

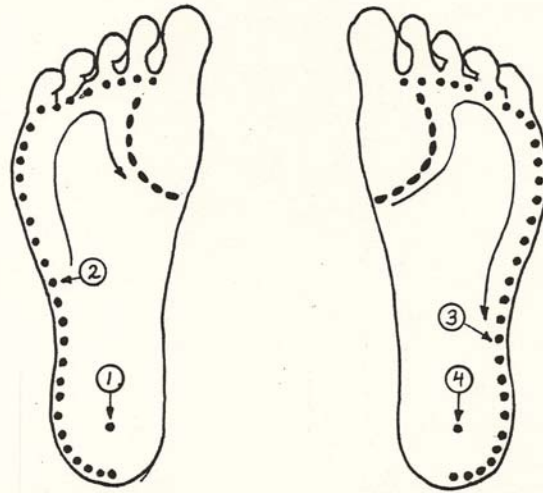
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This practice is done sitting in chairs facing each other such that the Recipient is able to rest a foot in the Practitioner's lap with the knee bent.

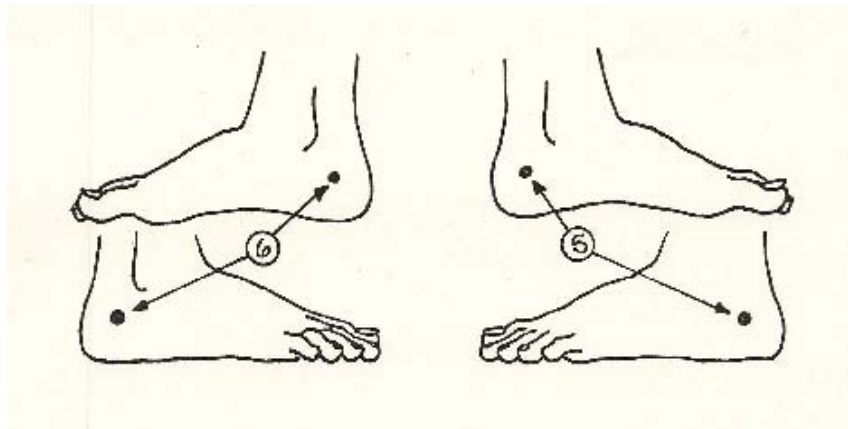
Finger nails should be trimmed, and feet washed.

Indications:

(1) (using Knuckle of middle finger) Hip, Back, Sciatica, (2) (using Can-opener configuration with the index finger forming a hook and rotating it against the thumb on top of the foot edge rotating at the wrist from the heel to the base of the toes) Appendix, Ascending Colon, Liver, Sinus, Lungs (*base of the toes pressing at and between the bones*), Thyroid, Stomach — (3) Heart, Spleen Descending Colon; (4) Hip, Back, Sciatica.

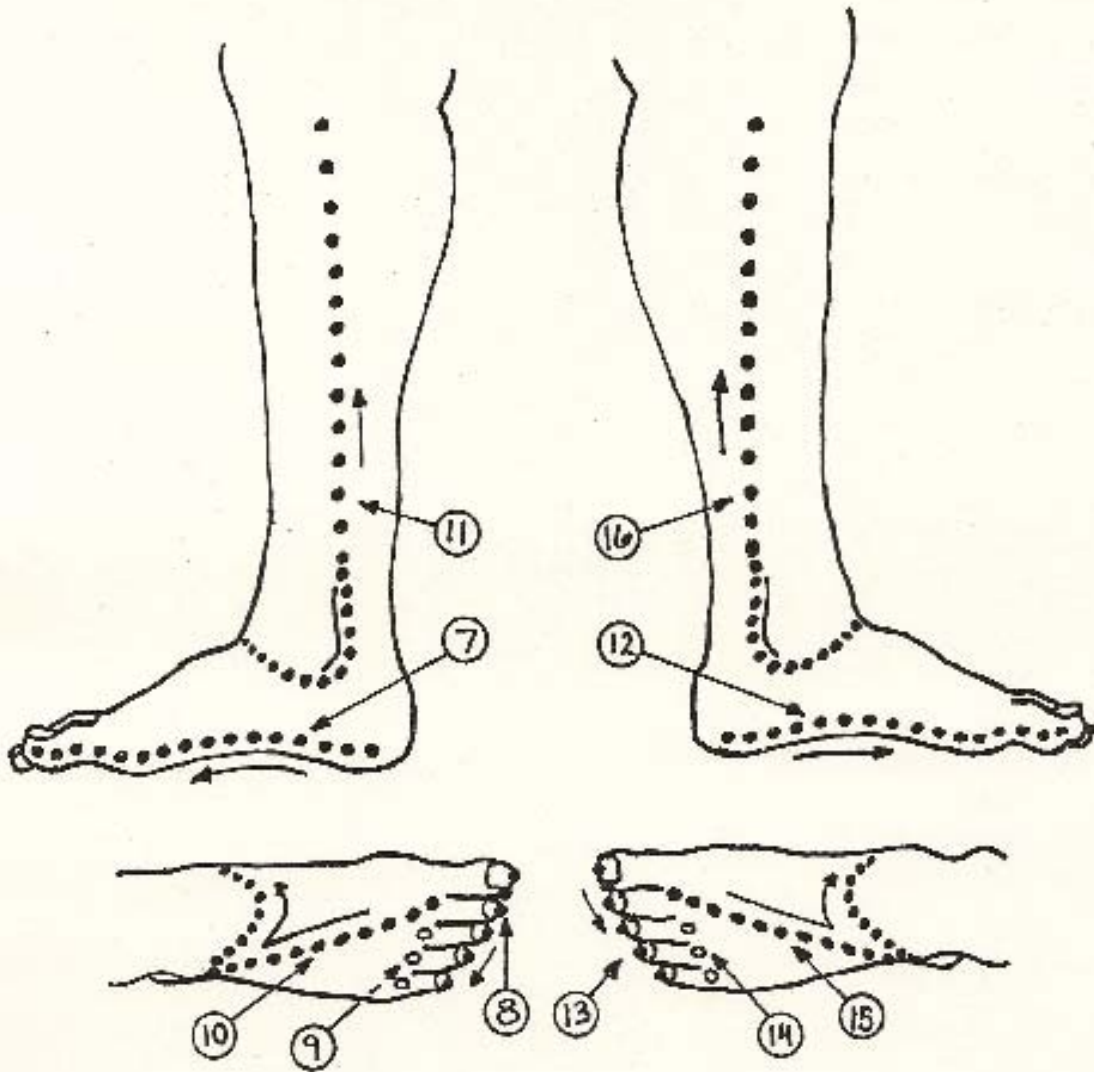


(5/6) (Pinching both points on the heel with pinching motion of the thumb and index finger) Uterus-Prostrate (inside); Ovary-Testicle (outside).

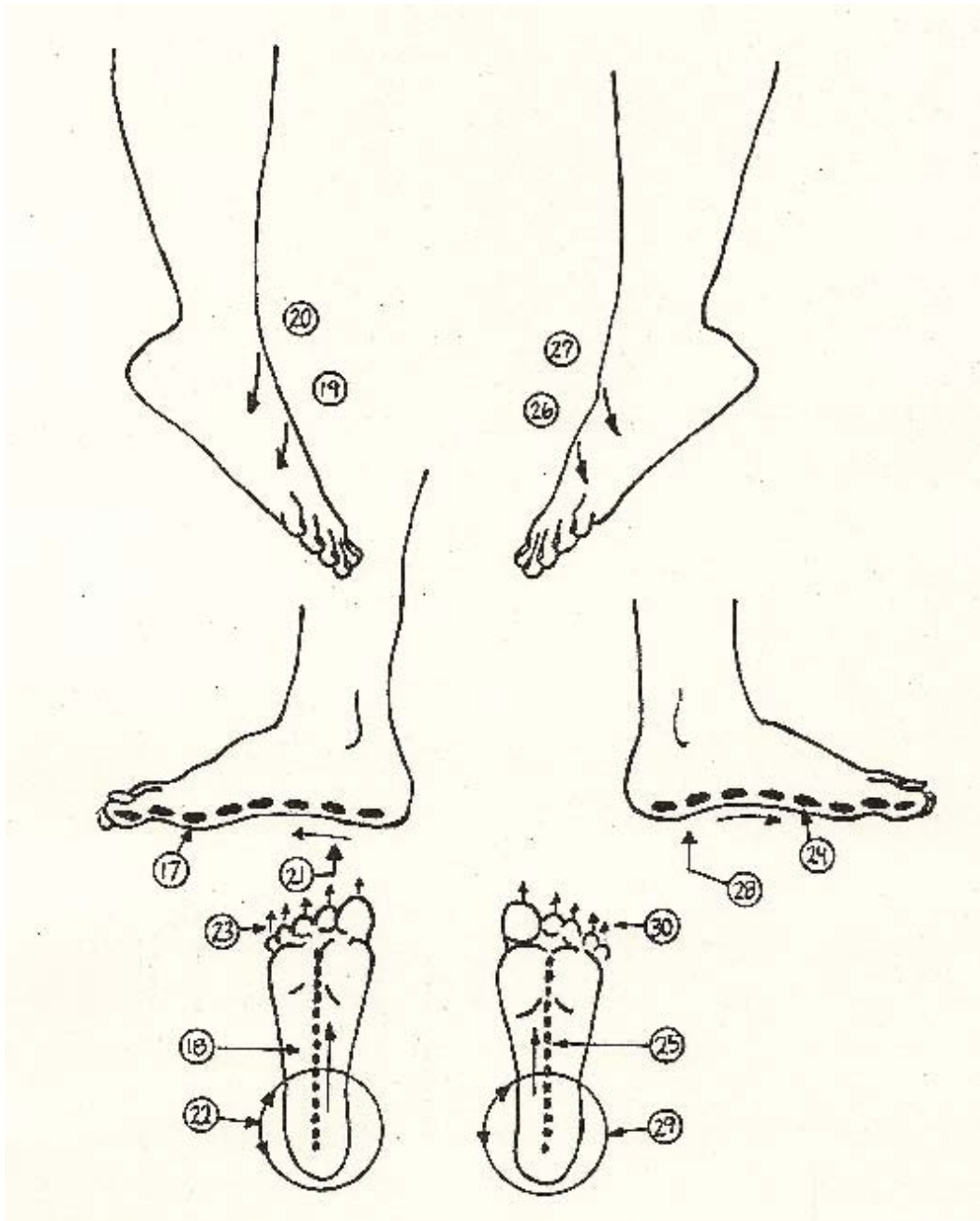


(7/12) Back: (*Lower to Neck*) (8/13) Top of big toe – pineal gland, Corner of big Toe – Pituitary Gland, Wringing the Big Toe - Neck); Eyes, (next two toes); Ears (last two toes) (9/14) Sinus (Wrap toes around last three fingers and

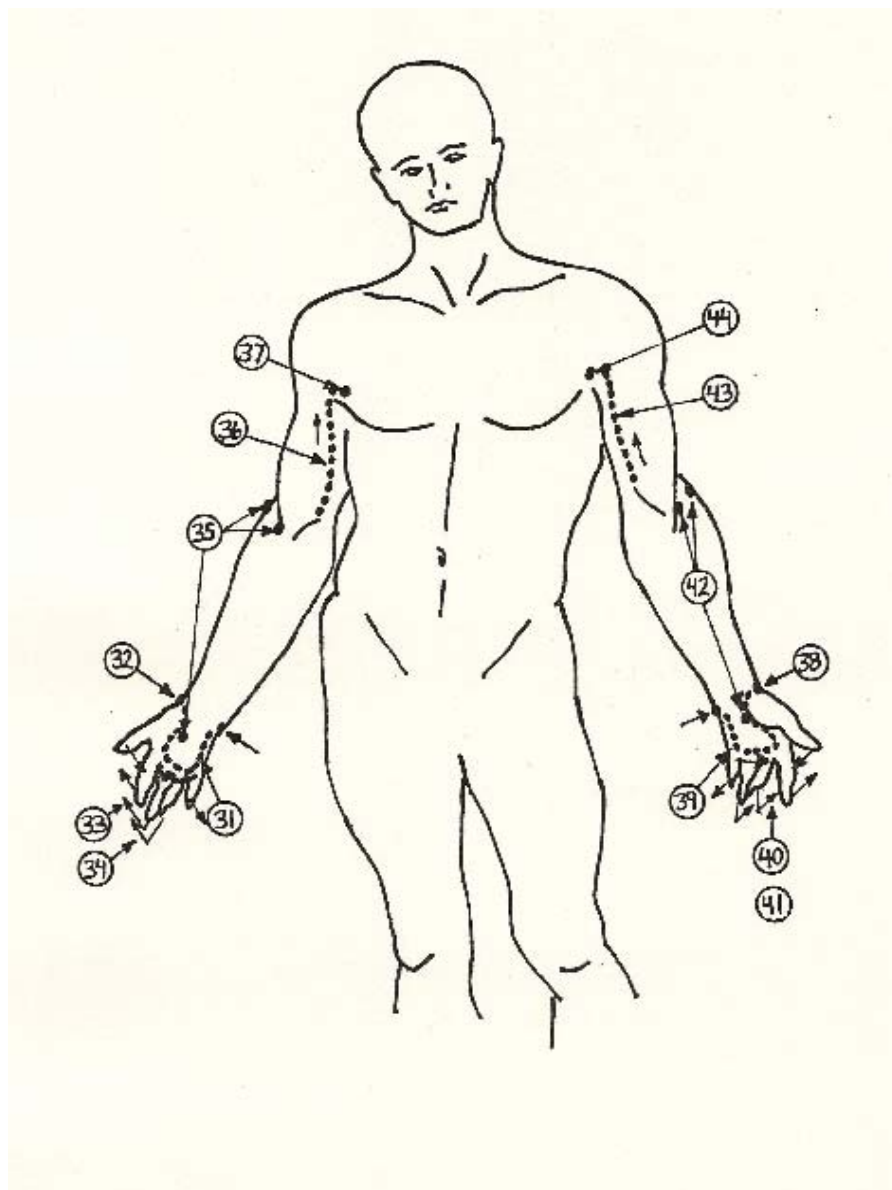
wrap around the fingers) (10/15) Bronchial Tubes (*diagonal*) – Lymph Glands,
Groin (*in step*) (11/16) Small Intestine.



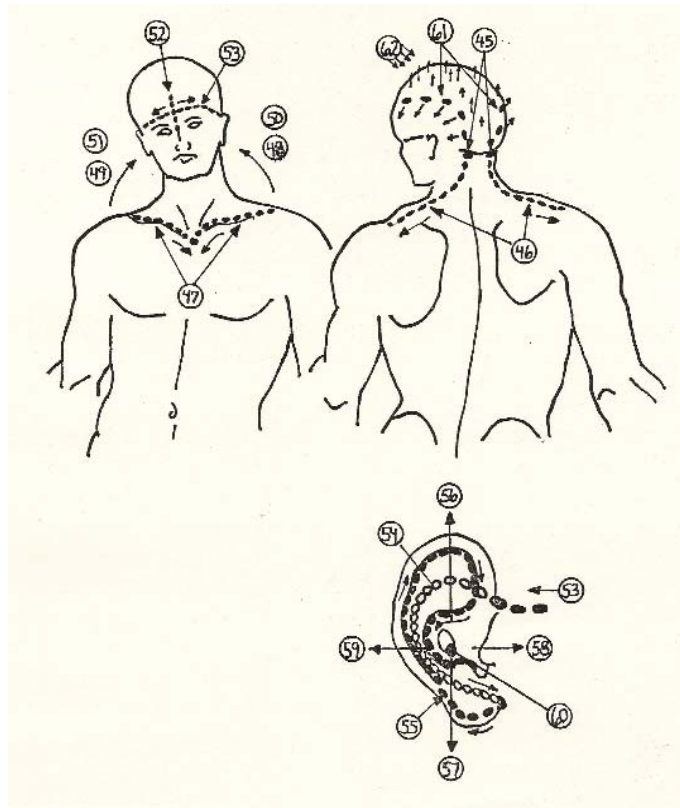
(17/24/21/28) Back (Lower to Neck) using the Palm pushing into a sequence of spots (from heel to toe) in a jackknife motion of the foot pulling the upper foot (with the other hand) towards the heel. (18/25) Transverse Colon, Kidneys, Pancreas, Adrenal Glands, Thymus, (19/26/20/27) Hip. (22/29) Rotate Ankle (Heel in one hand, Top of foot in the other and rotate in each direction ten times each foot) (23/30) Wring toes by dangling and shaking.



(31/39) Similar to the points on the foot. (32/38) Same as (5/6) Uterus-Prostrate (inside); Ovary-Testicle (outside). (33/40) (34/41) (35/42) (Grip thumb */palm downward/* and rotate middle finger into the palm from below while other thumb presses both outside and inside of terminus of the strap connecting elbow (the elbow goes from straight relaxed position with thumb pressing outside of strap) The Elbow folds while thumb presses inside of the strap into the pinched elbow); Stomach (hand), Sinus (arm). (36/43/37/44) While holding the wrist the arm is pulled against the stroke while the arm is twisted (r-cw, l-ccw) (27 and 44, the thumbs are pushed into the point against the pulling on the wrist) Heart.

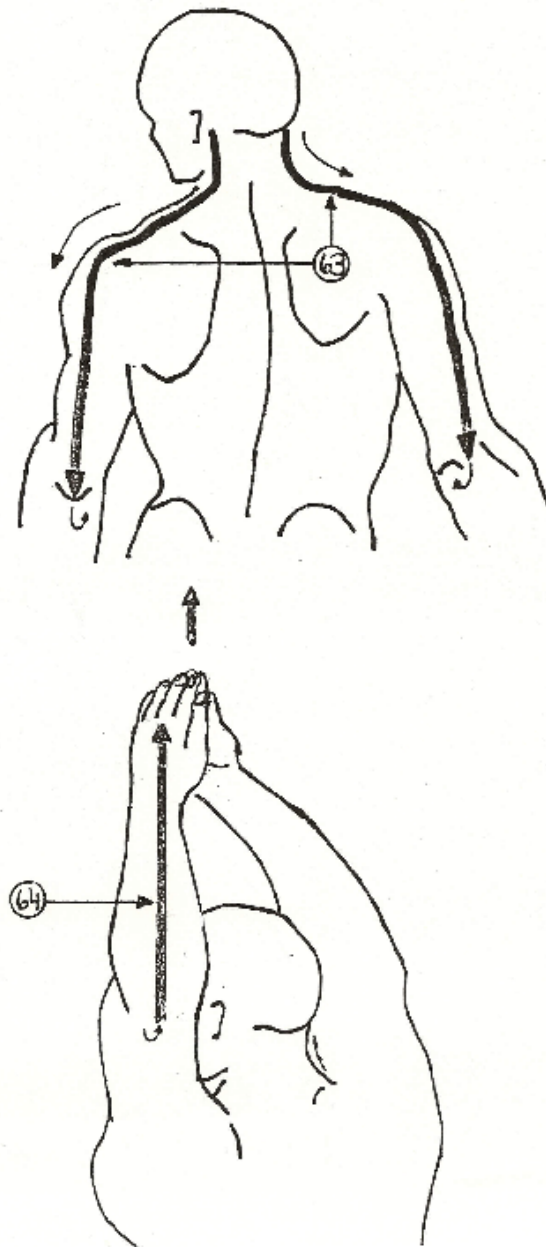


(45) Optic nerves (grip the head from behind and push thumbs up), (46) Press with Index finger (Shoulder) (47) Press thumb over the clavicle, (48/49) Press head to the side against the other hand on the shoulder), (50/51) Same as (48/49) except the arm is pulled over the head and shoulder against the motion of the neck (tucked under the arm). (52) With the thumbs at the temples press with both middle fingers a series of points from the hairline down to the bridge of the nose. (53) Starting at the center of the forehead press with the middle finger a series of points back to the ear, follow the contour of the ear under then over the top to the front. (54) Follow the contour of the inside of the ear (55) Pinching motion. (56/57/58/59) A pulling of the inside of the ear in four directions. (56,57,58) Thumbs inside the ear pulling up, down and forward against the opposing fingers, (59) Middle finger against the thumbs at the back of the head for the backward pull, (60) Push index fingers into the ears toward the center of the head. (Lower Blood Pressure), (61) Grip the sides of the head fingers pointing upward. (Press the Fingers into the Scalp), (62) Pull the hair in bunches with both hands at a time.



(63) With both Palms up, press with the edge of the hands and follow a continuous path to the elbows, (64) Continuing the last stroke, lift at the elbow until the arms are straight up, continue the stroke from the elbow to the hand placing the hands in the palms and pull the body upward by the pressed hands.

Walk to a door or window and shack off the hands



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