

Dr. Zhu's 7 Anti-Aging Points + Lela's

Massage these areas daily, morning and evening, to prevent chronic degenerative disease and to promote long, healthy life. Stay young-old; postpone or skip becoming old-old.

Allow yourself to breathe softly and gently into your abdomen while doing these exercises. Let yourself relax while you do them. Let doing them relax you more deeply. Set a timer-chime and do one of these exercises every 15 minutes while you are working at your computer. You will find yourself working smarter, with more energy, instead of working harder and longer after your energy has tanked.

1) Rub **palms** back and forth together 36x. (Back and forth = 1 time). This activates healing energy and brings it to the hands. (The palms are connected to Heart energy, and to Fire. They contain powerful points for conducting healing energy to the location where they touch.)

2) **Abdomen:** Start with the right hand **just below the navel**. This is Dan Tien, Field of Elixir, a powerful qi gong point. Place the left hand on top of the right. Rub rapidly in a very small circular motion, moving up, left, down, right. Make larger & larger concentric circles outward, so you cover the whole abdomen. Do 36x in this direction.

Then do the reverse, with the left hand on the bottom of the belly, right hand on top of the left. Massage the opposite direction, beginning with large circles that cover the whole belly, decreasingly smaller circles back to the point just below the navel. Do 36x. This helps the Liver, Spleen, Bladder, Intestines, Stomach, and reproductive organs.

3) **Face:** Rub the Seven Openings (mouth, 2 ears, 2 eyes, 2 nostrils), going up (or down) the sides of the face over the ears and down (or up) the middle of the face along the sides of the nose with the palms. Make sure to touch all the openings, 36x. (I find it feels much better to start at the base of the nose and massage up the center of the face along the nose and down the sides and over the ears. Do the direction that is most relaxing or invigorating for you, depending on your need at the time.)

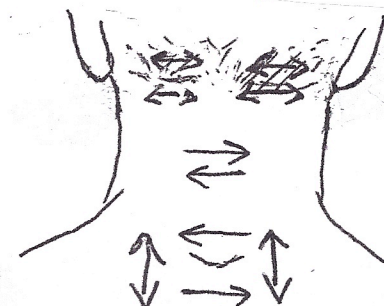
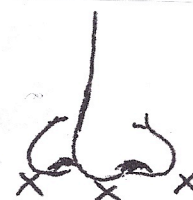
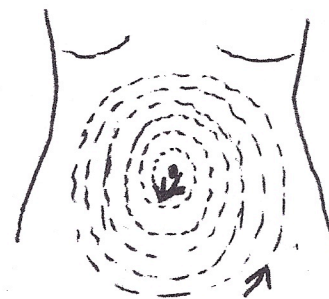
These rejuvenation points make the face look younger, and enhance circulation to the sense organs to improve hearing, vision, taste and sense of smell.

4) Anti-Aging points at the **nostrils:** Rub under the nose, using the side of the index finger. Rub 36x with index finger of each hand. Helps allergies, enhances immunity.

5) At the base of the **back of the neck** where the neck meets the shoulders is the last vertebra of the neck (C7). This vertebra is usually the **largest bone sticking out**. Do **2 finger massage** (index finger rubs below and middle finger rubs above the bone). Rub 36x with each hand going back and forth horizontally. Then change the angle of your arm (elbow up) and 2 finger massage up and down along this bone. These are the "cortisone points". Massaging here breaks down stuckness that can lead to "dowager's hump and stroke. Clear energy and more oxygen can get through the "bottleneck" to the brain.

2 finger massage above/below the occipital ridge (back of the head) 36x

Briskly rub the **back of the neck** 36x with each palm. Good for headache, neck pain, helps prevent strokes.



Open and close jaw. Wiggle it to let it relax. Yawn if possible.

Then do 2 finger massage of the ears: index fingers in front, middle fingers behind, briskly rub up and down.
(Use hand on same side as ear)

Lymph drainage massage down side/front of neck: Use firm pressure with the little finger sides of your hands, beginning at the base of the skull and bottoms of the ears. With the side and palm of the hand, press downward along the neck muscles into the notch above the collarbone and just past it to the top of the chest. Rotate your hands so they fit the curves of your skull, neck and chest in a firm, smooth stroke, 36x. Direct some strokes along the sides and some along the side-front of the neck. Be careful not to press too hard at the center of the throat.

Throat massage, alternate hand over hand stroking lightly from the base of the chin down over the top of the breastbone, 36x.

2 finger massage above and below the collarbone. (Cross your hands over your chest "mummy style" to reach both collarbones at the same time with the opposite fingers. 36x (EFT, Emotional Freedom Technique) recommends tapping Ky 27, just below where the collarbone connects to the sternum, pecking with the fingers/thumbs together.

Thymus Thump: rap with knuckles on breastbone. The thymus gland lies just beneath the upper part of the breastbone in the middle of the chest, and it plays a vital role in the body's immune system.

6) Lower Back: Use the palms and rub up and down 36x.
(up and down = 1x). You will mostly reach your sacrum and low back.

To get slightly higher on the back, **over the adrenals**, make an open fist with the index finger and thumb curling together into a circle. (Your fingers and thumbs will be pointing up, elbows out, palms more or less facing behind you.) Place the circle formed by thumb and index fingers on the back just above where you were rubbing before and again massage vigorously 36x. Helps kidney function, adrenal restoration.

7) Bottom of the Foot: Bubbling Spring, first point of Kidney meridian. Rub over this point, covering the whole foot, 36 or 81x. Do 1 foot at a time. Use left hand on bottom of right foot, right hand on bottom of left foot. Angle your hand slightly so your palm briskly massages the bottom of your foot. Curve your hand to fit the contour of your foot, and your thumb and thumb side of your hand will also massage the side of your foot and the inside of your ankle.

Helps kidneys, reproductive organs, hormones. Re-establishes connection between Heart and Kidneys, Fire and Water, for insomnia and stress. Kidney points 3, 4, 5 and 6 are on the inside of the ankle, so be sure to let your thumb and thumb side of your hand get them, too.

