, 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **J-4** and **RP-6** (on both legs).

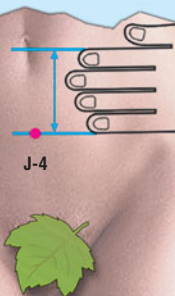
In the next procedure warm up the points **J-3** and **E-36** (on both legs).

J-4 - on the axis line of the body, four fingers below the navel. It is defined from a lying position.

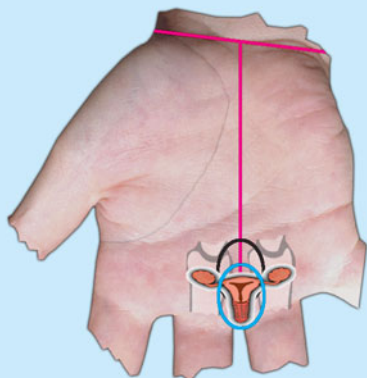
RP-6 - see p.39

J-3 - see p.89

E-36 - see p.39

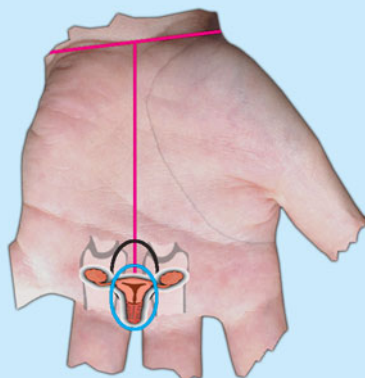


MAIN SYSTEM



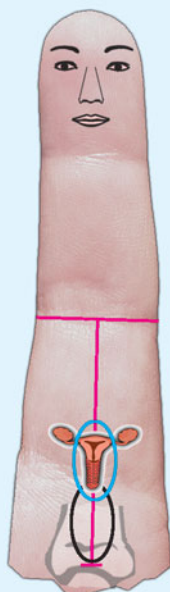
RIGHT HAND

MAIN SYSTEM



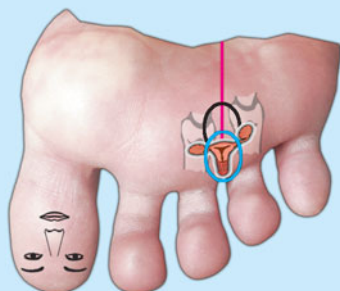
LEFT HAND

"INSECT" SYSTEM



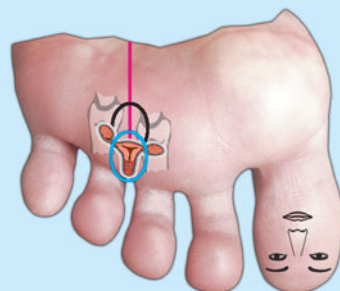
ON EACH FINGER AND TOE

MAIN SYSTEM



RIGHT FOOT

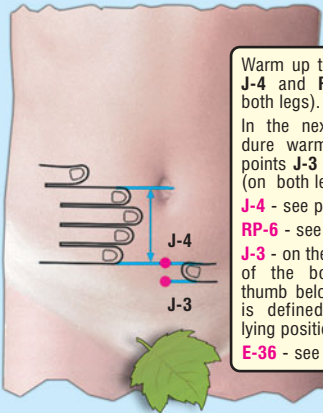
MAIN SYSTEM



LEFT FOOT

MALE GENITALS (AND PROSTATE)

TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **J-4** and **RP-6** (on both legs).

In the next procedure warm up the points **J-3** and **E-36** (on both legs).

J-4 - see p.88

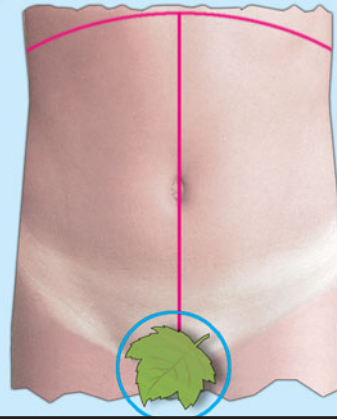
RP-6 - see p.39

J-3 - on the axis line of the body, one thumb below **J-4**. It is defined from a lying position.

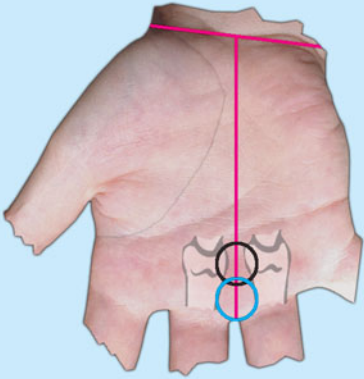
E-36 - see p.39

MALE GENITALS (AND PROSTATE)

Connection with the spine: T12-L3 (p. 98, 99)

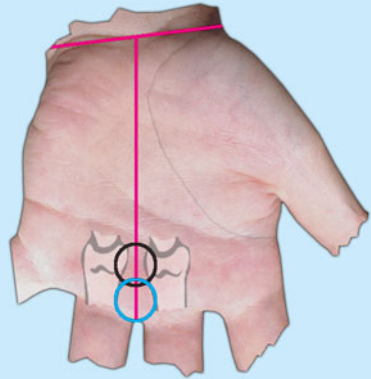


MAIN SYSTEM



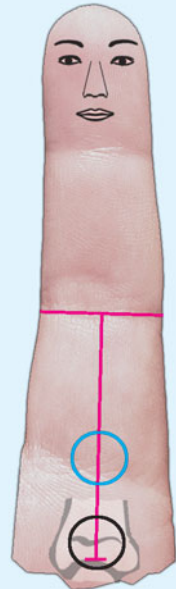
RIGHT HAND

MAIN SYSTEM



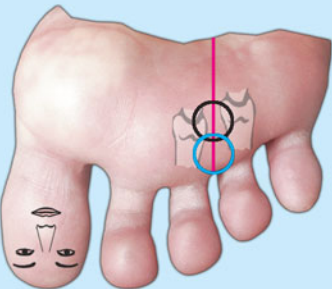
LEFT HAND

"INSECT" SYSTEM



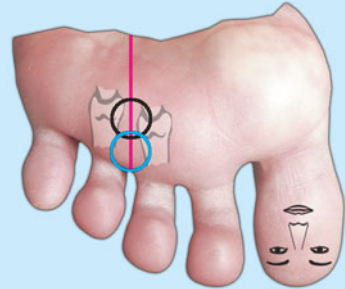
ON EACH FINGER AND TOE

MAIN SYSTEM



RIGHT FOOT

MAIN SYSTEM

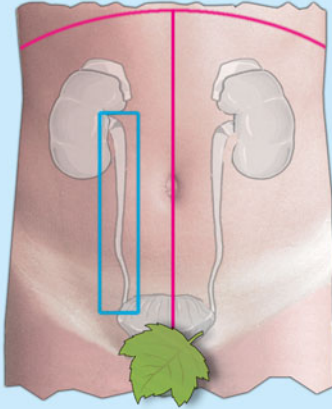


LEFT FOOT

RIGHT URETER

RIGHT URETER

Connection with the spine: C4 (p. 96), T10-L2 (p. 98. 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the point **RP-13** on the right simultaneously with **J-4**.

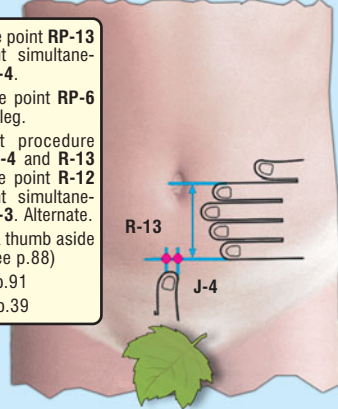
Warm up the point **RP-6** on the right leg.

In the next procedure instead of **J-4** and **R-13** warm up the point **R-12** on the right simultaneously with **J-3**. Alternate.

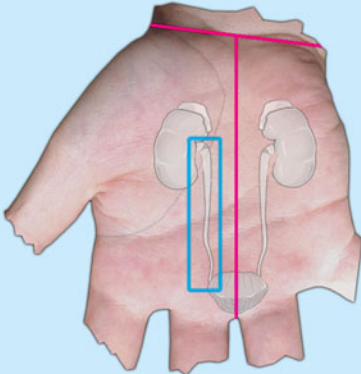
R-13 - half a thumb aside from **J-4** (see p.88)

R-12 - see p.91

RP-6 - see p.39

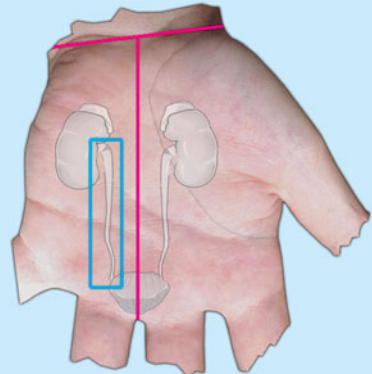


MAIN SYSTEM - PRIMARY ZONE



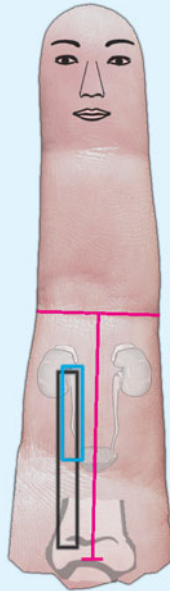
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



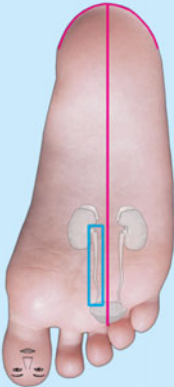
LEFT HAND

"INSECT" SYSTEM



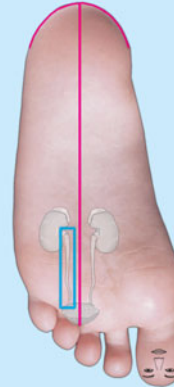
PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

LEFT URETER

TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the point **RP-13** on the left simultaneously with **J-4**.

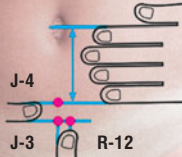
Warm up the point **RP-6** on the left leg.

In the next procedure instead of **J-4** and **R-13** warm up the point **R-12** on the left simultaneously with **J-3**. Alternate.

R-13 - see p.90

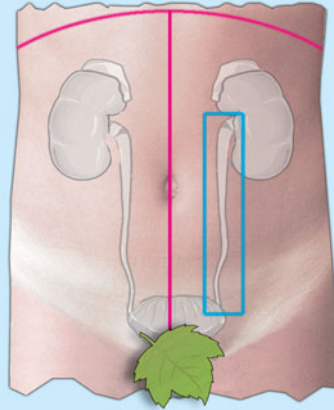
R-12 - half a thumb aside from **J-3** (see p.89)

RP-6 - see p.39

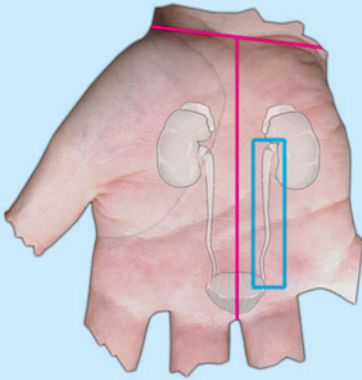


LEFT URETER

Connection with the spine: C4 (p. 96), T10-L2 (p. 98. 99)

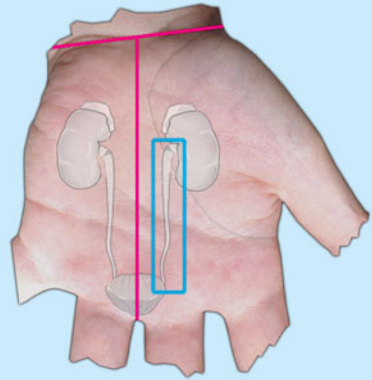


MAIN SYSTEM - SECONDARY ZONE



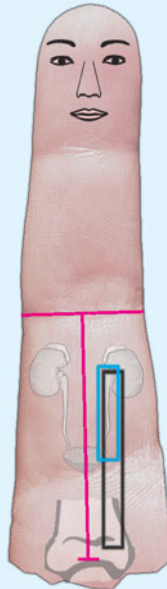
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



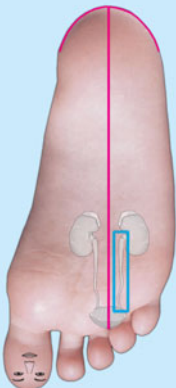
LEFT HAND

"INSECT" SYSTEM



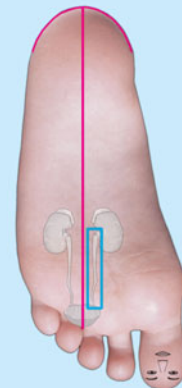
PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT
ON EACH FINGER
AND TOE

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE

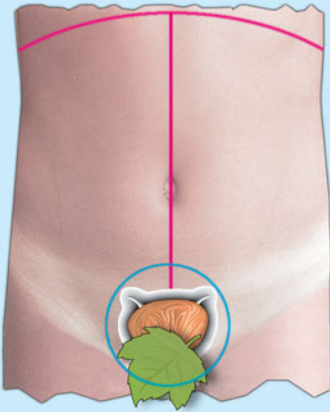


LEFT FOOT

BLADDER

BLADDER

Connection with the spine: T11-L3 (p. 98, 99), S2-S4 (p. 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

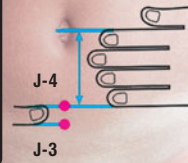
Warm up the points **J-3** and **RP-6** (on both legs).
In the next procedure instead of **J-3** and **RP-6** warm up the points **J-4** and **E-36** (on both legs).
Alternate.

J-3 - on the axis line of the body below J-4 (see p. 88). It is defined from a lying position.

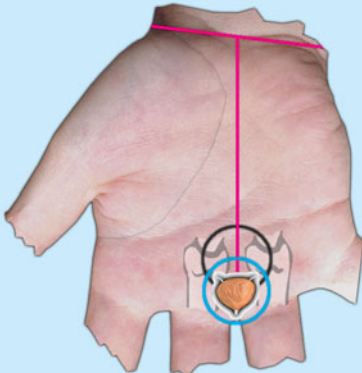
RP-6 - see p.39

J-4 - see p.88

E-36 - see p.39

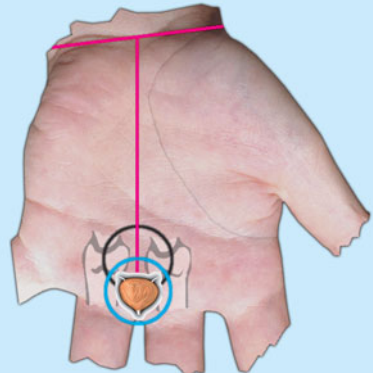


MAIN SYSTEM



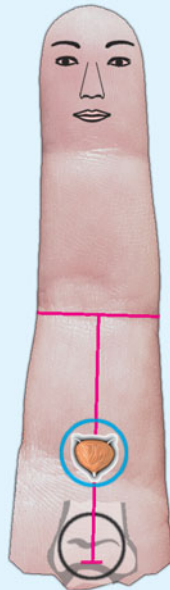
RIGHT HAND

MAIN SYSTEM



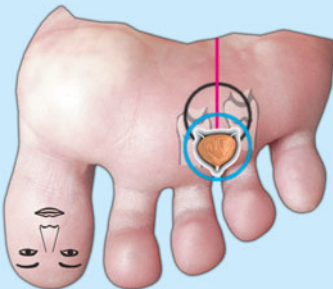
LEFT HAND

"INSECT" SYSTEM



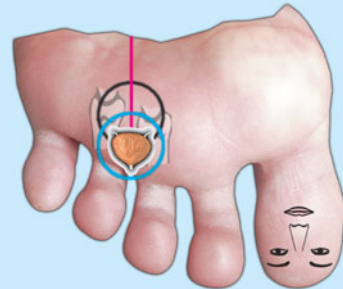
ON EACH FINGER
AND TOE

MAIN SYSTEM



RIGHT FOOT

MAIN SYSTEM

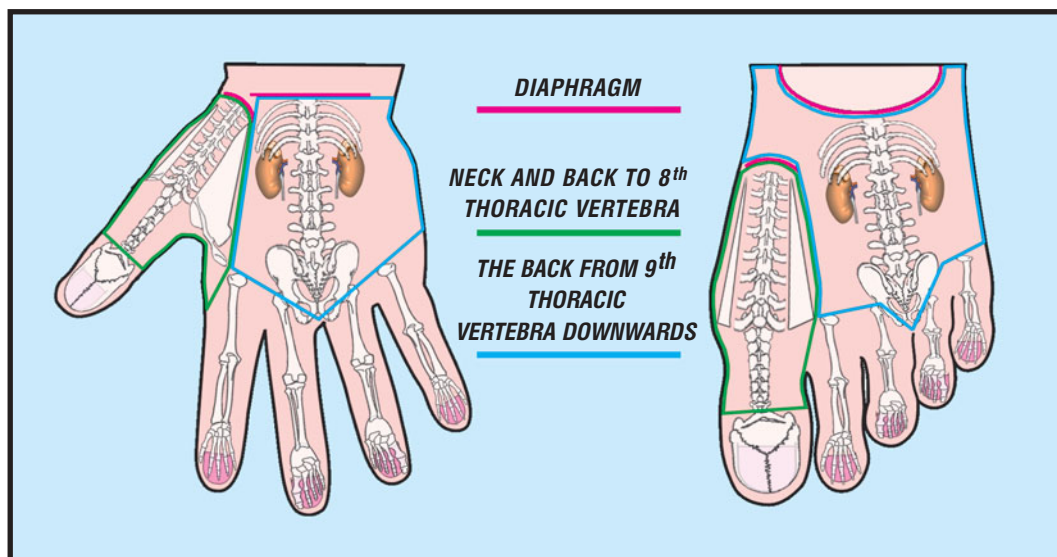


LEFT FOOT

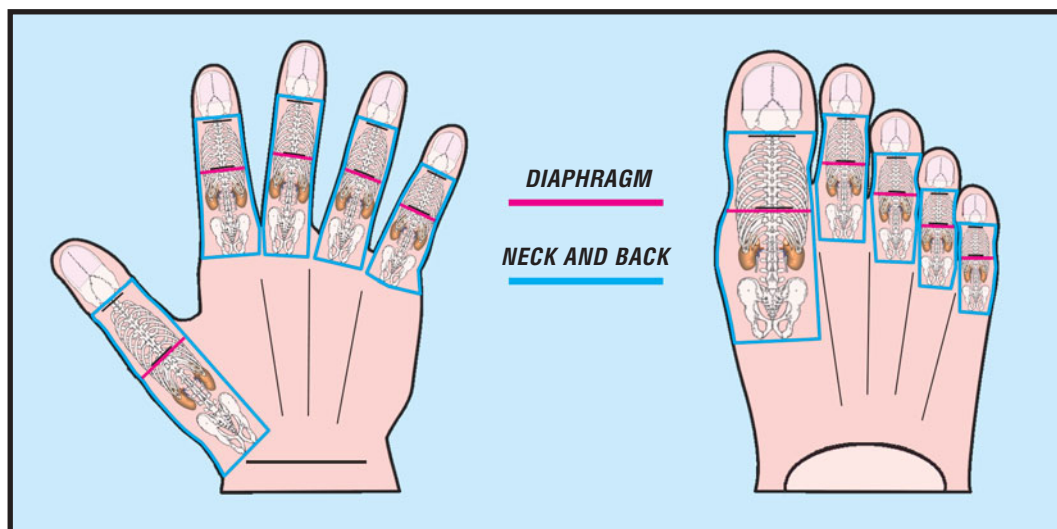
DISEASES IN THE AREA OF THE NECK AND BACK

CORRESPONDENCE ZONES OF THE NECK AND BACK

MAIN CORRESPONDENCE SYSTEM



"INSECT" CORRESPONDENCE ZONE



The back and the nape of the neck are projected on the upper part of the hand and foot.

In the **Main system** the projection of the back is divided into two parts. On the thumbs and the big toes the neck (on the second phalanx) and the part of the back to the 8th thoracic vertebra (on the first bone before the wrist and the first bone before the foot) are projected. The rest of the back, from the 9th thoracic

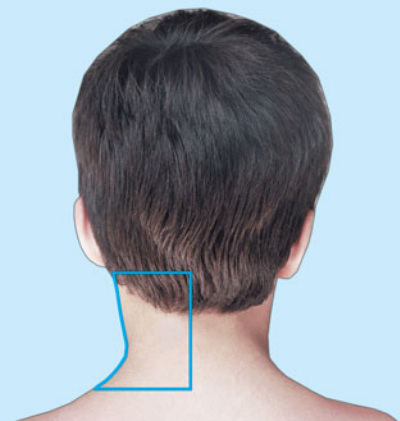
vertebra downwards, is projected on the adjoining to the thumbs upper part of the palm and the foot.

In the **"Insect" system** the neck is projected on a small area between the first and second phalanges of the fingers and toes. On the middle phalanges of the fingers and toes the part of the back from 8th thoracic vertebra is projected, and on the proximal (third) phalanx - the part of the back from 9th thoracic vertebra downwards.

DISEASES IN THE AREA OF THE NECK AND BACK

NECK TISSUES - LEFT SIDE

LEFT SIDE OF THE NECK
Connection with the spine: C3-C4 (p. 96)



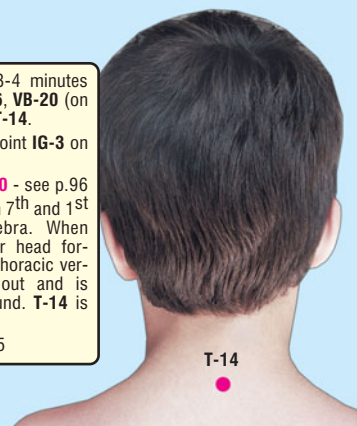
TRADITIONAL ACUPUNCTURE PRESCRIPTION

Massage for 3-4 minutes the points **T-16**, **VB-20** (on left side) and **T-14**.

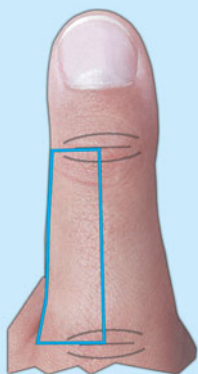
Warm up the point **IG-3** on the left hand.

T-16 and **VB-20** - see p.96
T-14 - between 7th and 1st thoracic vertebra. When you bend your head forward, the 1st thoracic vertebra bulges out and is easy to be found. **T-14** is exactly over it.

IG-3 - see p.95

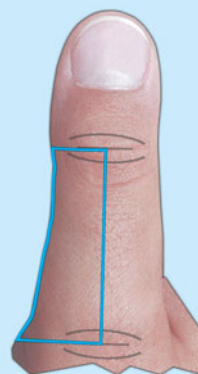


MAIN SYSTEM - PRIMARY ZONE



LEFT HAND - THUMB

MAIN SYSTEM - SECONDARY ZONE



RIGHT HAND - THUMB

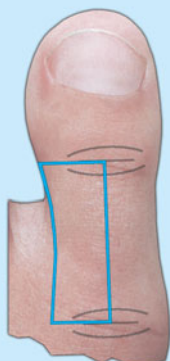
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

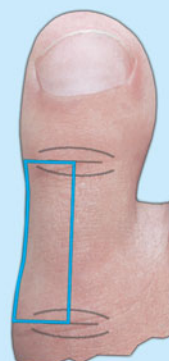
ON EACH FINGER AND TOE

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT - THUMB

MAIN SYSTEM - SECONDARY ZONE

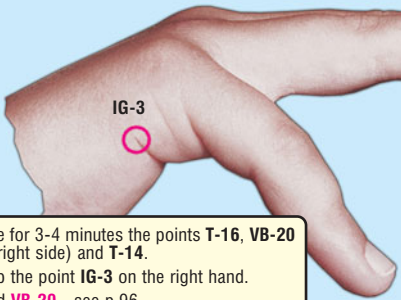


RIGHT FOOT - THUMB

DISEASES IN THE AREA OF THE NECK AND BACK

NECK TISSUES - RIGHT SIDE

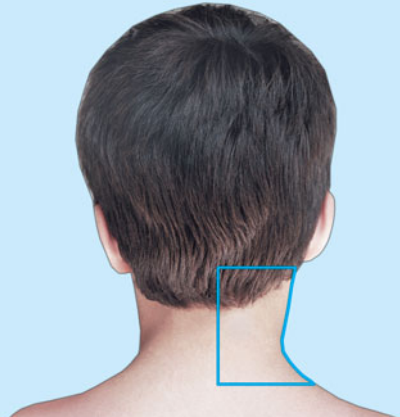
TRADITIONAL ACUPUNCTURE PRESCRIPTION



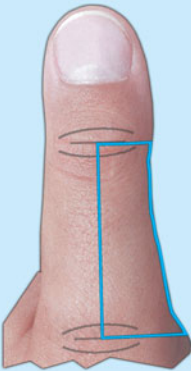
Massage for 3-4 minutes the points **T-16**, **VB-20** (on the right side) and **T-14**.
 Warm up the point **IG-3** on the right hand.
T-16 and **VB-20** - see p.96
T-14 - see p.94
IG-3 - at the end of the skin flap that forms by bending of the little finger or by clenching a fist.

RIGHT SIDE OF THE NECK

Connection with the spine: C3-C4 (p. 96)

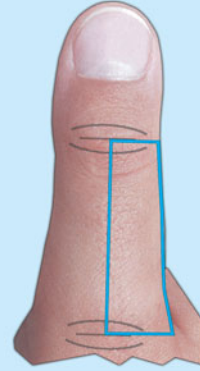


MAIN SYSTEM - SECONDARY ZONE



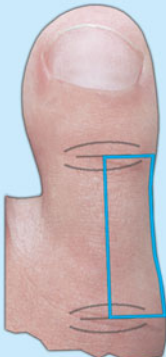
LEFT HAND - THUMB

MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND - THUMB

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT - THUMB

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT - THUMB

„INSECT“ SYSTEM

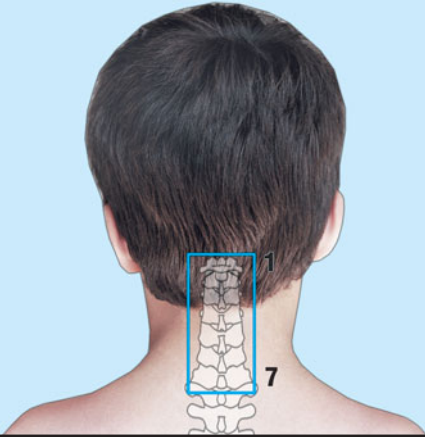


PRIMARY ZONES:
 RIGHT HAND AND FOOT
 SECONDARY ZONES:
 LEFT HAND AND FOOT

ON EACH FINGER
 AND TOE

SPINE - CERVICAL VERTEBRAE

CERVICAL VERTEBRAE (from C1 to C7)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Massage for 3-4 minutes the points **T-16**, **VB-20** (on both sides) and **T-14**.

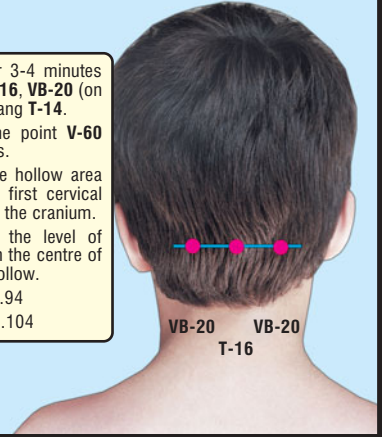
Warm up the point **V-60** on both legs.

T-16 - in the hollow area between the first cervical vertebra and the cranium.

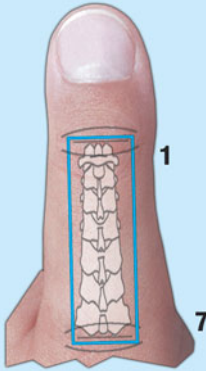
VB-20 - at the level of point **T-16** in the centre of the neck's hollow.

T-14 - see p.94

V-60 - see p.104

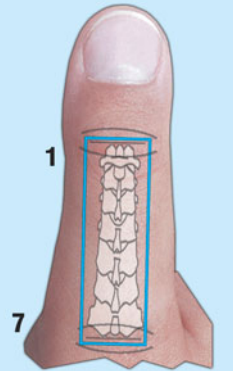


MAIN SYSTEM



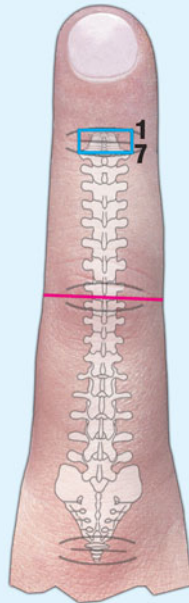
LEFT HAND - THUMB

MAIN SYSTEM



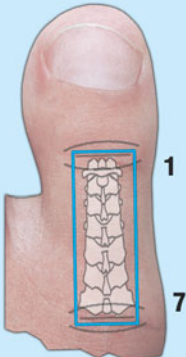
RIGHT HAND - THUMB

„INSECT“ SYSTEM



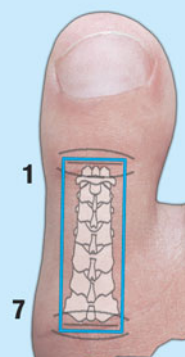
ON EACH FINGER AND TOE

MAIN SYSTEM



LEFT FOOT - THUMB

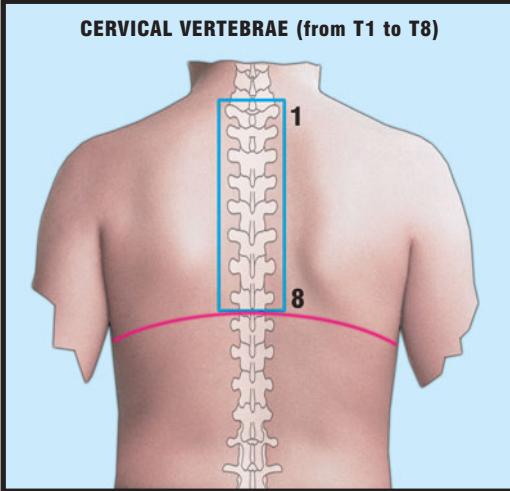
MAIN SYSTEM



RIGHT FOOT - THUMB

SPINE - FROM FIRST TO EIGHTH CERVICAL VERTEBRAE

CERVICAL VERTEBRAE (from T1 to T8)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Massage for 7-8 minutes the point **T-26** and warm up **V-60** on both legs.

In next procedure massage for 7-8 minutes the point **T-14** and warm up **IG-3** on both hands. Alternate.

T-26 - on the axis line of the body, a little up from the middle of the distance between the nose and the lip.

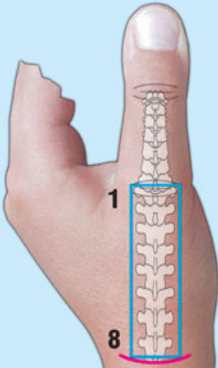
V-60 - see p.104

T-14 - see p.94

IG-3 - see p.95

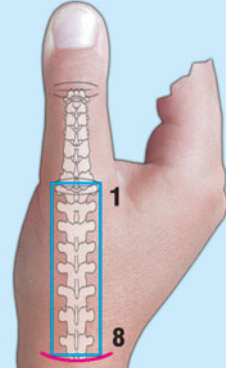


MAIN SYSTEM



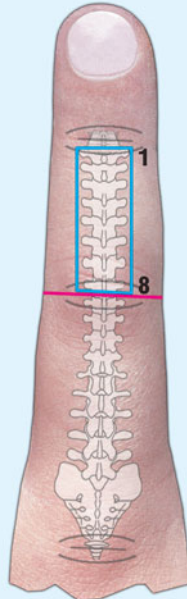
LEFT HAND

MAIN SYSTEM



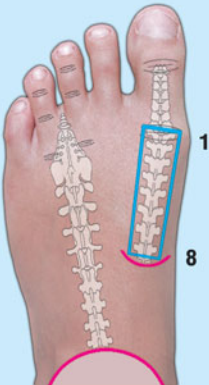
RIGHT HAND

„INSECT“ SYSTEM



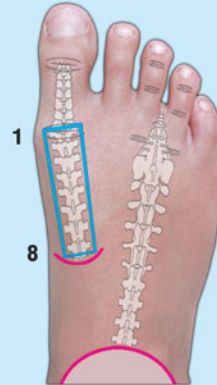
ON EACH FINGER AND TOE

MAIN SYSTEM



LEFT FOOT

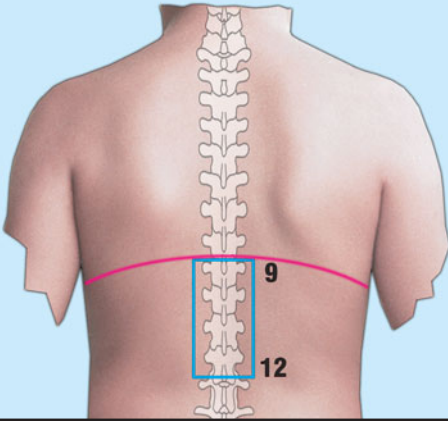
MAIN SYSTEM



RIGHT FOOT

SPINE - FROM NINTH TO TWELFTH CERVICAL VERTEBRAE

FROM NINTH TO TWELFTH CERVICAL VERTEBRAE (from T9 to T12)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Massage for 7-8 minutes the point **T-26** and warm up **V-60** on both legs.

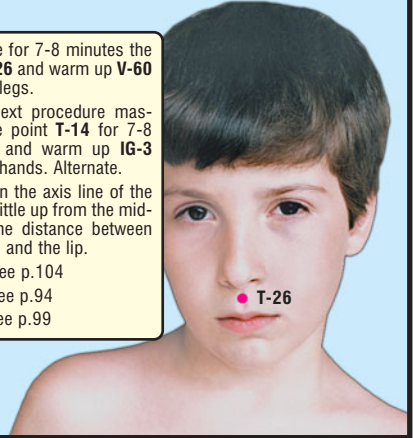
In the next procedure massage the point **T-14** for 7-8 minutes and warm up **IG-3** on both hands. Alternate.

T-26 - on the axis line of the body, a little up from the middle of the distance between the nose and the lip.

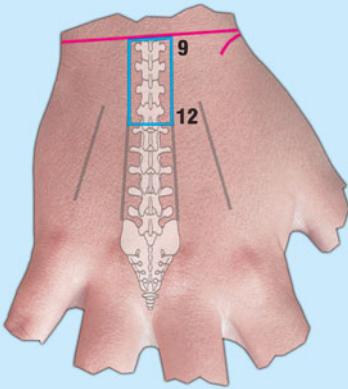
V-60 - see p.104

T-14 - see p.94

IG-3 - see p.99

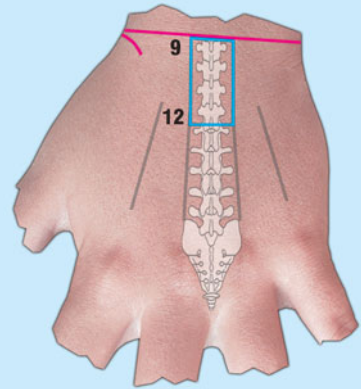


MAIN SYSTEM



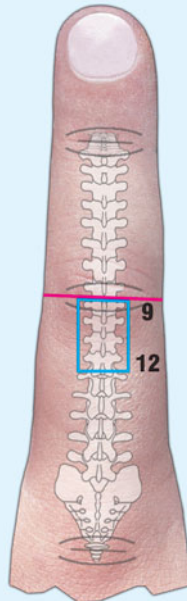
RIGHT HAND

MAIN SYSTEM



LEFT HAND

„INSECT“ SYSTEM



ON EACH FINGER
AND TOE

MAIN SYSTEM



RIGHT FOOT

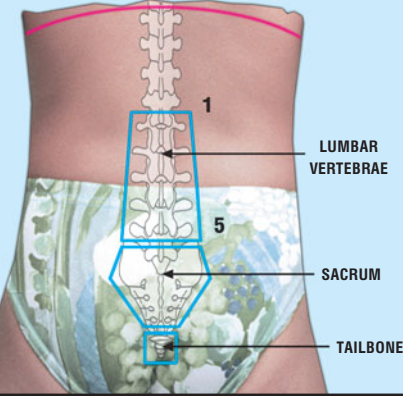
MAIN SYSTEM



LEFT FOOT

SPINE - LUMBAR VERTEBRAE, SACRUM AND COCCYX (TAILBONE)

LUMBAR VERTEBRAE (from L1 to L5)
SACRAL VERTEBRAE (from S1 to S5)
TAILBONE



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Massage the point **T-26** for 7-8 minutes and warm up **V-60** (on both legs).
 In the next procedure warm up the points **J-4** and **IG-3** (on both hands). Alternate.

T-26 - see p.98

V-60 - see p.104

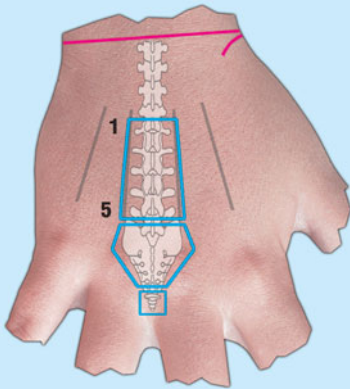
J-4 - see p.75

IG-3 - at the end of the skin flap that forms by bending of the little finger or by clenching a fist.

IG-3

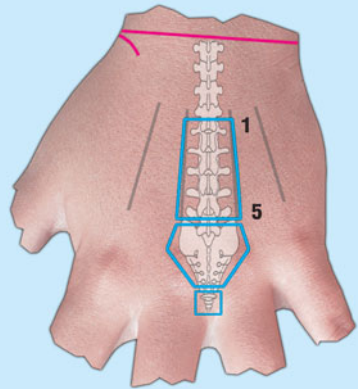


MAIN SYSTEM



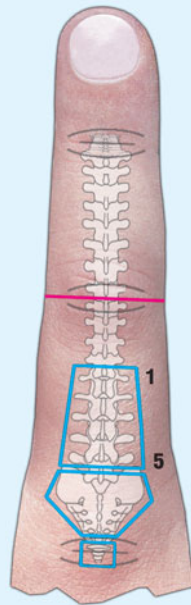
RIGHT HAND

MAIN SYSTEM



LEFT HAND

„INSECT“ SYSTEM



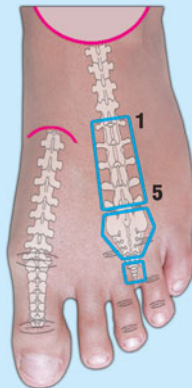
ON EACH FINGER AND TOE

MAIN SYSTEM



RIGHT FOOT

MAIN SYSTEM

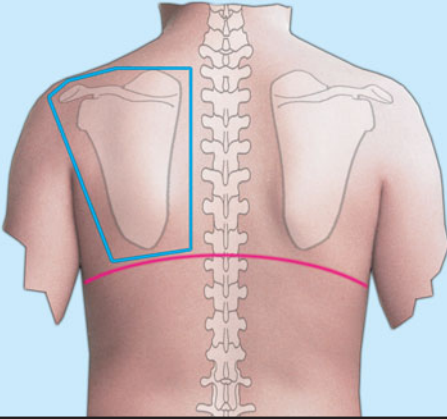


LEFT FOOT

AREA OF THE LEFT SHOULDER BLADE

AREA OF THE LEFT SHOULDER BLADE

Connection with the spine: C4 (p. 96), T1-T8 (p. 97)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Massage the point **T-26** for 7-8 minutes and warm up **V-60** (on the left leg).

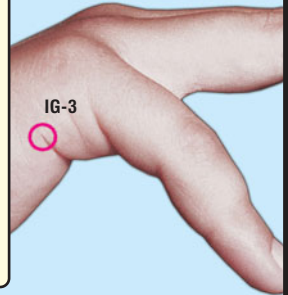
In the next procedure warm up the points **VB-21** and **IG-3** (on the left hand). Alternate.

T-26 - see p.98

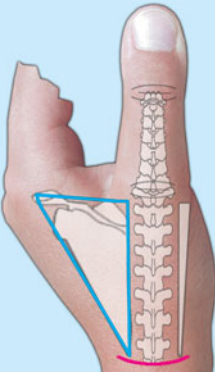
V-60 - see p.104

VB-21 - see p.101

IG-3 - at the end of the skin flap that forms by bending of the little finger or by clenching a fist.

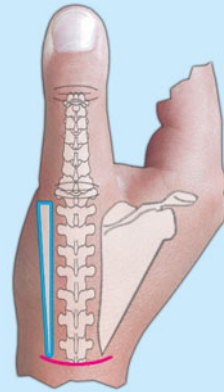


MAIN SYSTEM - PRIMARY ZONE



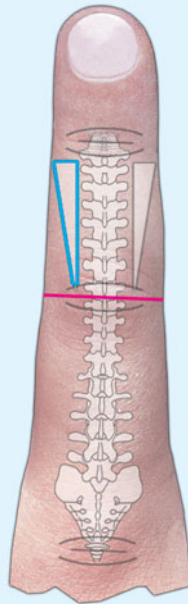
LEFT HAND

MAIN SYSTEM - SECONDARY ZONE



RIGHT HAND

„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

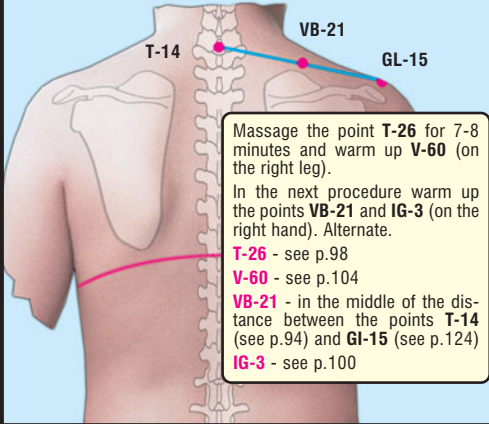
MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

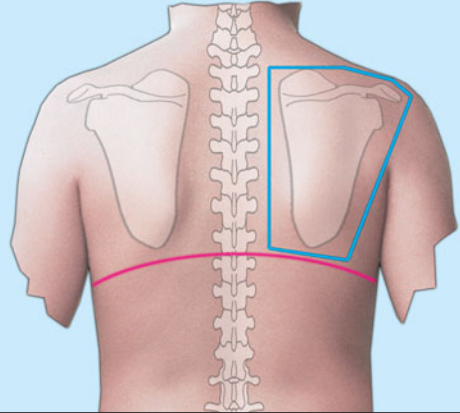
AREA OF THE RIGHT SHOULDER BLADE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

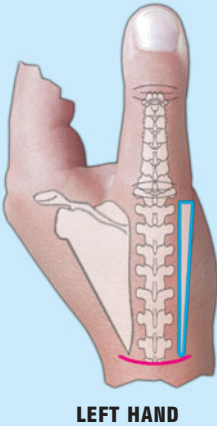


AREA OF THE RIGHT SHOULDER BLADE

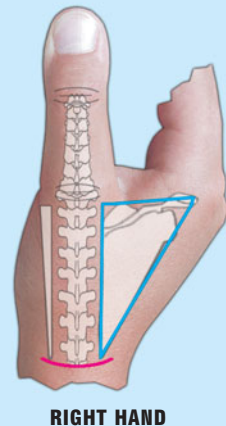
Connection with the spine: C4 (p. 96), T1-T8 (p. 97)



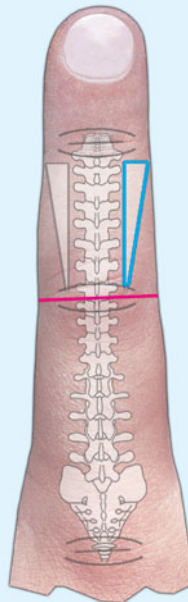
MAIN SYSTEM - SECONDARY ZONE



MAIN SYSTEM - PRIMARY ZONE



„INSECT“ SYSTEM



PRIMARY ZONES:
 RIGHT HAND AND FOOT
SECONDARY ZONES:
 LEFT HAND AND FOOT
 ON EACH FINGER
 AND TOE

MAIN SYSTEM - SECONDARY ZONE



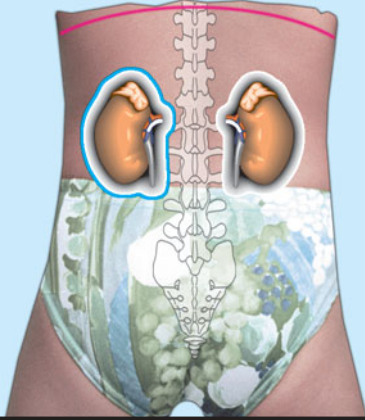
MAIN SYSTEM - PRIMARY ZONE



LEFT KIDNEY AND ADRENAL GLAND

LEFT KIDNEY AND ADRENAL GLAND

Connection with the spine: C4 (p. 96), T10-L2 (p. 98, 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **E-25** on the left, **J-4** and **E-36** on the left leg. In the next procedure warm up the points **J-3** and **RP-6**, **R-3** on the left leg. Alternate.

E-25 - see p.103

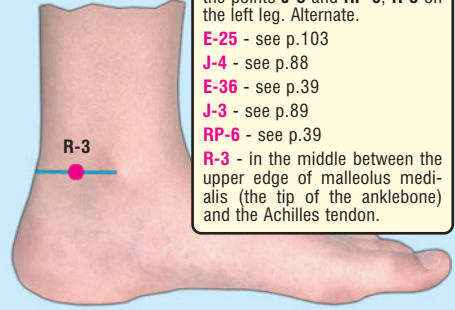
J-4 - see p.88

E-36 - see p.39

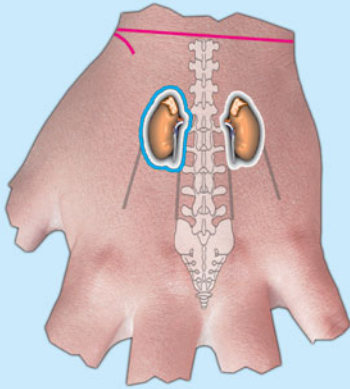
J-3 - see p.89

RP-6 - see p.39

R-3 - in the middle between the upper edge of malleolus medialis (the tip of the anklebone) and the Achilles tendon.

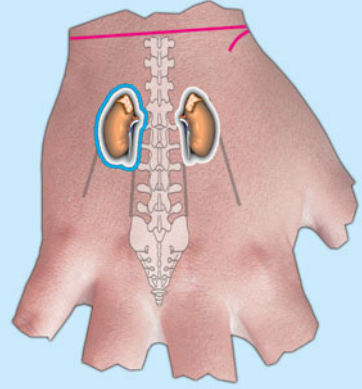


MAIN SYSTEM - PRIMARY ZONE



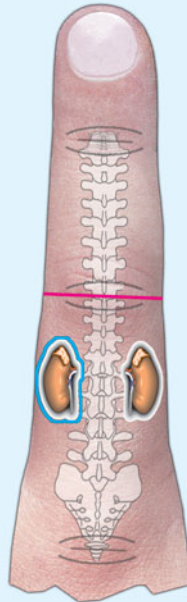
LEFT HAND

MAIN SYSTEM - SECONDARY ZONE



RIGHT HAND

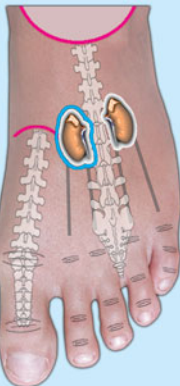
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

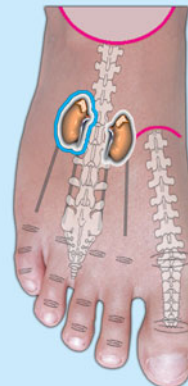
ON EACH FINGER
AND TOE

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

RIGHT KIDNEY AND ADRENAL GLAND

TRADITIONAL ACUPUNCTURE PRESCRIPTION

E-25



Warm up the points **E-25** on the right, **J-4** and **E-36** on the right leg.

In the next procedure warm up the points **J-3** and **RP-6**, **R-3** on the right leg. Alternate.

E-25 - two thumbs aside from the navel. It is defined from a lying position.

J-4 - see p.88

E-36 - see p.39

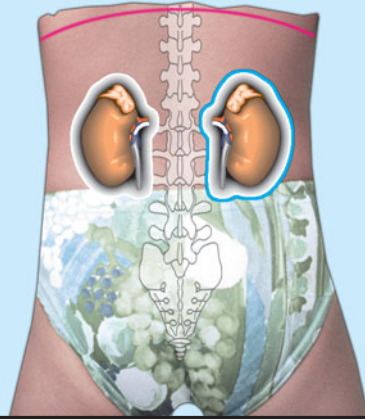
J-3 - see p.89

RP-6 - see p.39

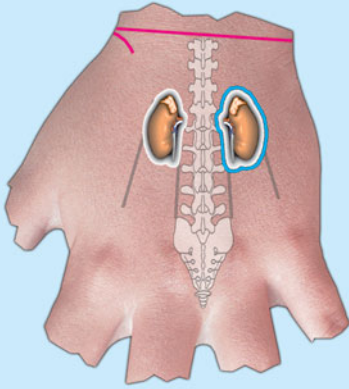
R-3 - see p.102

RIGHT KIDNEY AND ADRENAL GLAND

Connection with the spine: C4 (p. 96), T10-L2 (p. 98, 99)

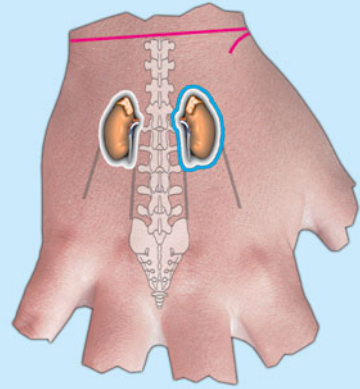


MAIN SYSTEM - SECONDARY ZONE



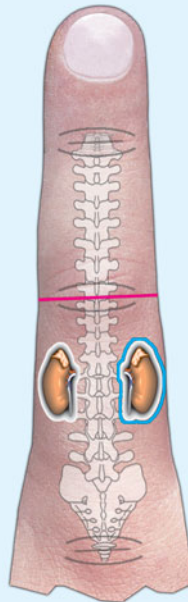
LEFT HAND

MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND

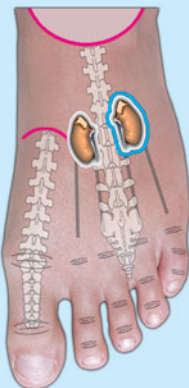
„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

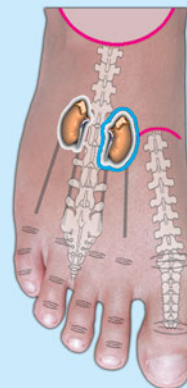
ON EACH FINGER
AND TOE

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

ANUS

ANUS

Connection with the spine: S2-S4 (p. 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

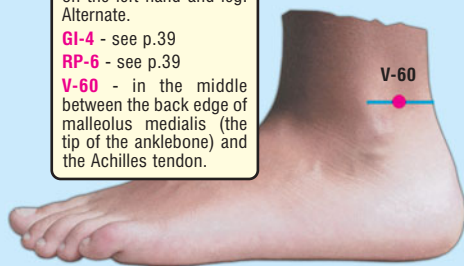
Warm up the points **GI-4**, **RP-6** and **V-60** on the right hand and leg.

In the next procedure warm up the same points on the left hand and leg. Alternate.

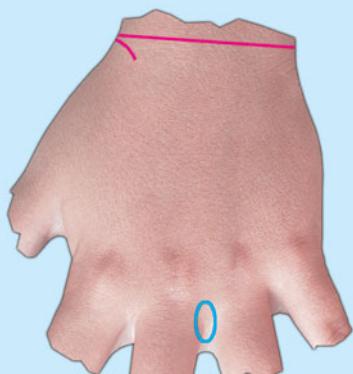
GI-4 - see p.39

RP-6 - see p.39

V-60 - in the middle between the back edge of malleolus medialis (the tip of the anklebone) and the Achilles tendon.

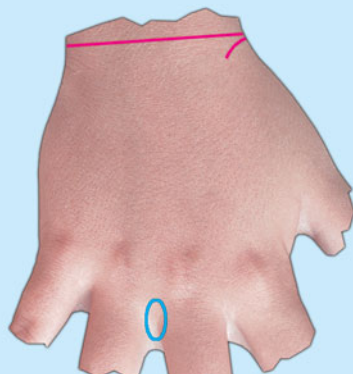


MAIN SYSTEM



LEFT HAND

MAIN SYSTEM



RIGHT HAND

„INSECT“ SYSTEM



ON EACH FINGER AND TOE

MAIN SYSTEM



LEFT FOOT

MAIN SYSTEM

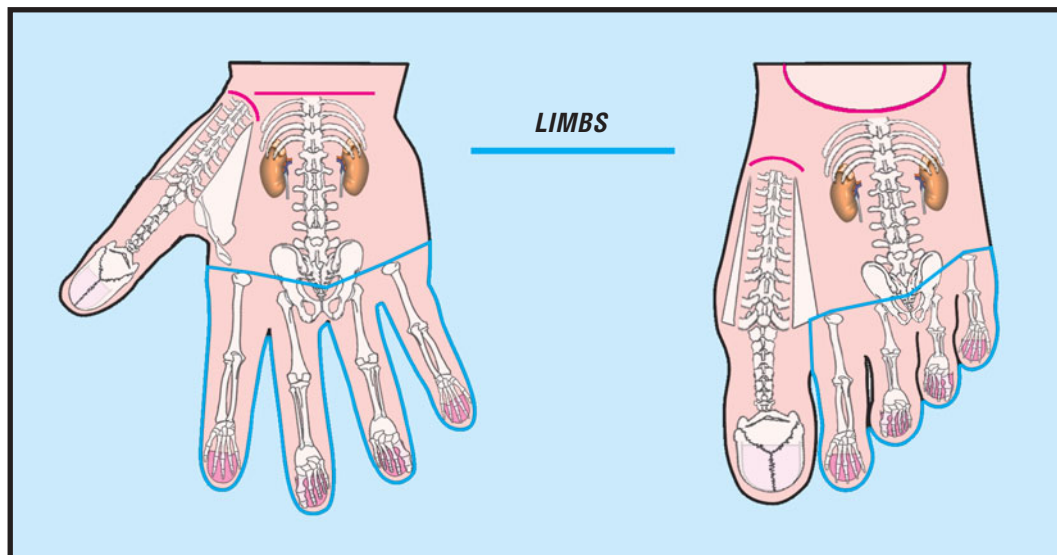


RIGHT FOOT

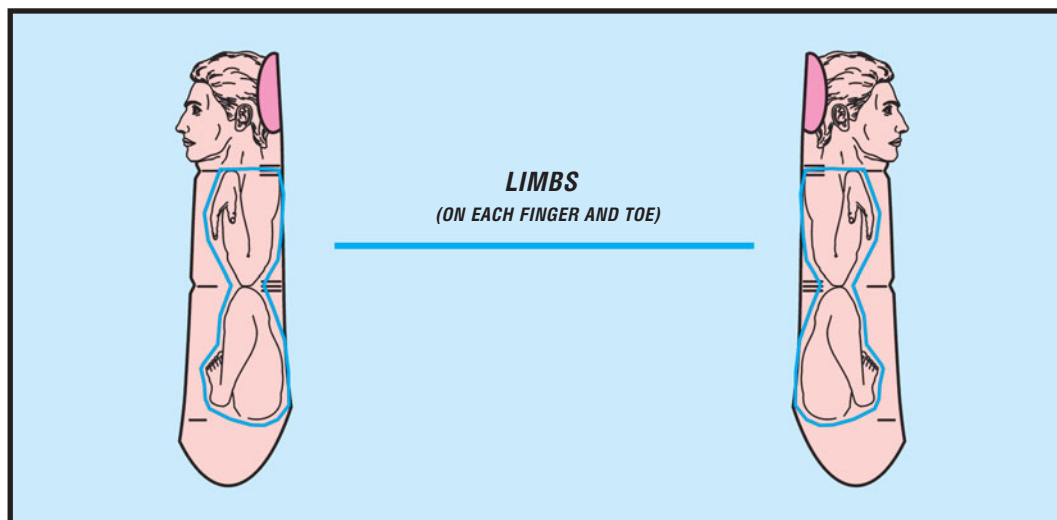
LIMB DISEASES

CORRESPONDENCE ZONES OF THE LIMBS

MAIN CORRESPONDENCE SYSTEM



"INSECT" CORRESPONDENCE ZONE



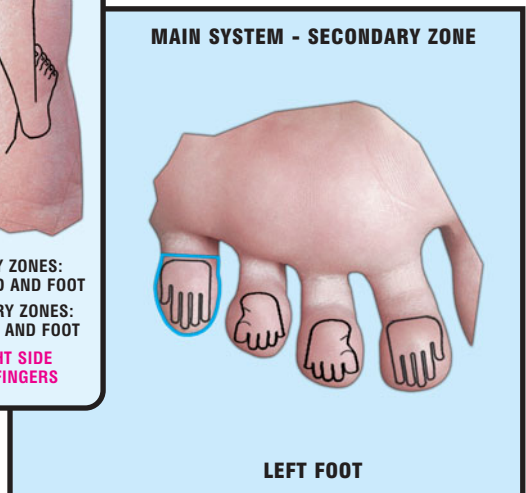
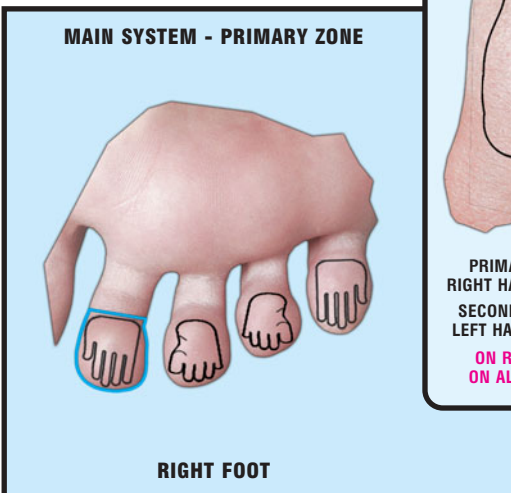
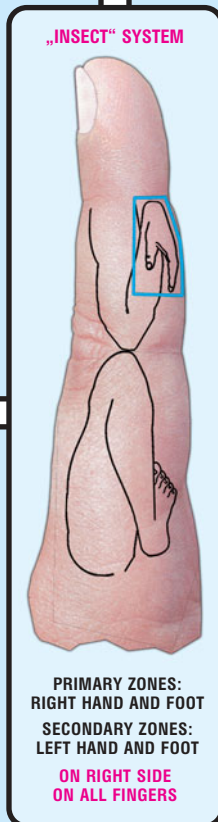
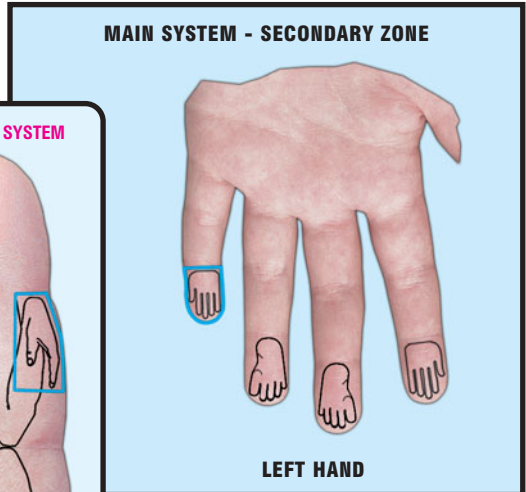
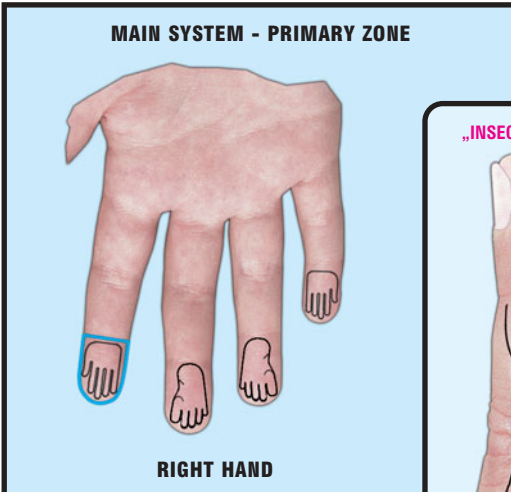
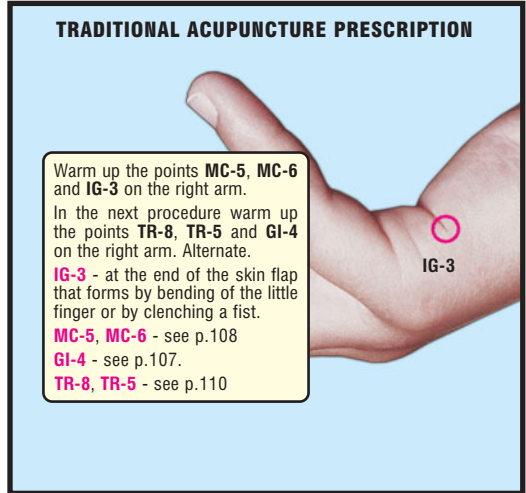
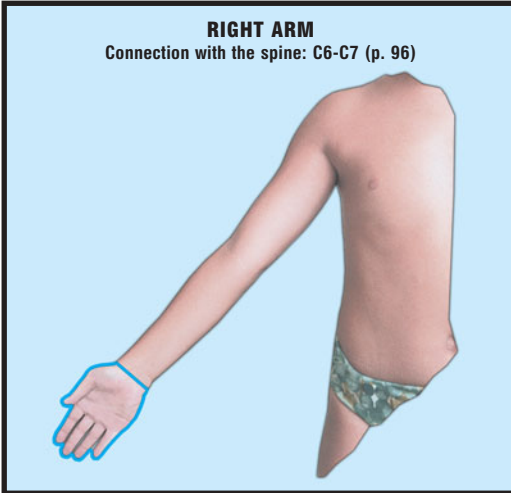
In the **Main system** the limbs are projected on the fingers and toes (without the thumbs).

The upper limbs are projected on the second and fifth finger (toe), and the lower - on the third and fourth finger and toe. The hands and feet are projected on the distal (first) phalanges of the fingers (toes). The fore-arms and shanks - on the middle phalanges of the fingers (toes). The armpits and thighs - on the proximal

(third) phalanges of the fingers (toes). The knuckles correspond exactly to the joints of the hands and feet.

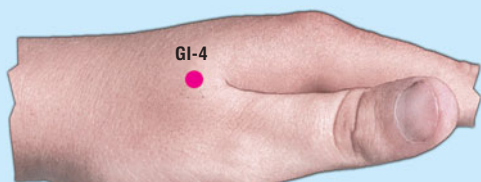
In the **"Insect" system** the limbs are presented in a bent position, on the side parts of the second and third phalanges of all the fingers and toes. The hands are projected on the side parts of the middle phalanges of the fingers (toes).

LIMB DISEASES **RIGHT ARM**



LIMB DISEASES **LEFT ARM**

TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **MC-5**, **MC-6** and **IG-3** on the left arm.

In the next procedure warm up the points **TR-8**, **TR-5** and **GI-4** on the left arm. Alternate.

IG-3 - see p.106

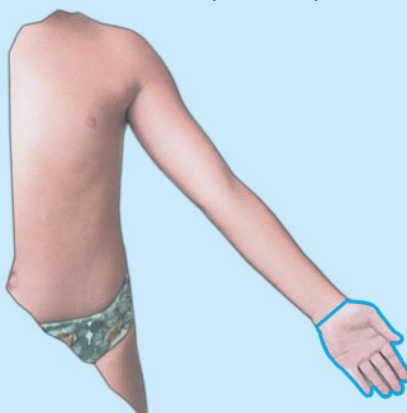
MC-5, **MC-6** - see p.108

GI-4 - on the top of the hill that forms when the thumb is pressed to the forefinger.

TR-8, **TR-5** - see p.110

LEFT ARM

Connection with the spine: C6-C7 (p. 96)

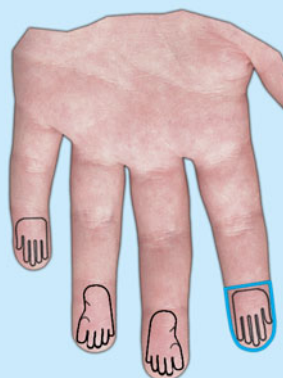


MAIN SYSTEM - SECONDARY ZONE



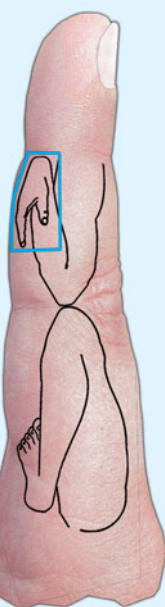
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



LEFT HAND

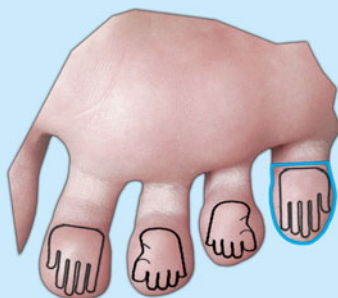
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE

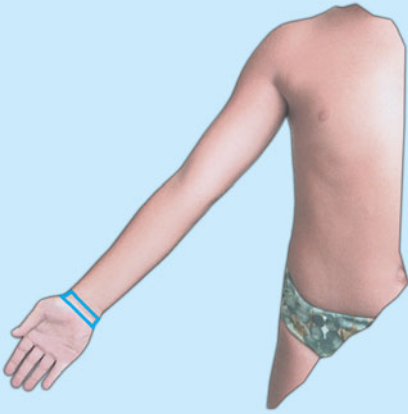


LEFT FOOT

RIGHT WRIST - INNER SIDE

RIGHT WRIST - INNER SIDE

Connection with the spine: C6-C7 (p. 96)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the most painful area that you can find on the inner side of the right wrist.

Warm up the points **MC-5** and **MC-6** on right arm.

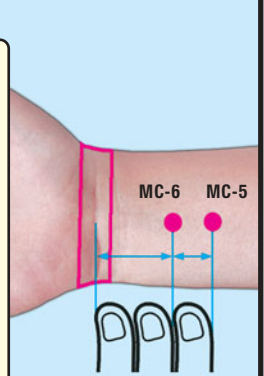
In next procedure instead of **MC-5**, **MC-6** warm up the row of points **C-4,5,6,7** and the point **P-7** on right arm. Alternate.

MC-5 - one thumb above the point MC-6.

MC-6 - in the middle of the inner side of the forearm, two thumbs up from the wrist's flap.

C-4/7 - see p.109

P-7 - see p.117



MAIN SYSTEM - PRIMARY ZONE



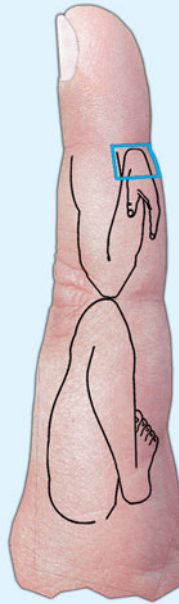
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT

SECONDARY ZONES:
LEFT HAND AND FOOT

ON RIGHT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

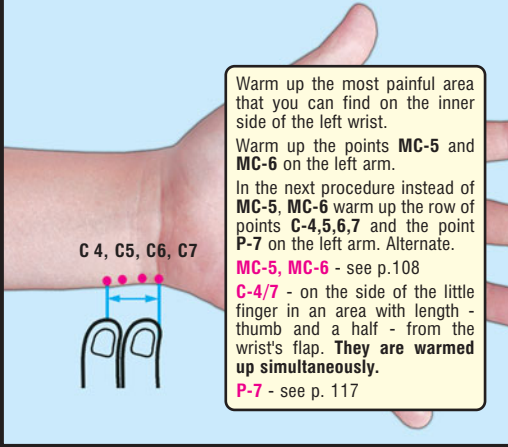
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

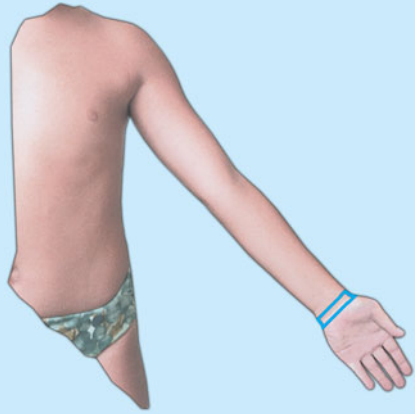
LEFT WRIST - INNER SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION



LEFT WRIST - INNER SIDE

Connection with the spine: C6-C7 (p. 96)



MAIN SYSTEM - SECONDARY ZONE



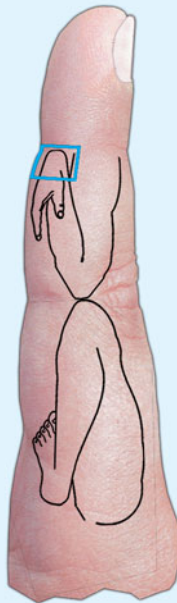
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



LEFT HAND

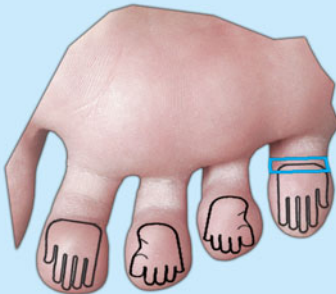
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE

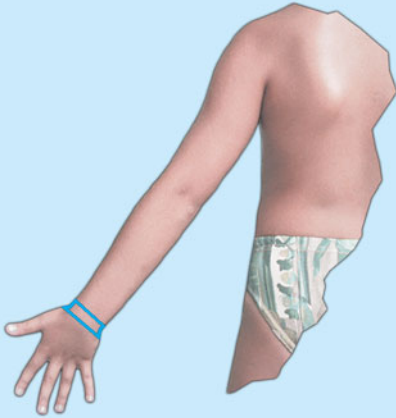


LEFT FOOT

LEFT WRIST - OUTER SIDE

LEFT WRIST - OUTER SIDE

Connection with the spine: C6-C7 (p. 96)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the most painful area that you can find on the outer side of the left wrist.

Warm up the points **TR-8** and **TR-5** on the left arm.

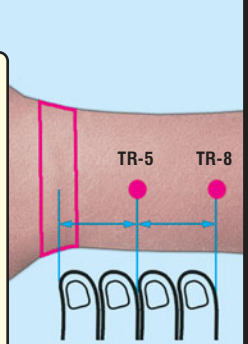
In the next procedure instead of **TR-8**, **TR-5** warm up **GI-4** and **IG-3** on the left arm. Alternate.

TR-8 - two thumbs up from the point **TR-5**.

TR-5 - in the middle of the outer side of the forearm, two thumbs above the wrist.

IG-3 - see p.106

GI-4 - see p.111



MAIN SYSTEM - PRIMARY ZONE



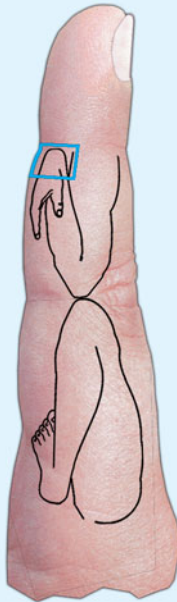
LEFT HAND

MAIN SYSTEM - SECONDARY ZONE



RIGHT HAND

„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

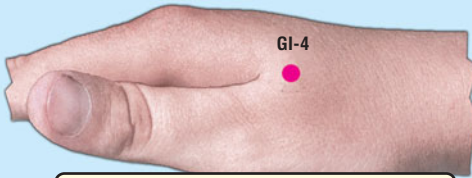
MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

RIGHT WRIST - OUTER SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the most painful area that you can find on the outer side of the right wrist.

Warm up the points **TR-8** and **TR-5** on the right arm. In the next procedure instead of **TR-8**, **TR-5** warm up the points **GI-4** and **IG-3** on right arm. Alternate.

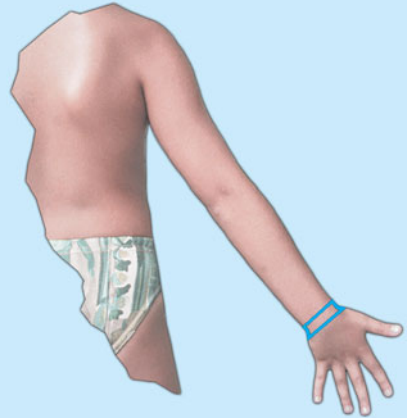
TR-5, TR-8 - see p.110

IG-3 - see p.106

GI-4 - on the top of the hill that forms when the thumb is pressed to the forefinger.

RIGHT WRIST - OUTER SIDE

Connection with the spine: C6-C7 (p. 96)



MAIN SYSTEM - SECONDARY ZONE



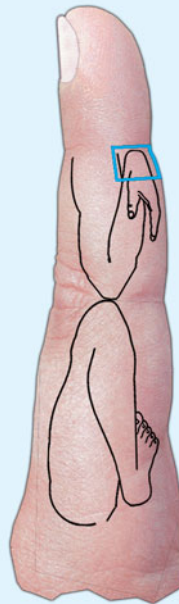
LEFT HAND

MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND

„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

ON RIGHT SIDE
ON ALL FINGERS

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

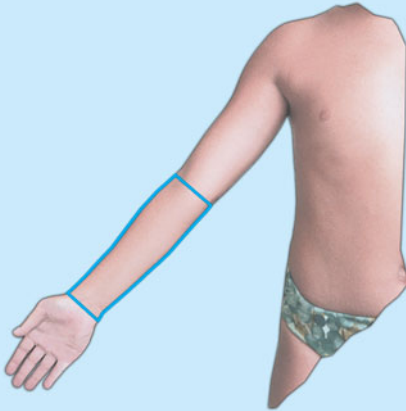
MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

RIGHT FOREARM - INNER SIDE

RIGHT FOREARM - INNER SIDE
Connection with the spine: C6-C7 (p. 96) , T1 (p. 97)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **MC-5** and **MC-6** on the right arm.

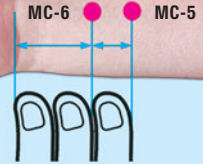
In the next procedure warm up the row of points **C-4,5,6,7** and the point **P-7** on the right arm. Alternate.

MC-5 - one thumb up from the point **MC-6**.

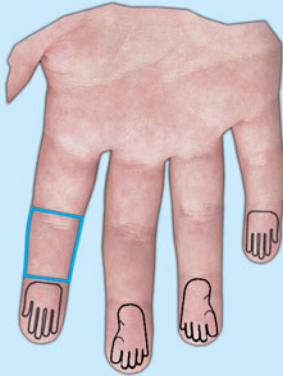
MC-6 - in the middle of the inner side of the forearm, two thumbs above the wrist's flap.

C-4/7 - see p.113

P-7 - see p.117

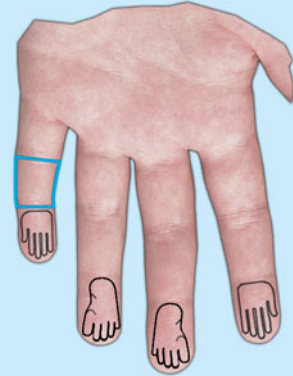


MAIN SYSTEM - PRIMARY ZONE



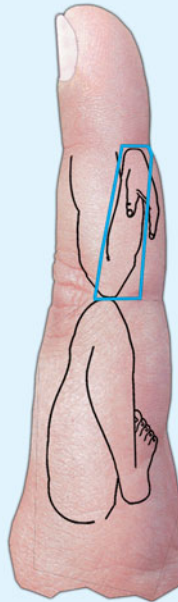
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

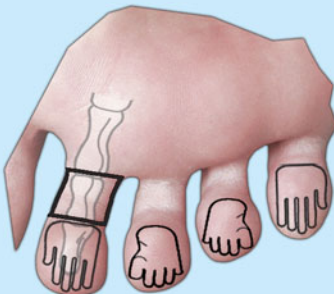
„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

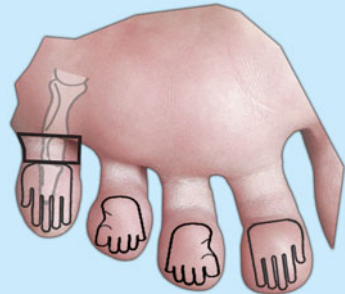
ON RIGHT HAND
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

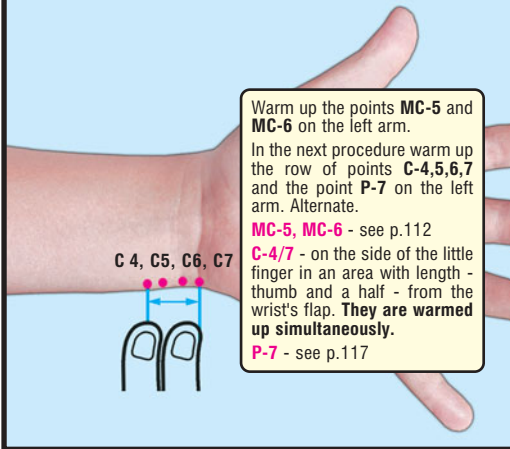
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

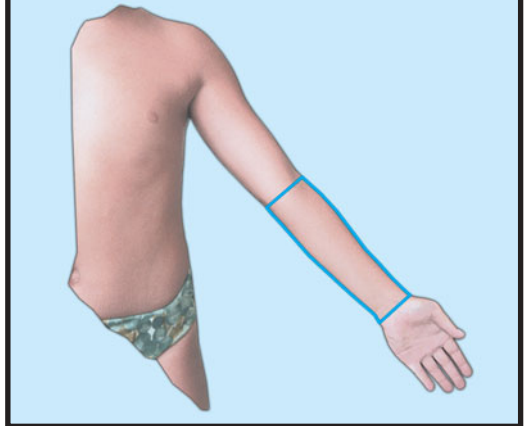
LEFT FOREARM - INNER SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

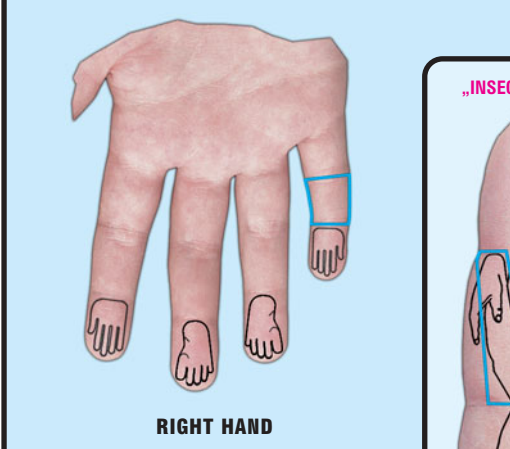


LEFT FOREARM - INNER SIDE

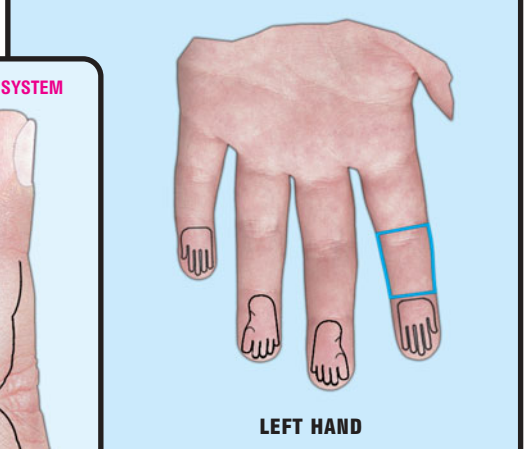
Connection with the spine: C6-C7 (p. 96) , T1 (p. 97)



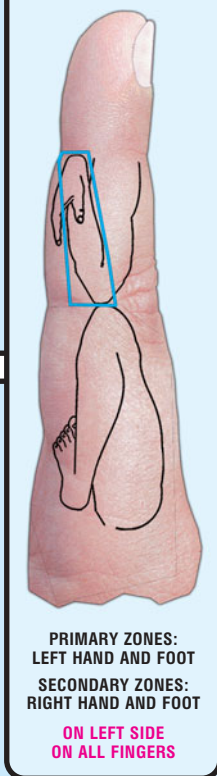
MAIN SYSTEM - SECONDARY ZONE



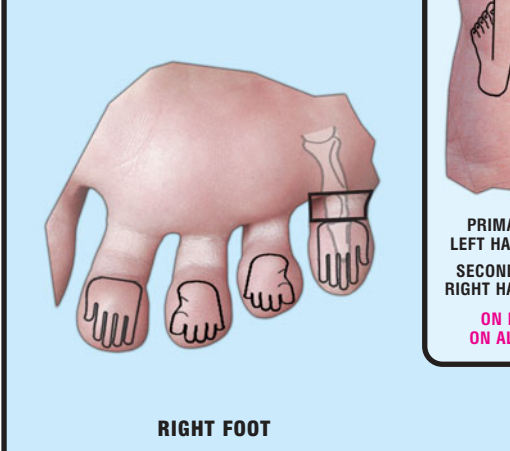
MAIN SYSTEM - PRIMARY ZONE



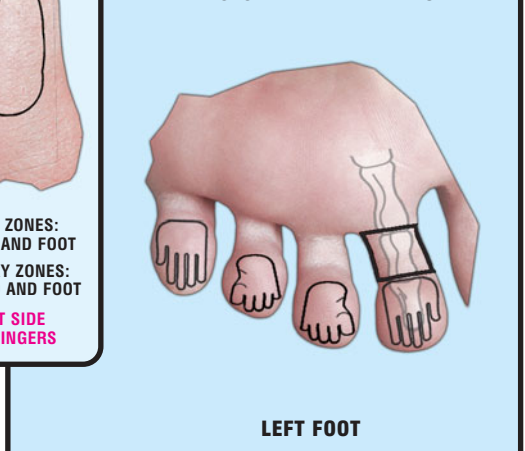
„INSECT“ SYSTEM



MAIN SYSTEM - SECONDARY ZONE



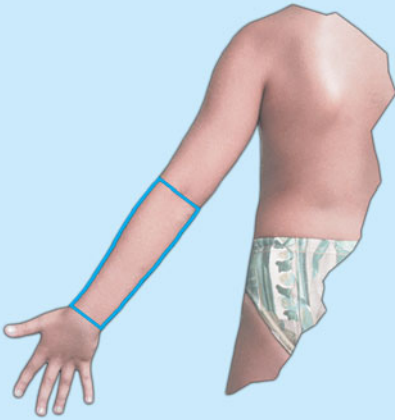
MAIN SYSTEM - PRIMARY ZONE



LEFT FOREARM - OUTER SIDE

LEFT FOREARM - OUTER SIDE

Connection with the spine: C6-C7 (p. 96) , T1 (p. 97)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **TR-8** and **TR-5** on the left arm.

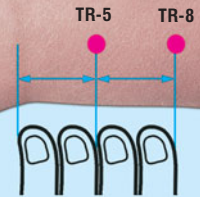
In the next procedure warm up the points **GI-4** and **GI-11** on the left arm. Alternate.

TR-8 - located two thumbs above the point **TR-5**.

TR-5 - in the middle of the outer side of the forearm, two thumbs above the wrist.

GI-4 - see p.111

GI-11 - see p.115

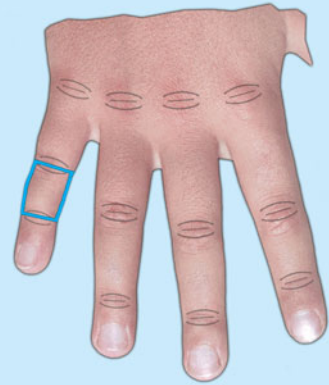


MAIN SYSTEM - PRIMARY ZONE



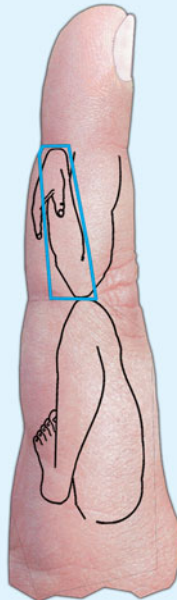
LEFT HAND

MAIN SYSTEM - SECONDARY ZONE



RIGHT HAND

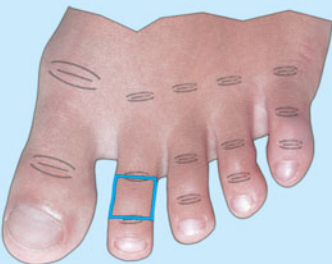
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

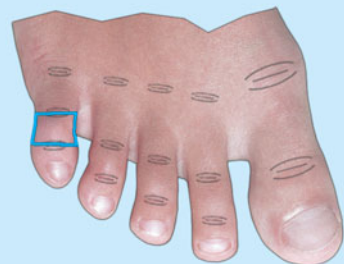
ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

RIGHT FOREARM - OUTER SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **TR-8** and **TR-5** on the right arm.

In the next procedure warm up the points **GI-4** and **GI-11** on the right arm. Alternate.

TR-8 - see p.114

TR-5 - see p.114

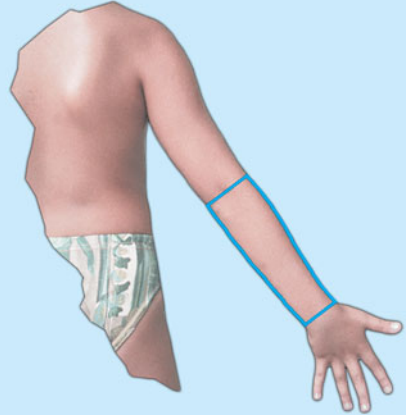
GI-4 - see p.111

GI-11 - on the **outer** side of the elbow, at the end of the skin flap, formed when the arm is bent at most.

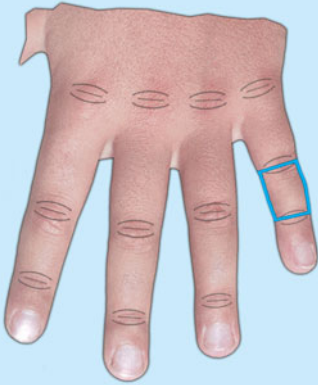
GI-11

RIGHT FOREARM - OUTER SIDE

Connection with the spine: C6-C7 (p. 96) , T1 (p. 97)

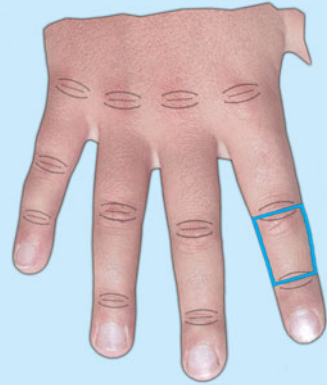


MAIN SYSTEM - SECONDARY ZONE



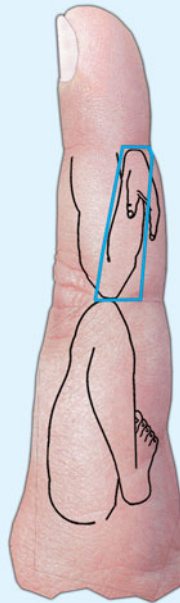
LEFT HAND

MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND

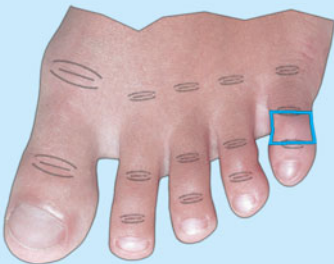
„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

ON RIGHT SIDE
ON ALL FINGERS

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

MAIN SYSTEM - PRIMARY ZONE

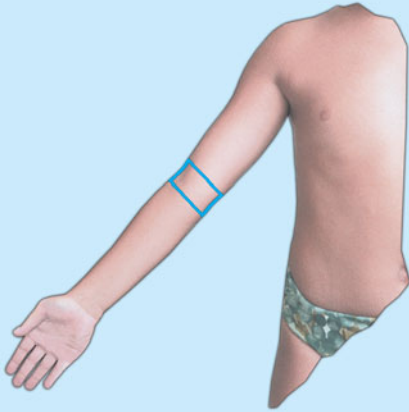


RIGHT FOOT

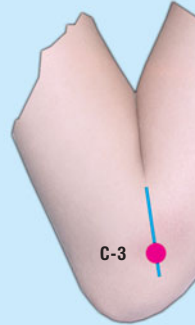
RIGHT ELBOW JOINT - INNER SIDE

RIGHT ELBOW JOINT - INNER SIDE

Connection with the spine: C6-C7 (p. 96) , T1 (p. 97)



TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **C-3**, **MC-5** and **MC-6** on the right arm.

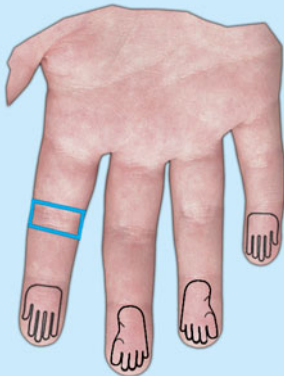
In the next procedure warm up **C-3**, **P-7** and the row of points **C-4,5,6,7** on the right arm. Alternate **C-3** - on the inner side of the elbow, along the line that continues the skin flap, formed when the arm is bent at most. In the hollow area next to the bone.

MC-5, **MC-6** - see p.112

P-7 - see p.117

C-4/7 - see p.113

MAIN SYSTEM - PRIMARY ZONE



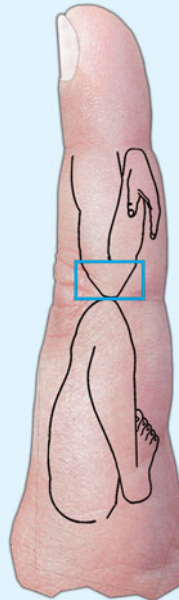
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

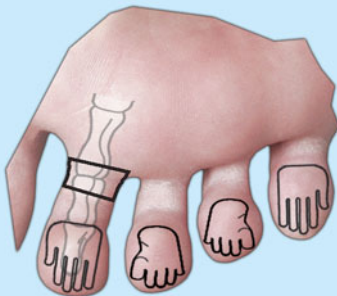
„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

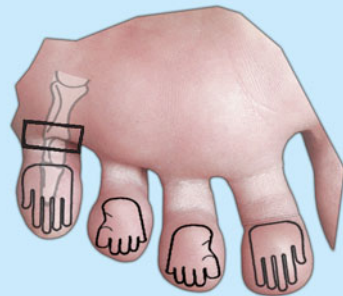
ON RIGHT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

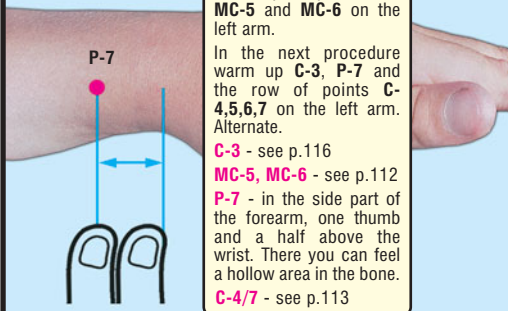
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

LEFT ELBOW JOINT - INNER SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **C-3**, **MC-5** and **MC-6** on the left arm.

In the next procedure warm up **C-3**, **P-7** and the row of points **C-4,5,6,7** on the left arm. Alternate.

C-3 - see p.116

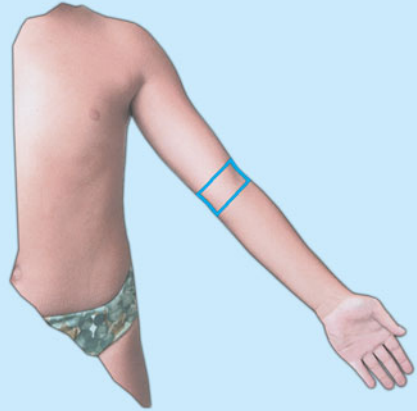
MC-5, MC-6 - see p.112

P-7 - in the side part of the forearm, one thumb and a half above the wrist. There you can feel a hollow area in the bone.

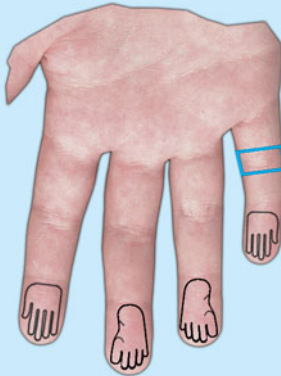
C-4/7 - see p.113

LEFT ELBOW JOINT - INNER SIDE

Connection with the spine: C6-C7 (p. 96) , T1 (p. 97))

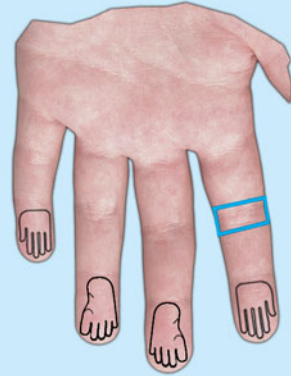


MAIN SYSTEM - SECONDARY ZONE



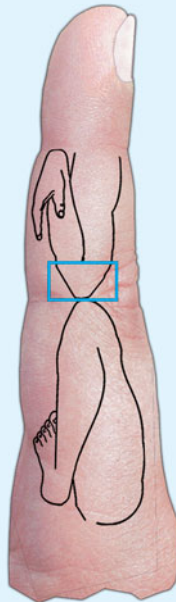
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



LEFT HAND

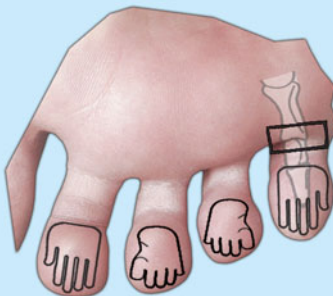
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

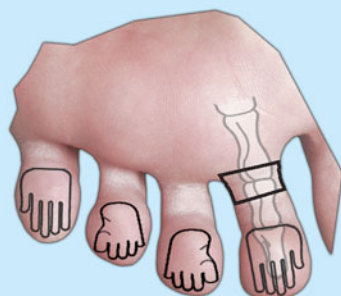
ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE

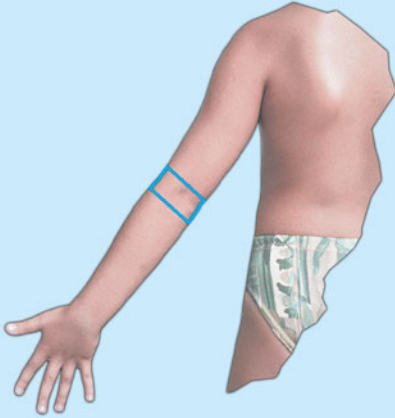


LEFT FOOT

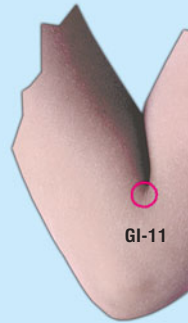
LEFT ELBOW JOINT - OUTER SIDE

LEFT ELBOW JOINT - OUTER SIDE

Connection with the spine: C6-C7 (p. 96) , T1 (p. 97)



TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **GI-11**, **TR-8** and **TR-5** on the left arm.

In the next procedure warm up the points **GI-11**, **GI-4** and **IG-3** on the left arm.

GI-11 - on the **outer** side of the elbow, at the end of the skin flap, formed when the arm is bent at most.

TR-8, TR-5 - see p.110

GI-4 - see p.111

IG-3 - see p.119

MAIN SYSTEM - PRIMARY ZONE



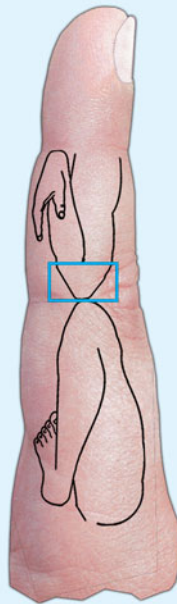
LEFT HAND

MAIN SYSTEM - SECONDARY ZONE



RIGHT HAND

„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

**ON LEFT SIDE
ON ALL FINGERS**

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

RIGHT ELBOW JOINT - OUTER SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **GI-11**, **TR-8** and **TR-5** on the right arm.

In the next procedure warm up the points **GI-11**, **GI-4** and **IG-3** on the right arm.

GI-11 - see p.118

TR-8, TR-5 - see p.110

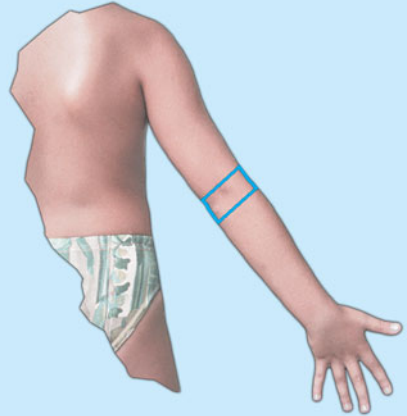
GI-4 - see p.111

IG-3 - at the end of the skin flap formed by bending of the little finger or by clenching a fist.

IG-3

RIGHT ELBOW JOINT - OUTER SIDE

Connection with the spine: C6-C7 (p. 96) , T1 (p. 97)



MAIN SYSTEM - SECONDARY ZONE



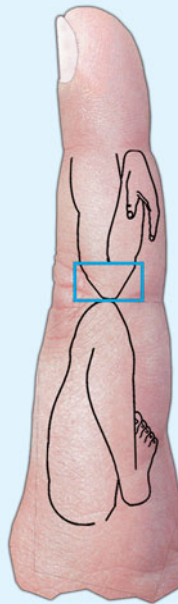
LEFT HAND

MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND

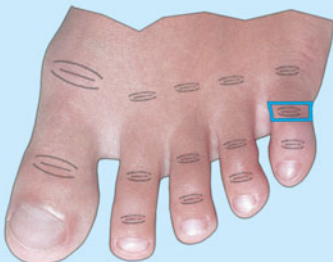
„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

ON RIGHT SIDE
ON ALL FINGERS

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

MAIN SYSTEM - PRIMARY ZONE

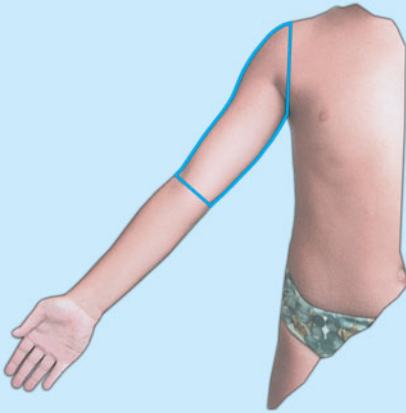


RIGHT FOOT

RIGHT ARMPIT - INNER SIDE

RIGHT ARMPIT - INNER SIDE

Connection with the spine: C5-C7 (p. 96) , T1-T3 (p. 97)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **MC-5** and **MC-6** on the right arm.

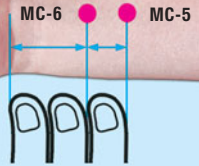
In the next procedure warm up the row of points **C-4,5,6,7** and the point **P-7** on the right arm. Alternate.

MC-5 - located one thumb above the point **MC-6**.

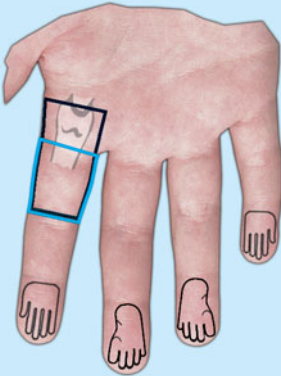
MC-6 - in the middle of the inner side of the forearm, at two thumbs from the wrist's flap.

C-4/7 - see p.121

P-7 - see p.117

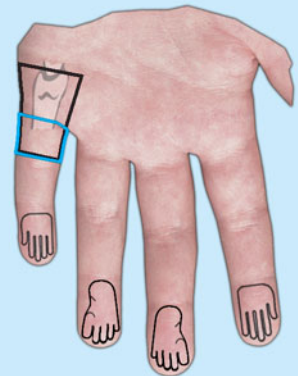


MAIN SYSTEM - PRIMARY ZONE



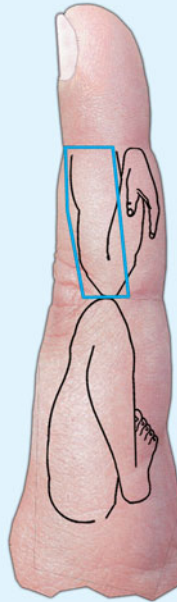
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

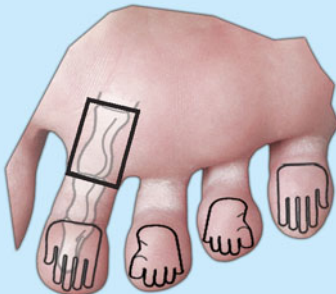
„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

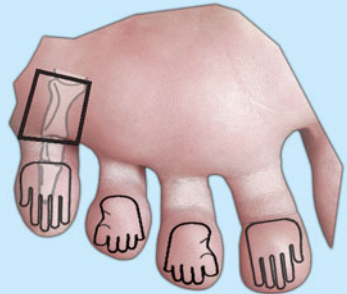
ON RIGHT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

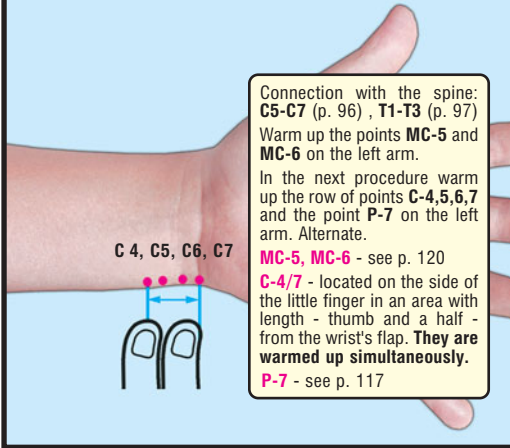
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

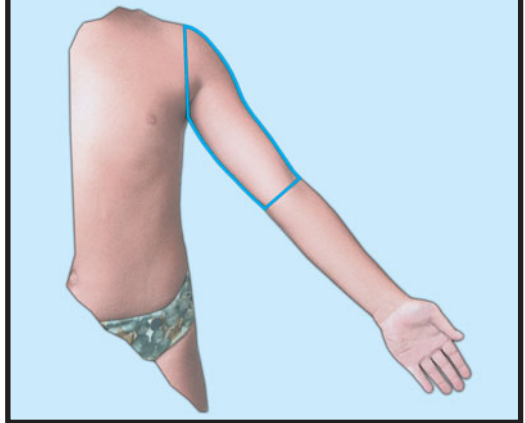
LEFT ARMPIT - INNER SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

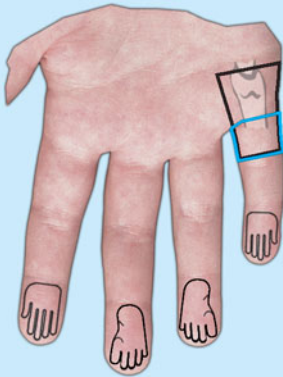


LEFT ARMPIT - INNER SIDE

Connection with the spine: **C5-C7** (p. 96) , **T1-T3** (p. 97)

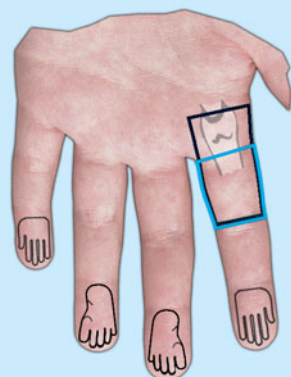


MAIN SYSTEM - SECONDARY ZONE



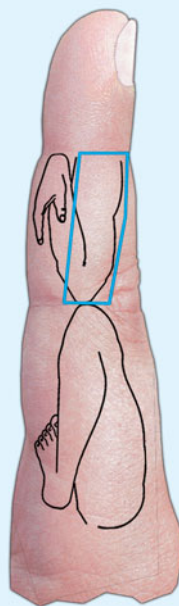
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



LEFT HAND

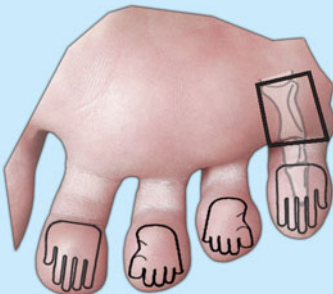
„INSECT“ SYSTEM



PRIMARY ZONES:
 LEFT HAND AND FOOT
 SECONDARY ZONES:
 RIGHT HAND AND FOOT

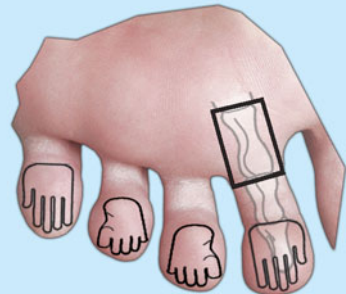
ON LEFT SIDE
 ON ALL FINGERS

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE

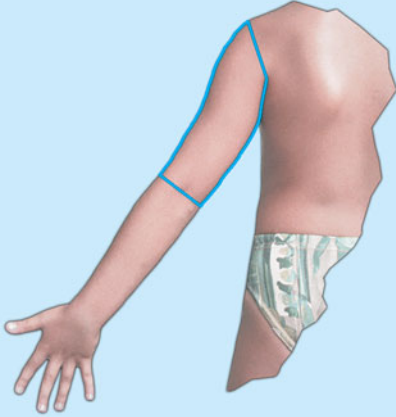


LEFT FOOT

LEFT ARMPIT - OUTER SIDE

LEFT ARMPIT - OUTER SIDE

Connection with the spine: C5-C7 (p. 96) , T1-T3 (p. 97)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **TR-8** and **TR-5** on the left arm.

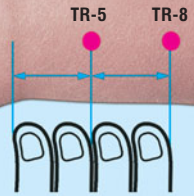
In the next procedure warm up the points **GI-11** and **GI-15** on the left arm. Alternate.

TR-8 - located two thumbs above the point **TR-5**.

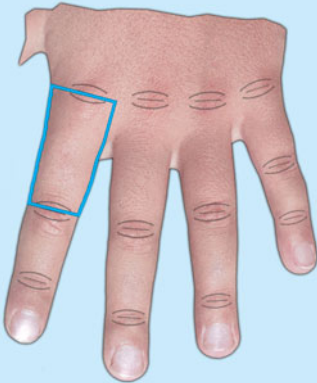
TR-5 - in the middle of the outer side of the forearm, two thumbs above the wrist.

GI-11 - see p.118

GI-15 - see p.123

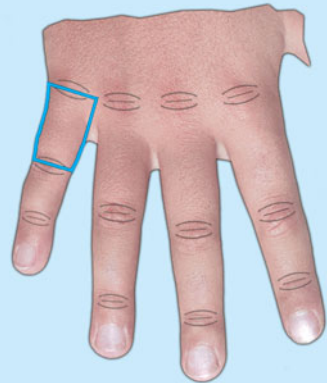


MAIN SYSTEM - PRIMARY ZONE



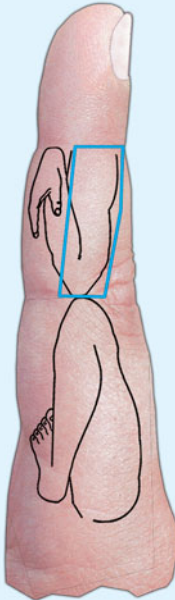
LEFT HAND

MAIN SYSTEM - SECONDARY ZONE



RIGHT HAND

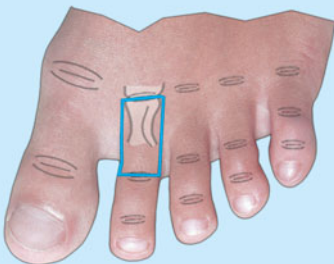
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

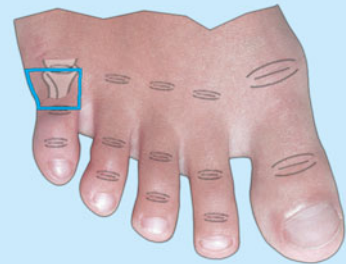
ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

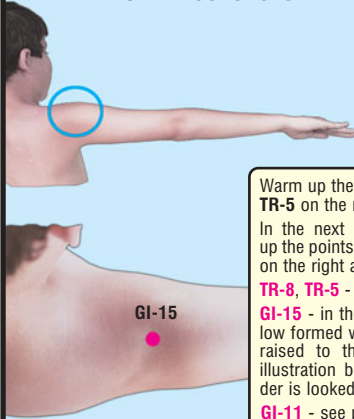
MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

RIGHT ARMPIT - OUTER SIDE

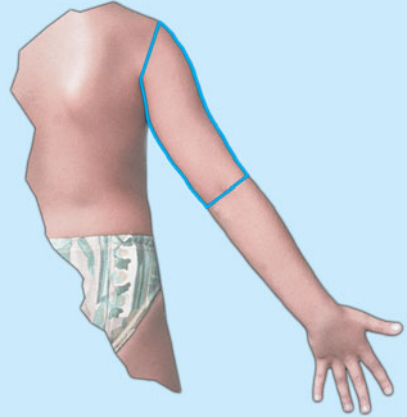
TRADITIONAL ACUPUNCTURE PRESCRIPTION



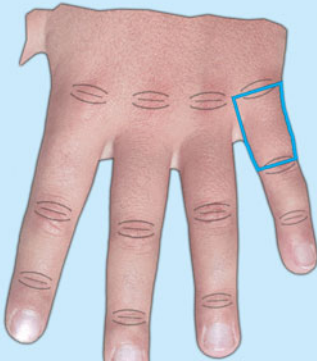
Warm up the points **TR-8** and **TR-5** on the right arm.
In the next procedure warm up the points **GI-11** and **GI-15** on the right arm. Alternate.
TR-8, TR-5 - see p.122
GI-15 - in the shoulder's hollow formed when your arm is raised to the side (on the illustration below, the shoulder is looked from above)
GI-11 - see p.118

RIGHT ARMPIT - OUTER SIDE

Connection with the spine: C5-C7 (p. 96) , T1-T2 (p. 97)

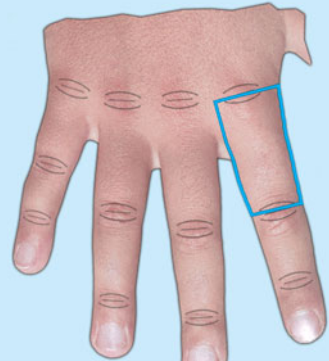


MAIN SYSTEM - SECONDARY ZONE



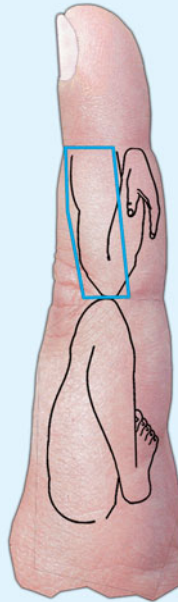
LEFT HAND

MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND

„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

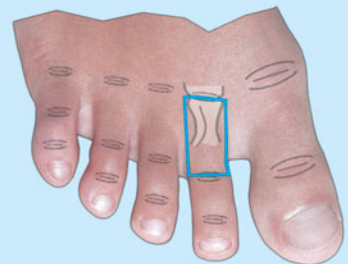
ON RIGHT SIDE
ON ALL FINGERS

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

MAIN SYSTEM - PRIMARY ZONE

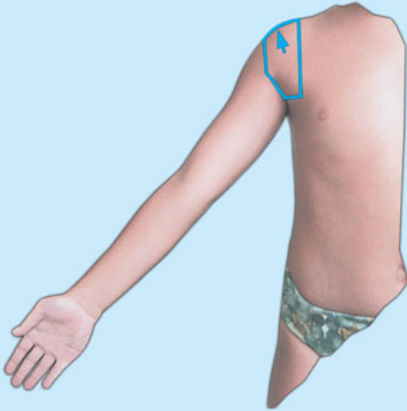


RIGHT FOOT

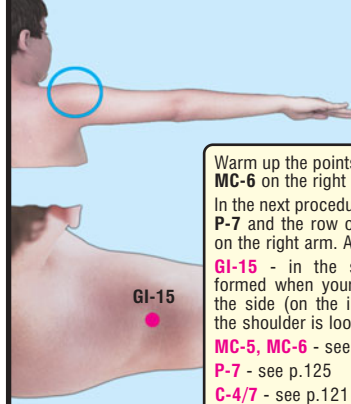
RIGHT SHOULDER JOINT - FRONT SIDE

RIGHT SHOULDER JOINT - FRONT SIDE

Connection with the spine: C4-C5 (p. 96), T1-T3 (p. 97)



TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **GI-15**, **MC-5** and **MC-6** on the right arm.

In the next procedure warm up **GI-15**, **P-7** and the row of points **C-4,5,6,7** on the right arm. Alternate.

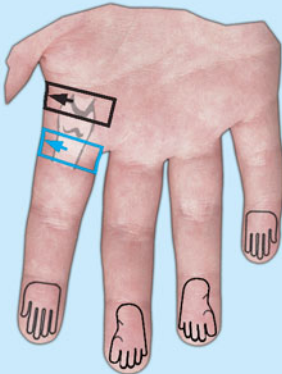
GI-15 - in the shoulder's hollow formed when your arm is raised to the side (on the illustration below - the shoulder is looked from above).

MC-5, MC-6 - see p.120

P-7 - see p.125

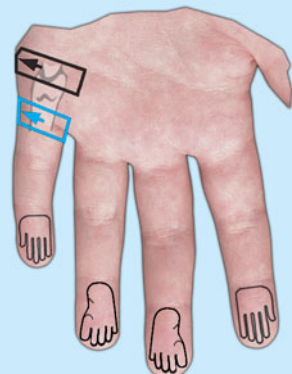
C-4/7 - see p.121

MAIN SYSTEM - PRIMARY ZONE



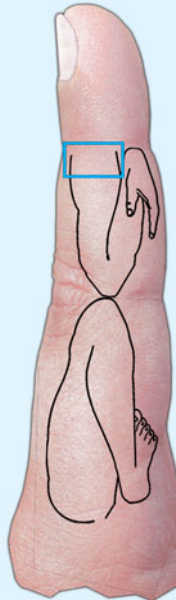
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

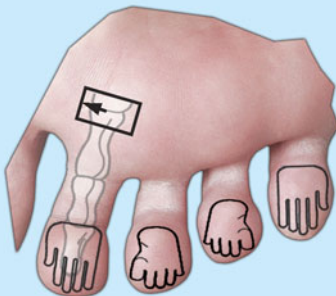
„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

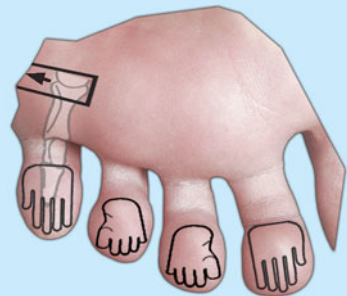
ON RIGHT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

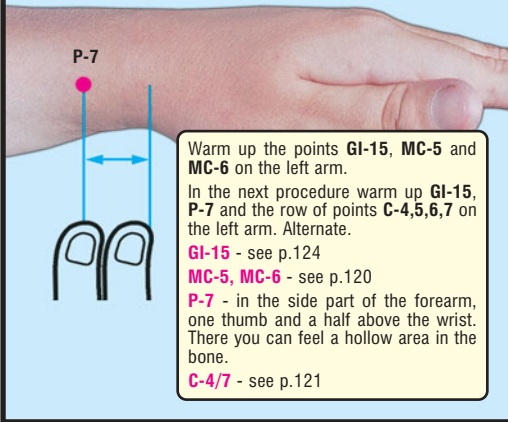
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

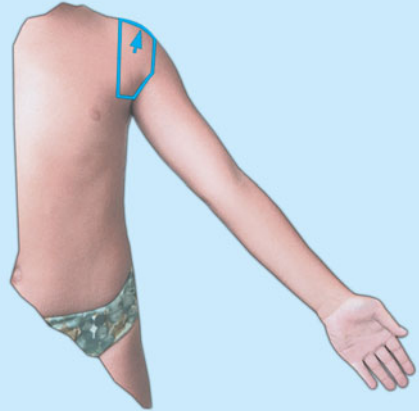
LEFT SHOULDER JOINT - FRONT SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

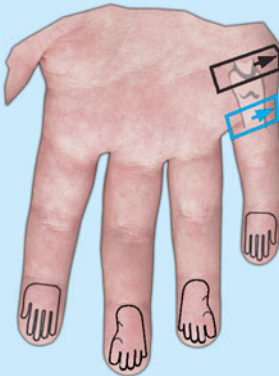


LEFT SHOULDER JOINT - FRONT SIDE

Connection with the spine: C4-C5 (p. 96), T1-T3 (p. 97)

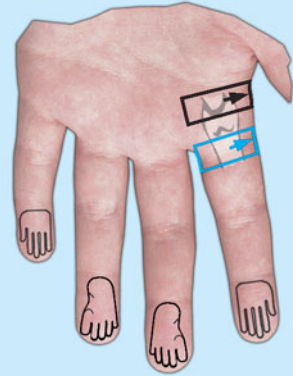


MAIN SYSTEM - SECONDARY ZONE



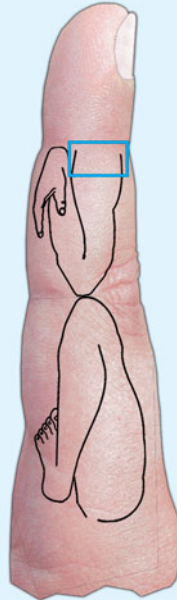
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE

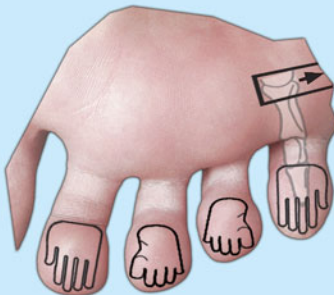


LEFT HAND

„INSECT“ SYSTEM

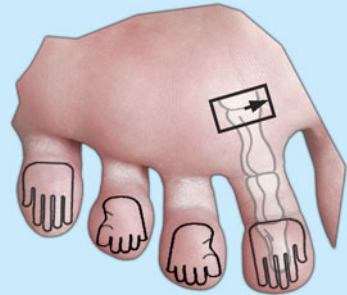


MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

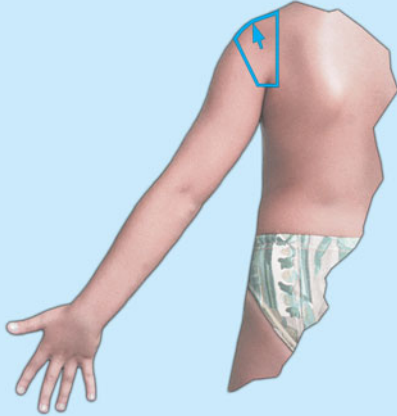
PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

ON LEFT SIDE
ON ALL FINGERS

LEFT SHOULDER JOINT - BACK SIDE

LEFT SHOULDER JOINT - BACK SIDE

Connection with the spine: C4-C5 (p. 96), T1-T2 (p. 97)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **GI-15**, **TR-8** and **TR-5** on the left arm.

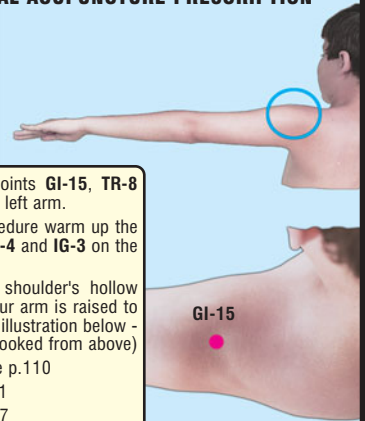
In the next procedure warm up the points **GI-15**, **GI-4** and **IG-3** on the left arm.

GI-15 - in the shoulder's hollow formed when your arm is raised to the side (on the illustration below - the shoulder is looked from above)

TR-8, TR-5 - see p.110

GI-4 - see p.111

IG-3 - see p.127



MAIN SYSTEM - PRIMARY ZONE



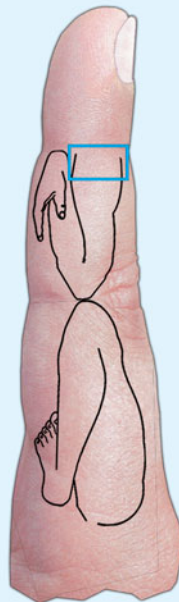
LEFT HAND

MAIN SYSTEM - SECONDARY ZONE



RIGHT HAND

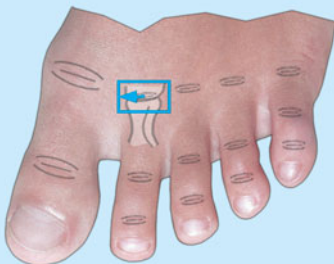
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

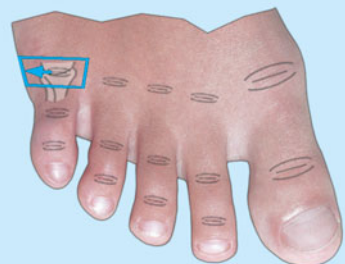
ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

RIGHT SHOULDER JOINT - BACK SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **GI-15**, **TR-8** and **TR-5** on the right arm.

In the next procedure warm up the points **GI-15**, **GI-4** and **IG-3** on the right arm.

GI-15 - see p.126

TR-8, TR-5 - see p.110

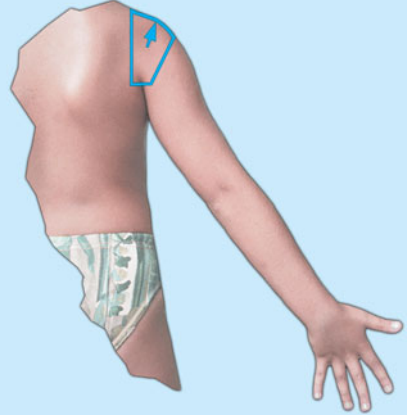
GI-4 - see p.111

IG-3 - at the end of the skin flap that forms by bending of the little finger or by clenching a fist.

IG-3

RIGHT SHOULDER JOINT - BACK SIDE

Connection with the spine: C4-C5 (p. 96), T1-T2 (p. 97)

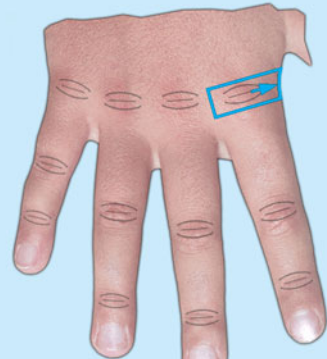


MAIN SYSTEM - SECONDARY ZONE



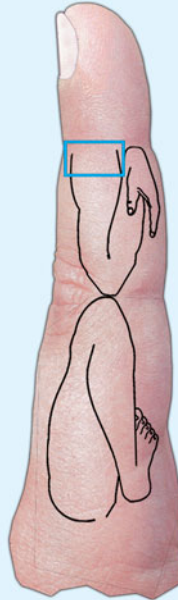
LEFT HAND

MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND

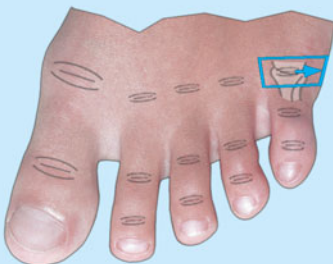
„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

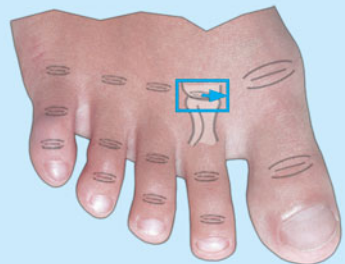
ON RIGHT SIDE
ON ALL FINGERS

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

LEFT HIP JOINT - BACK SIDE

LEFT HIP JOINT - BACK SIDE

Connection with the spine: L4-L5 (p. 99), S1-S4 (p. 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **VB-31**, **VB-34** and **VB-39** on the left leg.

In the next procedure warm up the points **E-36**, **RP-6** and **V-60** on the left leg. Alternate.

VB-31 - on the thigh, below the middle finger when your arm is close to your body.

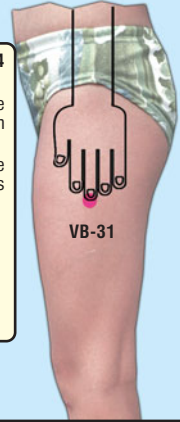
VB-34 - see p.138

VB-39 - see p.129

E-36 - see p.130

RP-6 - see p.131

V-60 - see p.147



MAIN SYSTEM - PRIMARY ZONE



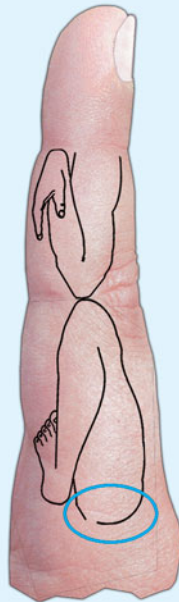
LEFT HAND

MAIN SYSTEM - SECONDARY ZONE



RIGHT HAND

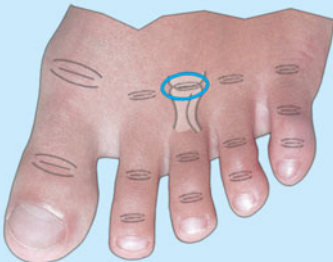
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

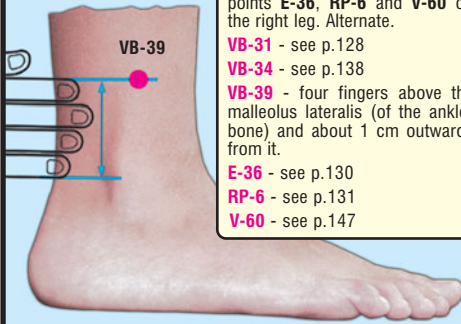
MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

RIGHT HIP JOINT - BACK SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **VB-31**, **VB-34** and **VB-39** on the right leg.

In the next procedure warm up the points **E-36**, **RP-6** and **V-60** on the right leg. Alternate.

VB-31 - see p.128

VB-34 - see p.138

VB-39 - four fingers above the malleolus lateralis (of the ankle-bone) and about 1 cm outwards from it.

E-36 - see p.130

RP-6 - see p.131

V-60 - see p.147

RIGHT HIP JOINT

Connection with the spine: L4-L5 (p. 99), S1-S4 (p. 99)

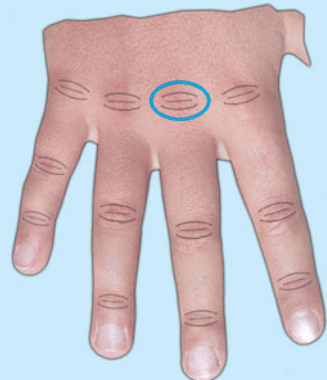


MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



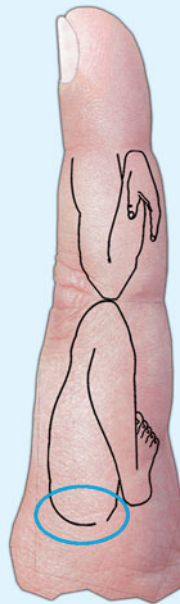
LEFT FOOT

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

ON RIGHT SIDE
ON ALL FINGERS

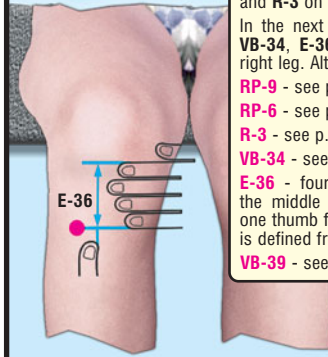
RIGHT HIP JOINT - FRONT SIDE

RIGHT HIP JOINT - FRONT SIDE

Connection with the spine: L1-L2 (p. 99), S1 (p. 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **RP-9**, **RP-6** and **R-3** on the right leg.

In the next procedure warm up **VB-34**, **E-36** and **VB-39** on the right leg. Alternate.

RP-9 - see p.137

RP-6 - see p.131

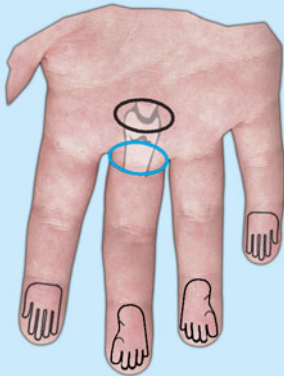
R-3 - see p.145

VB-34 - see p.138

E-36 - four fingers down from the middle of the kneecap and one thumb from this outwards. It is defined from sitting position.

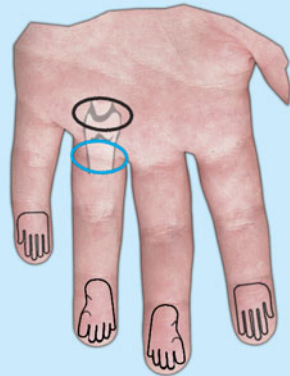
VB-39 - see p.135

MAIN SYSTEM - PRIMARY ZONE



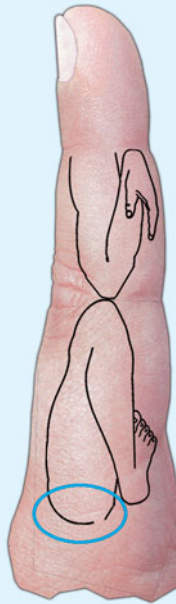
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

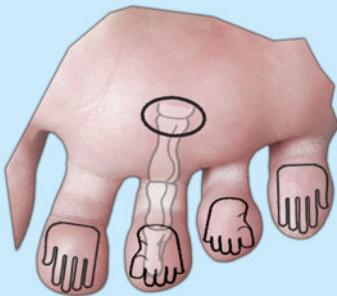
„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

ON RIGHT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

LEFT HIP JOINT - FRONT SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **RP-9**, **RP-6** and **R-3** on the left leg.

In the next procedure warm up **VB-34**, **E-36** and **VB-39** on the left leg. Alternate.

RP-9 - see p.137

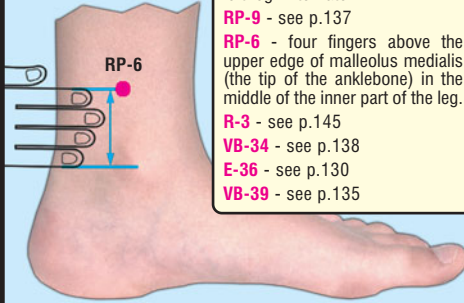
RP-6 - four fingers above the upper edge of malleolus medialis (the tip of the anklebone) in the middle of the inner part of the leg.

R-3 - see p.145

VB-34 - see p.138

E-36 - see p.130

VB-39 - see p.135

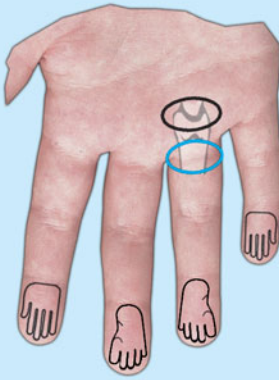


LEFT HIP JOINT - FRONT SIDE

Connection with the spine: L1-L2 (p. 99), S1 (p. 99)

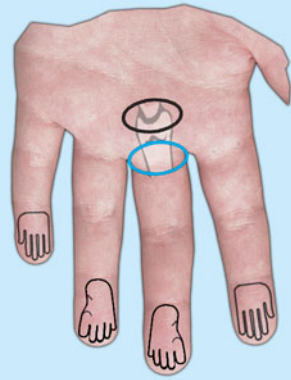


MAIN SYSTEM - SECONDARY ZONE



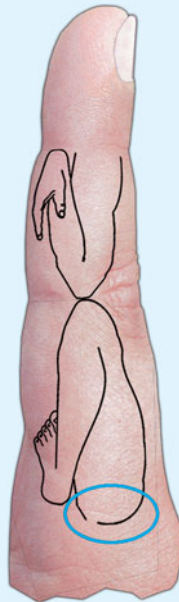
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



LEFT HAND

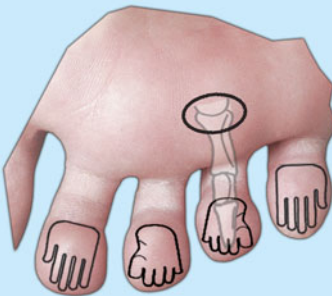
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

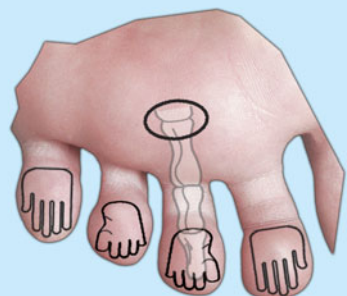
ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE

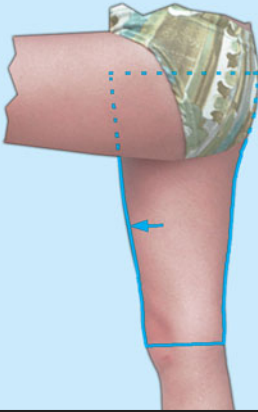


LEFT FOOT

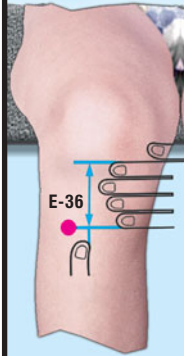
RIGHT THIGH - INNER SIDE

RIGHT THIGH - INNER SIDE

Connection with the spine: L2-L4 (p. 99), S2-S3 (p. 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **RP-9** and **RP-6** on the right leg.

In the next procedure warm up **E-36** and **R-3** on the right leg. Alternate.

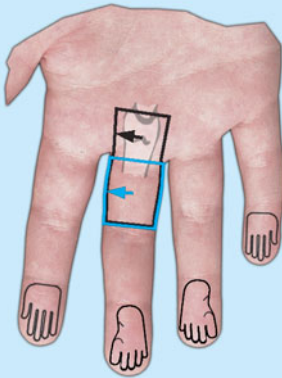
RP-9 - see p.137

RP-6 - see p.133

E-36 - four fingers down from the middle of the kneecap and one thumb from this outwards. It is defined from sitting position.

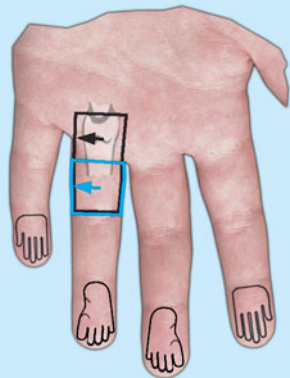
R-3 - see p.145

MAIN SYSTEM - PRIMARY ZONE



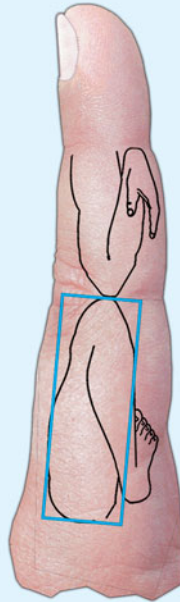
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

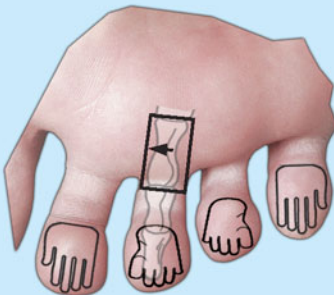
„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

ON RIGHT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

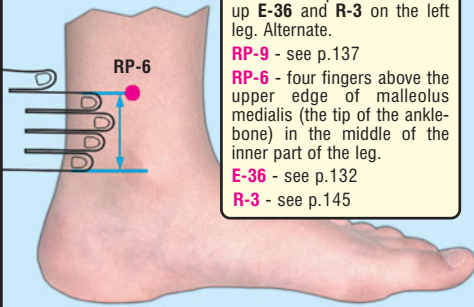
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

LEFT THIGH - INNER SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **RP-9** and **RP-6** on the left leg.

In the next procedure warm up **E-36** and **R-3** on the left leg. Alternate.

RP-9 - see p.137

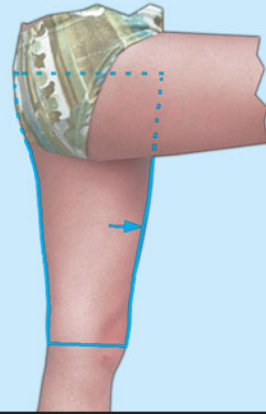
RP-6 - four fingers above the upper edge of malleolus medialis (the tip of the ankle-bone) in the middle of the inner part of the leg.

E-36 - see p.132

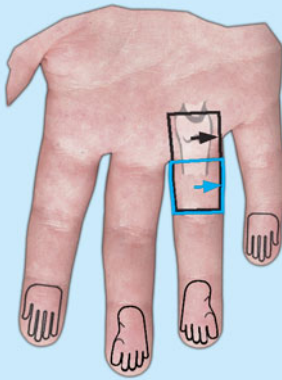
R-3 - see p.145

LEFT THIGH - INNER SIDE

Connection with the spine: L2-L4 (p. 99), S2-S3 (p. 99)

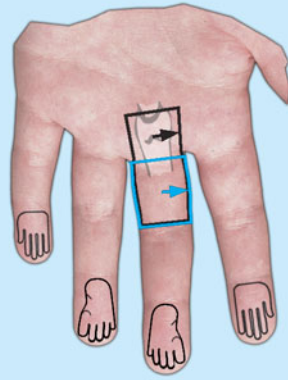


MAIN SYSTEM - SECONDARY ZONE



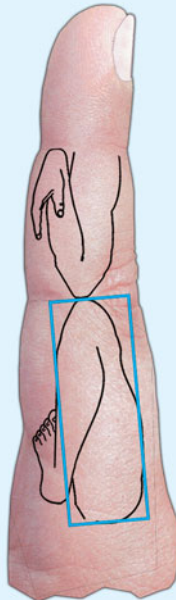
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



LEFT HAND

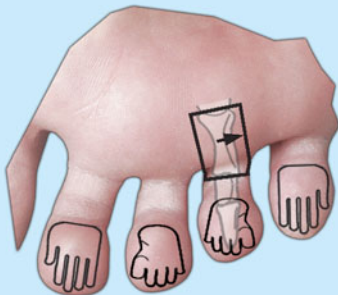
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

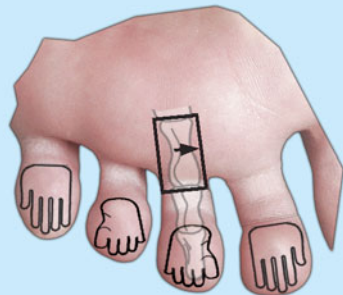
ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

LEFT THIGH - OUTER SIDE

LEFT THIGH - OUTER SIDE

Connection with the spine: L2-L5 (p. 99), S1 (p. 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **VB-31**, **VB-34** and **VB-39** on the left leg.

In the next procedure warm up **E-36**, **RP-6** and **V-60** on the left leg. Alternate.

VB-31 - on the thigh, below the middle finger when your arm is close to your body.

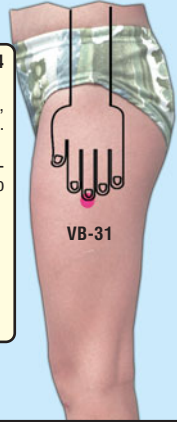
VB-34 - see p.138

VB-39 - see p.135

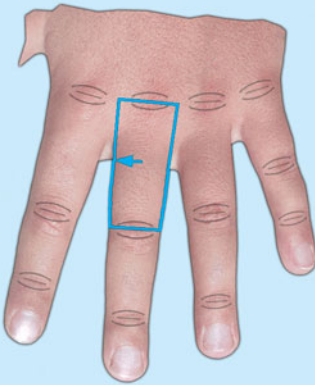
E-36 - see p.132

RP-6 - see p.133

V-60 - see p.147

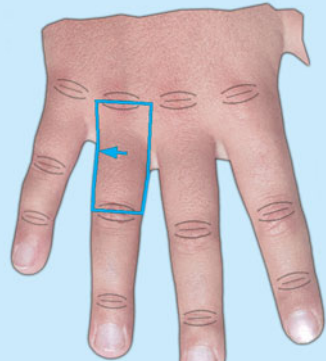


MAIN SYSTEM - PRIMARY ZONE



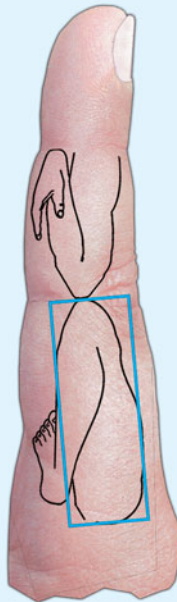
LEFT HAND

MAIN SYSTEM - SECONDARY ZONE



RIGHT HAND

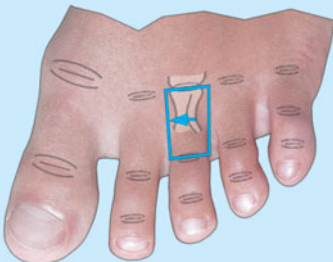
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

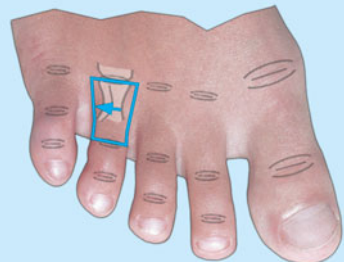
ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

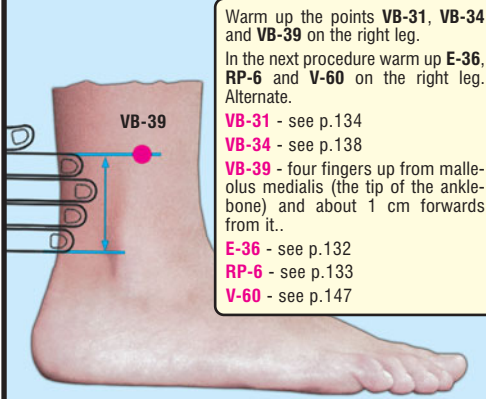
MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

RIGHT THIGH - OUTER SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **VB-31**, **VB-34** and **VB-39** on the right leg.

In the next procedure warm up **E-36**, **RP-6** and **V-60** on the right leg. Alternate.

VB-31 - see p.134

VB-34 - see p.138

VB-39 - four fingers up from malleolus medialis (the tip of the ankle-bone) and about 1 cm forwards from it..

E-36 - see p.132

RP-6 - see p.133

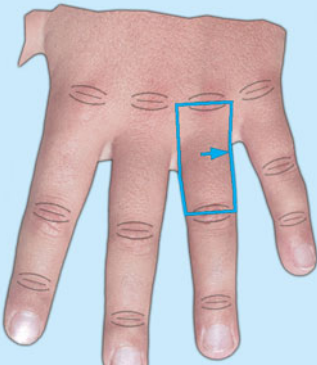
V-60 - see p.147

RIGHT THIGH - OUTER SIDE

Connection with the spine: L2-L5 (p. 99), S1 (p. 99)

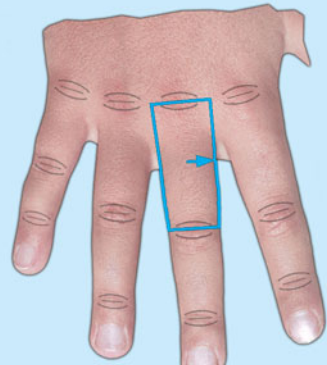


MAIN SYSTEM - SECONDARY ZONE



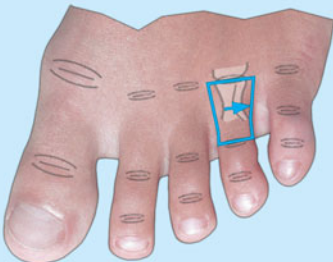
LEFT HAND

MAIN SYSTEM - PRIMARY ZONE



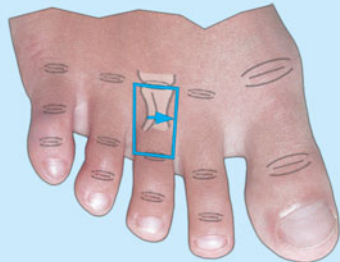
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



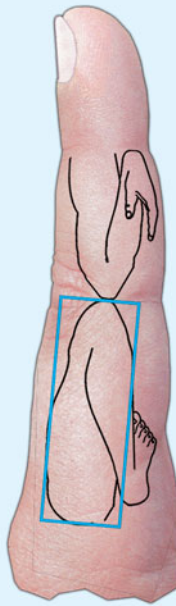
LEFT FOOT

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

ON RIGHT SIDE
ON ALL FINGERS

RIGHT KNEE - INNER SIDE

RIGHT KNEE - INNER SIDE

Connection with the spine: L3-L4 (p. 99), S1-S2 (p. 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION



PC-145

Warm up the points **PC-145** and **E-36** on the right leg.

In the next procedure warm up **RP-9** and **RP-6** on the right leg.

Alternate the procedures.

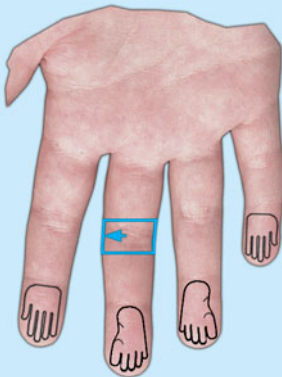
PC-145 - at the level of the bottom end of the kneecap, in the hollow area that can be felt on its inner side. It is defined from a sitting position.

E-36 - see p.132

RP-9 - see p.137

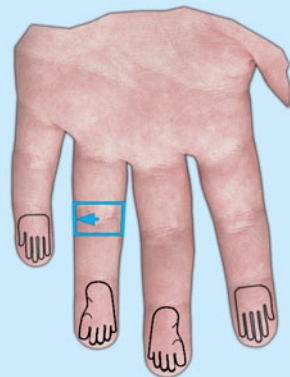
RP-6 - see p.133

MAIN SYSTEM - PRIMARY ZONE



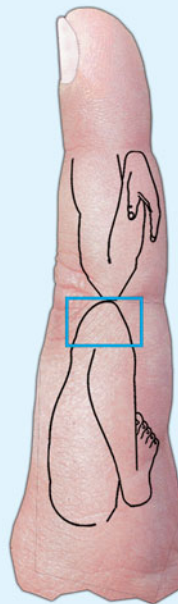
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

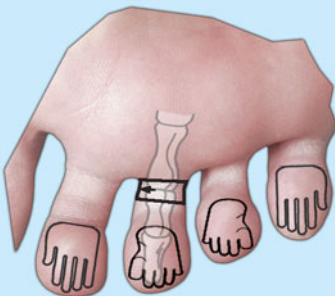
„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

ON RIGHT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

LEFT KNEE - INNER SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **PC-145** and **E-36** on the left leg.

In the next procedure warm up the points **RP-9** and **RP-6** on the left leg.

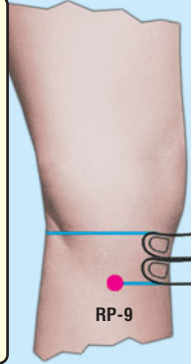
Alternate the procedures.

PC-145 - see p.136

E-36 - see p.132

RP-9 - in the horizontal middle of the inner side of the leg, two thumbs down the level of the bottom edge of the kneecap, in the hollow area under the head of the tibia (shin bone). When the defining of the point the leg is stretched.

RP-6 - see p.133

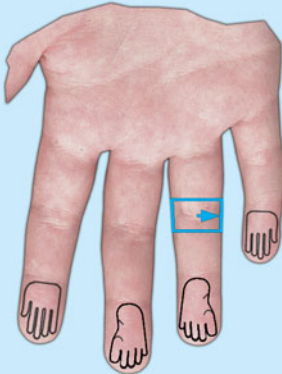


LEFT KNEE - INNER SIDE

Connection with the spine: L3-L4 (p. 99), S1-S2 (p. 99)

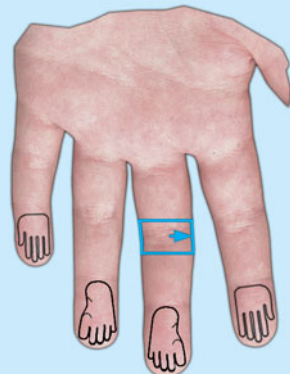


MAIN SYSTEM - SECONDARY ZONE



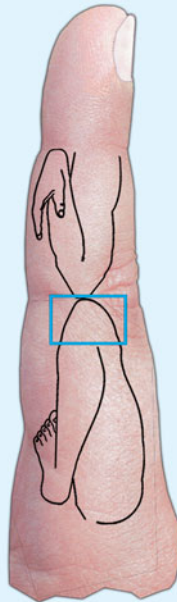
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



LEFT HAND

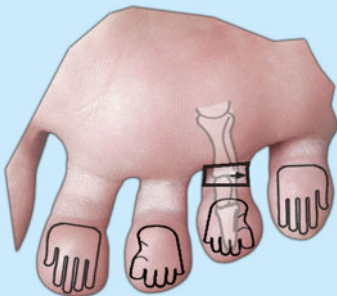
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

LEFT KNEE - OUTER SIDE

LEFT KNEE - OUTER SIDE

Connection with the spine: L4-L5 (p. 99), S1-S2 (p. 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **VB-34** and **VB-39** on the left leg.

In the next procedure warm up the points **E-35** and **E-36** on the left leg.

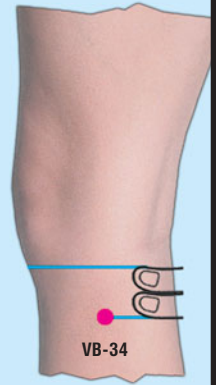
Alternate the procedures.

VB-34 - in the horizontal middle of the outer side of the leg, two thumbs under the level of the bottom edge of the kneecap, in the hollow area under the head of the fibula. When the defining of the point the leg is stretched.

VB-39 - see p.143

E-35 - see p.139

E-36 - see p.132



MAIN SYSTEM - PRIMARY ZONE



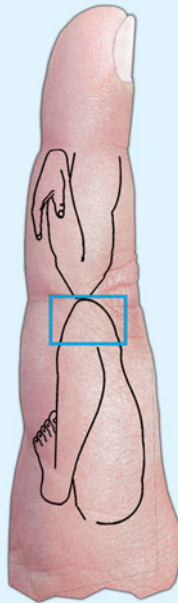
LEFT HAND

MAIN SYSTEM - SECONDARY ZONE



RIGHT HAND

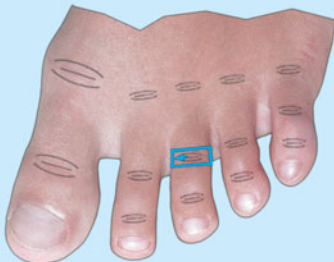
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

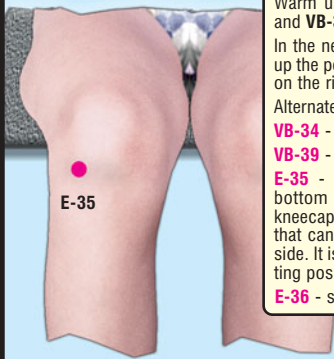
MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

RIGHT KNEE - OUTER SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **VB-34** and **VB-39** on the right leg.
In the next procedure warm up the points **E-35** and **E-36** on the right leg.
Alternate the procedures.
VB-34 - see p.138
VB-39 - see p.143
E-35 - at the level of the bottom edge of the kneecap, in the hollow area that can be felt on its outer side. It is defined from a sitting position.
E-36 - see p.132

RIGHT KNEE - OUTER SIDE

Connection with the spine: L4 (p. 99), S1-S2 (p. 99)



MAIN SYSTEM - SECONDARY ZONE



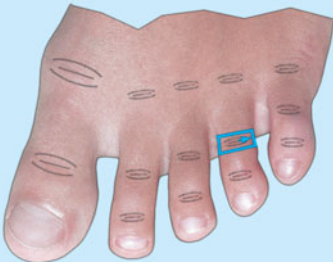
LEFT HAND

MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



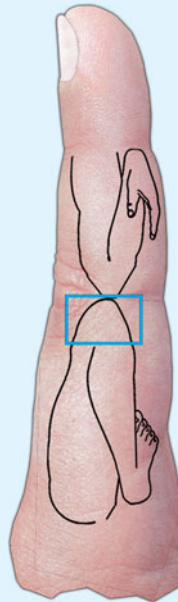
LEFT FOOT

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

„INSECT“ SYSTEM



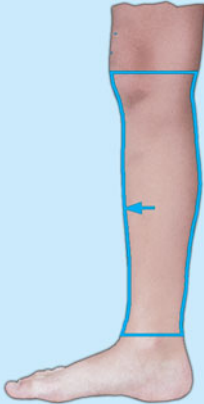
PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

ON RIGHT SIDE
ON ALL FINGERS

RIGHT SHANK - INNER SIDE

RIGHT SHANK - INNER SIDE

Connection with the spine: L4 (p. 99), S1-S2 (p. 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **RP-9** and **RP-6** on the right leg.

In the next procedure warm up the points **E-36** and **R-3** on the right leg.

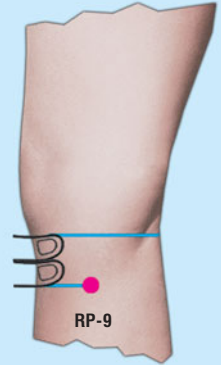
Alternate the procedures.

RP-9 - in the horizontal middle of the **inner** side of the leg, two thumbs under the level of the bottom edge of the kneecap, in the hollow area under the head of the tibia (shin bone). When the defining of the point the leg is stretched.

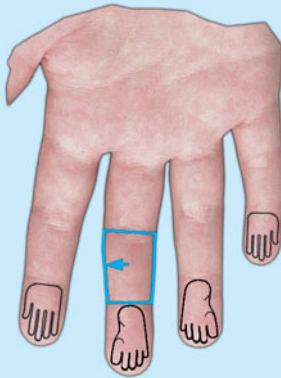
RP-6 - see p.141

E-36 - see p.132

R-3 - see p.145

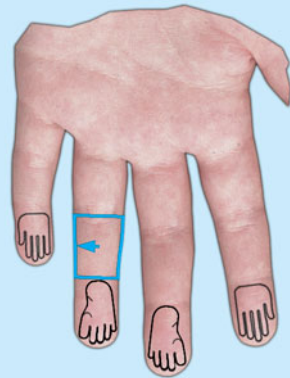


MAIN SYSTEM - PRIMARY ZONE



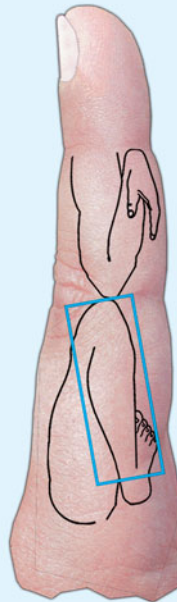
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

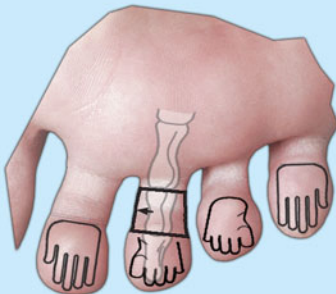
„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

ON RIGHT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

LEFT SHANK - INNER SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **RP-9** and **RP-6** on the left leg.

In the next procedure warm up the points **E-36** and **V-60** on the left leg.

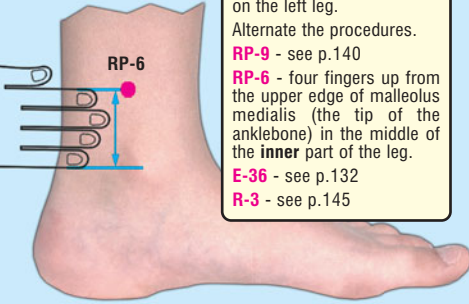
Alternate the procedures.

RP-9 - see p.140

RP-6 - four fingers up from the upper edge of malleolus medialis (the tip of the anklebone) in the middle of the **inner** part of the leg.

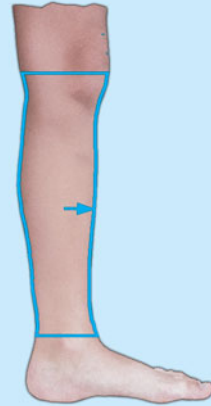
E-36 - see p.132

R-3 - see p.145

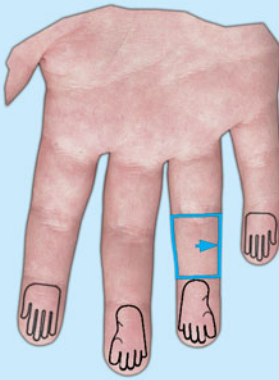


LEFT SHANK - INNER SIDE

Connection with the spine: L4 (p. 99), S1-S2 (p. 99)

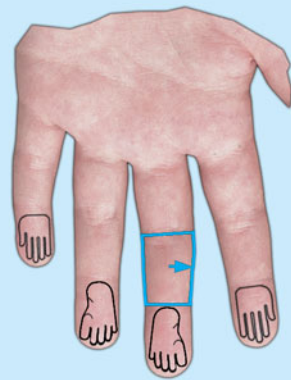


MAIN SYSTEM - SECONDARY ZONE



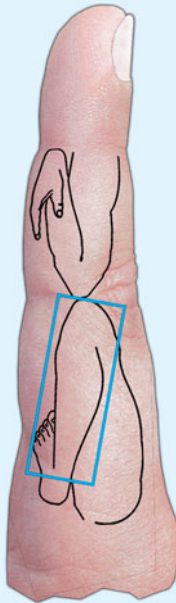
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



LEFT HAND

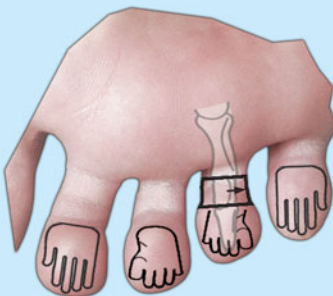
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE

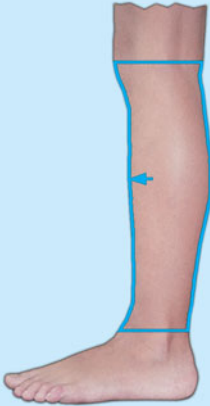


LEFT FOOT

LEFT SHANK - OUTER SIDE

LEFT SHANK - OUTER SIDE

Connection with the spine: L4-L5 (p. 99), S1 (p. 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **VB-34** and **VB-39** on the left leg.

In the next procedure warm up the points **E-36** and **V-60** on the left leg.

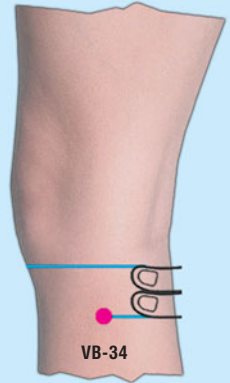
Alternate the procedures.

VB-34 - in the horizontal middle of the **outer** side of the leg, two thumbs under the level of the bottom edge of the kneecap, in the hollow area under the head of the fibula. When the defining of the point the leg is stretched.

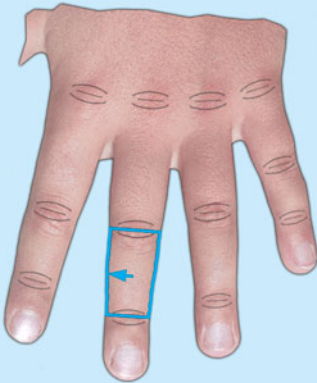
VB-39 - see p.143

E-36 - see p.132

V-60 - see p.147

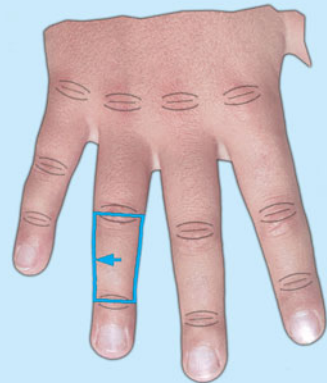


MAIN SYSTEM - PRIMARY ZONE



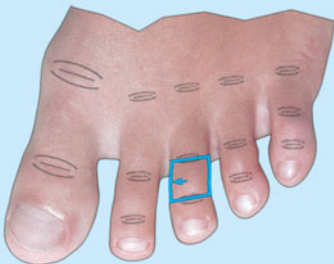
LEFT HAND

MAIN SYSTEM - SECONDARY ZONE



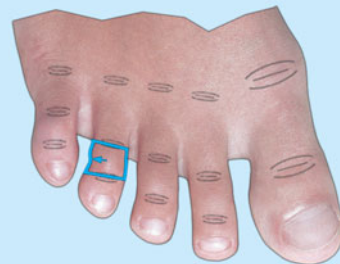
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



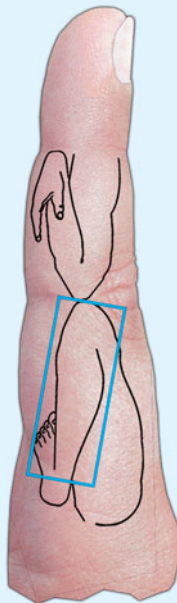
LEFT FOOT

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

„INSECT“ SYSTEM

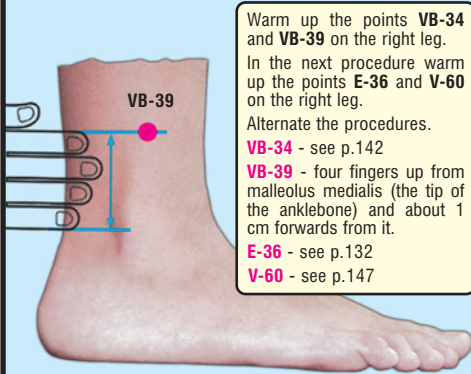


PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

ON LEFT SIDE
ON ALL FINGERS

RIGHT SHANK - OUTER SIDE

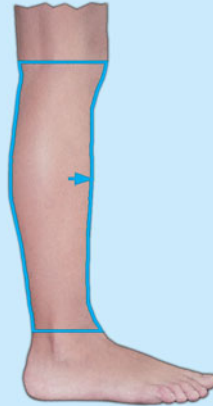
TRADITIONAL ACUPUNCTURE PRESCRIPTION



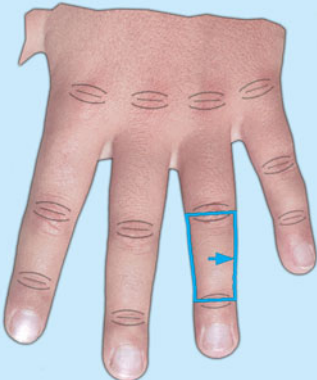
Warm up the points **VB-34** and **VB-39** on the right leg.
In the next procedure warm up the points **E-36** and **V-60** on the right leg.
Alternate the procedures.
VB-34 - see p.142
VB-39 - four fingers up from malleolus medialis (the tip of the anklebone) and about 1 cm forwards from it.
E-36 - see p.132
V-60 - see p.147

RIGHT SHANK - OUTER SIDE

Connection with the spine: L4-L5 (p. 99), S1 (p. 99)

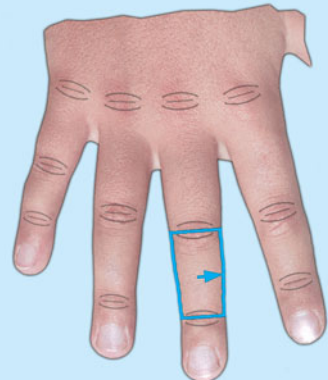


MAIN SYSTEM - SECONDARY ZONE



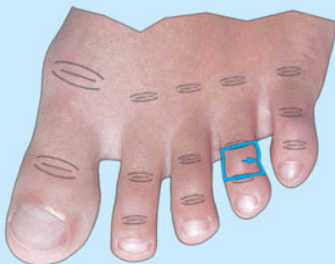
LEFT HAND

MAIN SYSTEM - PRIMARY ZONE



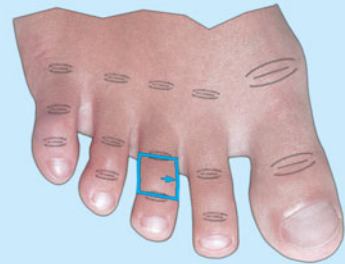
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



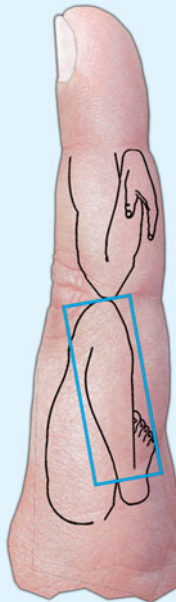
LEFT FOOT

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

ON RIGHT SIDE
ON ALL FINGERS

RIGHT ANKLE - INNER SIDE

RIGHT ANKLE - INNER SIDE

Connection with the spine: L4 (p. 99), S1-S2 (p. 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **RP-6** and **R-3** on the right leg.

In the next procedure warm up the points **E-36** and **E-41** on the right leg.

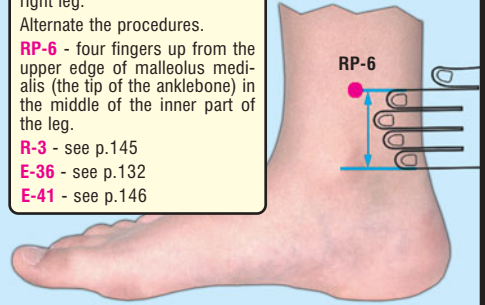
Alternate the procedures.

RP-6 - four fingers up from the upper edge of malleolus medialis (the tip of the anklebone) in the middle of the inner part of the leg.

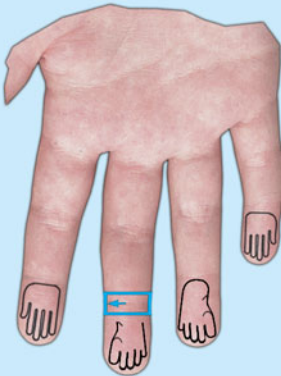
R-3 - see p.145

E-36 - see p.132

E-41 - see p.146

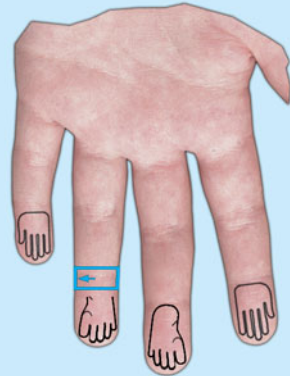


MAIN SYSTEM - PRIMARY ZONE



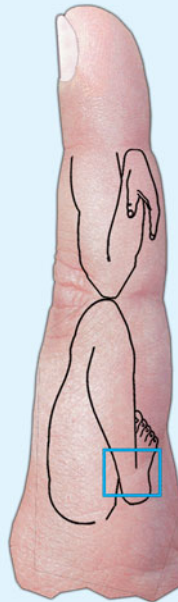
RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

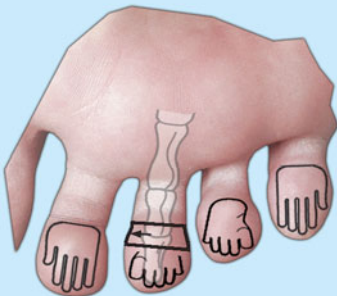
„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

ON RIGHT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

LEFT ANKLE - INNER SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **RP-6** and **R-3** on the left leg.

In the next procedure warm up the points **E-36** and **E-41** on the left leg.

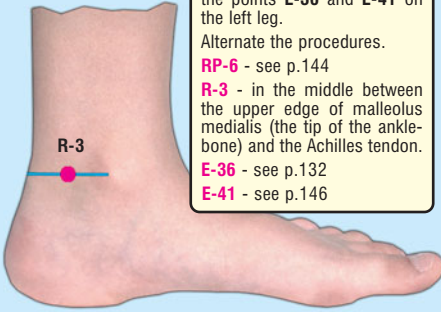
Alternate the procedures.

RP-6 - see p.144

R-3 - in the middle between the upper edge of malleolus medialis (the tip of the ankle-bone) and the Achilles tendon.

E-36 - see p.132

E-41 - see p.146

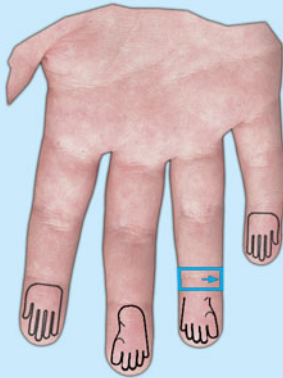


LEFT ANKLE - INNER SIDE

Connection with the spine: L4 (p. 99), S1-S2 (p. 99)



MAIN SYSTEM - SECONDARY ZONE



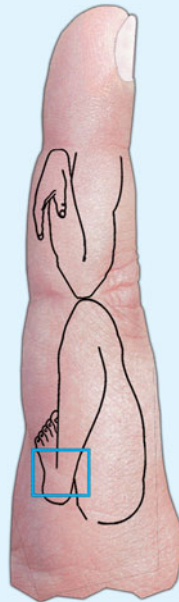
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



LEFT HAND

„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

LEFT ANKLE - OUTER SIDE

LEFT ANKLE - OUTER SIDE

Connection with the spine: L5 (p. 99), S1 (p. 99)



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **VB-39** and **V-60** on the left leg.

In the next procedure warm up the points **E-36** and **E-41** on the left leg.

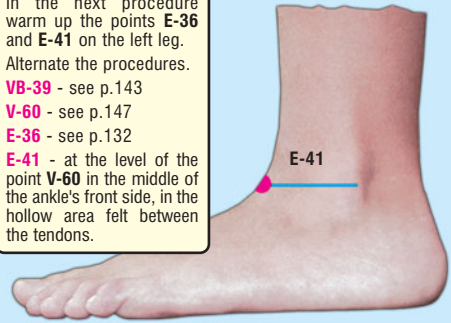
Alternate the procedures.

VB-39 - see p.143

V-60 - see p.147

E-36 - see p.132

E-41 - at the level of the point **V-60** in the middle of the ankle's front side, in the hollow area felt between the tendons.



MAIN SYSTEM - PRIMARY ZONE



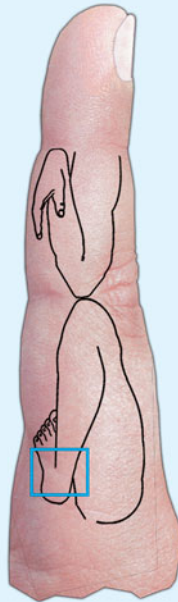
LEFT HAND

MAIN SYSTEM - SECONDARY ZONE



RIGHT HAND

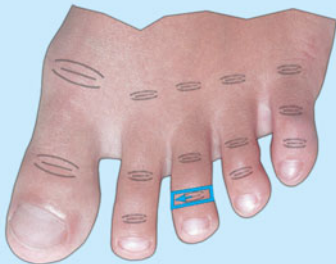
„INSECT“ SYSTEM



PRIMARY ZONES:
LEFT HAND AND FOOT
SECONDARY ZONES:
RIGHT HAND AND FOOT

ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

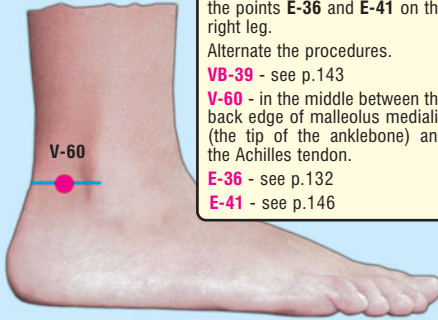
MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

RIGHT ANKLE - OUTER SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **VB-39** and **V-60** on the right leg.
In the next procedure warm up the points **E-36** and **E-41** on the right leg.
Alternate the procedures.
VB-39 - see p.143
V-60 - in the middle between the back edge of malleolus medialis (the tip of the anklebone) and the Achilles tendon.
E-36 - see p.132
E-41 - see p.146

RIGHT ANKLE - OUTER SIDE

Connection with the spine: L5 (p. 99), S1 (p. 99)

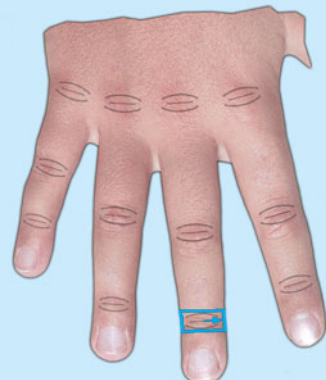


MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

ON RIGHT SIDE
ON ALL FINGERS

LIMB DISEASES **RIGHT FOOT**

RIGHT FOOT



TRADITIONAL ACUPUNCTURE PRESCRIPTION

Warm up the points **RP-6**, **R-3** and **R-1** on the right foot.

In the next procedure warm up the points **VB-39**, **V-60** and **R-1** on the right foot

Alternate the procedures.

RP-6 - see p.149

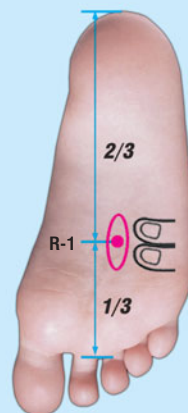
R-3 - see p.145

R-1 - in the horizontal middle of the foot, at 2/3 of the distance between the heel's contour and the toes' bottom.

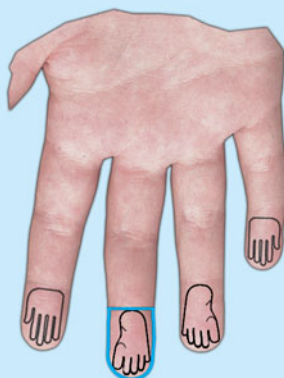
The whole outlined with contour area is warmed up.

VB-39 - see p.143

V-60 - see p.147

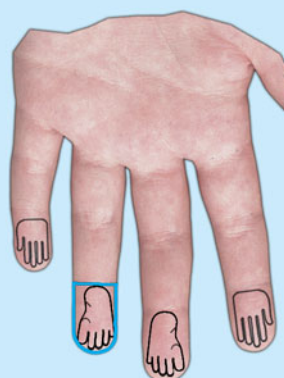


MAIN SYSTEM - PRIMARY ZONE



RIGHT HAND

MAIN SYSTEM - SECONDARY ZONE



LEFT HAND

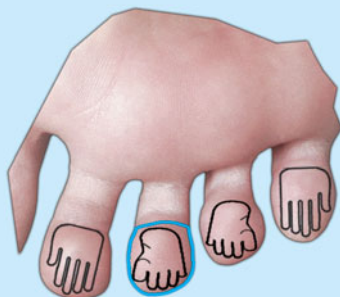
„INSECT“ SYSTEM



PRIMARY ZONES:
RIGHT HAND AND FOOT
SECONDARY ZONES:
LEFT HAND AND FOOT

ON RIGHT SIDE
ON ALL FINGERS

MAIN SYSTEM - PRIMARY ZONE



RIGHT FOOT

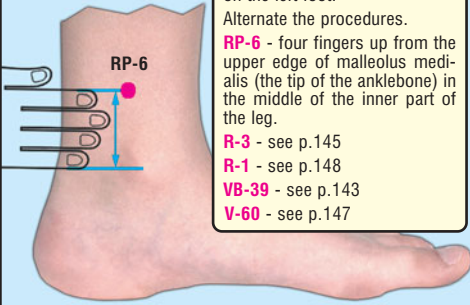
MAIN SYSTEM - SECONDARY ZONE



LEFT FOOT

LIMB DISEASES LEFT FOOT

TRADITIONAL ACUPUNCTURE PRESCRIPTION



Warm up the points **RP-6**, **R-3** and **R-1** on the left foot.

In the next procedure warm up the points **VB-39**, **V-60** and **R-1** on the left foot.

Alternate the procedures.

RP-6 - four fingers up from the upper edge of malleolus medialis (the tip of the anklebone) in the middle of the inner part of the leg.

R-3 - see p.145

R-1 - see p.148

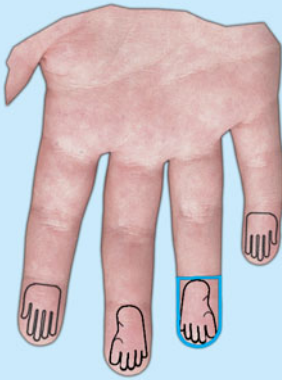
VB-39 - see p.143

V-60 - see p.147

LEFT FOOT

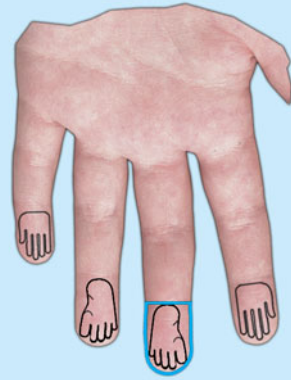


MAIN SYSTEM - SECONDARY ZONE



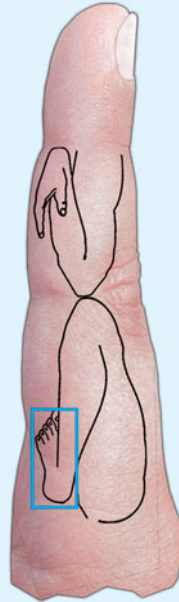
RIGHT HAND

MAIN SYSTEM - PRIMARY ZONE



LEFT HAND

„INSECT“ SYSTEM

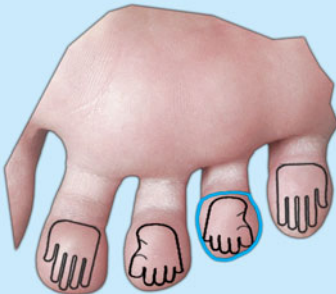


PRIMARY ZONES:
LEFT HAND AND FOOT

SECONDARY ZONES:
RIGHT HAND AND FOOT

ON LEFT SIDE
ON ALL FINGERS

MAIN SYSTEM - SECONDARY ZONE



RIGHT FOOT

MAIN SYSTEM - PRIMARY ZONE



LEFT FOOT

PRACTICAL EXAMPLES

Here we illustrate with some examples the su jok therapy's application (as a separate method or combined with traditional acupuncture). The book is written in the town of Ruse and that's why the examples presenting the combined use of su jok and traditional acupuncture are mainly from this town. They are a little part of the three-year researches, made by the author while preparing the book. It is very important that the results are not achieved with the help of specialist but by the sick people themselves after a short consultation and introduction to the method.

We have included also several clinical cases taken from the practice of doctors, using su jok therapy, which we have reproduced from Internet and the literature written on the topic.

From ethical point of view we have changed the names.

Stefan Georgiev, Ruse, Bulgaria, 35 years old.

Chronic pain in the right eye.

After the eye had been hit in a basketball game, there appeared pain, which did not fade in the course of three years. The man was treated with medicines without any success.

Treatment:

- ▶ Massage of the pain points in the primary and secondary correspondence zone of the right eye on the right and left thumb (Main system).

- ▶ Massage of the three traditional acupoints close to the right eye TR-23, V-2, E-2 (p. 47) (for 5 min each) with a diagnostic probe.

- ▶ Placing of red magnetic stars (possible inflammation) on the main and the horizontal mirrored pain points in the primary correspondence zone of the right eye on one of the fingers ("Insect" system).

After the second procedure the pain was reduced by about 80 percent. After the fourth procedure it disappeared completely. Two more procedures were made to stabilize the result. Two years after the treatment there were no complaints.

Ivanka Todorova, Ruse, Bulgaria, 67 years old.

Hypertension (High blood pressure)

After the husband of this woman had died, in the course of 6 months her blood pressure was high (about 180/110) and was not affected or was hardly and momentarily affected by medicines.

Treatment:

- ▶ Warming up with moxa of the primary and secondary correspondence zone of the heart on both arms (Main system).

- ▶ Warming up with moxa of the traditional acupoint J17 (p. 71) and the row of traditional acupoints C4-C7 (p. 70) on both arms.

In the next procedure:

- ▶ Warming up with moxa of the most painful point in the brain area on one of the thumbs (Main system).

- ▶ Warming up with moxa of the traditional acupoints MC-6 and E-36 (p. 39) on both arms and legs.

The treatment was done under doctor's control and the blood pressure was measured daily. After the third procedure the blood pressure was 120/80, which lead to decrease of the taken medicines. After the tenth procedure the blood pressure was normal for this age group - without medicines. Subsequently, 3-4 stabilizing procedures were made monthly. A year after the treatment the blood pressure was normal with no or with a minimal taking of medicines.

Plamena Angelova, Ruse, Bulgaria, 14 years old.

The typical symptoms of suppurative tonsillitis □ sore throat, fever, headache, weakness. The disease started suddenly in the evening. The parents used su jok therapy as a first aid before the doctor's visit on the next day.

Treatment:

- ▶ Placing ice on the pain points in the correspondence zone of the throat on the two thumbs (Main system), because moxa is not recommended in case of high temperature.

- ▶ Red magnetic stars (inflammation) on the pain points in the correspondence zones of the throat - place a star on one of the fingers and another - on one of the toes („Insect" system)..

In the morning, when a doctor came to see the girl, the temperature was normal and the throat pain was diminished significantly.

The treatment continues in the following manner:

- ▶ Warming up with moxa of the pain points in the correspondence zone of the throat on the two thumbs (Main system) - the temperature was normal now.

- ▶ The point J-22 (p. 56) was warmed up by each procedure and the points GI-4 and GI-11 (p. 57, 53) on both arms - every other day.

- ▶ Red magnetic stars on the pain points in the correspondence zones of the throat on one of the fingers and one of the toes ("Insect" system).

After the fifth procedure the child felt healthy, but two more strengthening procedures were made. Minimal taking of medicines.

Ignat Ivanov, Ruse, Bulgaria, 43 years old.

Chronic catarrhal rhinitis.

He suffered from rhinitis for more than 10 years. Treated without any success in a variety of ways. In the correspondence zone of the nose on all fingers (toes) (Main and „Insect" system) a painful area was located..

Treatment:

- ▶ A "carpet" consisting of 15 needles on the painful areas in two correspondence zones - on left and right arm. Warming up of the needles with moxa ("hot needle" method).

- ▶ Massage of the traditional acupoints GI-20 (p. 54)

on both sides and warming up of the points GI-4 (p. 39), and in the next procedure - of the points GI-11 (p. 53) on both arms.

► Two magnetic stars - blue and red, at both ends of the painful area on one finger and one toe.

Two courses of 10 procedures each were made - the first was made daily and the second (after 2 weeks break) every other day. All symptoms disappeared in the middle of the second course. One year after the treatment the patient was healthy.

Margarita Kostova, Ruse, Bulgaria, 49 years old.

Pains in the area of the back.

The pains appeared suddenly. They were severe and increased during the night. Based on the subjective sensations in her neck, the sick woman started stimulating su jok and traditional points, the treatment was directed to the cervical vertebrae and the neck tissues. After three procedures her condition remained almost the same. Then she went to see a neurologist and the problem proved to be not in the cervical vertebrae, but in the area of first - third thoracic vertebrae.

Treatment:

► Warming up with moxa of the pain points in the correspondence zones of first - third thoracic vertebrae on the both arms (Main system).

► Massage of the traditional acupoint T-26 (p. 97) and warming up with moxa of the points IG-3 (p. 95) on both arms, and in the next procedure - of the points V-60 (p. 104) on both legs.

► Ring-shaped magnets - white ring with a yellow point magnet over it (possible inflammation) in the correspondence zones of first - third thoracic vertebrae on two toes ("Insect" system).

After the third procedure the pain disappeared. No medicines were taken.

Dimitar Ivanov, Ruse, Bulgaria, 63 years old.

Insult.

Two weeks after the insult. Paresis of the right side of the face. Difficulties by using language. Tingling sensation, reduced mobility of the arms. Unbearable painful points were located in all brain zones.

Treatment:

► Massage of the pain points in 10 correspondence zones of the brain - on five fingers and five toes. The upper and lower correspondence zones were used alternately.

► Intensive massage of all fingers with a massage ring, it was stressed on the first phalanx of the fingers where the correspondence zones of the brain are.

Two courses of 15 daily procedures were made with a break of 10 days between them, combined with a drug medication, prescribed by the doctor. After the second course was finished, the patient was completely recovered. When the doctor ascertained this fact by the control examination, he was so surprised that he doubted the patient had had an insult at all.

Petranka Stefanova, Ruse, Bulgaria, 52 years old.

Breast cancer.

Malignant growth in the left breast with the size of a golf ball. The tumour was diagnosed at a later stage and the condition of the sick woman did not allow surgical intervention. The doctors prescribed chemotherapy with the hope of changing her condition and making the operation possible.

Pain areas were located in the correspondence zones of the left breast according to the Main and „Insect“ system.

Treatment:

► A "carpet" of 20 needles on the pain areas in the primary correspondence zones of the left breast on the left arm and leg (Main system). Warming up of the needles with moxa ("hot needle" method).

► In the next procedure, a „carpet“ of needles (15-20) on the pain areas in the primary correspondence zones of the left breast on one finger of the left arm and one toe of the left leg („Insect“ system). Needles in the vertical mirrored points. Warming up of the needles with moxa („hot needle“ method).

Two courses of fifteen procedures were made parallel with the chemotherapy.

After the sixth procedure the tumour started to soften. After the last procedure from the first course, the tumour's size decreased drastically, but still could be felt by the sick woman. One more course was done and after that the tumour couldn't be palpated by a non-specialist. Such spontaneous regressive development of a malignant breast tumour is not known till now in the practice of the hospital, where the sick woman was treated, and this made possible the further surgical intervention.

Slavi Kodzhabashev, Ruse, Bulgaria, 34 years old.

Toothache.

Sharp pain in upper left molar tooth. The pain starts on Friday evening, he is out of town, in a remote region - there is no dentist around.

Treatment:

► Sharp pain in upper left molar tooth. The pain started on Friday evening, he was out of town, in a remote region - there was no dentist around.

► A pepper corn on each of the pain points in the primary and secondary correspondence zones of the teeth on the thumbs (Main system).

With the massage of the second point, the pain decreased by over 50 percent. At the end of the procedure the pain was under complete control. Another procedure was not made. The seeds were removed on the next day. When the patient went to see a dentist, in the middle of the next week, there was still no pain in the tooth.

Nikolina Bogdanova, Ruse, Bulgaria, 46 years old.

Neurasthenia.

The complaints were insomnia, depression, aggressiveness, nervousness. Got easily exhausted. Cried without a reason. Chronic headache. Treated with medicines - with no success or with a transitory effect.

Treatment:

► Warming up with moxa of the most painful points in two brain zones - on the left and right arm

► Warming up with moxa of the traditional points MC-6 (p. 39) - on both arms. In the next procedure the row of traditional acupoints C4, C5, C6, C7 (p. 45) - on both arms was warmed up.

► General massage of two fingers with a massage ring and of two toes with a massage cylinder.

Two healing courses of 10 procedures each, with a break of two weeks between them, were made. Herbal pills with sedative effect were taken parallel with the procedures, but no medicines.

The insomnia was cured after fourth-fifth procedure of the first course. At the end of the second course the mental condition was stable. For two years the patient made 3-4 stabilizing procedures monthly. She said that she could feel a fundamental condition change.

Lachezar Tokmakchiev, Ruse, Bulgaria, 24 years old.**Chronic pain in the back side of the right shoulder.**

The pain started three years ago. The shoulder was treated with no success in many different ways, including traditional acupuncture. We supposed that the spine was affected, too. We found very painful points in the correspondence zones of third - fourth cervical vertebrae, which correspond with the shoulder.

Treatment:

► Warming up with moxa of the pain points in the primary correspondence zone of the shoulder on the right arm (Main system).

► Warming up with moxa of the pain points in the primary correspondence zone of third - fourth cervical vertebrae on the right arm (Main system).

► Warming up with moxa of the traditional acupoints GI-15, GI-4, IG-3 (p. 126, 111, 127) on the right arm. In the next procedure the points GI-15, TR-8, TR-5 (p. 126, 110) on the right arm.

► Pepper corns on the main and horizontal mirrored pain points in the primary correspondence zone of third - fourth cervical vertebrae on one of the fingers ("Insect" system). In the same way - pepper corns on the pain points in the correspondence zone of the shoulder, but on another finger.

15 procedures were made. After the fourth procedure the pain suddenly decreased. After the seventh one the pain aggravated (healing crisis). After the ninth one the recovering process began and about the twelfth procedure the pain faded away. Four months after that the shoulder was in good health.

Krastin Georgiev, Ruse, Bulgaria, 3 years old.**Pain in the right elbow joint.**

It appeared after a hard field work. The pain was sharp and increased when the arm was bent and stretched.

Treatment:

► Massage with a diagnostic probe of the pain points in

the correspondence zones of the elbow joint on the eighth fingers (without the thumbs) - "Insect" system.

With the massage of second-third point the pain started decreasing, and at the end of the procedure it faded completely and didn't appear again.

Ivan Petrov, Ruse, Bulgaria, 50 years old.**Aches and heaviness in the heart.**

The pain continues for several years. It becomes stronger after stress. He is tested by many specialists. The diagnoses are discrepant.

Treatment:

► Warming up with moxa of the pain points in the primary and secondary correspondence zone of the heart (Main system).

► Warming up with moxa of the traditional acupoints MC-6 (p. 39) on both arms, and in next procedure of the row of points C4, C5, C6, C7 (p. 45) on both arms.

► Red magnetic stars on the main and horizontal mirrored pain points in the primary correspondence zones of the heart on two fingers ("Insect" system). At first he places blue magnetic stars but the pain increases a little. After that he replaces the stars with red ones and feels relief at the very first minutes.

A healing course of 12 procedures was made. All painful sensations fully disappeared after the ninth procedure. One year later there were no complaints.

Mariana Koleva, Ruse, Bulgaria, 33 years old.**Menstrual pain.**

She had pains during her monthly period for years.

Treatment:

► Warming up with moxa of the pain points in the primary and secondary correspondence zone of the uterus and ovaries on both arms. The bone correspondence (Main system) was used.

► Warming up of the traditional points J4 (p. 88) and RP-6 (p. 39) on both legs, and in next procedure - the points J3 (p. 89) and E-36 (p. 39) on both legs.

A course of ten procedures was made, starting about ten days before the beginning of the menstruation. Six months after that the patient felt no pain. In particular cases, with slight pain during the menstruation, it disappeared after a one-time warming up in the correspondence zones of the uterus and ovaries.

Gergana Petrova, Ruse, Bulgaria, 34 years old.**Cyst in the left ovary.**

Her doctor recommended operation. During the days while she was waiting for the operation, the sick woman used su jok therapy. In the correspondence zones of the left ovary a small, very painful area was located.

Treatment:

► A "carpet" of 20 needles on the pain area in the primary correspondence zones of the left ovary on the left arm and left leg (Main system). Warming up of the needles with

moxa ("hot needle" method).

► In the next procedure - a „carpet“ of 20 needles on the pain areas in the primary correspondence zones on one finger and one toe - „Insect“ system. Warming up of the needles with moxa.

► Warming up of the traditional points J4 (p. 88) and RP-6 (p. 39) on both legs, and in the next procedure - the points J3 (p. 89) and E-36 (p. 39) on both legs.

A course of 15 procedures was made. The cyst disappeared completely.

Plamen Georgiev, Ruse, Bulgaria, 48 years old.

Sprained right ankle.

The ankle was sprained early in the morning. Till the evening it swelled. The pain was concentrated in the front-side part of the ankle. The man was unable to walk.

Treatment:

► Needles in the pain points in the primary and secondary correspondence zone of the ankle on both arms (Main system).

► Massage of the traditional acupoints E-41, V-60, R-3 (p. 146, 147, 145) on the right leg.

► Red magnetic stars on the main and horizontal mirrored pain points in the primary correspondence zones of the ankle on two fingers ("Insect" system).

► Cold compress after the first procedure.

Three procedures were made altogether. The first one was made in the evening, on the day of the incident. In the morning there was a slight remanent pain. The swell was almost gone. The sick person walked normally. Two more procedures were made to stabilize the result.

Petar Petrov, Ruse, Bulgaria, 46 years old.

Pain in the left knee.

The pain started suddenly, it was intensive and made the patient's moving almost impossible. He was examined by a doctor and a drug medication and physiotherapy were prescribed. After ten-day treatment his condition did not change. He started a su jok therapy, orientated to the left knee. By the third-fourth procedure he was not getting better. An additional medical consultation had to be done and it proved that the knee pain was as a result of a diseased muscle from the front group of the shank under the outer side of the knee. In the correspondence zones of the muscle very painful points were found..

Treatment:

► Warming up with moxa of the pain points in the primary correspondence zones of the knee and the diseased muscle on the left arm (Main system).

► Warming up with moxa of the traditional acupoints VB-34 and VB-39 (p. 142, 143) on the painful leg. In the next procedure - warming up of the traditional acupoints E-35, E-36 (p. 139, 132) on the painful leg.

► Red magnetic stars on the pain points in the primary zones of the knee and the diseased muscle on two fingers ("Insect" system).

Six procedures were made. The pain decreased by

about 50 percent after the first one. It faded away after the fourth procedure and did not appear again.

Hristofor Haumov, Ruse, Bulgaria, 52 years old.

Discal hernia.

Discal hernia, lasting for five years, in the area of third-fourth lumbar vertebrae. The problem got worse gradually - the last year he had five crises and had to lie in bed for over 50 days. He was treated with medicines, but without success. The stimulation of su jok and traditional acupoints was started at the beginning of the last crisis.

Treatment:

► Warming up of the pain points in the primary and secondary correspondence zone of third-fourth lumbar vertebrae on the arms (Main system).

► Massage of the traditional acupoint T-26 (p. 98) and warming up with moxa of the point V-60 (p. 104) on both legs. In the next procedure - warming up with moxa of the points J-4 (p. 79) and IG-3 (p. 99) on both arms.

► Red magnetic stars on the main and horizontal mirrored pain points in the correspondence zones of third-fourth lumbar vertebrae on two fingers ("Insect" system).

Three healing courses of ten procedures each were made. The first course was done when the disease was worsening. The man recovered for 8 days, compared to 12-15 by the last crises. With two breaks, of 10 days each, two more healing courses were made. Three years after the treatment the sick man hadn't got crises. From time to time, by a sudden change in the weather, he feels a slight, dull pain, but just several procedures are needed to stabilize again.

Paulina Zapryanova, Ruse, Bulgaria, 7 years old.

Night urinary incontinence.

The child urinated almost every night. She was treated constantly and in many different ways but with no success.

Treatment:

► Warming up of the correspondence zone of the bladder on arm and leg (crosswise) - Main correspondence system.

► Warming up of the traditional points J4 (p. 88) and RP-6 (p. 39) on both legs, and in the next procedure - the points J3 (p. 89) and E-36 (p. 39) on both legs.

► Ring-shaped magnets (white ring on top) on the pain points in the correspondence zones of the bladder on one finger and one toe - "Insect" system (bone correspondence).

Two healing courses of 12 procedures were made, with a break of two weeks between them. The procedures were done by the parents. The urinating became less frequent after the third one. After the last procedure of the first course it became occasional. Two years after the second course was finished the child has no urinary incontinence.

DR. K. KRAUS' CLINICAL CASES

LEIPZIG, GERMANY

Patient: H. G., male, 42 years old.

Complaint: He had a migraine for six years. The pain was in the right side of the head.

Treatment: I treated the patient during a severe fit of migraine. Five needles in a pain point in the correspondence zone of the brain on right thumb (Main system).

After about five minutes the pain completely disappeared.

Patient: M.K., female, 28 years old.

Complaint: Enlarged lymph node in the neck area.

Treatment: I used the Main correspondence system. I inserted four needles in the pain point in the primary correspondence zone.

Three everyday procedures were sufficient.

Patient: G. D., male, 45 years old.

Complaint: Tongue swelling, he couldn't talk.

Treatment: I used the "Insect" system. In the correspondence zones of the tongue I located pain areas. I inserted 15 needles in each pain area on two fingers of the left and two fingers of the right hand. Seeds on the fingers, on which I didn't insert needles.

On the next day the swelling was vastly reduced. Three procedures more were needed for complete healing.

Patient: S.D., male, 56 years old.

Complaint: Renal colic. Unbearable pain in the right kidney.

Treatment: The treatment was done during the crisis in the patient's house. I used the Main correspondence system. I inserted four needles in the pain point in the primary correspondence zone of the right kidney on the middle finger.

A few seconds after the needles were inserted, the pain disappeared completely. Fifteen minutes later a stone with a diameter of 4-5 millimetres passed out.

DR. L. IVANOVA'S CLINICAL CASES

NOVOSIBIRSK, RUSSIA

Patient: E. L., female, 45 years old.

Complaint: Pain in the cervical area of the spine and shoulder girdle. Inability to turn her head.

Treatment: I found very painful points in the correspondence zones of the cervical vertebrae on all fingers ("Insect" system). I inserted six needles in each pain point on the right hand and magnetic stars on the left one.

The pain almost disappeared at the end of the procedure, allowing the sick woman to turn her head freely. For the complete healing two more procedures were needed.

Patient: H.R., female, 25 years old.

Complaint: Pain in the heart area, which appeared during the night. She took medicines (Validol) but this did not relieve the pain.

Treatment: for about five minutes of each pain point in

the correspondence zone of the heart on the left arm (Main system) was sufficient for the pain to disappear. .

Patient: P.P., male, 34 years old.

Complaint: Skin cancer of the right cheek. Surgical intervention was planned.

Treatment: I treated the patient according to the Main correspondence system. I inserted 25 needles on each pain area in the primary correspondence zone of the thumb and the big toe of the right hand and foot and warmed them up with moxa.

The sore disappeared completely in 12 procedures.

Patient: N.B., female, 28 years old.

Complaint: Cystitis. It caused a frequent need to urinate together with burning sensations during urination.

Treatment: I located unbearably painful points in the correspondence zones of the bladder in the Main and "Insect" systems. I warmed up with moxa the pain point in the correspondence zone of the bladder (Main system) on the left arm and inserted 4 needles on each pain point in the correspondence zone of the bladder on the right arm ("Insect" system).

After five procedures the patient was completely cured.

DR. D. HAILEY'S CLINICAL CASES

LIVERPOOL, ENGLAND

Patient: K. T., female, 19 years old.

Complaint: Hyperthyroidism. The thyroid gland was enlarged. The process began four years ago.

Treatment: By the treatment I combined stimulation of correspondence zones on the leg and arm, alternating primary and secondary zones. I inserted 12 needles on each pain point in two correspondence zones, according to the "Insect" system. I made 10 procedures.

At the end of the course the sick woman was completely cured, which was also proved by the medical tests.

Patient: V. Sh., male, 45 years old.

Complaint: Tingling in left leg. He suffered from the disease for 6 years.

Treatment: I started a treatment on the correspondence zones of the left leg, using needles, magnets and moxa. After the fifth procedure I still had no success. Then I included stimulation of the spine segments' zones, corresponding with the legs, and of the pain points, which I located in the correspondence zones of the brain.

After the second procedure the patient felt some relief. Eight more procedures were needed for full recovery.

H. G., male, 7 years old.

Complaint: Follicular tonsillitis. Inflammation of the neck lymph nodes. High temperature and throat pain.

Treatment: I used the Main system. I placed magnetic stars on the main and the mirrored horizontal pain points in the correspondence zone of the throat on both thumbs and big toes. On the next day the temperature dropped, the throat's hyperemia decreased. Four more procedures were needed the patient to be completely healed.

DR. S. WEBBER'S CLINICAL CASES

SAN FRANCISCO, USA

Patient: H. G., male, 42 years old.

Complaint: Swelling and pain in the Achilles tendon of the right leg. The problem occurred three weeks ago. Unable to walk.

Treatment: I used the "Insect" system. Five needles in each pain point in the correspondence zones of the Achilles tendon on two fingers and two toes. Needles in the most painful areas in one correspondence zone of the brain on a finger and other on a toe.

During the first procedure the patient felt hot flashes along the whole leg. The pain decreased just a little. After the second procedure the pain increased sharply. After the third one the swelling subsided and the pain almost disappeared. Five procedures were sufficient for the patient to be healed.

Patient: M. R., male, 65 years old.

Complaint: Right eye inflammation, running eye. The disease started three years ago. Treated with no success.

Treatment: 9 needles in each of the primary correspondence zones of the right eye on the thumbs (Main system). Seeds on the primary correspondence zones of the right eye on two fingers ("Insect" system).

The running of the eye stopped after the second procedure. The inflammation was overcome after the fourth one.

Patient: G. T., female, 34 years old.

Complaint: Persistent eczema on the eyelids of the right eye. She has been afflicted with this disease for more than ten years.

Treatment: Blue magnetic stars on the main and the mirrored pain points in the primary correspondence zone of the eye on the right thumb (Main correspondence system). It has been explained to the sick woman how to place the magnetic stars on other fingers by herself.

After a week, on the control examination it became obvious that the eczema was half its previous size. One week more and the eczema was cured.

DR. R. RODRIGES' CLINICAL CASES

MALAGA, SPAIN

Patient: M. R., male, 43 years old.

Complaint: Pain in the forearm muscles. It appeared four years ago. Its nature was not defined. The treatment had no success.

Treatment: Daily massage with a massage ring of all fingers, mainly of the correspondence zones of the forearm according to the Main and „Insect“ systems. The massage was made by the sick man himself three times a day for two - three minutes.

The pain disappeared on the third day. I advised the patient to massage the zones for three-four days more.

Patient: F. A., female, 53 years old.

Complaint: Hemorrhoids. She felt pain when she sat or walked. She had been afflicted with the disease for 9 years.

Treatment: In the correspondence zone of the anus I found a very painful area. I also found such an area in the correspondence zone of the rectum - its lower part (Main system). I inserted 20 needles in each of the two zones on left arm and leg. On the pain points in the correspondence zones of the anus and rectum on the other arm and leg I placed seeds.

The pain disappeared during the first procedure. After the seventh one the patient has no complaints.

WEIGHT LOSS WITH SU JOK

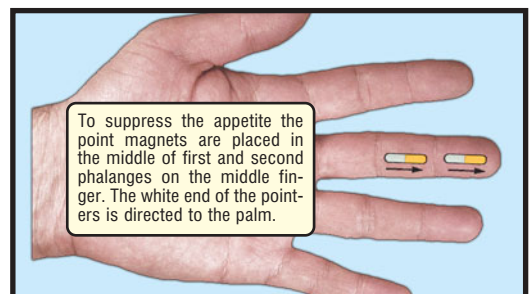
After the book's first edition was published, many questions were directed to the author on how a man can decrease overweight using su jok therapy.

This is possible due to the placing of magnetic pointers on correspondence zones of the esophagus and rhinopharynx so that the vector of their magnetic field to be directed against the food motion. It is recommended to use the middle fingers because the meridian of the pancreas passes there, and that has a direct influence over the appetite and digestion. Placed like this, the point magnets suppress the appetite.

The pointers are placed in the middle of the first and second phalanges of the middle fingers and are attached with an adhesive tape. They are worn during the day and removed in the evening. It is conceivable the people that are more sensitive to magnetic field to feel dizzy. In this case only one pointer is placed on each middle phalanx of the middle fingers. The pointers are placed every day till the desired weight is achieved. For best results it is normal to lose 2 kg monthly.

The author considers this method as the most efficient out of all known methods for appetite regulation - drugs, herbs, acupuncture etc. The pointers suppress the appetite and this can be felt even in the first hours after they are placed. Gradually the centre of the appetite in the brain „reprograms“ itself and starts demanding less food in conformity with the real needs of the organism. This readjustment is permanent and (in contrast to all other diets and methods for losing weight) does not change even after you've reached the desired weight and you've stopped being on a diet.

Nevertheless, keep in mind that to reduce your weight you must follow a diet, approved by a doctor, by effort of will. The magnetic pointers will just help you surmount easier the first days of the diet and to make the achieved result stable. In other case, if you rely only on the pointers and you are not ready to try hard to lose weight it will happen as it happened with my stout friend who said, "Yes, the pointers suppressed my appetite. Now I eat as before but everything seems disgusting..."



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PLAMEN IVANOV
SU JOK AND MOXA
A SELF-TREATMENT MANUAL
(THE ELECTRONIC EDITION)

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READ THIS BOOK AND SU JOK WILL BECOME AN INTEGRAL PART OF YOUR LIFE !

The su jok therapy is a new, unknown till now territory of the acupuncture – simple, effective and easy to practise by everybody. It was elaborated several years ago by the South-Korean scientist professor doctor Park Jea Woo and is defined as one of the great medical discoveries of 20th century. Here are some of the motives for this definition:

- Su jok immensely surpasses all known till now self-treatment methods. This is the most powerful and efficient way to keep fit with no help.
- Su jok therapy is exceptionally easy to learn. It could be learned for couple of hours to a degree enough for its practice. The therapy is so simple and easy to understand that in Russia (where it became widely spread very quickly) it is being successfully studied in some kindergartens and from 1997 it is taught in many of the secondary schools.
- The therapy su jok is absolutely safe. If you don't practise the method right, it can't do any harm to you anyway. It will simply have no effect.
- Su jok therapy can be practised for treatment of every organ, every joint and every body square centimetre. It is efficient by diseases that are extremely hard to be healed with the remedies and treatment methods known till now.
- To use the su jok therapy you don't need medical education and special instruments. It is naturally intended for self-treatment and everybody can practise it at home.
- The su jok therapy is compatible with every other kind of treatment. When it is used in combination with drug, herb or other medication, it sharply speeds up the healing process.
- Su jok has a life-saving effect by different diseases in acute form when immediate and effective first aid is needed and there is no medical service available.

Till now in the history of mankind a healing method or medicine hasn't existed so simple to use, so practical and with such a wide-spectrum of effectiveness. The su jok therapy does not offer a sensational way to heal some of the present diseases that can't be cured, but it can help a great number of people in their fight against dozens of banal diseases, which bother them in their daily round. That's why it is defined as one of the great medical elaborations of 20th century.

The book is addressed to a wide range of readers – also for people with no medical training. It emphasizes on the possibilities for using moxa at home – for self-treatment or on prescription. This is a valuable manual for home treatment that should be on the bookshelf in every house.

The author of the book has over twenty years of experience in the sphere of the acupuncture and su jok therapy. He got his qualification from the Su Jok Academy in Moscow and is licensed by the International Su Jok Acupuncture Association.