

WEBVTT

NOTE duration:"00:41:14.8480000"

NOTE language:en-us

NOTE Confidence: 0.924964427947998

00:00:00.000 --> 00:00:04.004 OK, so hello again and good morning.

NOTE Confidence: 0.924964427947998

00:00:04.010 --> 00:00:06.270 My name is Michelle Grand.

NOTE Confidence: 0.924964427947998

00:00:06.270 --> 00:00:08.988 I'm a licensed massage therapist Ann.

NOTE Confidence: 0.924964427947998

00:00:08.990 --> 00:00:12.756 I work at my low cancer hospital.

NOTE Confidence: 0.924964427947998

00:00:12.760 --> 00:00:15.934 Today we're going to be talking

NOTE Confidence: 0.924964427947998

00:00:15.934 --> 00:00:18.590 about acupressure and we're going

NOTE Confidence: 0.924964427947998

00:00:18.590 --> 00:00:21.726 to be working on points that will

NOTE Confidence: 0.924964427947998

00:00:21.726 --> 00:00:24.420 benefit us when we have colds,

NOTE Confidence: 0.924964427947998

00:00:24.420 --> 00:00:26.870 flu sinus pain, and allergies.

NOTE Confidence: 0.924964427947998

00:00:26.870 --> 00:00:27.768 You're familiar,

NOTE Confidence: 0.924964427947998

00:00:27.768 --> 00:00:30.911 I'm sure with acupuncture and the points

NOTE Confidence: 0.924964427947998

00:00:30.911 --> 00:00:33.476 along the body where the acupuncture

NOTE Confidence: 0.924964427947998

00:00:33.476 --> 00:00:36.439 IST would place the needle for benefit.

NOTE Confidence: 0.924964427947998

00:00:36.440 --> 00:00:39.485 Well, acupressure works in a similar way,

NOTE Confidence: 0.924964427947998
00:00:39.490 --> 00:00:41.660 working with the same points,
NOTE Confidence: 0.924964427947998
00:00:41.660 --> 00:00:44.048 but it says a little needles
NOTE Confidence: 0.924964427947998
00:00:44.048 --> 00:00:46.209 at the acupuncture IST would
NOTE Confidence: 0.924964427947998
00:00:46.209 --> 00:00:48.619 use were using finger pressure,
NOTE Confidence: 0.924964427947998
00:00:48.620 --> 00:00:51.830 so acupressure describes any type of
NOTE Confidence: 0.924964427947998
00:00:51.830 --> 00:00:54.908 massage that stimulates pressure on the
NOTE Confidence: 0.924964427947998
00:00:54.908 --> 00:00:57.470 body to achieve a therapeutic effect.
NOTE Confidence: 0.924964427947998
00:00:57.470 --> 00:00:59.114 Acupressure was originative in
NOTE Confidence: 0.924964427947998
00:00:59.114 --> 00:01:01.169 Asia thousands of years ago,
NOTE Confidence: 0.924964427947998
00:01:01.170 --> 00:01:04.860 but only really took off in the 20th century,
NOTE Confidence: 0.924964427947998
00:01:04.860 --> 00:01:07.967 and at that point in time it
NOTE Confidence: 0.924964427947998
00:01:07.967 --> 00:01:10.179 spread throughout the world.
NOTE Confidence: 0.924964427947998
00:01:10.180 --> 00:01:12.128 Acupressure uses points that
NOTE Confidence: 0.924964427947998
00:01:12.128 --> 00:01:13.589 lie on meridians.
NOTE Confidence: 0.924964427947998
00:01:13.590 --> 00:01:16.362 The meridians are invisible lines that
NOTE Confidence: 0.924964427947998

00:01:16.362 --> 00:01:19.804 carry chi or life force tenergy throughout
NOTE Confidence: 0.924964427947998

00:01:19.804 --> 00:01:23.325 the body when a Meridian is blocked,
NOTE Confidence: 0.924964427947998

00:01:23.330 --> 00:01:25.765 there is an imbalance it
NOTE Confidence: 0.924964427947998

00:01:25.765 --> 00:01:27.226 could cause discomfort,
NOTE Confidence: 0.924964427947998

00:01:27.230 --> 00:01:29.660 or it could cause illness,
NOTE Confidence: 0.924964427947998

00:01:29.660 --> 00:01:31.576 but it's an imbalance.
NOTE Confidence: 0.924964427947998

00:01:31.576 --> 00:01:35.989 And when I say I'm ready it is blocked.
NOTE Confidence: 0.924964427947998

00:01:35.990 --> 00:01:38.450 It could be blocked because
NOTE Confidence: 0.924964427947998

00:01:38.450 --> 00:01:40.910 there's too much enerji there.
NOTE Confidence: 0.924964427947998

00:01:40.910 --> 00:01:44.599 Or there's a deficiency of NRG there.
NOTE Confidence: 0.924964427947998

00:01:44.600 --> 00:01:45.082 Ultimately,
NOTE Confidence: 0.924964427947998

00:01:45.082 --> 00:01:48.456 the goal of acupressure is to restore
NOTE Confidence: 0.924964427947998

00:01:48.456 --> 00:01:51.430 health and balance to these bodies.
NOTE Confidence: 0.924964427947998

00:01:51.430 --> 00:01:54.685 Channels of NRG there's negative
NOTE Confidence: 0.924964427947998

00:01:54.685 --> 00:01:58.504 energy and positive energy and that's
NOTE Confidence: 0.924964427947998

00:01:58.504 --> 00:02:02.176 the yin and the Yang in the body.

NOTE Confidence: 0.924964427947998
00:02:02.180 --> 00:02:04.485 The acupoints themselves are about
NOTE Confidence: 0.924964427947998
00:02:04.485 --> 00:02:08.069 the size of the pad of your thumb.
NOTE Confidence: 0.924964427947998
00:02:08.070 --> 00:02:09.760 And when we start working
NOTE Confidence: 0.924964427947998
00:02:09.760 --> 00:02:11.450 on her acupoints for today,
NOTE Confidence: 0.924964427947998
00:02:11.450 --> 00:02:13.816 you may feel when you hit wait.
NOTE Confidence: 0.924964427947998
00:02:13.820 --> 00:02:16.492 On that point you may feel a little
NOTE Confidence: 0.924964427947998
00:02:16.492 --> 00:02:18.550 nervous sensation or a little soreness,
NOTE Confidence: 0.924964427947998
00:02:18.550 --> 00:02:21.246 and that's when you're right on the point.
NOTE Confidence: 0.924964427947998
00:02:21.250 --> 00:02:24.283 But if you're in the vicinity of the point,
NOTE Confidence: 0.924964427947998
00:02:24.290 --> 00:02:26.505 you're going to still get
NOTE Confidence: 0.924964427947998
00:02:26.505 --> 00:02:27.834 that therapeutic affect.
NOTE Confidence: 0.924964427947998
00:02:27.840 --> 00:02:28.157 Now,
NOTE Confidence: 0.924964427947998
00:02:28.157 --> 00:02:30.693 the pressure that we're going to use when
NOTE Confidence: 0.924964427947998
00:02:30.693 --> 00:02:33.470 we work on our acupressure points today.
NOTE Confidence: 0.924964427947998
00:02:33.470 --> 00:02:35.654 It's a sustained pressure and usually
NOTE Confidence: 0.924964427947998

00:02:35.654 --> 00:02:37.503 a circular motion of pressure
NOTE Confidence: 0.924964427947998

00:02:37.503 --> 00:02:39.806 with a circular motion on the on.
NOTE Confidence: 0.924964427947998

00:02:39.810 --> 00:02:41.874 The point is gonna give you
NOTE Confidence: 0.924964427947998

00:02:41.874 --> 00:02:43.680 the release that you need,
NOTE Confidence: 0.924964427947998

00:02:43.680 --> 00:02:45.882 typically anywhere from one to three
NOTE Confidence: 0.924964427947998

00:02:45.882 --> 00:02:48.073 minutes of simulation is going to
NOTE Confidence: 0.924964427947998

00:02:48.073 --> 00:02:50.369 generate the effect that you need today.
NOTE Confidence: 0.924964427947998

00:02:50.370 --> 00:02:53.370 We may not get to a full 3 minutes on
NOTE Confidence: 0.924964427947998

00:02:53.454 --> 00:02:56.694 each point in the time we have allotted,
NOTE Confidence: 0.924964427947998

00:02:56.700 --> 00:02:59.255 but just know when you work on
NOTE Confidence: 0.924964427947998

00:02:59.255 --> 00:03:00.949 these acupressure points at home.
NOTE Confidence: 0.924964427947998

00:03:00.950 --> 00:03:03.176 You wanna be there for at least
NOTE Confidence: 0.924964427947998

00:03:03.176 --> 00:03:05.492 one to three minutes. If possible.
NOTE Confidence: 0.924964427947998

00:03:05.492 --> 00:03:07.598 You also want to simulate both
NOTE Confidence: 0.924964427947998

00:03:07.598 --> 00:03:08.980 sides of the body.
NOTE Confidence: 0.924964427947998

00:03:08.980 --> 00:03:11.224 Allah Meridians they are on both

NOTE Confidence: 0.924964427947998

00:03:11.224 --> 00:03:14.413 sides of our body going up the arm to

NOTE Confidence: 0.924964427947998

00:03:14.413 --> 00:03:16.998 the head and going down to the legs.

NOTE Confidence: 0.924964427947998

00:03:17.000 --> 00:03:20.073 And then we have one Meridian that

NOTE Confidence: 0.924964427947998

00:03:20.073 --> 00:03:23.315 goes the front of the body and one

NOTE Confidence: 0.924964427947998

00:03:23.315 --> 00:03:26.050 goes down the back of the body.

NOTE Confidence: 0.924964427947998

00:03:26.050 --> 00:03:28.246 The overall benefits of acupuncture tool.

NOTE Confidence: 0.924964427947998

00:03:28.250 --> 00:03:31.295 A star that they could boost the

NOTE Confidence: 0.924964427947998

00:03:31.295 --> 00:03:32.165 immune system.

NOTE Confidence: 0.929724216461182

00:03:32.170 --> 00:03:34.194 They could release endorphins

NOTE Confidence: 0.929724216461182

00:03:34.194 --> 00:03:36.724 to relieve stress and pain.

NOTE Confidence: 0.929724216461182

00:03:36.730 --> 00:03:40.335 Restore harmony and balance to the body.

NOTE Confidence: 0.929724216461182

00:03:40.340 --> 00:03:43.147 It could promote self healing and Wellness.

NOTE Confidence: 0.929724216461182

00:03:43.150 --> 00:03:45.160 It could improve our emotional

NOTE Confidence: 0.929724216461182

00:03:45.160 --> 00:03:47.170 health and our physical health,

NOTE Confidence: 0.929724216461182

00:03:47.170 --> 00:03:50.898 our skin tone, and are on our appearance.

NOTE Confidence: 0.929724216461182

00:03:50.900 --> 00:03:53.186 Now again, talking about the meridians.
NOTE Confidence: 0.929724216461182

00:03:53.190 --> 00:03:54.330 Acupressure uses the
NOTE Confidence: 0.929724216461182

00:03:54.330 --> 00:03:55.470 specific specific points.
NOTE Confidence: 0.929724216461182

00:03:55.470 --> 00:03:58.518 Like I said, I'm a meridians or channels.
NOTE Confidence: 0.929724216461182

00:03:58.520 --> 00:04:01.341 And there're these invisible lines that carry
NOTE Confidence: 0.929724216461182

00:04:01.341 --> 00:04:04.857 the chi or life force throughout the body.
NOTE Confidence: 0.929724216461182

00:04:04.860 --> 00:04:07.398 If you can imagine the meridians
NOTE Confidence: 0.929724216461182

00:04:07.398 --> 00:04:09.769 as kind of rivers of NRG,
NOTE Confidence: 0.929724216461182

00:04:09.770 --> 00:04:12.626 then the acupoints are like small pool,
NOTE Confidence: 0.929724216461182

00:04:12.630 --> 00:04:15.486 either pools or dams in a River,
NOTE Confidence: 0.929724216461182

00:04:15.490 --> 00:04:18.332 and sometimes those pools get too full
NOTE Confidence: 0.929724216461182

00:04:18.332 --> 00:04:21.626 and at other times they get too empty.
NOTE Confidence: 0.929724216461182

00:04:21.630 --> 00:04:24.318 So by applying pressure we can
NOTE Confidence: 0.929724216461182

00:04:24.318 --> 00:04:27.582 sort of regulate the flow so that
NOTE Confidence: 0.929724216461182

00:04:27.582 --> 00:04:29.887 the rivers run more smoothly.
NOTE Confidence: 0.929724216461182

00:04:29.890 --> 00:04:32.802 Now the form there are 14 meridians

NOTE Confidence: 0.929724216461182
00:04:32.802 --> 00:04:35.307 and sometimes you may hear them
NOTE Confidence: 0.929724216461182
00:04:35.307 --> 00:04:36.875 refer to as channels.
NOTE Confidence: 0.929724216461182
00:04:36.880 --> 00:04:38.668 There's the bladder.
NOTE Confidence: 0.929724216461182
00:04:38.668 --> 00:04:40.456 The governing vessel,
NOTE Confidence: 0.929724216461182
00:04:40.460 --> 00:04:42.532 the Gallbladder, the heart,
NOTE Confidence: 0.929724216461182
00:04:42.532 --> 00:04:45.124 the kidney, the large intestine.
NOTE Confidence: 0.929724216461182
00:04:45.124 --> 00:04:47.716 Deliver the lung, the pericardium,
NOTE Confidence: 0.929724216461182
00:04:47.716 --> 00:04:49.270 the conception vessel,
NOTE Confidence: 0.929724216461182
00:04:49.270 --> 00:04:51.860 the small intestine, the spleen,
NOTE Confidence: 0.929724216461182
00:04:51.860 --> 00:04:54.968 the stomach and the triple burner.
NOTE Confidence: 0.929724216461182
00:04:54.970 --> 00:04:58.589 Now these meridians are not the organs
NOTE Confidence: 0.929724216461182
00:04:58.589 --> 00:05:00.664 themselves, they're just channels,
NOTE Confidence: 0.929724216461182
00:05:00.664 --> 00:05:02.736 channels, meridians of energy.
NOTE Confidence: 0.929724216461182
00:05:02.740 --> 00:05:07.580 And that's what the 14 of them are.
NOTE Confidence: 0.929724216461182
00:05:07.580 --> 00:05:10.646 As we begin to work today on
NOTE Confidence: 0.929724216461182

00:05:10.646 --> 00:05:12.952 our acupressure points for our
NOTE Confidence: 0.929724216461182

00:05:12.952 --> 00:05:15.658 allergies and sinus colds and flu.
NOTE Confidence: 0.929724216461182

00:05:15.660 --> 00:05:18.513 I just want to ask you please to just
NOTE Confidence: 0.929724216461182

00:05:18.513 --> 00:05:21.617 try to relax in a comfortable position.
NOTE Confidence: 0.929724216461182

00:05:21.620 --> 00:05:22.800 And as we work,
NOTE Confidence: 0.929724216461182

00:05:22.800 --> 00:05:24.570 we want to maintain our breath.
NOTE Confidence: 0.929724216461182

00:05:24.570 --> 00:05:26.635 We want to keep that breath flowing.
NOTE Confidence: 0.929724216461182

00:05:26.640 --> 00:05:27.820 Sometimes when we're concentrating
NOTE Confidence: 0.929724216461182

00:05:27.820 --> 00:05:29.000 or focusing on something,
NOTE Confidence: 0.929724216461182

00:05:29.000 --> 00:05:30.638 we tend to get a little
NOTE Confidence: 0.929724216461182

00:05:30.638 --> 00:05:32.240 widget and hold our breath.
NOTE Confidence: 0.929724216461182

00:05:32.240 --> 00:05:34.202 So we just want to remember
NOTE Confidence: 0.929724216461182

00:05:34.202 --> 00:05:36.160 to keep the breath blowing.
NOTE Confidence: 0.929724216461182

00:05:36.160 --> 00:05:37.780 When we stimulate the point,
NOTE Confidence: 0.929724216461182

00:05:37.780 --> 00:05:40.356 we're going to be using our fingers today.
NOTE Confidence: 0.929724216461182

00:05:40.360 --> 00:05:42.196 Some people when they practice acupuncture

NOTE Confidence: 0.929724216461182

00:05:42.196 --> 00:05:45.176 or if you have an acupressure or when you

NOTE Confidence: 0.929724216461182

00:05:45.176 --> 00:05:47.140 have somebody perform acupressure on you,

NOTE Confidence: 0.929724216461182

00:05:47.140 --> 00:05:49.078 they may use even their elbows,

NOTE Confidence: 0.929724216461182

00:05:49.080 --> 00:05:50.372 sometimes even their feet.

NOTE Confidence: 0.929724216461182

00:05:50.372 --> 00:05:52.310 But today we're just gonna use.

NOTE Confidence: 0.929724216461182

00:05:52.310 --> 00:05:54.248 We're going to use our fingers.

NOTE Confidence: 0.929724216461182

00:05:54.250 --> 00:05:56.188 It's going to kind of be

NOTE Confidence: 0.929724216461182

00:05:56.188 --> 00:05:57.480 like a Rotary motion,

NOTE Confidence: 0.929724216461182

00:05:57.480 --> 00:05:59.734 an up and down motion for it.

NOTE Confidence: 0.929724216461182

00:05:59.740 --> 00:06:01.380 Like I said, several minutes.

NOTE Confidence: 0.929724216461182

00:06:01.380 --> 00:06:02.421 Sometimes in acupressure,

NOTE Confidence: 0.929724216461182

00:06:02.421 --> 00:06:04.850 to find the point you may hear

NOTE Confidence: 0.929724216461182

00:06:04.918 --> 00:06:06.778 the term soon it's pronounced,

NOTE Confidence: 0.929724216461182

00:06:06.780 --> 00:06:07.500 it's written,

NOTE Confidence: 0.929724216461182

00:06:07.500 --> 00:06:08.580 see you in,

NOTE Confidence: 0.929724216461182

00:06:08.580 --> 00:06:10.112 but it's pronounced soon,
NOTE Confidence: 0.929724216461182

00:06:10.112 --> 00:06:12.410 and that's a measurement point for
NOTE Confidence: 0.929724216461182

00:06:12.476 --> 00:06:14.136 where the acupressure point is
NOTE Confidence: 0.929724216461182

00:06:14.136 --> 00:06:16.499 relative to a part of your body.
NOTE Confidence: 0.929724216461182

00:06:16.500 --> 00:06:21.315 So one soon is the pad of your thumb.
NOTE Confidence: 0.929724216461182

00:06:21.320 --> 00:06:23.735 Too soon would be 2 fingers across,
NOTE Confidence: 0.929724216461182

00:06:23.740 --> 00:06:25.708 and for soon would be the
NOTE Confidence: 0.929724216461182

00:06:25.708 --> 00:06:27.530 equivalent of four fingers across,
NOTE Confidence: 0.929724216461182

00:06:27.530 --> 00:06:30.362 so we'll just keep that in mind as
NOTE Confidence: 0.929724216461182

00:06:30.362 --> 00:06:33.648 we go ahead and we locate the points
NOTE Confidence: 0.929724216461182

00:06:33.648 --> 00:06:36.909 were going to be working on today.
NOTE Confidence: 0.929724216461182

00:06:36.910 --> 00:06:37.672 It up,
NOTE Confidence: 0.929724216461182

00:06:37.672 --> 00:06:40.339 big points were gonna be working on
NOTE Confidence: 0.929724216461182

00:06:40.339 --> 00:06:43.437 for allergies then are gonna be a
NOTE Confidence: 0.929724216461182

00:06:43.437 --> 00:06:46.848 large intestine for and large intestine 11.
NOTE Confidence: 0.929724216461182

00:06:46.850 --> 00:06:47.548 For sinus,

NOTE Confidence: 0.929724216461182
00:06:47.548 --> 00:06:49.642 we're going to be working on
NOTE Confidence: 0.929724216461182
00:06:49.642 --> 00:06:51.541 bladder two and large intestine
NOTE Confidence: 0.929724216461182
00:06:51.541 --> 00:06:53.000 20 for colds and
NOTE Confidence: 0.89500230550766
00:06:53.000 --> 00:06:55.422 flu, we're going to be working on
NOTE Confidence: 0.89500230550766
00:06:55.422 --> 00:06:58.406 stomach 36 in stomach 40, an long 7,
NOTE Confidence: 0.89500230550766
00:06:58.406 --> 00:07:01.330 and finally just for cough and chest pain.
NOTE Confidence: 0.89500230550766
00:07:01.330 --> 00:07:03.540 We're going to be working
NOTE Confidence: 0.89500230550766
00:07:03.540 --> 00:07:05.308 on small intestine one.
NOTE Confidence: 0.89500230550766
00:07:05.310 --> 00:07:08.306 Now, as everybody knows who has allergies,
NOTE Confidence: 0.89500230550766
00:07:08.310 --> 00:07:10.450 the symptoms are nasal congestion,
NOTE Confidence: 0.89500230550766
00:07:10.450 --> 00:07:12.590 sneezing, some clear nasal discharge,
NOTE Confidence: 0.89500230550766
00:07:12.590 --> 00:07:13.973 itchy red eyes,
NOTE Confidence: 0.89500230550766
00:07:13.973 --> 00:07:17.200 and the most important thing to remember
NOTE Confidence: 0.89500230550766
00:07:17.285 --> 00:07:20.381 for allergy release is that we want to
NOTE Confidence: 0.89500230550766
00:07:20.381 --> 00:07:23.705 focus on the large intestine for an 11,
NOTE Confidence: 0.89500230550766

00:07:23.710 --> 00:07:28.690 so I'm going to show you a little chart here.

NOTE Confidence: 0.89500230550766

00:07:28.690 --> 00:07:30.832 Now large intestine 11 is gonna

NOTE Confidence: 0.89500230550766

00:07:30.832 --> 00:07:33.256 be on the radio, the side here.

NOTE Confidence: 0.89500230550766

00:07:33.256 --> 00:07:35.580 The thumb side moving up so large

NOTE Confidence: 0.89500230550766

00:07:35.652 --> 00:07:38.532 intestine for is gonna be here and I'm

NOTE Confidence: 0.89500230550766

00:07:38.532 --> 00:07:41.186 gonna explain exactly where the point is.

NOTE Confidence: 0.89500230550766

00:07:41.190 --> 00:07:44.126 An large intestine 11 is gonna be here

NOTE Confidence: 0.89500230550766

00:07:44.126 --> 00:07:47.238 but it's gonna be on the thumb side of

NOTE Confidence: 0.89500230550766

00:07:47.238 --> 00:07:50.099 your hand as we work so we're gonna

NOTE Confidence: 0.89500230550766

00:07:50.099 --> 00:07:53.214 start with one hand and then we'll move

NOTE Confidence: 0.89500230550766

00:07:53.214 --> 00:07:56.540 on to the other for large intestine 4.

NOTE Confidence: 0.89500230550766

00:07:56.540 --> 00:07:59.088 It's located between the first and second

NOTE Confidence: 0.89500230550766

00:07:59.088 --> 00:08:01.640 hand bones, again on the thumb side,

NOTE Confidence: 0.89500230550766

00:08:01.640 --> 00:08:03.818 and you're going to feel it.

NOTE Confidence: 0.89500230550766

00:08:03.820 --> 00:08:06.692 Wait in the middle here it's a little

NOTE Confidence: 0.89500230550766

00:08:06.692 --> 00:08:09.280 bit closer to the second hand bone,

NOTE Confidence: 0.89500230550766

00:08:09.280 --> 00:08:11.828 but is right in this spot here.

NOTE Confidence: 0.89500230550766

00:08:11.830 --> 00:08:12.194 Now,

NOTE Confidence: 0.89500230550766

00:08:12.194 --> 00:08:14.378 this is contraindicated for pregnant women,

NOTE Confidence: 0.89500230550766

00:08:14.380 --> 00:08:17.327 so if anybody is on today that

NOTE Confidence: 0.89500230550766

00:08:17.327 --> 00:08:20.150 may be pregnant this is a spot

NOTE Confidence: 0.89500230550766

00:08:20.150 --> 00:08:22.346 you do not want to press.

NOTE Confidence: 0.89500230550766

00:08:22.350 --> 00:08:23.522 But otherwise,

NOTE Confidence: 0.89500230550766

00:08:23.522 --> 00:08:27.038 just take your thumb and just

NOTE Confidence: 0.89500230550766

00:08:27.038 --> 00:08:29.779 feel around right in here.

NOTE Confidence: 0.89500230550766

00:08:29.780 --> 00:08:31.656 You may get to a spot where

NOTE Confidence: 0.89500230550766

00:08:31.656 --> 00:08:33.740 it feels a little sensitive.

NOTE Confidence: 0.89500230550766

00:08:33.740 --> 00:08:35.336 Anna Little Nervii.

NOTE Confidence: 0.89500230550766

00:08:35.336 --> 00:08:39.060 But just go ahead and take your

NOTE Confidence: 0.89500230550766

00:08:39.170 --> 00:08:42.716 thumb and give that some pressure.

NOTE Confidence: 0.89500230550766

00:08:42.720 --> 00:08:43.550 Well,

NOTE Confidence: 0.89500230550766

00:08:43.550 --> 00:08:45.210 circular motions.
NOTE Confidence: 0.924735009670258

00:08:47.800 --> 00:08:50.772 Again, you may feel a little closer
NOTE Confidence: 0.924735009670258

00:08:50.772 --> 00:08:54.220 to the bone of the second hand.
NOTE Confidence: 0.924735009670258

00:08:54.220 --> 00:08:56.038 But by the second finger here.
NOTE Confidence: 0.884609341621399

00:08:59.990 --> 00:09:04.580 And continue your breath.
NOTE Confidence: 0.884609341621399

00:09:04.580 --> 00:09:07.311 If you feel sensitivity the
NOTE Confidence: 0.884609341621399

00:09:07.311 --> 00:09:10.893 pressure you wanna use is that
NOTE Confidence: 0.884609341621399

00:09:10.893 --> 00:09:14.920 as if you were taking your pulse.
NOTE Confidence: 0.884609341621399

00:09:14.920 --> 00:09:17.062 If you feel a drought there
NOTE Confidence: 0.884609341621399

00:09:17.062 --> 00:09:18.939 at a lack of sensitivity,
NOTE Confidence: 0.884609341621399

00:09:18.939 --> 00:09:21.573 you can go ahead and you
NOTE Confidence: 0.884609341621399

00:09:21.573 --> 00:09:26.190 can use more pressure. Keep
NOTE Confidence: 0.593047499656677

00:09:26.190 --> 00:09:33.438 the breath going.
NOTE Confidence: 0.859416842460632

00:09:36.750 --> 00:09:42.340 They prefer to use your index finger.
NOTE Confidence: 0.939967691898346

00:09:42.340 --> 00:09:44.608 Go ahead and use your index finger.
NOTE Confidence: 0.888175487518311

00:09:48.420 --> 00:09:50.635 And move around a little

NOTE Confidence: 0.888175487518311
00:09:50.635 --> 00:09:52.850 bit just to make sure.
NOTE Confidence: 0.888175487518311
00:09:52.850 --> 00:09:56.774 You feel around till you get to that spot.
NOTE Confidence: 0.888175487518311
00:09:56.780 --> 00:09:59.048 Wait, whether wait where the bones
NOTE Confidence: 0.888175487518311
00:09:59.048 --> 00:10:02.157 made of the first in the second finger.
NOTE Confidence: 0.735202491283417
00:10:12.930 --> 00:10:19.956 So again, right here you have the bone
NOTE Confidence: 0.735202491283417
00:10:19.956 --> 00:10:26.509 of the thumb and the bone of the.
NOTE Confidence: 0.735202491283417
00:10:26.510 --> 00:10:31.268 Index finger. And right in here at the
NOTE Confidence: 0.735202491283417
00:10:31.268 --> 00:10:35.528 base of the two bones could be a little
NOTE Confidence: 0.735202491283417
00:10:35.528 --> 00:10:39.098 a little closer to the second finger.
NOTE Confidence: 0.735202491283417
00:10:39.100 --> 00:10:48.308 That's not right there.
NOTE Confidence: 0.735202491283417
00:10:48.308 --> 00:10:52.260 Just. Make circles.
NOTE Confidence: 0.771746218204498
00:10:57.890 --> 00:11:04.040 And please keep the breath going.
NOTE Confidence: 0.864513248205185
00:11:04.040 --> 00:11:12.065 Good.
NOTE Confidence: 0.864513248205185
00:11:12.065 --> 00:11:20.090 Excellent.
NOTE Confidence: 0.896201968193054
00:11:22.530 --> 00:11:24.250 Very good.
NOTE Confidence: 0.904917418956757

00:11:26.820 --> 00:11:27.825 Hopefully you're starting
NOTE Confidence: 0.904917418956757

00:11:27.825 --> 00:11:29.835 to be a little bit of
NOTE Confidence: 0.904917418956757

00:11:29.840 --> 00:11:31.380 that release, and remember,
NOTE Confidence: 0.904917418956757

00:11:31.380 --> 00:11:34.257 this is something you can work on at
NOTE Confidence: 0.904917418956757

00:11:34.257 --> 00:11:36.658 home and you can spend a full 3 minutes
NOTE Confidence: 0.904917418956757

00:11:36.658 --> 00:11:39.213 on each point as you feel necessary,
NOTE Confidence: 0.904917418956757

00:11:39.220 --> 00:11:42.244 but right now we're gonna just move to the
NOTE Confidence: 0.904917418956757

00:11:42.244 --> 00:11:45.248 other hand if you've been on the left hand,
NOTE Confidence: 0.904917418956757

00:11:45.250 --> 00:11:48.589 will move to the right or vice a Versa
NOTE Confidence: 0.904917418956757

00:11:48.589 --> 00:11:51.380 and again. We're going to hone in.
NOTE Confidence: 0.904917418956757

00:11:51.380 --> 00:11:53.949 And we're going to find that spot.
NOTE Confidence: 0.904917418956757

00:11:53.950 --> 00:11:56.715 Between the thumb bone and
NOTE Confidence: 0.904917418956757

00:11:56.715 --> 00:11:58.927 the index finger bone.
NOTE Confidence: 0.904917418956757

00:11:58.930 --> 00:12:01.380 Right in the middle here.
NOTE Confidence: 0.904917418956757

00:12:01.380 --> 00:12:04.887 And just see if you could feel.
NOTE Confidence: 0.904917418956757

00:12:04.890 --> 00:12:06.522 That little nervous spot.

NOTE Confidence: 0.904917418956757

00:12:06.522 --> 00:12:09.805 One side you may typically find is a

NOTE Confidence: 0.904917418956757

00:12:09.805 --> 00:12:12.472 little more aggravated than the other side,

NOTE Confidence: 0.904917418956757

00:12:12.480 --> 00:12:15.371 and needs a little bit more attention

NOTE Confidence: 0.904917418956757

00:12:15.371 --> 00:12:18.049 so you'll know as we move along.

NOTE Confidence: 0.904917418956757

00:12:18.050 --> 00:12:21.263 But at one side needs a little bit more

NOTE Confidence: 0.904917418956757

00:12:21.263 --> 00:12:23.628 pressure or a little bit more time.

NOTE Confidence: 0.904917418956757

00:12:23.630 --> 00:12:26.114 But just go ahead.

NOTE Confidence: 0.904917418956757

00:12:26.114 --> 00:12:28.598 And use that pressure,

NOTE Confidence: 0.904917418956757

00:12:28.600 --> 00:12:30.672 whatever is most comfortable,

NOTE Confidence: 0.904917418956757

00:12:30.672 --> 00:12:34.620 your thumb, your index finger.

NOTE Confidence: 0.904917418956757

00:12:34.620 --> 00:12:37.660 Will circular upward motion.

NOTE Confidence: 0.656780302524567

00:12:41.560 --> 00:12:48.742 Excellent and keep

NOTE Confidence: 0.656780302524567

00:12:48.742 --> 00:12:55.920 the breath going.

NOTE Confidence: 0.925118505954742

00:13:00.460 --> 00:13:01.528 If anybody has

NOTE Confidence: 0.925118505954742

00:13:01.530 --> 00:13:02.874 any questions we go.

NOTE Confidence: 0.925118505954742

00:13:02.874 --> 00:13:05.334 You can use the chat function and
NOTE Confidence: 0.925118505954742

00:13:05.334 --> 00:13:07.554 I'll be able to address whatever
NOTE Confidence: 0.925118505954742

00:13:07.554 --> 00:13:09.340 questions that you may have.
NOTE Confidence: 0.89431244134903

00:13:11.790 --> 00:13:14.256 Use your breath if you feel
NOTE Confidence: 0.89431244134903

00:13:14.260 --> 00:13:17.132 the need for more pressure, go ahead
NOTE Confidence: 0.89431244134903

00:13:17.132 --> 00:13:20.009 and use a little bit more pressure.
NOTE Confidence: 0.787733435630798

00:13:21.410 --> 00:13:24.070 See if you start
NOTE Confidence: 0.880101427435875

00:13:24.070 --> 00:13:25.831 to feel release.
NOTE Confidence: 0.880101427435875

00:13:25.831 --> 00:13:29.353 You may be a little warmth
NOTE Confidence: 0.880101427435875

00:13:29.353 --> 00:13:31.140 throughout your body.
NOTE Confidence: 0.880101427435875

00:13:31.140 --> 00:13:33.240 May feel your shoulders start to drop.
NOTE Confidence: 0.880101427435875

00:13:33.240 --> 00:13:34.740 That's good. That's a good.
NOTE Confidence: 0.880101427435875

00:13:34.740 --> 00:13:36.240 That's a good sign of
NOTE Confidence: 0.880101427435875

00:13:36.240 --> 00:13:37.440 really starting to activate.
NOTE Confidence: 0.887121915817261

00:13:40.420 --> 00:13:45.060 Excellent. Now the next point we're going
NOTE Confidence: 0.887121915817261

00:13:45.060 --> 00:13:48.560 to work on is called large intestine 11,

NOTE Confidence: 0.887121915817261
00:13:48.560 --> 00:13:51.626 and again it's on the the the
NOTE Confidence: 0.887121915817261
00:13:51.626 --> 00:13:54.479 thumb side of your arm here.
NOTE Confidence: 0.887121915817261
00:13:54.480 --> 00:13:57.168 And it's gonna be the Crete you
NOTE Confidence: 0.887121915817261
00:13:57.168 --> 00:14:00.158 gonna find the crease of your elbow.
NOTE Confidence: 0.887121915817261
00:14:00.160 --> 00:14:03.387 And the point is actually located halfway
NOTE Confidence: 0.887121915817261
00:14:03.387 --> 00:14:06.489 between the elbow crease and the elbow.
NOTE Confidence: 0.887121915817261
00:14:06.490 --> 00:14:09.586 So you have the crease of your elbow here.
NOTE Confidence: 0.931067585945129
00:14:12.080 --> 00:14:15.006 And the point is gonna be halfway
NOTE Confidence: 0.931067585945129
00:14:15.006 --> 00:14:17.549 between the crease and your elbow,
NOTE Confidence: 0.931067585945129
00:14:17.550 --> 00:14:21.617 so it's gonna be right about here.
NOTE Confidence: 0.931067585945129
00:14:21.620 --> 00:14:23.690 Right about halfway between the
NOTE Confidence: 0.931067585945129
00:14:23.690 --> 00:14:27.030 create the edge of the crease of your
NOTE Confidence: 0.931067585945129
00:14:27.030 --> 00:14:29.630 elbow and your elbow. Right there.
NOTE Confidence: 0.931067585945129
00:14:29.630 --> 00:14:32.690 And when you press in again,
NOTE Confidence: 0.931067585945129
00:14:32.690 --> 00:14:34.745 you may feel that little
NOTE Confidence: 0.931067585945129

00:14:34.745 --> 00:14:36.800 bit of a nervous sensation.
NOTE Confidence: 0.931067585945129

00:14:36.800 --> 00:14:37.700 I lifted sensitive,
NOTE Confidence: 0.931067585945129

00:14:37.700 --> 00:14:39.500 don't give it too much pressure
NOTE Confidence: 0.931067585945129

00:14:39.500 --> 00:14:41.474 again about the pressure as if you
NOTE Confidence: 0.931067585945129

00:14:41.474 --> 00:14:43.288 were taking your pulse not too much.
NOTE Confidence: 0.89905458688736

00:14:45.890 --> 00:14:48.319 I still just go ahead right here
NOTE Confidence: 0.89905458688736

00:14:48.319 --> 00:14:50.768 between the edge of the elbow crease
NOTE Confidence: 0.89905458688736

00:14:50.768 --> 00:14:52.715 on the elbow, right about here,
NOTE Confidence: 0.89905458688736

00:14:52.715 --> 00:14:54.920 you may feel that little bit of
NOTE Confidence: 0.89905458688736

00:14:54.984 --> 00:14:57.120 a nervous sensation. This good.
NOTE Confidence: 0.89905458688736

00:14:57.120 --> 00:15:00.095 You know you've activated that point there.
NOTE Confidence: 0.89905458688736

00:15:00.100 --> 00:15:02.298 And be as gentle as you need
NOTE Confidence: 0.89905458688736

00:15:02.298 --> 00:15:04.700 to be with this acupressure.
NOTE Confidence: 0.89905458688736

00:15:04.700 --> 00:15:07.717 If you happen to have any open
NOTE Confidence: 0.89905458688736

00:15:07.717 --> 00:15:11.163 wounds you don't want to work on any
NOTE Confidence: 0.89905458688736

00:15:11.163 --> 00:15:14.239 points where the skin may be broken.

NOTE Confidence: 0.89905458688736

00:15:14.240 --> 00:15:16.445 Yes, it's absolutely OK to West to

NOTE Confidence: 0.89905458688736

00:15:16.445 --> 00:15:19.233 rest your hand on a table if you feel

NOTE Confidence: 0.89905458688736

00:15:19.233 --> 00:15:20.858 it's tensing your upper shoulder

NOTE Confidence: 0.89905458688736

00:15:20.858 --> 00:15:23.114 or your arm when you're working.

NOTE Confidence: 0.89905458688736

00:15:23.120 --> 00:15:25.760 It's absolutely OK to put that at ease.

NOTE Confidence: 0.89905458688736

00:15:25.760 --> 00:15:27.728 You just don't wanna tense it.

NOTE Confidence: 0.89905458688736

00:15:27.730 --> 00:15:30.370 You don't want to put your hand on

NOTE Confidence: 0.89905458688736

00:15:30.370 --> 00:15:32.989 the table and kind of lean into it.

NOTE Confidence: 0.89905458688736

00:15:32.990 --> 00:15:35.293 Intense it you wanna be in a

NOTE Confidence: 0.89905458688736

00:15:35.293 --> 00:15:36.280 very relaxed state,

NOTE Confidence: 0.89905458688736

00:15:36.280 --> 00:15:38.428 but it's actually OK to support

NOTE Confidence: 0.89905458688736

00:15:38.428 --> 00:15:40.600 to support yourself on something.

NOTE Confidence: 0.89905458688736

00:15:40.600 --> 00:15:44.310 But just keep your whole arm your

NOTE Confidence: 0.89905458688736

00:15:44.310 --> 00:15:48.499 whole list your whole shoulder at ease.

NOTE Confidence: 0.89905458688736

00:15:48.500 --> 00:15:49.864 And breathe of course,

NOTE Confidence: 0.89905458688736

00:15:49.864 --> 00:15:51.228 keep the breath going.
NOTE Confidence: 0.922489166259766

00:15:57.360 --> 00:16:00.628 Just keep the pressure on there.
NOTE Confidence: 0.922489166259766

00:16:00.628 --> 00:16:03.513 You could expand the area.
NOTE Confidence: 0.922489166259766

00:16:03.520 --> 00:16:07.960 Again, the the entire point.
NOTE Confidence: 0.922489166259766

00:16:07.960 --> 00:16:11.828 For release would be.
NOTE Confidence: 0.922489166259766

00:16:11.830 --> 00:16:15.862 About the size of the pad of your thumb.
NOTE Confidence: 0.922489166259766

00:16:15.870 --> 00:16:18.440 So again.
NOTE Confidence: 0.922489166259766

00:16:18.440 --> 00:16:21.009 Hopefully that's a little easier to see.
NOTE Confidence: 0.922489166259766

00:16:21.010 --> 00:16:24.167 You have the edge of your crease.
NOTE Confidence: 0.922489166259766

00:16:24.170 --> 00:16:26.870 And you have your elbow.
NOTE Confidence: 0.922489166259766

00:16:26.870 --> 00:16:32.050 So somewhere right in the middle there.
NOTE Confidence: 0.922489166259766

00:16:32.050 --> 00:16:33.746 You'll find the point you
NOTE Confidence: 0.922489166259766

00:16:33.746 --> 00:16:37.000 don't want to be on the bone.
NOTE Confidence: 0.922489166259766

00:16:37.000 --> 00:16:39.681 You want to be on the soft tissue
NOTE Confidence: 0.922489166259766

00:16:39.681 --> 00:16:41.580 adjacent to the elbow bone,
NOTE Confidence: 0.922489166259766

00:16:41.580 --> 00:16:44.443 so not not on the hard spot

NOTE Confidence: 0.922489166259766
00:16:44.443 --> 00:16:47.519 you wanna be in the soft area.
NOTE Confidence: 0.922489166259766
00:16:47.520 --> 00:16:50.150 Rate about over here between
NOTE Confidence: 0.922489166259766
00:16:50.150 --> 00:16:53.480 the elbow crease and the elbow.
NOTE Confidence: 0.922489166259766
00:16:53.480 --> 00:16:56.340 Right about here.
NOTE Confidence: 0.922489166259766
00:16:56.340 --> 00:16:58.372 You feel the soft tissue and you may
NOTE Confidence: 0.922489166259766
00:16:58.372 --> 00:17:00.259 feel that Little Nerby spot there.
NOTE Confidence: 0.858633041381836
00:17:05.300 --> 00:17:07.670 Miss give that some circular pressure.
NOTE Confidence: 0.895149528980255
00:17:11.020 --> 00:17:14.588 And as I said, if you're about the
NOTE Confidence: 0.895149528980255
00:17:14.588 --> 00:17:18.190 the size of the pad of your thumb,
NOTE Confidence: 0.895149528980255
00:17:18.190 --> 00:17:20.430 you're gonna activate that point,
NOTE Confidence: 0.895149528980255
00:17:20.430 --> 00:17:24.453 so don't worry if you're not exactly on it.
NOTE Confidence: 0.895149528980255
00:17:24.460 --> 00:17:26.700 That's OK, because when you're
NOTE Confidence: 0.895149528980255
00:17:26.700 --> 00:17:28.940 gonna do emotion like this,
NOTE Confidence: 0.895149528980255
00:17:28.940 --> 00:17:31.180 a circular motion like this,
NOTE Confidence: 0.895149528980255
00:17:31.180 --> 00:17:34.316 you're touching it and you're activating it.
NOTE Confidence: 0.895149528980255

00:17:34.320 --> 00:17:36.560 And when we do massage,
NOTE Confidence: 0.895149528980255

00:17:36.560 --> 00:17:38.368 we're often automatically releasing
NOTE Confidence: 0.895149528980255

00:17:38.368 --> 00:17:41.080 the acupressure points just be cause.
NOTE Confidence: 0.895149528980255

00:17:41.080 --> 00:17:43.292 Would you really entire body so the
NOTE Confidence: 0.895149528980255

00:17:43.292 --> 00:17:45.077 release is happening so don't worry
NOTE Confidence: 0.895149528980255

00:17:45.077 --> 00:17:46.890 if you don't sure if you're not
NOTE Confidence: 0.895149528980255

00:17:46.890 --> 00:17:48.986 sure if you're exactly on the point,
NOTE Confidence: 0.895149528980255

00:17:48.986 --> 00:17:50.460 because if you are here,
NOTE Confidence: 0.895149528980255

00:17:50.460 --> 00:17:51.920 if you're anywhere over here,
NOTE Confidence: 0.895149528980255

00:17:51.920 --> 00:17:54.868 you're getting the release.
NOTE Confidence: 0.895149528980255

00:17:54.868 --> 00:17:58.615 OK, now we're gonna move on to
NOTE Confidence: 0.895149528980255

00:17:58.615 --> 00:18:01.770 the other side of the body.
NOTE Confidence: 0.895149528980255

00:18:01.770 --> 00:18:07.395 And again, we're going to go into the area.
NOTE Confidence: 0.895149528980255

00:18:07.395 --> 00:18:10.070 This is large intestine 11.
NOTE Confidence: 0.895149528980255

00:18:10.070 --> 00:18:12.170 And it's located halfway between
NOTE Confidence: 0.895149528980255

00:18:12.170 --> 00:18:14.790 the elbow crease and the elbow,

NOTE Confidence: 0.895149528980255
00:18:14.790 --> 00:18:17.358 yes, if you're feeling a little
NOTE Confidence: 0.895149528980255
00:18:17.358 --> 00:18:18.642 lightheaded or nauseous,
NOTE Confidence: 0.895149528980255
00:18:18.650 --> 00:18:21.218 be sure you doing two things.
NOTE Confidence: 0.895149528980255
00:18:21.220 --> 00:18:23.370 Be sure you're taking breaths
NOTE Confidence: 0.895149528980255
00:18:23.370 --> 00:18:24.660 because you will.
NOTE Confidence: 0.895149528980255
00:18:24.660 --> 00:18:25.944 You're releasing your
NOTE Confidence: 0.895149528980255
00:18:25.944 --> 00:18:28.084 leasing a lot of energy,
NOTE Confidence: 0.895149528980255
00:18:28.090 --> 00:18:30.235 and if there's congestion There
NOTE Confidence: 0.895149528980255
00:18:30.235 --> 00:18:32.380 you are opening things up.
NOTE Confidence: 0.895149528980255
00:18:32.380 --> 00:18:34.954 And if there's a little bit
NOTE Confidence: 0.895149528980255
00:18:34.954 --> 00:18:36.670 of a drought there,
NOTE Confidence: 0.895149528980255
00:18:36.670 --> 00:18:40.094 you're the she is entering into the Meridian.
NOTE Confidence: 0.895149528980255
00:18:40.100 --> 00:18:41.108 So drink water.
NOTE Confidence: 0.895149528980255
00:18:41.108 --> 00:18:43.460 If you could just step away from
NOTE Confidence: 0.895149528980255
00:18:43.536 --> 00:18:45.780 the computer and get some water,
NOTE Confidence: 0.895149528980255

00:18:45.780 --> 00:18:48.378 definitely take some sips of water.
NOTE Confidence: 0.895149528980255

00:18:48.380 --> 00:18:49.760 And continue the breath goal
NOTE Confidence: 0.895149528980255

00:18:49.760 --> 00:18:50.588 in the Lightheadedness.
NOTE Confidence: 0.895149528980255

00:18:50.590 --> 00:18:51.970 Could be a little bit,
NOTE Confidence: 0.895149528980255

00:18:51.970 --> 00:18:53.434 because maybe you're holding
NOTE Confidence: 0.895149528980255

00:18:53.434 --> 00:18:54.898 your breath a bit.
NOTE Confidence: 0.895149528980255

00:18:54.900 --> 00:18:57.749 So those two things are very important.
NOTE Confidence: 0.895149528980255

00:18:57.750 --> 00:19:00.702 Keep the breath going and get
NOTE Confidence: 0.895149528980255

00:19:00.702 --> 00:19:03.380 yourself a glass of water.
NOTE Confidence: 0.895149528980255

00:19:03.380 --> 00:19:05.354 When we're finished with the fashion today,
NOTE Confidence: 0.895149528980255

00:19:05.360 --> 00:19:07.608 you may even just want to close your
NOTE Confidence: 0.895149528980255

00:19:07.608 --> 00:19:10.166 eyes and just rest for a little bit too,
NOTE Confidence: 0.895149528980255

00:19:10.170 --> 00:19:11.590 because this is a release.
NOTE Confidence: 0.888566315174103

00:19:14.860 --> 00:19:17.975 So again, here were between
NOTE Confidence: 0.888566315174103

00:19:17.975 --> 00:19:21.090 the crease of the elbow.
NOTE Confidence: 0.888566315174103

00:19:21.090 --> 00:19:25.180 And the elbow bone itself.

NOTE Confidence: 0.888566315174103
00:19:25.180 --> 00:19:27.620 And it's weighed about
NOTE Confidence: 0.888566315174103
00:19:27.620 --> 00:19:30.060 over here halfway between.
NOTE Confidence: 0.888566315174103
00:19:30.060 --> 00:19:32.620 Just give that some pressure.
NOTE Confidence: 0.850803039968014
00:19:34.910 --> 00:19:38.914 Ambris Again, if at anytime while we're
NOTE Confidence: 0.850803039968014
00:19:38.914 --> 00:19:41.380 working, if you really don't feel well,
NOTE Confidence: 0.850803039968014
00:19:41.380 --> 00:19:42.975 you can just stop working
NOTE Confidence: 0.850803039968014
00:19:42.975 --> 00:19:44.840 and just kind of listen up,
NOTE Confidence: 0.850803039968014
00:19:44.840 --> 00:19:46.730 because sometimes maybe your body is
NOTE Confidence: 0.850803039968014
00:19:46.730 --> 00:19:48.960 just not prepared for this kind of
NOTE Confidence: 0.850803039968014
00:19:48.960 --> 00:19:50.830 energetic work, and that's OK too.
NOTE Confidence: 0.850803039968014
00:19:50.830 --> 00:19:52.720 So just listen to your body.
NOTE Confidence: 0.850803039968014
00:19:52.720 --> 00:19:55.492 If it feels like you know what this isn't
NOTE Confidence: 0.850803039968014
00:19:55.492 --> 00:19:57.701 feeling good right now, it's too much,
NOTE Confidence: 0.850803039968014
00:19:57.701 --> 00:20:00.280 just take a little bit of a break.
NOTE Confidence: 0.850803039968014
00:20:00.280 --> 00:20:02.248 That's OK too.
NOTE Confidence: 0.850803039968014

00:20:02.250 --> 00:20:04.080 This program will be in the
NOTE Confidence: 0.850803039968014

00:20:04.080 --> 00:20:05.300 Yale Cancer Center Integrative
NOTE Confidence: 0.850803039968014

00:20:05.356 --> 00:20:06.619 Medicine Video Archives,
NOTE Confidence: 0.850803039968014

00:20:06.620 --> 00:20:08.576 and you can always refer back
NOTE Confidence: 0.850803039968014

00:20:08.576 --> 00:20:10.310 to it at another time.
NOTE Confidence: 0.889890481125225

00:20:13.760 --> 00:20:16.668 So again, waiting here.
NOTE Confidence: 0.889890481125225

00:20:16.668 --> 00:20:21.980 Wait between the crease of the elbow.
NOTE Confidence: 0.889890481125225

00:20:21.980 --> 00:20:25.196 And the elbow bone on the
NOTE Confidence: 0.889890481125225

00:20:25.196 --> 00:20:29.040 soft tissue. And breathe.
NOTE Confidence: 0.895266694181106

00:20:33.440 --> 00:20:37.152 Excellent. OK, good, so now we're going to
NOTE Confidence: 0.895266694181106

00:20:37.152 --> 00:20:41.789 work a little bit on those sinus pain points.
NOTE Confidence: 0.895266694181106

00:20:41.790 --> 00:20:45.062 There are points these are points on the
NOTE Confidence: 0.895266694181106

00:20:45.062 --> 00:20:48.634 face and they help to drain the sinus is.
NOTE Confidence: 0.895266694181106

00:20:48.640 --> 00:20:51.349 And hopefully open things up and maybe
NOTE Confidence: 0.895266694181106

00:20:51.349 --> 00:20:53.853 release a little bit of that headache
NOTE Confidence: 0.895266694181106

00:20:53.853 --> 00:20:56.599 pain so that it take off my glasses.

NOTE Confidence: 0.895266694181106

00:20:56.600 --> 00:20:59.184 And the first point we're going to work

NOTE Confidence: 0.895266694181106

00:20:59.184 --> 00:21:02.226 on is called bladder to bladder two is

NOTE Confidence: 0.895266694181106

00:21:02.226 --> 00:21:05.290 located at the medial end of the eyebrows,

NOTE Confidence: 0.895266694181106

00:21:05.290 --> 00:21:08.858 so the point would be right in here.

NOTE Confidence: 0.895266694181106

00:21:08.860 --> 00:21:11.968 Again, you can use your thumb or

NOTE Confidence: 0.895266694181106

00:21:11.968 --> 00:21:15.228 you can use your index finger.

NOTE Confidence: 0.895266694181106

00:21:15.230 --> 00:21:17.005 And you wanna use relatively

NOTE Confidence: 0.895266694181106

00:21:17.005 --> 00:21:18.425 gentle pressure over here?

NOTE Confidence: 0.895266694181106

00:21:18.430 --> 00:21:20.395 You know, again, that pressure

NOTE Confidence: 0.895266694181106

00:21:20.395 --> 00:21:23.270 as if you were taking your pulse.

NOTE Confidence: 0.895266694181106

00:21:23.270 --> 00:21:26.936 Would be appropriate for this spot?

NOTE Confidence: 0.895266694181106

00:21:26.940 --> 00:21:30.160 So please keep the breath going.

NOTE Confidence: 0.929975628852844

00:21:32.180 --> 00:21:34.210 If you feel little lightheaded,

NOTE Confidence: 0.929975628852844

00:21:34.210 --> 00:21:35.428 little uncomfortable, again,

NOTE Confidence: 0.929975628852844

00:21:35.428 --> 00:21:38.678 take a glass of water. It's OK to

NOTE Confidence: 0.929975628852844

00:21:38.678 --> 00:21:41.520 stop and pick this up another time.
NOTE Confidence: 0.912903785705566

00:21:47.940 --> 00:21:50.248 And continue to breathe.
NOTE Confidence: 0.910834968090057

00:21:56.880 --> 00:22:01.520 So again, it's the point right here.
NOTE Confidence: 0.910834968090057

00:22:01.520 --> 00:22:04.019 At the medial end of the eyebrows.
NOTE Confidence: 0.92658656835556

00:22:07.140 --> 00:22:10.076 You could do both at the same time.
NOTE Confidence: 0.938574492931366

00:22:12.300 --> 00:22:15.710 You could do one at a time. It's up to you.
NOTE Confidence: 0.938574492931366

00:22:15.710 --> 00:22:17.570 Whatever is your preference is fine.
NOTE Confidence: 0.915681838989258

00:22:23.390 --> 00:22:25.568 You may feel little tenderness in
NOTE Confidence: 0.915681838989258

00:22:25.568 --> 00:22:27.970 here and move around a little bit.
NOTE Confidence: 0.915681838989258

00:22:27.970 --> 00:22:30.076 You could take your thumb because,
NOTE Confidence: 0.915681838989258

00:22:30.080 --> 00:22:32.504 again, that acupressure point is about
NOTE Confidence: 0.915681838989258

00:22:32.504 --> 00:22:35.549 the size of the pad of your thumb.
NOTE Confidence: 0.915681838989258

00:22:35.550 --> 00:22:39.320 So. Don't hesitate to just.
NOTE Confidence: 0.915681838989258

00:22:39.320 --> 00:22:43.920 Move your thumb around.
NOTE Confidence: 0.915681838989258

00:22:43.920 --> 00:22:46.830 And use that pressure for release.
NOTE Confidence: 0.915681838989258

00:22:46.830 --> 00:22:53.130 And continue the breath.

NOTE Confidence: 0.636074423789978
00:23:05.500 --> 00:23:10.456 Good. Excellent and again later on your
NOTE Confidence: 0.636074423789978
00:23:10.456 --> 00:23:13.224 own time when you feel you wanna release,
NOTE Confidence: 0.636074423789978
00:23:13.230 --> 00:23:15.336 go ahead and spend anywhere from
NOTE Confidence: 0.636074423789978
00:23:15.336 --> 00:23:17.738 one to three minutes on that point.
NOTE Confidence: 0.636074423789978
00:23:17.740 --> 00:23:20.884 Now we're gonna go to large intestine 20
NOTE Confidence: 0.636074423789978
00:23:20.884 --> 00:23:24.565 which is about 1/2 as soon from the nostril.
NOTE Confidence: 0.636074423789978
00:23:24.570 --> 00:23:26.460 It's right next to the nostril,
NOTE Confidence: 0.636074423789978
00:23:26.460 --> 00:23:30.114 so it soon is about. One pad,
NOTE Confidence: 0.636074423789978
00:23:30.114 --> 00:23:33.546 some across it's right about here.
NOTE Confidence: 0.636074423789978
00:23:33.550 --> 00:23:37.246 Wait about here on both sides.
NOTE Confidence: 0.636074423789978
00:23:37.250 --> 00:23:40.850 Of the nose right next to the nostril.
NOTE Confidence: 0.893678307533264
00:23:42.980 --> 00:23:44.210 Right in there.
NOTE Confidence: 0.933155417442322
00:23:46.510 --> 00:23:48.350 And again, move around a
NOTE Confidence: 0.933155417442322
00:23:48.350 --> 00:23:50.190 little bit for greater release.
NOTE Confidence: 0.886102914810181
00:23:54.340 --> 00:23:57.890 And we'd as you work with
NOTE Confidence: 0.886102914810181

00:23:57.890 --> 00:23:59.666 relax your shoulders.
NOTE Confidence: 0.892205119132996

00:24:02.660 --> 00:24:05.355 And again, you could rest your elbows
NOTE Confidence: 0.892205119132996

00:24:05.355 --> 00:24:08.628 on your knees or on the table so you
NOTE Confidence: 0.892205119132996

00:24:08.628 --> 00:24:11.240 don't feel like you're up in the air
NOTE Confidence: 0.892205119132996

00:24:11.240 --> 00:24:13.321 the whole you wanna be as relaxed.
NOTE Confidence: 0.892205119132996

00:24:13.321 --> 00:24:15.187 And you want the muscles to
NOTE Confidence: 0.892205119132996

00:24:15.187 --> 00:24:16.929 be as relaxed as possible.
NOTE Confidence: 0.853234708309174

00:24:20.110 --> 00:24:23.284 Breathe and work this point again.
NOTE Confidence: 0.853234708309174

00:24:23.284 --> 00:24:25.924 This is large intestine 20.
NOTE Confidence: 0.870690703392029

00:24:33.540 --> 00:24:37.730 Could be a little opening going on little.
NOTE Confidence: 0.870690703392029

00:24:37.730 --> 00:24:39.926 Hopefully a little blood flow moving
NOTE Confidence: 0.870690703392029

00:24:39.926 --> 00:24:42.657 up to the to the to the head.
NOTE Confidence: 0.892415761947632

00:24:45.330 --> 00:24:49.250 Good skip that going little circular motions.
NOTE Confidence: 0.855708837509155

00:24:54.220 --> 00:24:59.448 Good. Excellent question hold.
NOTE Confidence: 0.866205334663391

00:25:01.490 --> 00:25:02.930 I'm breathing.
NOTE Confidence: 0.89797967672348

00:25:06.720 --> 00:25:10.663 And let it go. Excellent good now.

NOTE Confidence: 0.89797967672348

00:25:10.663 --> 00:25:13.626 Finally we're gonna work on some

NOTE Confidence: 0.89797967672348

00:25:13.626 --> 00:25:16.096 areas that correspond to it.

NOTE Confidence: 0.89797967672348

00:25:16.100 --> 00:25:19.544 Cold and flu and cough and congestion.

NOTE Confidence: 0.89797967672348

00:25:19.550 --> 00:25:23.018 Now. We worked earlier on large

NOTE Confidence: 0.89797967672348

00:25:23.018 --> 00:25:26.344 intestine for large intestine for and

NOTE Confidence: 0.89797967672348

00:25:26.344 --> 00:25:29.984 we worked on large intestine 11 as well.

NOTE Confidence: 0.89797967672348

00:25:29.990 --> 00:25:31.995 And those points are also

NOTE Confidence: 0.89797967672348

00:25:31.995 --> 00:25:34.000 good for cold and flu.

NOTE Confidence: 0.89797967672348

00:25:34.000 --> 00:25:35.504 In addition to that,

NOTE Confidence: 0.89797967672348

00:25:35.504 --> 00:25:38.688 we're going to work on a couple of

NOTE Confidence: 0.89797967672348

00:25:38.688 --> 00:25:41.614 points on this in the stomach area,

NOTE Confidence: 0.89797967672348

00:25:41.620 --> 00:25:43.224 so the stomach meridians,

NOTE Confidence: 0.89797967672348

00:25:43.224 --> 00:25:44.828 the stomach Meridian goes.

NOTE Confidence: 0.89797967672348

00:25:44.830 --> 00:25:48.038 It starts at our head and it comes.

NOTE Confidence: 0.89797967672348

00:25:48.040 --> 00:25:49.920 It started out ahead here

NOTE Confidence: 0.89797967672348

00:25:49.920 --> 00:25:52.450 and it comes down and around,
NOTE Confidence: 0.89797967672348

00:25:52.450 --> 00:25:55.778 and it ends on the foot on the
NOTE Confidence: 0.89797967672348

00:25:55.778 --> 00:25:58.986 actually it ends right here on the.
NOTE Confidence: 0.89797967672348

00:25:58.990 --> 00:26:01.066 Under second toe of the foot,
NOTE Confidence: 0.89797967672348

00:26:01.070 --> 00:26:03.116 but it comes down the lateral
NOTE Confidence: 0.89797967672348

00:26:03.116 --> 00:26:05.247 side of the body and crosses
NOTE Confidence: 0.89797967672348

00:26:05.247 --> 00:26:07.669 over to the front of the foot.
NOTE Confidence: 0.89797967672348

00:26:07.670 --> 00:26:10.673 But the points that were going to
NOTE Confidence: 0.89797967672348

00:26:10.673 --> 00:26:13.969 be working on today are stomach 36.
NOTE Confidence: 0.89797967672348

00:26:13.970 --> 00:26:14.588 Stomach 36,
NOTE Confidence: 0.89797967672348

00:26:14.588 --> 00:26:16.442 which I'll show you on my
NOTE Confidence: 0.89797967672348

00:26:16.442 --> 00:26:17.870 body and stomach 40.
NOTE Confidence: 0.89797967672348

00:26:17.870 --> 00:26:19.820 So those two points are below.
NOTE Confidence: 0.89797967672348

00:26:19.820 --> 00:26:22.420 The need between the knee and the ankle,
NOTE Confidence: 0.89797967672348

00:26:22.420 --> 00:26:25.020 and I'll show you as we go along.
NOTE Confidence: 0.89797967672348

00:26:25.020 --> 00:26:28.394 So I'm gonna move my screen down.

NOTE Confidence: 0.89797967672348
00:26:28.400 --> 00:26:30.164 He and stomach 36.
NOTE Confidence: 0.89797967672348
00:26:30.164 --> 00:26:33.914 Stomach 36 helps to boost the immune system
NOTE Confidence: 0.89797967672348
00:26:33.914 --> 00:26:37.449 and energy levels and stomach 40 helps
NOTE Confidence: 0.89797967672348
00:26:37.449 --> 00:26:41.819 to resolve excess mucus throughout the body.
NOTE Confidence: 0.89797967672348
00:26:41.820 --> 00:26:43.611 Now to find.
NOTE Confidence: 0.89797967672348
00:26:43.611 --> 00:26:47.193 Stomach 36 it's for soon down
NOTE Confidence: 0.89797967672348
00:26:47.193 --> 00:26:50.838 from the top of the kneecap.
NOTE Confidence: 0.89797967672348
00:26:50.840 --> 00:26:52.950 And it's along the outer
NOTE Confidence: 0.89797967672348
00:26:52.950 --> 00:26:55.060 border of that Shin Bone.
NOTE Confidence: 0.89797967672348
00:26:55.060 --> 00:26:57.244 So would it take our four
NOTE Confidence: 0.89797967672348
00:26:57.244 --> 00:26:59.459 fingers from below the knee cap?
NOTE Confidence: 0.89797967672348
00:26:59.460 --> 00:27:01.890 We'll take our four soon.
NOTE Confidence: 0.89797967672348
00:27:01.890 --> 00:27:04.578 And we're going to find the point.
NOTE Confidence: 0.89797967672348
00:27:04.580 --> 00:27:07.615 Right here and it's on
NOTE Confidence: 0.89797967672348
00:27:07.615 --> 00:27:10.043 again the outer border.
NOTE Confidence: 0.89797967672348

00:27:10.050 --> 00:27:12.246 Of this in born.
NOTE Confidence: 0.89797967672348

00:27:12.246 --> 00:27:18.030 And here this tends to be a stronger muscle.
NOTE Confidence: 0.89797967672348

00:27:18.030 --> 00:27:20.480 So it's OK to use more pressure
NOTE Confidence: 0.89797967672348

00:27:20.480 --> 00:27:22.981 here to your comfort level if
NOTE Confidence: 0.89797967672348

00:27:22.981 --> 00:27:25.266 you start to feel discomfort,
NOTE Confidence: 0.89797967672348

00:27:25.270 --> 00:27:28.077 you can ease up a little bit,
NOTE Confidence: 0.89797967672348

00:27:28.080 --> 00:27:30.280 but generally this point
NOTE Confidence: 0.89797967672348

00:27:30.280 --> 00:27:32.480 can take more pressure.
NOTE Confidence: 0.89797967672348

00:27:32.480 --> 00:27:34.778 You could even take your fingers,
NOTE Confidence: 0.89797967672348

00:27:34.780 --> 00:27:37.600 your three or four fingers and
NOTE Confidence: 0.89797967672348

00:27:37.600 --> 00:27:40.872 then your other hand on top of
NOTE Confidence: 0.89797967672348

00:27:40.872 --> 00:27:43.452 those fingers and just press in.
NOTE Confidence: 0.89797967672348

00:27:43.460 --> 00:27:47.670 Circular motions up an around.
NOTE Confidence: 0.89797967672348

00:27:47.670 --> 00:27:50.736 Again, this is the standard 36 point.
NOTE Confidence: 0.890443563461304

00:27:56.210 --> 00:27:57.362 And continue your breath.
NOTE Confidence: 0.890443563461304

00:27:57.362 --> 00:27:59.668 You may, as you as you use pressure,

NOTE Confidence: 0.890443563461304
00:27:59.670 --> 00:28:00.822 you again make you.
NOTE Confidence: 0.890443563461304
00:28:00.822 --> 00:28:02.545 Also, I feel a little nervous
NOTE Confidence: 0.890443563461304
00:28:02.545 --> 00:28:04.167 sensation there, so you know,
NOTE Confidence: 0.890443563461304
00:28:04.167 --> 00:28:06.610 that's when you're right on the point.
NOTE Confidence: 0.890443563461304
00:28:06.610 --> 00:28:08.866 But it's perfectly OK into your
NOTE Confidence: 0.890443563461304
00:28:08.866 --> 00:28:11.369 benefit to work a larger area.
NOTE Confidence: 0.866602182388306
00:28:13.500 --> 00:28:15.438 This is stomach 40 summit there.
NOTE Confidence: 0.866602182388306
00:28:15.440 --> 00:28:18.518 I'm sorry this is stomach 36.
NOTE Confidence: 0.866602182388306
00:28:18.520 --> 00:28:21.988 Up and around. Again,
NOTE Confidence: 0.866602182388306
00:28:21.988 --> 00:28:24.436 you may feel some blood flow.
NOTE Confidence: 0.866602182388306
00:28:24.440 --> 00:28:27.335 You may feel a release
NOTE Confidence: 0.866602182388306
00:28:27.335 --> 00:28:30.230 going down to your ankle.
NOTE Confidence: 0.866602182388306
00:28:30.230 --> 00:28:31.298 And that's good.
NOTE Confidence: 0.866602182388306
00:28:31.298 --> 00:28:32.366 That's a good.
NOTE Confidence: 0.866602182388306
00:28:32.370 --> 00:28:33.646 That's a good release.
NOTE Confidence: 0.866602182388306

00:28:33.646 --> 00:28:35.560 That's a good opening of that
NOTE Confidence: 0.866602182388306

00:28:35.623 --> 00:28:37.708 Meridian of that stomach Meridian.
NOTE Confidence: 0.853769242763519

00:28:39.770 --> 00:28:41.620 And continue your breath.
NOTE Confidence: 0.820840179920197

00:28:45.720 --> 00:28:50.632 Good. Now, while we're on this leg
NOTE Confidence: 0.820840179920197

00:28:50.632 --> 00:28:54.000 and decide we're going to go down
NOTE Confidence: 0.820840179920197

00:28:54.000 --> 00:28:57.518 to stomach 40 now, stomach 40 is in
NOTE Confidence: 0.820840179920197

00:28:57.518 --> 00:29:00.860 the same area of this lower leg.
NOTE Confidence: 0.820840179920197

00:29:00.860 --> 00:29:03.704 It's halfway between the knee joint
NOTE Confidence: 0.820840179920197

00:29:03.704 --> 00:29:06.548 and the ankle bone, halfway between
NOTE Confidence: 0.820840179920197

00:29:06.548 --> 00:29:10.254 the knee and the ankle, and again,
NOTE Confidence: 0.820840179920197

00:29:10.254 --> 00:29:15.590 it sound a lateral outside of this leg.
NOTE Confidence: 0.820840179920197

00:29:15.590 --> 00:29:18.428 So you gonna move down between
NOTE Confidence: 0.820840179920197

00:29:18.428 --> 00:29:21.190 the knee and ankle halfway?
NOTE Confidence: 0.820840179920197

00:29:21.190 --> 00:29:22.528 Right about here.
NOTE Confidence: 0.733610928058624

00:29:25.600 --> 00:29:29.515 From that shin bone or the TV a bone,
NOTE Confidence: 0.733610928058624

00:29:29.520 --> 00:29:35.908 it's about. One finger width. Away 11 soon.

NOTE Confidence: 0.733610928058624
00:29:35.910 --> 00:29:40.398 It's about one soon away from that tibia.
NOTE Confidence: 0.733610928058624
00:29:40.400 --> 00:29:45.906 Shin bone. And again use the whole area.
NOTE Confidence: 0.733610928058624
00:29:45.910 --> 00:29:49.529 Don't hesitate to go beyond the specific
NOTE Confidence: 0.733610928058624
00:29:49.529 --> 00:29:52.870 point because you're getting the benefit.
NOTE Confidence: 0.841452658176422
00:29:55.230 --> 00:29:59.010 By massage ING through acupressure.
NOTE Confidence: 0.841452658176422
00:29:59.010 --> 00:30:01.014 A larger area. And again here
NOTE Confidence: 0.841452658176422
00:30:01.014 --> 00:30:03.325 you may wanna use the force of
NOTE Confidence: 0.841452658176422
00:30:03.325 --> 00:30:05.418 the second hand on top of the
NOTE Confidence: 0.841452658176422
00:30:05.489 --> 00:30:07.907 bottom hand for a deeper pressure.
NOTE Confidence: 0.834800183773041
00:30:11.870 --> 00:30:12.530 Good.
NOTE Confidence: 0.873964369297028
00:30:19.900 --> 00:30:24.316 Just keep that going as you breathe.
NOTE Confidence: 0.873964369297028
00:30:24.320 --> 00:30:26.288 Again, you may feel some warmth.
NOTE Confidence: 0.873964369297028
00:30:26.290 --> 00:30:28.911 Take a drink of water, take a break,
NOTE Confidence: 0.873964369297028
00:30:28.911 --> 00:30:30.546 take a drink of water.
NOTE Confidence: 0.925319612026215
00:30:34.390 --> 00:30:38.018 Excellent. Excellent. Very good,
NOTE Confidence: 0.925319612026215

00:30:38.018 --> 00:30:40.642 now we're gonna go to the other side
NOTE Confidence: 0.925319612026215

00:30:40.642 --> 00:30:43.397 and we're going to do the same thing.
NOTE Confidence: 0.925319612026215

00:30:43.400 --> 00:30:45.410 We're gonna go to stomach 36,
NOTE Confidence: 0.925319612026215

00:30:45.410 --> 00:30:47.804 which is 4 soon down from the
NOTE Confidence: 0.925319612026215

00:30:47.804 --> 00:30:50.288 top of the kneecap along the
NOTE Confidence: 0.925319612026215

00:30:50.288 --> 00:30:53.024 outer border of the shin bone.
NOTE Confidence: 0.925319612026215

00:30:53.030 --> 00:30:56.430 And we're just gonna give that pressure here.
NOTE Confidence: 0.925319612026215

00:30:56.430 --> 00:31:00.620 You can use one finger.
NOTE Confidence: 0.925319612026215

00:31:00.620 --> 00:31:01.678 Several fingers.
NOTE Confidence: 0.925319612026215

00:31:01.678 --> 00:31:05.381 Or you can use the pressure of
NOTE Confidence: 0.925319612026215

00:31:05.381 --> 00:31:08.563 your top hand on your bottom
NOTE Confidence: 0.925319612026215

00:31:08.563 --> 00:31:11.108 hand for a deeper release.
NOTE Confidence: 0.925319612026215

00:31:11.110 --> 00:31:15.570 Good. Excellent.
NOTE Confidence: 0.925319612026215

00:31:15.570 --> 00:31:17.210 And continue their breath.
NOTE Confidence: 0.879643142223358

00:31:22.920 --> 00:31:24.590 Excellent.
NOTE Confidence: 0.803480565547943

00:31:27.450 --> 00:31:29.589 Keep that going.

NOTE Confidence: 0.824604153633118
00:31:33.630 --> 00:31:34.460 Good.
NOTE Confidence: 0.874941289424896
00:31:37.100 --> 00:31:39.060 This is stomach 36.
NOTE Confidence: 0.897277116775513
00:31:43.460 --> 00:31:46.064 And again at home you can continue
NOTE Confidence: 0.897277116775513
00:31:46.064 --> 00:31:48.411 this for a longer period of
NOTE Confidence: 0.897277116775513
00:31:48.411 --> 00:31:50.775 time that one to three minutes.
NOTE Confidence: 0.861538052558899
00:31:57.100 --> 00:32:00.713 Excellent. And now we're
NOTE Confidence: 0.861538052558899
00:32:00.713 --> 00:32:02.939 going to move to stomach 40,
NOTE Confidence: 0.861538052558899
00:32:02.940 --> 00:32:05.586 which is halfway between the base of
NOTE Confidence: 0.861538052558899
00:32:05.586 --> 00:32:08.250 the knee joint and the ankle bone
NOTE Confidence: 0.861538052558899
00:32:08.250 --> 00:32:10.730 along the same line as stomach 36.
NOTE Confidence: 0.861538052558899
00:32:10.730 --> 00:32:12.590 We get to stomach 40.
NOTE Confidence: 0.583240985870361
00:32:15.040 --> 00:32:23.110 About one soon away.
NOTE Confidence: 0.76814991235733
00:32:26.370 --> 00:32:28.029 From that area bone.
NOTE Confidence: 0.847708678245544
00:32:45.830 --> 00:32:49.050 Good. Keep that pressure going.
NOTE Confidence: 0.763020773728688
00:32:57.800 --> 00:33:01.109 Good. Make circles.
NOTE Confidence: 0.768079340457916

00:33:03.380 --> 00:33:06.480 Continue the breath.
NOTE Confidence: 0.873108863830566

00:33:22.230 --> 00:33:25.910 Excellent. OK, very
NOTE Confidence: 0.915975987911224

00:33:25.910 --> 00:33:28.178 good. Now continuing on the points
NOTE Confidence: 0.915975987911224

00:33:28.178 --> 00:33:30.879 for cold and flu and congestion,
NOTE Confidence: 0.915975987911224

00:33:30.880 --> 00:33:34.184 we're going to be working on lung 7,
NOTE Confidence: 0.915975987911224

00:33:34.190 --> 00:33:36.668 which is in a rest area.
NOTE Confidence: 0.915975987911224

00:33:36.670 --> 00:33:40.854 It's on the thumb side of the list.
NOTE Confidence: 0.915975987911224

00:33:40.860 --> 00:33:43.200 And I'll show you on myself,
NOTE Confidence: 0.915975987911224

00:33:43.200 --> 00:33:46.420 but it's approximately right here.
NOTE Confidence: 0.915975987911224

00:33:46.420 --> 00:33:48.760 On the West area.
NOTE Confidence: 0.915975987911224

00:33:48.760 --> 00:33:54.044 So if you take your finger and you go
NOTE Confidence: 0.915975987911224

00:33:54.044 --> 00:33:58.930 about 1 1/2 soon from the West crease.
NOTE Confidence: 0.915975987911224

00:33:58.930 --> 00:34:01.750 On the thumb side.
NOTE Confidence: 0.915975987911224

00:34:01.750 --> 00:34:03.070 Between the tendons,
NOTE Confidence: 0.915975987911224

00:34:03.070 --> 00:34:07.190 so we have our one soon at about 1/2,
NOTE Confidence: 0.915975987911224

00:34:07.190 --> 00:34:11.550 so you're going to be right about here.

NOTE Confidence: 0.915975987911224
00:34:11.550 --> 00:34:14.898 See if you could see that weighed about here.
NOTE Confidence: 0.915975987911224
00:34:14.900 --> 00:34:16.388 You'll feel the tendons.
NOTE Confidence: 0.900140464305878
00:34:19.430 --> 00:34:21.150 You'll feel the tendons and
NOTE Confidence: 0.900140464305878
00:34:21.150 --> 00:34:22.526 it's between the tendons.
NOTE Confidence: 0.900140464305878
00:34:22.530 --> 00:34:24.594 You'll feel, I feel it now
NOTE Confidence: 0.900140464305878
00:34:24.594 --> 00:34:25.970 you feel little tender.
NOTE Confidence: 0.900140464305878
00:34:25.970 --> 00:34:28.329 Point you made. This is a lighter
NOTE Confidence: 0.900140464305878
00:34:28.329 --> 00:34:30.089 pressure here in this area.
NOTE Confidence: 0.900140464305878
00:34:30.090 --> 00:34:31.810 It's a sensitive area and
NOTE Confidence: 0.900140464305878
00:34:31.810 --> 00:34:33.186 it's a lighter pressure.
NOTE Confidence: 0.935437440872192
00:34:35.640 --> 00:34:38.520 So using just one finger here is fine.
NOTE Confidence: 0.935437440872192
00:34:38.520 --> 00:34:40.320 It's also a smaller area.
NOTE Confidence: 0.911738514900208
00:34:44.250 --> 00:34:46.100 And continue your breath.
NOTE Confidence: 0.884089112281799
00:34:53.560 --> 00:34:55.402 This is referred to as the
NOTE Confidence: 0.884089112281799
00:34:55.402 --> 00:34:57.220 lady outside of the ham and
NOTE Confidence: 0.884089112281799

00:34:57.294 --> 00:34:59.076 a good way to remember radial

NOTE Confidence: 0.884089112281799

00:34:59.076 --> 00:35:01.346 is you think of lad like yeah

NOTE Confidence: 0.884089112281799

00:35:01.346 --> 00:35:03.036 that's good like thumbs up.

NOTE Confidence: 0.884089112281799

00:35:03.040 --> 00:35:05.542 That's rad so I always remember

NOTE Confidence: 0.884089112281799

00:35:05.542 --> 00:35:07.647 Radial Radial side of the

NOTE Confidence: 0.884089112281799

00:35:07.647 --> 00:35:09.417 hand is the thumb side.

NOTE Confidence: 0.884089112281799

00:35:09.420 --> 00:35:11.648 Write about in here.

NOTE Confidence: 0.865259528160095

00:35:14.440 --> 00:35:17.760 If you prefer to use your thumb.

NOTE Confidence: 0.865259528160095

00:35:17.760 --> 00:35:20.418 It's a sensitive, sensitive little spot,

NOTE Confidence: 0.865259528160095

00:35:20.420 --> 00:35:24.368 so just use gentle pressure for release.

NOTE Confidence: 0.865259528160095

00:35:24.370 --> 00:35:28.850 And continue your breath.

NOTE Confidence: 0.872373282909393

00:35:35.800 --> 00:35:37.700 Yeah, a little nervous spot there.

NOTE Confidence: 0.872373282909393

00:35:37.700 --> 00:35:39.554 You may feel it laid out

NOTE Confidence: 0.872373282909393

00:35:39.554 --> 00:35:41.510 all the way up your thumb.

NOTE Confidence: 0.816545963287354

00:35:43.550 --> 00:35:46.340 And breathe and that

NOTE Confidence: 0.895316774194891

00:35:46.340 --> 00:35:49.814 is long 7. Helps with the

NOTE Confidence: 0.895316774194891
00:35:49.814 --> 00:35:52.730 congestion of colds and flu.
NOTE Confidence: 0.895316774194891
00:35:52.730 --> 00:35:54.450 Sinus is and allergies.
NOTE Confidence: 0.90153843164444
00:35:56.600 --> 00:35:59.014 The final spot we're going to work on,
NOTE Confidence: 0.90153843164444
00:35:59.020 --> 00:36:01.127 and then we'll move to the other,
NOTE Confidence: 0.90153843164444
00:36:01.130 --> 00:36:02.640 the other wrist and hand.
NOTE Confidence: 0.90153843164444
00:36:02.640 --> 00:36:04.998 It's right on the pinky finger.
NOTE Confidence: 0.90153843164444
00:36:05.000 --> 00:36:09.330 Wait on the outside edge.
NOTE Confidence: 0.90153843164444
00:36:09.330 --> 00:36:12.758 Of the pinky finger.
NOTE Confidence: 0.90153843164444
00:36:12.760 --> 00:36:15.226 About .1 soon from the nail.
NOTE Confidence: 0.90153843164444
00:36:15.230 --> 00:36:17.690 So wait on the edge there.
NOTE Confidence: 0.90153843164444
00:36:17.690 --> 00:36:19.326 Wait on the edge.
NOTE Confidence: 0.90153843164444
00:36:19.326 --> 00:36:22.362 This is stomach one and this is
NOTE Confidence: 0.90153843164444
00:36:22.362 --> 00:36:24.807 good for cough and congestion.
NOTE Confidence: 0.90153843164444
00:36:24.810 --> 00:36:26.875 So when you get on that spot,
NOTE Confidence: 0.90153843164444
00:36:26.880 --> 00:36:29.286 you feel a little sensitivity there.
NOTE Confidence: 0.90153843164444

00:36:29.290 --> 00:36:32.440 Wait on the pinky finger on
NOTE Confidence: 0.90153843164444

00:36:32.440 --> 00:36:34.866 the outer edge, just about.
NOTE Confidence: 0.90153843164444

00:36:34.866 --> 00:36:37.827 Ever so slightly away from the nail.
NOTE Confidence: 0.905188262462616

00:36:39.980 --> 00:36:43.310 This one you could just hold just
NOTE Confidence: 0.905188262462616

00:36:43.310 --> 00:36:49.010 sort of press and hold. And breathe.
NOTE Confidence: 0.934162437915802

00:36:55.470 --> 00:36:56.330 Excellent.
NOTE Confidence: 0.80365377664566

00:36:59.880 --> 00:37:01.390 And breathe.
NOTE Confidence: 0.909891307353973

00:37:06.640 --> 00:37:08.350 Very good, now we're gonna go
NOTE Confidence: 0.909891307353973

00:37:08.350 --> 00:37:10.570 to the do those last two points.
NOTE Confidence: 0.909891307353973

00:37:10.570 --> 00:37:12.740 On the other hand, just move over
NOTE Confidence: 0.909891307353973

00:37:12.740 --> 00:37:14.787 to whatever side you did not work.
NOTE Confidence: 0.909891307353973

00:37:14.790 --> 00:37:17.919 Again, we're gonna go too long 7.
NOTE Confidence: 0.909891307353973

00:37:17.920 --> 00:37:20.592 Which, if you find your risk, Reese.
NOTE Confidence: 0.909891307353973

00:37:20.592 --> 00:37:24.280 Honda where Radial side.
NOTE Confidence: 0.909891307353973

00:37:24.280 --> 00:37:26.398 On the radio side, so again,
NOTE Confidence: 0.909891307353973

00:37:26.400 --> 00:37:30.272 you're on your thumb.

NOTE Confidence: 0.909891307353973
00:37:30.272 --> 00:37:35.356 Side It's about 1 1/2 soon down.
NOTE Confidence: 0.909891307353973
00:37:35.360 --> 00:37:37.508 Between the tendons.
NOTE Confidence: 0.909891307353973
00:37:37.510 --> 00:37:39.580 So you gonna be late in here?
NOTE Confidence: 0.908072650432587
00:37:41.960 --> 00:37:43.410 Right here.
NOTE Confidence: 0.859050065279007
00:37:47.660 --> 00:37:51.225 Yeah. Megan feel that little bit of
NOTE Confidence: 0.859050065279007
00:37:51.225 --> 00:37:53.900 a soreness a little nerve Venus.
NOTE Confidence: 0.859050065279007
00:37:53.900 --> 00:37:57.758 This is a lighter pressure area.
NOTE Confidence: 0.859050065279007
00:37:57.760 --> 00:38:01.136 So you can hold and make little circles,
NOTE Confidence: 0.859050065279007
00:38:01.140 --> 00:38:05.170 or just press and hold.
NOTE Confidence: 0.859050065279007
00:38:05.170 --> 00:38:07.980 And continue the breath.
NOTE Confidence: 0.722027957439423
00:38:12.970 --> 00:38:15.010 At the other release.
NOTE Confidence: 0.941643536090851
00:38:17.760 --> 00:38:22.060 Hopefully you're feeling a little. Flow
NOTE Confidence: 0.900238948208945
00:38:22.060 --> 00:38:25.180 going. From the back of your
NOTE Confidence: 0.900238948208945
00:38:25.180 --> 00:38:27.125 throat, a little flow going.
NOTE Confidence: 0.900238948208945
00:38:27.125 --> 00:38:30.660 A little opening of the nasal passages,
NOTE Confidence: 0.900238948208945

00:38:30.660 --> 00:38:32.560 alittle release, it's good.
NOTE Confidence: 0.903751909732819
00:38:35.840 --> 00:38:38.190 Continue the breath.
NOTE Confidence: 0.903751909732819
00:38:38.190 --> 00:38:40.670 And spend extra time on your own here.
NOTE Confidence: 0.903751909732819
00:38:40.670 --> 00:38:44.814 Give it that full one to three minutes.
NOTE Confidence: 0.903751909732819
00:38:44.820 --> 00:38:46.640 Excellent, and now we're
NOTE Confidence: 0.903751909732819
00:38:46.640 --> 00:38:49.370 going to move to stomach one,
NOTE Confidence: 0.903751909732819
00:38:49.370 --> 00:38:52.680 which again your pinky finger.
NOTE Confidence: 0.903751909732819
00:38:52.680 --> 00:38:55.530 You have the outer now edge
NOTE Confidence: 0.903751909732819
00:38:55.530 --> 00:38:58.000 that it's literally .1 soon,
NOTE Confidence: 0.903751909732819
00:38:58.000 --> 00:39:03.202 so it's right there right at the outer edge.
NOTE Confidence: 0.903751909732819
00:39:03.210 --> 00:39:06.780 Of that pinky finger. Yep.
NOTE Confidence: 0.903751909732819
00:39:06.780 --> 00:39:09.524 Go ahead and give it a little pressure.
NOTE Confidence: 0.903751909732819
00:39:09.530 --> 00:39:12.482 Yep, you may feel that little
NOTE Confidence: 0.903751909732819
00:39:12.482 --> 00:39:14.980 soreness that little nerve Enis.
NOTE Confidence: 0.903751909732819
00:39:14.980 --> 00:39:16.660 Ambris
NOTE Confidence: 0.396378368139267
00:39:23.880 --> 00:39:26.920 Andries

NOTE Confidence: 0.643297791481018
00:39:30.280 --> 00:39:31.710 Circles.
NOTE Confidence: 0.935108959674835
00:39:33.210 --> 00:39:35.010 Is your thumb from your
NOTE Confidence: 0.935108959674835
00:39:35.010 --> 00:39:37.370 other hand and get in there.
NOTE Confidence: 0.935108959674835
00:39:37.370 --> 00:39:40.790 Whatever is most comfortable for you.
NOTE Confidence: 0.935108959674835
00:39:40.790 --> 00:39:44.512 Move around a little bit.
NOTE Confidence: 0.935108959674835
00:39:44.512 --> 00:39:48.720 It's OK to occupy a little bigger space.
NOTE Confidence: 0.823405742645264
00:39:51.540 --> 00:39:53.540 Give it out for release.
NOTE Confidence: 0.932436168193817
00:39:55.860 --> 00:39:56.820 Excellent.
NOTE Confidence: 0.917968988418579
00:39:59.260 --> 00:40:01.884 OK, so as we conclude I'm just gonna
NOTE Confidence: 0.917968988418579
00:40:01.884 --> 00:40:04.939 ask you to take another deep breath in.
NOTE Confidence: 0.601647555828094
00:40:07.360 --> 00:40:11.853 Who's Man release, stretch your
NOTE Confidence: 0.601647555828094
00:40:11.853 --> 00:40:15.010 arms out as far as you can.
NOTE Confidence: 0.892118096351624
00:40:17.110 --> 00:40:18.670 An over your head.
NOTE Confidence: 0.769630968570709
00:40:20.790 --> 00:40:25.910 And down into prayer pots. And Exhale.
NOTE Confidence: 0.929279744625092
00:40:28.020 --> 00:40:30.250 Wonderful, that was a lot of work for
NOTE Confidence: 0.929279744625092

00:40:30.250 --> 00:40:32.661 you today an I'm thank you so much
NOTE Confidence: 0.929279744625092

00:40:32.661 --> 00:40:35.392 for taking the time to think about a
NOTE Confidence: 0.929279744625092

00:40:35.392 --> 00:40:37.588 little bit of what acupressure is.
NOTE Confidence: 0.929279744625092

00:40:37.590 --> 00:40:39.746 You may feel little soreness in the
NOTE Confidence: 0.929279744625092

00:40:39.746 --> 00:40:42.455 points that we work today, and that's OK.
NOTE Confidence: 0.929279744625092

00:40:42.455 --> 00:40:45.650 It's like as if you got a massage.
NOTE Confidence: 0.929279744625092

00:40:45.650 --> 00:40:48.728 And you feel a little sore after the massage.
NOTE Confidence: 0.929279744625092

00:40:48.730 --> 00:40:49.753 That's that's good.
NOTE Confidence: 0.929279744625092

00:40:49.753 --> 00:40:51.117 That's a good feeling.
NOTE Confidence: 0.929279744625092

00:40:51.120 --> 00:40:53.514 So don't worry about that at all.
NOTE Confidence: 0.929279744625092

00:40:53.520 --> 00:40:55.566 It will pass within a day.
NOTE Confidence: 0.929279744625092

00:40:55.570 --> 00:40:57.616 So just drink lots of water.
NOTE Confidence: 0.929279744625092

00:40:57.620 --> 00:40:59.996 Relax a little bit if you want to
NOTE Confidence: 0.929279744625092

00:40:59.996 --> 00:41:02.009 close your eyes and just kind of
NOTE Confidence: 0.929279744625092

00:41:02.009 --> 00:41:04.700 rest for a bit and enjoy all the
NOTE Confidence: 0.929279744625092

00:41:04.700 --> 00:41:06.396 benefits of acupressure today.

NOTE Confidence: 0.929279744625092

00:41:06.400 --> 00:41:07.660 So bless you all.

NOTE Confidence: 0.929279744625092

00:41:07.660 --> 00:41:10.299 Thank you and I will see you soon.

NOTE Confidence: 0.929279744625092

00:41:10.300 --> 00:41:12.883 I'll be on on Thursday at 1:30 doing a

NOTE Confidence: 0.929279744625092

00:41:12.883 --> 00:41:14.848 little guided meditation an breathwork