

## Very Important Health Tips

Answer the phone by LEFT ear.

Do not drink coffee TWICE a day.

Do not take pills with COOL water.

Do not have HUGE meals after 5pm.

Reduce the amount of OILY food you consume.

Drink more WATER in the morning, less at night.

Keep your distance from hand phone CHARGERS.

Do not use headphones/earphone for LONG period of time.

Best sleeping time is from 10pm at night to 6am in the morning.

Do not lie down immediately after taking medicine before sleeping.

When battery is down to the LAST grid/bar, do not answer the phone as the radiation is 1000 times.

### TRY THESE COMBO



**Carrot + Ginger + Apple - Boost and cleanse our system.**



**Apple + Cucumber + Celery - Prevent cancer, reduce cholesterol, and eliminate stomach upset and headache.**



**Tomato + Carrot + Apple-Improve skin complexion and eliminate bad breath.**



**Bitter melon + Apple + Milk-Avoid bad breath and reduce internal body heat**



**Orange+ Ginger + Cucumber-Improve Skin texture and moisture and reduce body heat.**



**Pineapple + Apple + Watermelon-To dispel excess salts, nourishes the bladder and kidney.**



**Apple + Cucumber + Kiwi-To improve skin complexion.**



**Pear & Banana-regulates sugar content.**



**Carrot + Apple + Pear + Mango-Clear body heat, counteracts toxicity, decreased blood pressure and fight oxidization**



**Honeydew + Grape + Watermelon + Milk-Rich in vitamin C + Vitamin B2 that increase cell activity and strengthen body immunity.**



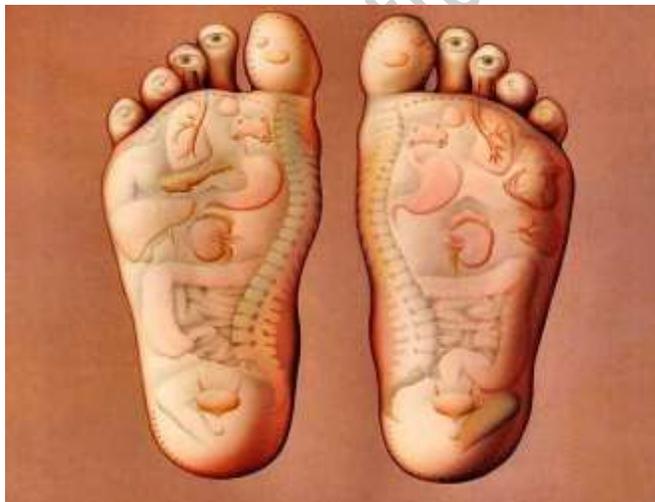
**Papaya + Pineapple + Milk-Rich in vitamin C, E, Iron. Improve skin complexion and metabolism.**



**Banana + Pineapple + Milk-Rich in vitamin with nutritious and prevent constipation**

**Quite interesting! Keep Walking.....**

The Organs of your body have their sensory touches at the bottom of your foot, if you massage these points you will find relief from aches and pains as you can see the heart is on the left foot.



Typically they are shown as points and arrows to show which organ it connects to.

It is indeed correct since the nerves connected to these organs terminate here.

This is covered in great details in Acupressure studies or textbooks.

God created our body so well. He made us walk so that we will always be pressing these pressure points and thus keeping these organs activated at all times.

So, keep walking...

muksm-subscribe@yahooogroups.com

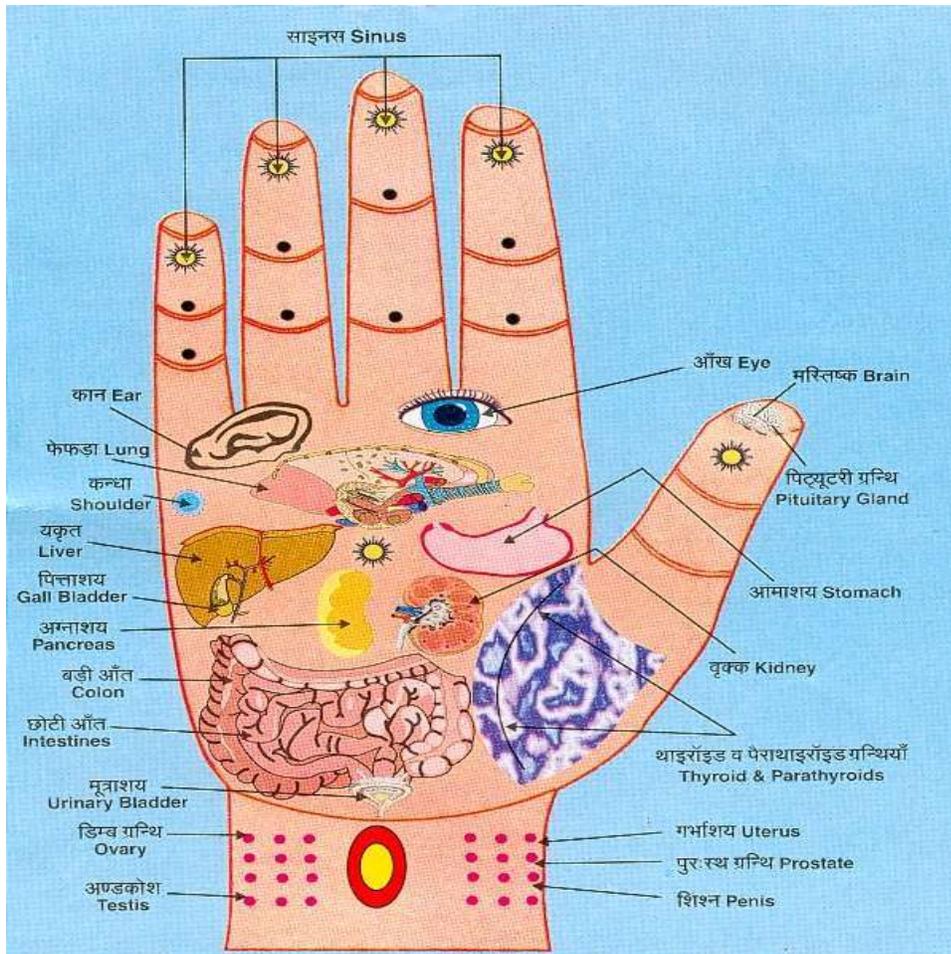
## SHIATSU SELF MASSAGE

The coloured dots indicate the approximate positions of specific pressure points. Each colour refers to the following meridians:

	Bladder Meridian		Heart Governor		Liver Meridian		Lung Meridian		S. Intestine M.		Spleen M.
	Kidney Meridian		Triplic Heater		Gall Bladder M.		Large Intestine M.		Stomach M.		Heart M.

<p><b>CONCENTRATION</b></p>  <ol style="list-style-type: none"> <li>1. Push gently upward.</li> <li>2. Hold for a 5 count.</li> <li>3. Push downward.</li> <li>4. Repeat x 3.</li> </ol> <p>clear thinking, intellectual focus</p> <p style="text-align: right;"><b>EFFECT</b></p>	<p><b>DECISION MAKING</b></p>  <ol style="list-style-type: none"> <li>1. 4 fingers on temple.</li> <li>2. Thumbs to side of jaw.</li> <li>3. Gentle pressure to temple areas.</li> <li>Repeat x 3.</li> </ol> <p>clarity, resolve, action</p> <p style="text-align: right;"><b>EFFECT</b></p>	<p><b>CLEAR THINKING</b></p>  <ol style="list-style-type: none"> <li>1. Use thumb &amp; index fingers.</li> <li>2. Pinch bridge of nose.</li> <li>3. Hold, let go.</li> <li>Repeat x 3.</li> </ol> <p>concentration, creative ideas, intellectual focus</p> <p style="text-align: right;"><b>EFFECT</b></p>
<p><b>DISCRIMINATION</b></p>  <ol style="list-style-type: none"> <li>1. Massage sides of nose with index fingers.</li> <li>2. Increase pressure. Slowly. Repeat x 24.</li> </ol> <p>balance, clarity, focus</p> <p style="text-align: right;"><b>EFFECT</b></p>	<p><b>CREATIVE THINKING</b></p>  <ol style="list-style-type: none"> <li>1. Press with both hands against cheekbones.</li> <li>2. Increase pressure. Hold, let go, repeat.</li> </ol> <p>intellectual focus, sharp mind</p> <p style="text-align: right;"><b>EFFECT</b></p>	<p><b>TOLERANCE</b></p>  <ol style="list-style-type: none"> <li>1. Use thumbs &amp; index fingers of both hands.</li> <li>2. Slide up &amp; down. Use even pressure.</li> </ol> <p>memory, relationships, feeling</p> <p style="text-align: right;"><b>EFFECT</b></p>
<p><b>FRESH ENERGY</b></p>  <ol style="list-style-type: none"> <li>1. Use all fingers.</li> <li>2. Thumbs behind ears.</li> <li>3. Slide outward. Use light pressure.</li> </ol> <p>eases pain, headaches, fresh energy</p> <p style="text-align: right;"><b>EFFECT</b></p>	<p><b>HEADACHES</b></p>  <ol style="list-style-type: none"> <li>1. Hold sides of head in palms.</li> <li>2. Push in.</li> <li>3. Shift fingers across skull. Press, repeat.</li> </ol> <p>eases pain, headaches, fresh energy</p> <p style="text-align: right;"><b>EFFECT</b></p>	<p><b>FRIENDSHIP</b></p>  <ol style="list-style-type: none"> <li>1. Place ear between index &amp; middle finger.</li> <li>2. Press against head. Rub up and down.</li> </ol> <p>emotional interaction, tolerance</p> <p style="text-align: right;"><b>EFFECT</b></p>
<p><b>MEMORY</b></p>  <ol style="list-style-type: none"> <li>1. Use fingers to press against shoulder blade.</li> <li>2. Push elbow into palm of 2nd hand.</li> </ol> <p>free emotions, helps blood-circulation</p> <p style="text-align: right;"><b>EFFECT</b></p>	<p><b>METABOLISM</b></p>  <ol style="list-style-type: none"> <li>1. Hold arm between thumb and fingers.</li> <li>2. Apply pressure. Move up &amp; down.</li> </ol> <p>balance of metabolism, awareness</p> <p style="text-align: right;"><b>EFFECT</b></p>	<p><b>VITALITY</b></p>  <ol style="list-style-type: none"> <li>1. Hold arm between thumb and fingers.</li> <li>2. Apply pressure. Move up &amp; down.</li> </ol> <p>nourishment of entire body</p> <p style="text-align: right;"><b>EFFECT</b></p>
<p><b>VITALITY</b></p>  <ol style="list-style-type: none"> <li>1. Hold hand between thumb and fingers.</li> <li>2. Apply pressure. Hold and shift.</li> </ol> <p>distribution of energy through body</p> <p style="text-align: right;"><b>EFFECT</b></p>	<p><b>CIRCULATION</b></p>  <ol style="list-style-type: none"> <li>1. Interlock fingers.</li> <li>2. Push inwards, hold.</li> <li>3. Pull outward, hold.</li> <li>4. Fold outward.</li> </ol> <p>energises, relaxes, eases</p> <p style="text-align: right;"><b>EFFECT</b></p>	<p><b>CREATIVITY</b></p>  <ol style="list-style-type: none"> <li>1. Hold finger between index and middle finger.</li> <li>3. Pull outward, hold.</li> <li>4. Apply pressure.</li> </ol> <p>mental energy, balance, ideas</p> <p style="text-align: right;"><b>EFFECT</b></p>
<p><b>CONCENTRATION</b></p>  <ol style="list-style-type: none"> <li>1. Push elbow gently against upper leg.</li> <li>2. Shift position up &amp; down. Repeat.</li> </ol> <p>strengthens thoughts &amp; focus</p> <p style="text-align: right;"><b>EFFECT</b></p>	<p><b>MEMORY</b></p>  <ol style="list-style-type: none"> <li>1. Hold thigh between hands.</li> <li>2. Push thumbs down. Apply pressure. Move up &amp; down.</li> </ol> <p>strengthens resolve &amp; memory</p> <p style="text-align: right;"><b>EFFECT</b></p>	<p><b>ENERGY FLOW</b></p>  <ol style="list-style-type: none"> <li>1. Hold leg between fingers &amp; thumbs.</li> <li>2. Apply pressure. Move up &amp; down.</li> </ol> <p>helps energy to flow from head to feet</p> <p style="text-align: right;"><b>EFFECT</b></p>

Made in Australia by Dynamic House, Melbourne. © Dynamic House Pty. Ltd. (Incorporated in Australia) www.dynatouch.com.au



## Blood type and Rh:

How many people have it?

O +	40 %
O -	7 %
A +	34 %
A -	6 %
B +	8 %
B -	1 %
AB +	3 %
AB -	1 %

## Does Your Blood Type Reveal Your Personality?

According to a Japanese institute that does research on blood types, there are certain personality traits that seem to match up with certain blood types. How do you rate?

**TYPE O** - You want to be a leader, and when you see something you want, you keep striving until you achieve your goal. You are a trend-setter, loyal, passionate, and self-confident. Your weaknesses include vanity and jealousy and a tendency to be too competitive.

**TYPE A** - You like harmony, peace and organization. You work well with others, and are sensitive, patient and affectionate.. Among your weaknesses are stubbornness and an inability to relax.

**TYPE B** – You are a rugged individualist, who is straight forward and likes to do things your own way. Creative and flexible, you adapt easily to any situation. But your insistence on being independent can sometimes go too far and become a weakness.

**TYPE AB** - Cool and controlled, you're generally well liked and always put people at ease. You're a natural entertainer who's tactful and fair. But you're standoffish, blunt, and have difficulty making decisions.

## MOST IMPORTANT INFO NOW:

Fruit	Benefit
<b>Apples</b>	Protects your heart, prevents constipation, Blocks diarrhea Improves lung capacity, Cushions joints
<b>Apricots</b>	Combats cancer, Controls blood pressure, Saves your eye sight Shields against Alzheimer's, Slows aging process
<b>Artichokes</b>	Aids digestion, Lowers cholesterol, Protects your heart, Stabilizes blood sugar, Guards against liver disease
<b>Avocados</b>	Battles diabetes, Lowers cholesterol, Helps stops strokes' Controls blood pressure, Smoothens skin

**Bananas** Protects your heart, Quiets a cough, Strengthens bones, Controls blood pressure, Blocks diarrhea

## **DRINK WATER ON EMPTY STOMACH**

It is popular in Japan today to drink water immediately after waking up every morning. Furthermore, scientific tests have proven its value. We publish below a description of use of water for our readers. For old and serious diseases as well as modern illnesses the water treatment had been found successful by a Japanese medical society as a 100% cure for the following diseases:

Headache, body ache, heart system, arthritis, fast heart beat, epilepsy, excess fatness, bronchitis, asthma, TB, meningitis, kidney and urine diseases, vomiting, gastritis, diarrhea, piles, diabetes, constipation, all eye diseases, womb, cancer and menstrual disorders, ear nose and throat diseases.

## **METHOD OF TREATMENT**

1. As you wake up in the morning before brushing teeth, drink 4 x 160ml glasses of water.
2. Brush and clean the mouth but do not eat or drink anything for 45 minutes
3. After 45 minutes you may eat and drink as normal.
4. After 15 minutes of breakfast, lunch and dinner do not eat or drink anything for 2 hours
5. Those who are old or sick and are unable to drink 4 glasses of water at the beginning may commence by taking little water and gradually increase it to 4 glasses per day.
6. The above method of treatment will cure diseases of the sick and others can enjoy a healthy life.

**The following list gives the number of days of treatment required to cure/control/reduce main diseases:**

1. High Blood Pressure - 30 days
2. Gastric - 10 days
3. Diabetes - 30 days
4. Constipation - 10 days
5. Cancer - 180 days
6. TB - 90 days

**7. Arthritis patients should follow the above treatment only for 3 days in the 1st week, and from 2nd week onwards - daily.**

This treatment method has no side effects, however at the commencement of treatment you may have to urinate a few times.

It is better if we continue this and make this procedure as a routine work in our life.

Drink Water and Stay healthy and Active.

This makes sense. The Chinese and Japanese drink hot tea with their meals .Not cold water. Maybe it is time we adopt their drinking habit while eating.

**For those who like to drink cold water, this article is applicable to you.**

It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion.

Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

**A serious note about heart attacks:**

Women should know that not every heart attack symptom is going to be the left arm hurting.

Be aware of intense pain in the jaw line.

You may never have the first chest pain during the course of a heart attack.

Nausea and intense sweating are also common symptoms.

60% of people who have a heart attack while they are asleep do not wake up.

Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.