

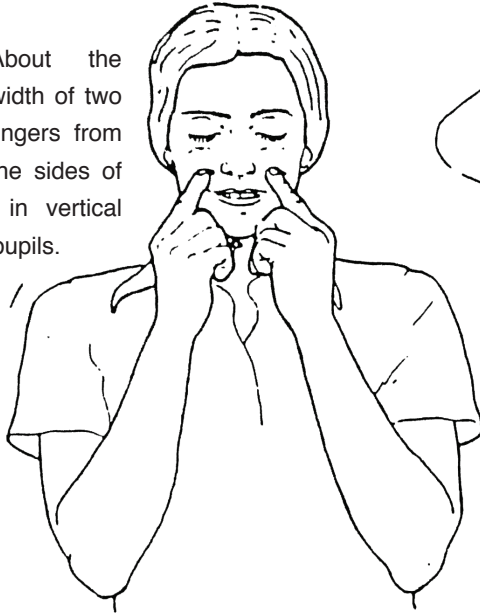
Chinese Acupressure Daily Eye Exercises

Shiatsu
Massage Therapy

Leeann Irwin
Shiatsu for Health

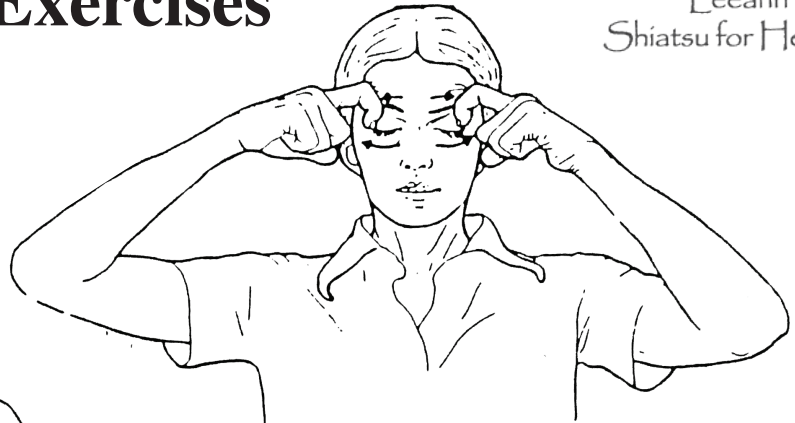
1

About the width of two fingers from the sides of the nostrils, in vertical line with the pupils.



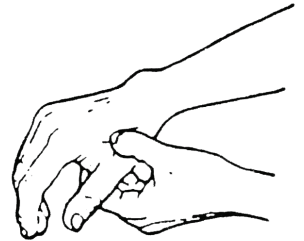
2

Along the inner edges of the eye sockets (top and bottom), drawn outwards, from the nose toward the temples.



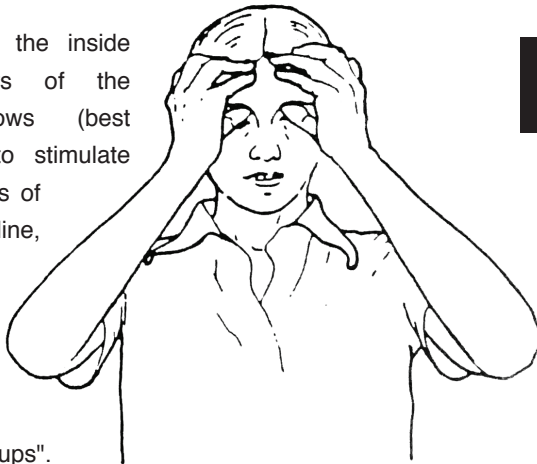
3

In the webbing, between the thumb and index finger on the back (top) of the hand.



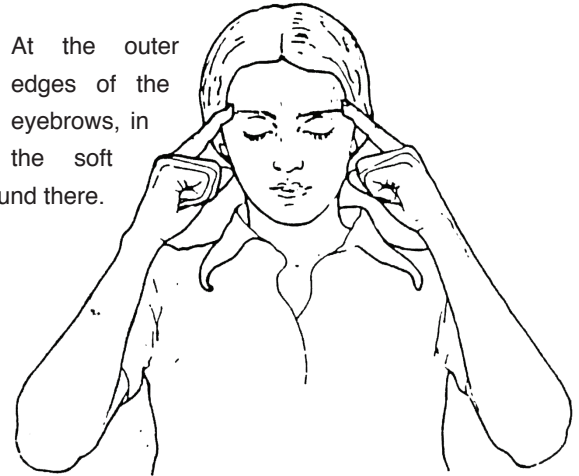
4

Under the inside corners of the eyebrows (best way to stimulate these is to put tips of fingers along hairline, tips of thumbs in the tender spots at inner corners of eye socket and massage like a "spider doing pushups").



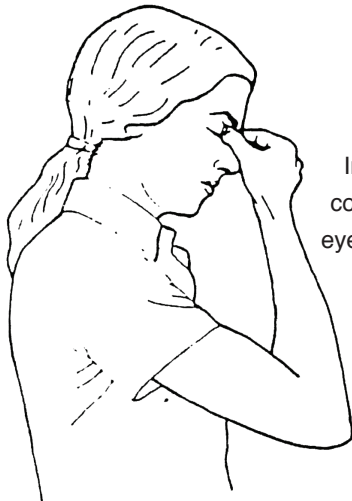
5

At the outer edges of the eyebrows, in the soft spots found there.



6

In the inner corners of the eye (cantharis).



These exercises should be performed daily (as done by the schoolchildren in China) to improve and maintain good eyesight. They take less than a minute to do after you memorize the G-Jo points. They may be performed in any sequence, to an "eight-count". That is, stimulate each point eight times before moving on to the next point or exercise.

Deep pressure should be used. (*Deep enough to feel aching pain on the point you are stimulating.) This discomfort will disappear as soon as you finish triggering the point.

You should notice results, in the form of improved eyesight, within several weeks. It is not unusual to notice an occasional minor headache, nausea, or other possible symptoms of sight disorder, especially if you wear glasses. This is because, as your eyes begin improving, your existing glasses may become "too strong". These exercises were brought to America by The U.S.-China Peoples' Friendship Association (Berkeley, CA) and refined by Ralph Alan Dale, Ph. D. of The Acupuncture Education Center (Miami, FL). If problems persist, see your doctor.