

SFPH - **S**elf **F**eel **P**ress & **H**eal

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Introduction

Acupuncture treatment was invented about 3,000 years ago and has been used ever since in various ways and methods. The meridian channels and their key energy points were mapped in ancient times, and it is almost unbelievable how the ancient Chinese, without the modern tools we have today, such as CT or MRI scans, were able to map these neural pathways and identify their connection to internal organs and endocrine glands (though they didn't recognize everything we know today).

The SFPH method (Self Feel Press and Heal), is based on ancient Chinese knowledge combined with observations of additional points. It involves treatment through pressing different points to influence various symptoms in the body such as mood, skeletal pain, pain in different systems (head, eyes, abdomen, menstrual cycle, etc.), sleep disturbances, weakness, excess, and more.

Similar to the Acupressure method, one can identify blocked points in the flow of information along the meridians by applying pressure. This improves the quality of the electrical touch sensation, causing pain in the point when pressed. In other words, a place that doesn't normally hurt will be painful, sometimes intensely, when pressed, or even with a gentle touch. A blocked point is like a clog or electrical short-circuit, which wastes energy and prevents the flow of vital energy to the meridian itself and the overall biological system (us). The pressure and massage break down the block or short-circuit, probably by stimulating the blood in delicate capillaries in the synapse area, which reconnects the electrical contact and restores the flow of vital energy in the meridian.

In general, the more painful the point, the more blocked it is, and its release will have a greater effect. This is not a one-time action but a lifestyle approach that sometimes requires ongoing preventive maintenance (like brushing your teeth). Pressing and massaging personal points that tend to get blocked (an individual characteristic) once a day or every few days ensures a smooth and open meridian.

The treatment is effective at any age, and the effects are immediate (no belief required). It is effective for orthopedic problems, eye issues, endocrine disorders, stress, anxiety, and more. Generally, the blocked points are not located where the pain symptom is. For example, if the back or shoulder hurts, the blocked point may not be there, but rather in another place that is electrically related to the painful area. It is surprising how effective the treatment can be in a distant location from the symptom, and how the release of a blocked point brings rapid and effective relief. Those who consistently press the points will notice that the places that were once blocked become

free after several days of pressing, but that does not mean the body stops creating new blockages in the same meridian. Therefore, it's recommended to periodically check along the meridian and release any new blockages. As a general rule, health is the energy present in the system minus the energy wasted in the system. If this energy is positive, there is also the potential to invest energy outward, helping others, which in turn strengthens internal energy and improves health. This energetic definition applies to every system in nature, and certainly to us as human beings. It's true at a personal, familial, group (work, tribe, etc.), and global level. Energy that is wasted inwardly includes blocked points, but also things like food that is unsuitable for the body and requires more energy to process than is extracted, fears that inefficiently activate body systems, poor sleep that prevents energetic renewal, and so on.

The following chapters will focus on different health issues and their connection to blocked points. It's worth noting that blocked points can shift their location after being released from one spot and moving to another within the same meridian. Once you understand the principle of the method, it becomes easier to locate the updated position of the block by pressing and identifying the painful area, and then releasing it while maintaining the released points in an open-flow state.

I wish readers and practitioners, whether treating themselves or others, good health and the release from blockages and suffering.

Fears of All Kinds

Fear is a natural response designed to protect living creatures. Fear in animals and humans triggers the release of a hormone called cortisol. This hormone enables the release of adrenaline, which serves to increase energy release, accelerate the breathing rate, and stimulate the heart, all in preparation for the "fight or flight" response. In modern times, there are many reasons why, even though we are not personally facing existential danger (there is no lion chasing us), there are other direct and indirect factors that cause this ancient and basic mechanism to work overtime. Concerns about personal or international economic crises, fear of the future, which is hard to predict due to the rapid pace of change in modern life, and another animalistic trait: when others are in distress, we, as social creatures, feel and suffer from the distress of others as well. The media, in all its forms, provides us with stories of horror and endless disasters from morning till night, all of which trigger more and more cortisol.

An increase in cortisol levels in the blood and throughout the endocrine system disrupts the production of calming, mood-lifting hormones essential for normal function, such as dopamine, serotonin, and oxytocin. It also interferes with the functioning of systems like digestion, among others. So, one can take calming pills like Celexa and similar medications, which help maintain reasonable serotonin levels despite a decrease in its production, but this is mostly beneficial to the pharmaceutical companies because it does not address the core issue of excessive cortisol production.

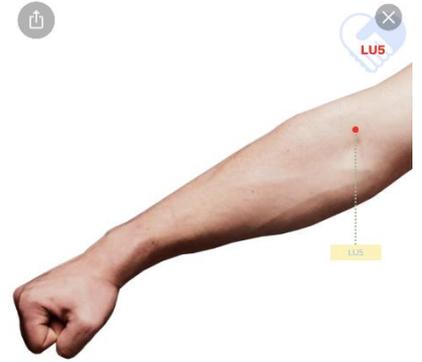
So, what can we do? Animals know that through specific shaking and trembling movements suited to their size, they can "dispel" cortisol that accumulates in typical areas, allowing it to exit or dissolve and disappear (this can also be seen in domesticated animals and certainly in wild ones). As a rational creature (perhaps overly rational), we have lost this ability, but we can still locate the areas where cortisol accumulates and, through mechanical pressure, release the blockage, allowing for a smooth energy flow that doesn't get stuck or accumulate. Of course, the more important task is to reduce cortisol production, but that is not the focus of this book, and whoever finds the solution to that will receive the gratitude of all humanity. We mentioned that cortisol activates the respiratory system (by enhancing it) and the digestive system (by inhibiting it), so it turns out that it also accumulates and gets stuck in excess in the meridian channels of the lungs (LU) and the large intestine (LI), which is nearby. In Hebrew, there is the common expression "picking knees" in the context of fear, and indeed,

cortisol tends to get stuck around the knee joint as well as the elbow joint. The point LU5, and its nearby point LI11, will often be painful when pressed, especially when there is blockage preventing the release of cortisol, causing incomplete and improper electrical (chemical) contact at the synapse. Pressing these points daily will shift the blockage downward toward LU6 and eventually down the entire meridian, clearing the blockage. Additionally, in this area, there is the significant point LI4, which is related to the large intestine meridian.

Many of us are familiar with the connection between fear or pressure (like from exams and other stressors) and digestive problems. Stress can cause improper function of the intestines, such as constipation or irritable bowel syndrome (diarrhea). Therefore, it is important to regularly release blockages in the lung (LU) and large intestine (LI) meridians, as this helps relieve stress, fears, and even anger, which is another way of expressing fear. If fear gets stuck, cortisol can accumulate and get stuck at the shoulder, which can result in a frozen shoulder. Releasing it usually won't be possible without pressing and releasing the LU or LI meridians mentioned earlier. It is best to maintain a clean meridian system free of blockages to avoid conditions like frozen shoulder or other issues that can lead to anxiety or depression. There is a solution for frozen shoulder, anxiety, or depression through a process that "restarts" (resets) the endocrine system in the brain, and this is addressed more in the final chapter on epitherapy.

It certainly doesn't hurt to try and mimic the trembling movements that animals make, even if we can't do it as well as they can. For instance, in Qigong practice, there is a technique designed to do something similar. As we all know, fear affects all systems of the body. Excess cortisol impacts the respiratory and digestive systems, and thereby affects all other body systems. Therefore, a necessary, though not sufficient, condition for health and support in the functioning of other systems is that the points of fear should be released as much as possible.

Stuck Points on the Lung and Large Intestine Meridians

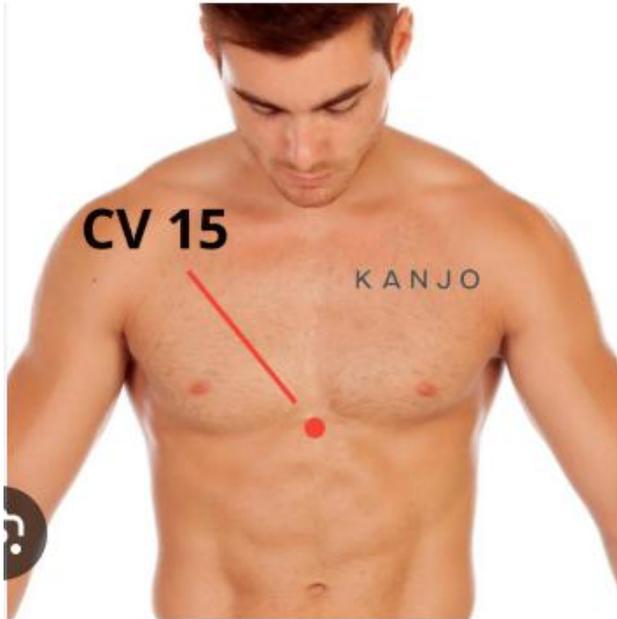


The point between the thumb and index finger, at their connection

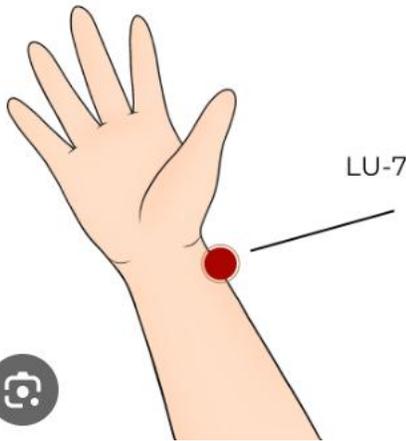
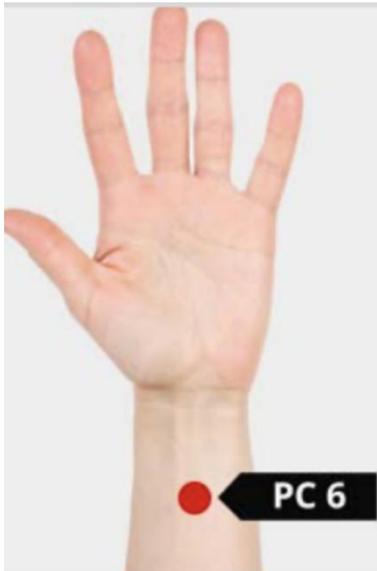
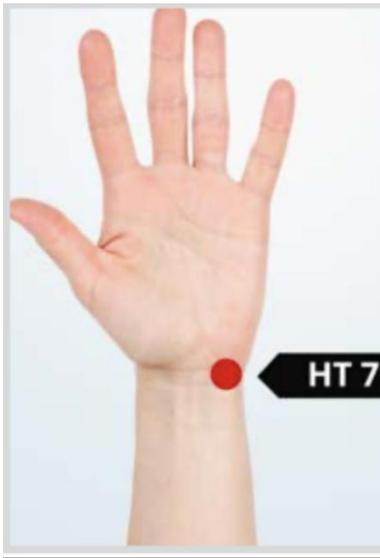
A point at the front of the shoulder joint connection

A point on the side of the elbow, above or below it

A stuck point on the central meridian in the area of the heart center and the junction of the ribs



Releasing and calming points



Strengthening the Endocrine System

The endocrine system plays an important role in regulating substances and functions within the body. The system secretes essential hormones that activate or neutralize other hormones, as well as facilitate the production of proteins and other processes within cells, according to the information encoded in genes and DNA. The ancient Chinese discovered many of the body's systems, but considering that this knowledge is very old and, like other teachings, was halted during the dark medieval times, it is likely that not all the meridians and points related to the endocrine system were identified, especially those involving glands within the brain, but not only. Since modern medical research has primarily invested in chemistry and pharmaceuticals for economic reasons, although it is now possible to identify meridians using FMRI, there is not much published research on discovering more channels and meridians. Traditional Chinese Medicine (TCM) and the thousands of years of knowledge it holds serve as the foundation for most of the existing information and treatments today. I have used ancient technology that disrupts and excites various meridians, and that is bee stings. Through bee stings, I have managed to restore testosterone production in men, lower blood sugar, and most significantly, revive the endocrine glands in the brain. The disruption caused by bee stings is an ancient treatment, and in this chapter... I will share what I have learned and found effective when using bee stings, not only in relation to the endocrine system. In cases of mild injury, one can also influence and strengthen the system through pressure.

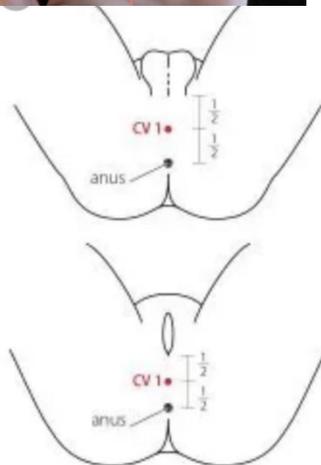
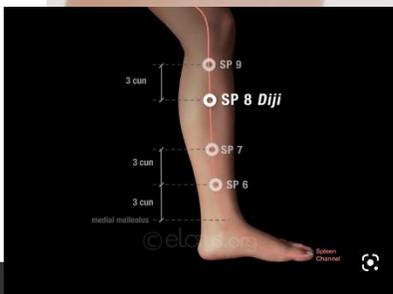
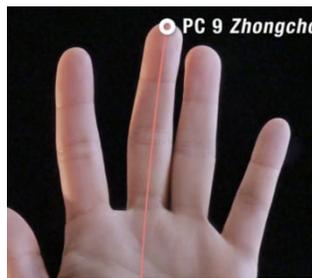
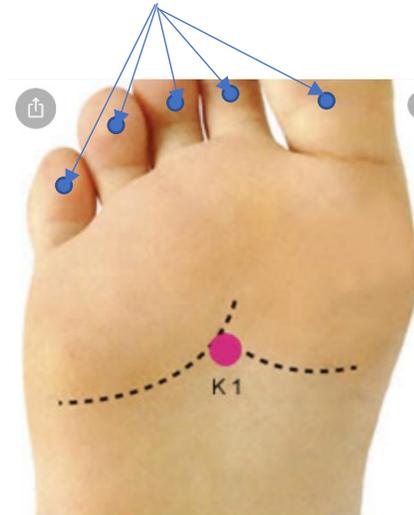
I recommend activating the entire system through points such as KID1, LIV3, LIV8, SP4, PC9, BL60, ST36, and working on the thumbs and toes by pressing them on all sides. Those with weak endocrine and immune systems will notice significant pain when pressing on the finger joints, especially on the feet, and this is precisely where the blockage is located near the tip. The effect of pressing there is significant and rapid.

It should be noted that while the Chinese maps and also the maps of Su Jok show the meridian's tip located near the fingernail, when pressing, blocked points are often found at the junction between the first and second phalanx of the fingers.

Through elimination (trial and error), it seems that the third toe (middle toe) is connected to the thyroid gland. Naturally, the bladder is linked to the little toe (fifth toe), and the gallbladder to the fourth toe. The liver is connected to the big toe, as is the spleen.

Strengthening the endocrine system, when combined with proper nutrition and appropriate physical activity, leads to overall improvement in a person's functioning. The endocrine system releases hormones that affect the entire body and the production of proteins within cells. A healthier endocrine system means reduced aging and the body's ability to create better homeostasis (balance) and improve metabolism.

Pressing Points on the Finger Pads



Strengthening the Musculoskeletal System

The musculoskeletal system, which includes the bones and large muscles, is often affected by a variety of functional disturbances and pain. In many cases, pain is caused by stagnation in a distant area from the site of discomfort, as well as by radiation from the painful area through the main meridian channels and the nervous system back to those areas. The large muscles can be improved in terms of their flexibility, stretch, and their connection to the skeletal system, including tendons and ligaments. Exercises like yoga, qigong, tai chi, pilates, and others have been developed over the years to strengthen and stretch these muscles, tendons, and ligaments. It is recommended to choose one or another method to activate and prevent the degeneration of these areas. However, at times, there is pain, and even very intense pain in the musculoskeletal system. In many cases, this pain is related to stress (fear, anxiety), which prevents proper flow in the meridians (mainly in the legs), and this blockage creates congestion (similar to a sink clogging when there is a blockage in the sewage line), which develops into inflammation, nerve compression, pain, movement restrictions, and more.

Common pain areas include the lower back (often the lower lumbar region), shoulders, neck, pelvis, knees, and more.

Lower Back Pain

The lower back is greatly affected by stretching and blocking of energy flow in meridians that pass through the gluteal area (often in the piriformis), the side of the leg (ITB – Iliotibial Band), the soleus (muscle in the middle of the calves), and the Achilles tendon area. Often, back pain radiates down to the legs via these same pathways. Therefore, releasing blockages in these meridians can help relieve pressure from the lower back (mid to upper lumbar) and neck.

Pressing Points for Lower Back and Neck Pain:

Soleus Area (BL57): The point located below the calf muscles in the soleus, BL57 (Urinary Bladder meridian), is commonly blocked. The releasing action here is to locate where it hurts the most and apply firm pressure and massage.

Achilles Tendon Area (BL60): Behind the ankle, on the outer side of the Achilles tendon, is another area that often harbors blockages. Pressing at BL60 (Urinary Bladder meridian) and also near the little toe, at BL67 (Urinary Bladder meridian) can help release tension.

Gluteal or Piriformis Muscles: Sometimes, the blockage is located in the gluteal muscles or the piriformis muscle. To release these points, apply massage against a hard corner (e.g., the corner of a table). Locate the stuck point and apply firm pressure and massage. If you need help, someone else can assist, but the pressure should be strong enough to reach beneath the fat and muscle layer in the gluteal area.

ITB (Iliotibial Band): The outer thigh, where the ITB passes, often contains painful, stuck points sensitive to pressure. Releasing these points will allow the pelvis and sometimes the lower back to relax, helping with sciatic pain often caused by disc bulges or herniations. Pressing along the ITB, which is part of the Gall Bladder (GB) meridian, can also help alleviate such pain.

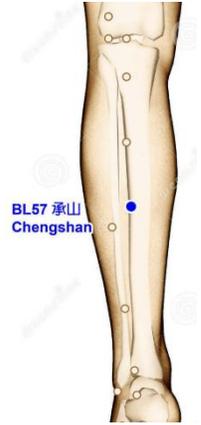
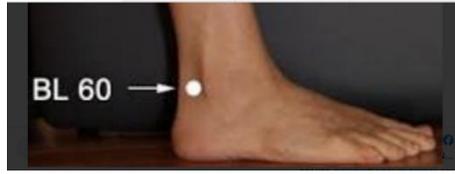
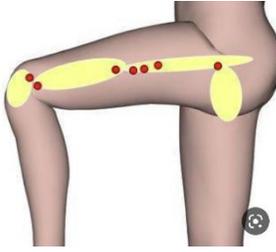
Important Notes:

Do not massage directly along the vertebrae in the back, as inflammation may be present in this area. Stimulating this region with touch could worsen the situation.

Avoid sleeping on too soft a mattress, as it is often detrimental to the lower back, particularly in cases of back pain.

Wear loose-fitting underwear while sleeping. Tight or fitted clothing can obstruct the flow of accumulated material that needs to exit the body through the Bladder meridian, which directs these materials down to the legs and out of the body.

By applying acupressure techniques to release tension in the muscles and meridians, as well as engaging in appropriate exercises to stretch and strengthen the body, the musculoskeletal system can function optimally, reducing pain and promoting flexibility.



Releasing Points to Alleviate Back Inflammation and Pain

Knee Pain

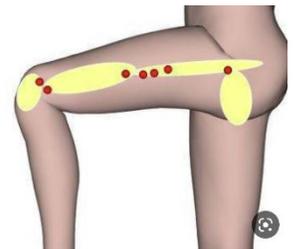
There are two points, known in Chinese as the "Knee Eyes" (ST35 and EX-LE4), located on both sides of the patella, below it. These points are good for massage, but much more effective when treated with acupuncture, so I won't elaborate on them here.

However, there are points along the shin and foot (above and below the knee) that, when blocked, can lead to the knee experiencing the issue.

A very important point is located on the outer side of the shin, about 5 cm above the heel, GB37-39 (Gall Bladder meridian).

On the foot, at the connection between the big toe and the second toe, LIV3 is located at the upper part of the foot, and it is also possible to check all the points along the connections between the toes, up to the little toe.

If the pain is at the back of the knee, check the points along the Urinary Bladder meridian. If the pain is on the inner side of the knee, check the points along the Liver or Spleen meridians.



Points for Releasing along the Body's Lateral Meridian, Including the Knee from All Directions

Hip Pain

The hip connects the leg to the back, so all the points related to the leg or the back can be relevant to blockages and pain in the hip joint.

Usually, the points along the Gall Bladder meridian, from the ITB (Iliotibial Band) on the thigh down to the bottom of the leg (GB37-39), are connected to hip pain. However, the additional points mentioned earlier, both on the foot and along the back of the leg, can also be the cause of the hip pain.

Therefore, we should check the point on the foot where the big toe connects to the second toe (LIV3) at the upper part of the foot, and it's also useful to check all the points along the connections between the toes, up to the little toe.

Additionally, check the Urinary Bladder meridian and the internal channels of the Liver or Spleen.

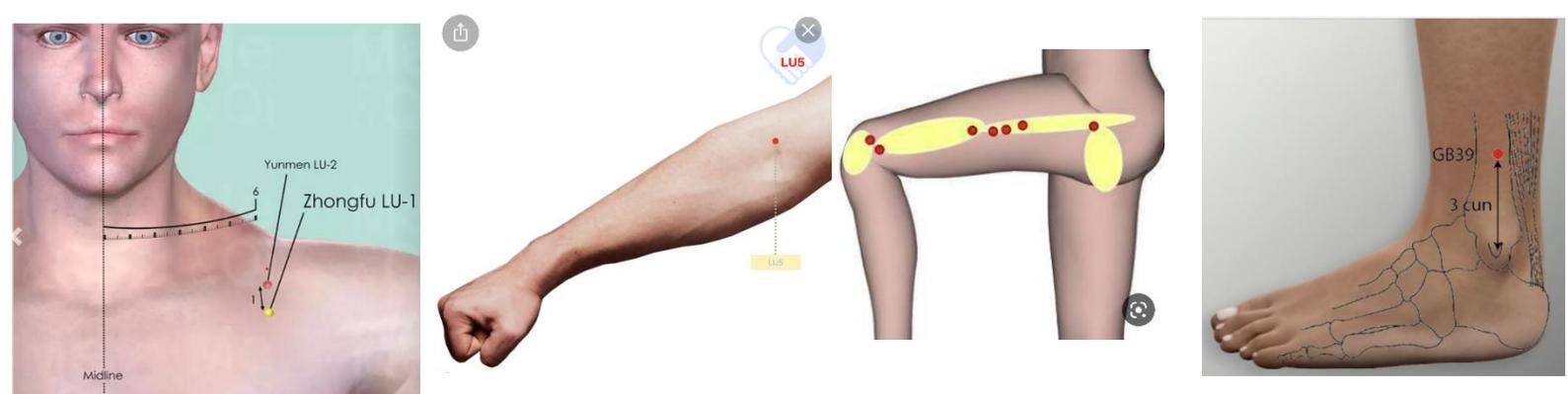


Points for Releasing along the Posterior, Anterior, and Lateral Meridians for Hip and Thigh Joint Issues

Shoulder Pain

The shoulder is connected to the back and chest, and through them to the legs, as well as to the neck and arms. Therefore, shoulder pain can be related to blockages in various areas.

The outer thigh (GB32) and lower leg (GB37-39) are relevant, as well as the deltoid, trapezius, the arm meridians, and even the posterior meridian of the Urinary Bladder.



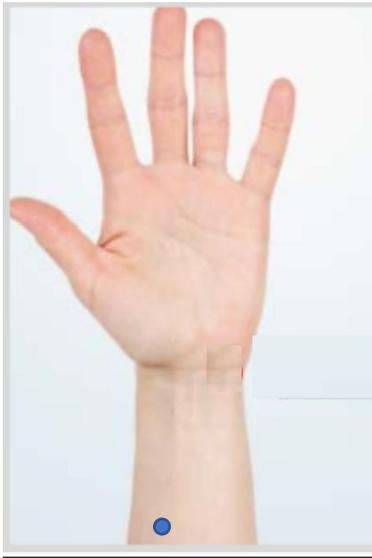
Typical Points for Releasing Shoulder Pain

Wrist Pain (Numbness in the Fingers and Clenched Hands)

The wrist receives electrical signals and blood supply from the forearm in the area where the tendons connected to the fingers pass through.

There is a very effective pressure point on the inner side of the forearm. This point does not sit on any well-known or marked meridian, but self-treatment and experience with many people have shown that when this point is painful to the touch, pressing it helps to direct blood flow toward the hand (blood flows through capillaries thanks to electrical forces, not just the heartbeat). The hand changes color to a redder tone, and the joint/stiffness in the fingers and numbness resolve and improve.

In cases of finger muscle strain due to excessive hand use, releasing the tension can also be done by pressing this point.



Pressure Point
on the Forearm

Elbow Pain

The elbow, similar to the knee, serves as a crossing point for all the meridian channels of the arms.

It is a joint that works hard, and it is important to ensure that all the channels coming from the hand and passing through the elbow are released.

Among the relevant channels are the Large Intestine and Small Intestine, the Heart and Pericardium, and the Lungs and Breathing.

Knee and elbow pain are sometimes related to fear, so it is beneficial to press on points like LI4 and LI11. Additionally, check the points at the connection of the wrist (HT7) and the side of the little finger, as well as above the elbow at LU5.



Typical Points for Releasing Elbow Pain

Neck Pain

The neck is supported and extended by the trapezius and muscles connecting the neck to the shoulders.

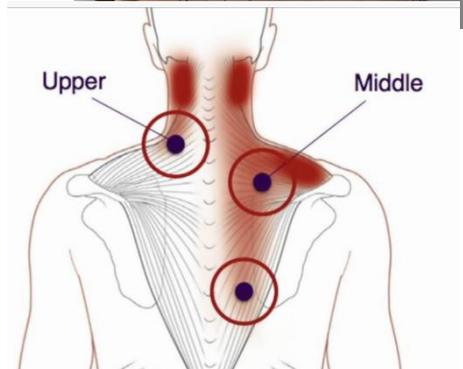
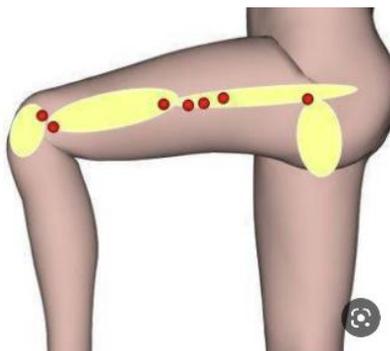
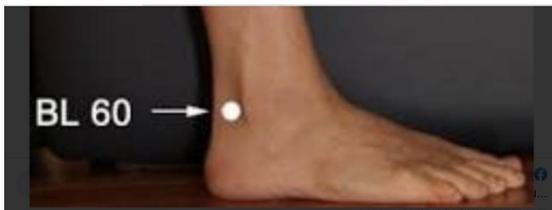
In fact, all the meridians pass through the neck to the head, including those that come from the arms and the legs (all limbs).

The location of the blocked point or points can be assessed based on which side of the neck is painful.

Pain on one side is likely caused by a blockage in the meridian that runs along that side of the body, while pain at the back comes from a posterior pathway, and so on.

Pressing on the deltoid at painful points (trigger points) can help. Trigger points can also be found in the trapezius, and even the jaw and face can be sources of neck pain. Trigger points in the jaw and facial muscles, when pressed, can release locked muscles, thereby relieving the tension and pain in the neck.

The outer thigh (GB32) and lower leg (GB37-39) are also related to neck pain, especially on the side of the neck.



Typical Points for Releasing Neck Pain

Strengthening the Respiratory System and Sinuses

How to Improve Breathing Difficulty, Hoarseness, and Cough

The respiratory system is in constant interaction with the external environment, and as such, it is one of the first systems to react to events such as colds, overheating, fluid accumulation, and various blockages (nose, sinuses, ears). Like other systems, it has energy channels and flow pathways through many organs connected to the respiratory system throughout the body. Here, I will present only points for massage and pressure on the feet and hands, although there are other useful points on the chest, back, head, and more.

Hands:

The point LI4 is connected to many systems, including the respiratory system.

On the outer, lateral side of the hand, above the thumb, there is a point on the Lung meridian (LU10), which helps with cooling and releasing fluids. For colds, the point PC6 is used for cooling and fluid release, while to warm up during a cold, try TW3-4.

Another important point is just above the elbow joint, as shown in the image, LU5 and LI11.

Feet:

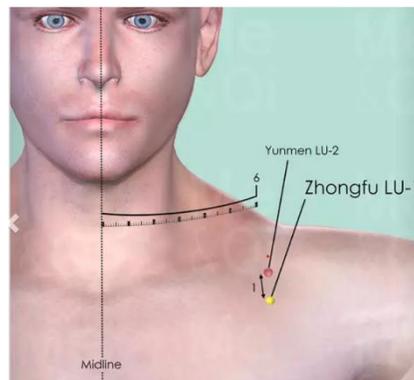
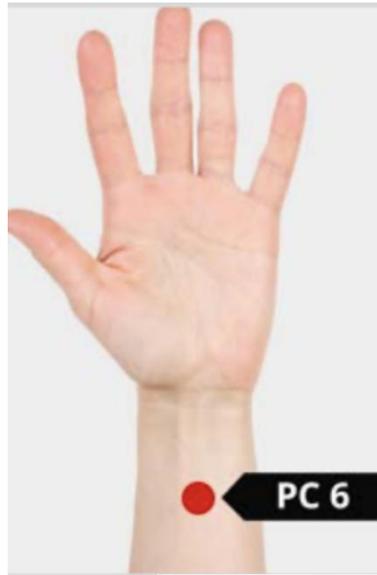
The foot is very dominant in the area where the big toe connects to the foot on the underside, which influences the throat. In reflexology, this area represents the connection between the head (big toe) and the body (throat). In many cases, blockages related to throat pain and hoarseness are connected to this point.

Also significant is the point where the first and second toes meet at the top of the foot.

As mentioned earlier: the more painful or blocked the area, the greater the effect it will have.

Additional Practice:

Another recommended exercise for the respiratory system and other issues is light tapping with the fingertips on the chest, with emphasis on the midline (the area along the thyroid gland) along the sternum. While tapping, take long breaths, inhaling and exhaling through the nose, or through the mouth, whichever feels more comfortable.



Practice for Regulating Body Temperature

How to Handle Hot Flashes, Cold, Overheating, and Excessive Cold:

The body has both warming and cooling points. Usually, it is effective to warm up using the point at the connection between the little finger and the ring finger on the top of the hand, which is located on the Triple Heater meridian (TW3). To cool down, use PC6, which is about three finger widths below the wrist on the inner side of the forearm.

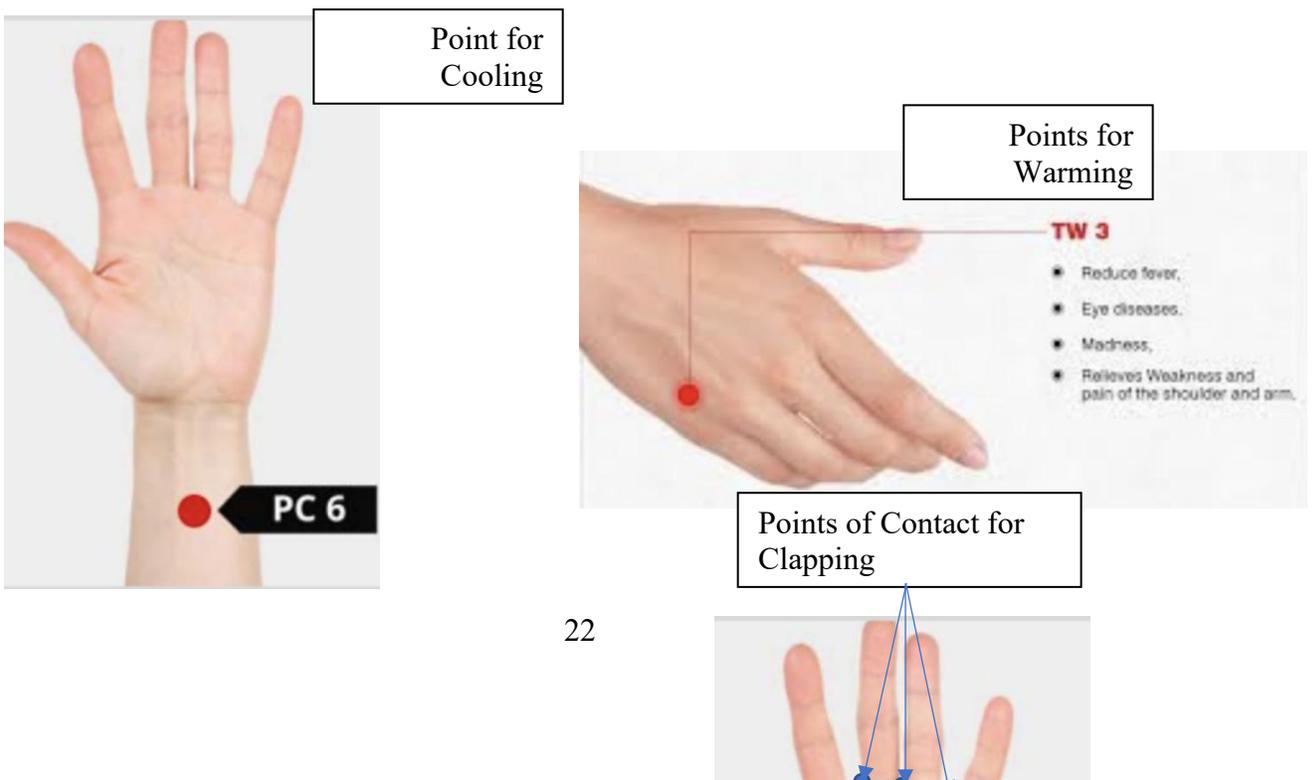
It is important to consider how the body feels – whether warming or cooling is needed. Of course, when suffering from heat or dehydration, it is essential to drink water, stay in the shade, and, if cold, to ensure a comfortable temperature.

Additional Practice for Regulating Body Temperature and More:

A recommended exercise for regulating body temperature and other benefits is gentle tapping with the fingertips on the chest, especially along the midline (the area of the thyroid gland) along the sternum. While tapping, practice long breaths, inhaling and exhaling through the nose or mouth, whichever feels more comfortable.

Another very warming and relaxing exercise for all the meridians in the hands involves clapping the points where the fingers connect to the hand. The fingers should press into the spaces between the fingers of the other hand.

Performing this clapping exercise once a day (connecting the fingers of the right hand to the left hand, with the four fingers and the area where the thumb meets the index finger) helps release the channels and regulate body temperature.



General Strengthening and Treatment for Numbness in the Hands and Feet

How to Help with Symptoms of Degeneration and Loss of Sensation in the Hands or Feet:

Aging, diabetes, and other conditions can sometimes lead to sensations of numbness, degeneration, and loss of feeling. This is a situation where the body is unable to function properly in all parts, often focusing its energy on the central areas of the body and neglecting the extremities. To strengthen these symptoms, it is important to take additional actions beyond just pressure points, and sometimes more than just pressing is needed; it is essential to understand and treat the underlying cause of the body's weakness.

It is highly recommended to strengthen the Kidney, Liver, and Stomach channels, as these are key in the blood system and its cleansing process. Points such as LIV3, LIV8, KID1, and ST36 through pressure, acupuncture, or other methods can help revive and activate the affected or weakened systems.

A point is often found on the inner side of the forearm, below the elbow. This point (not listed in traditional acupuncture books) connects electrical energy and helps flow blood in the proper amount to the hands, stopping the numbness. Similarly, finger tension can be relieved.

In the legs, sometimes there is a blocked point along the lateral, posterior, or anterior meridian, and it's not always on a well-known or documented meridian.

Pressing the pads of the fingers (connecting the first and second pads) particularly in the feet can also uncover blocked channels near the exit points, aiding in their release. Similar to the endocrine system, numbness points to a lack of flow and vitality.



Strengthening the Digestive System

The digestive system is connected to many areas in the body, as it is central and foundational by nature. A point that generally impacts the body's function through the digestive system is ST36, located about 4 cm below the knee joint, on the front side, slightly outward, next to the prominent bone (the tibia).

Additionally, the channels of the Large Intestine and Small Intestine are very relevant. The points LI3-4 and SI3, located at the beginning of their respective meridians, are also very significant.

On the foot, the outer upper corner of the second toe's nail and the joint at the bottom of the toe both affect the entire Stomach channel.

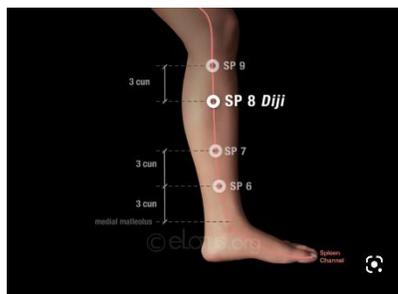
In the abdomen, two important areas are SP15, located near the high inner point of the pelvis, and ST25, which is along the same line but directed more internally. This point can be hard to release through massage because it is deep and lacks a bony structure that provides resistance for the pressure.

The Spleen has a strong impact on the digestive system, as it is partnered with the Stomach. Therefore, in many cases, points along the Spleen channel will be blocked in people with digestive issues, especially around the SP4 area and along the inner side of the shin, behind the inner bone at SP8.

For those with an irritated digestive system or a tendency toward constipation, it is recommended to stay close to a restroom, as when the system is activated, it may prompt the need to relieve oneself immediately. This is because releasing the points through acupuncture or pressure often opens up the system, and a person may feel the immediate urge to empty their bowels.

Digestive system function is, of course, most influenced by food. What we eat affects the digestive system more than any other system. It is important to eat mindfully and adjust one's diet according to age and individual metabolism. Professional advice is, of course, highly relevant.

There are also traditional herbal remedies that have been passed down through generations and are very effective for the digestive system, and potentially other areas as well. Perhaps I'll write more on this topic in a future book.



Strengthening the Eyes

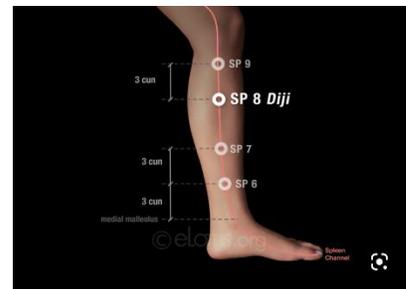
The eyes are a muscular, optical, and neural system that works continuously (even during sleep, there is no complete rest). The organ that requires the greatest "computational power" from the brain is the eyes and vision.

Therefore, it is essential that the system receives a regular and full supply of energy and blood. It turns out that there are points where blockages hinder the flow of blood and energy to the eyes. Many eye diseases originate from blockages in these points.

LI14 and its corresponding point on the back, SI9 (Small Intestine), are important for the proper functioning of the eyes. Daily pressing on these two points together improves blood flow to the eyes and stimulates their health and vitality.

Another point that has a significant effect is SP8 on the shin, along the Spleen meridian. This point is very painful for anyone with eye issues. Releasing these points and pressing on them immediately directs energy to the eyes and has a very rapid effect.

For chronic eye conditions, such as cataracts, which are caused by the accumulation of waste on the eye's lens and the inability of the eye to clear this waste, these pressure points are valuable. In many cases, restoring proper blood and energy flow to the eye can improve the condition and eliminate the waste (cataracts).



Points for Releasing and Circulating
Blood to the Head and Eyes

Treatment for Headaches

In Traditional Chinese Medicine, it is common to needle or press on the sides of the head, near the neck, in the depressions just below the skull, such as BL9. From my experience, these points can sometimes be effective, but due to their proximity to the painful area, they may, at times, worsen the condition.

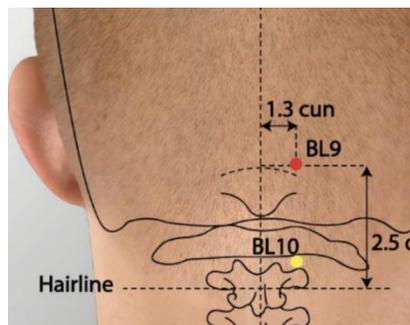
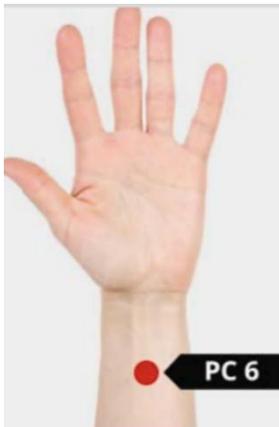
My recommendation is to release tension with LI4 and expel heat with PC6. If this does not help, you can try the points below the skull, at the sides of the neck.

A critical point that, if not released, will almost always prevent other points from relieving the headache is LI14, located along the upper arm (the same point that helps circulate blood to the eyes and likely also aids with headaches).

However, it's not all about pressure points. A cold compress on the forehead can also be relevant for relief.

An extremely effective point in this context is along the Spleen channel, SP8. In many cases, consistent treatment can stop the headaches and migraines that so many people suffer from.

There are acupuncture points around the ears that help release tension in the facial muscles and jaw, but I generally do not recommend them for self-pressing, as, as mentioned, any treatment too close to the painful area may worsen the situation. Treating from a distance, on the other hand, may not work but is unlikely to make things worse.

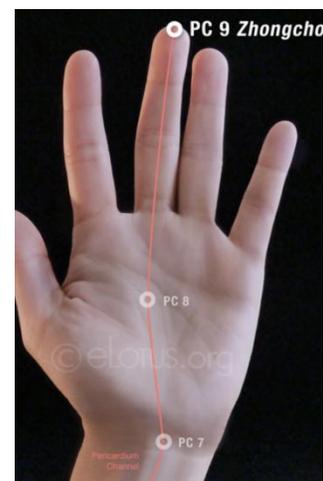
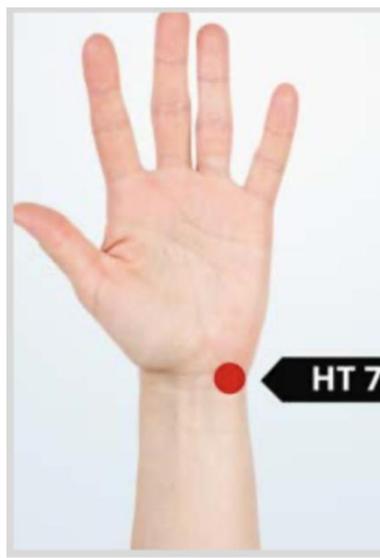




Strengthening the Heart System

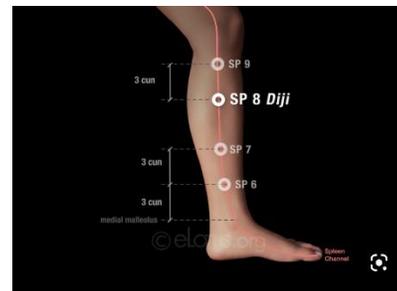
How to Strengthen the Blood and Heart System:

In addition to the pressure points I will explain shortly, bending and holding straight legs, as well as stretching the back, stretch the entire Heart channel, so they are highly recommended. In Traditional Chinese Medicine, there is the Heart organ, as well as another organ, the Pericardium (PC). Strengthening both of these channels is important for this system. Pressing on PC9 is significant for the Pericardium, and pressing along the Heart channel, particularly around the HT7 point on the wrist, activates the heart as needed and helps release blockages in the system. Holding the pressure for a minute or more is very beneficial for the blood and heart system.



Reducing Menstrual Pain

Menstruation is very healthy and contributes to cleansing a woman's blood from various toxins. However, the pain is not necessary, and it is definitely worth trying to reduce it. Pressing on the point of fear and pain, LI4, is very helpful, as well as SP6, which is also extremely important. Additionally, in many cases, points along the Spleen channel are very effective (SP4, SP8).

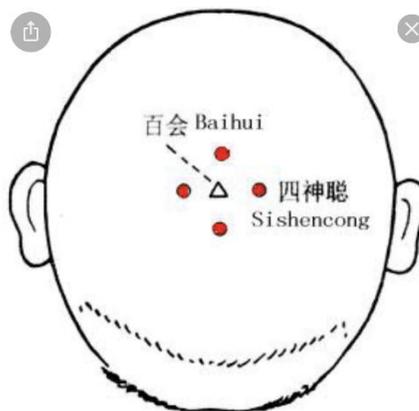


Reducing Fatigue

How to Stop Fatigue that Sometimes Overcomes a Person, Often After Lunch and in Other Cases:

Fatigue sometimes genuinely comes from the natural need for sleep and rest for the body and the central nervous system (the brain). Other times, it stems from the burden of food digestion, and sometimes it's simply due to boredom. Ultimately, the solution to fatigue is sleep, and sometimes meditation as well. However, there are points that, when pressed, promote the flow of new energy and wakefulness.

GV20 at the top of the head is one such point, as is the endpoint of this meridian, just above the upper lip (GV26), which also stimulates and awakens. There are also points on the hands, such as PC9, located on the middle finger (the "index" finger) next to the nail, in the area close to the fourth finger (the ring finger). Another important point is LI4, which is well-known in many contexts, located at the junction of the thumb and index finger, closer to the index.



Improving Sleep Onset and Sleep Cycle

How to Improve Sleep Through a Short Practice in Bed or on a Chair Before Sleep:

The goal is to release areas that have become tired or blocked throughout the day. During the night, these areas can consume unnecessary energy, preventing the transition between different sleep stages and causing unnecessary awakenings due to vivid dreams or the need to urinate.

The liver works during sleep, and if its channels are blocked, many people will wake up and not get a restful sleep. Therefore, the well-known points on the legs, LIV3 and LIV8, should be released with pressure before sleep.

Also, SP4, which is associated with the Spleen, often accumulates a type of blockage throughout the day. Pressing on it helps release that blockage.

Additionally, calming points like PC6 and the Third Eye (GV24) are excellent for entering a state of relaxation, especially when paired with slow, repetitive breathing. For example, inhale for a count of four, hold for as long as comfortable, exhale for a count of six, and hold again for as long as comfortable – continue this for a minute or several minutes until sleep sets in.

In some cases, the Kidney channel also needs release, and pressing on KID1 or KID3 can also be helpful.

In general, good and healthy sleep is essential for overall health.

Good night!



Improving the Sensation of Nausea

Nausea is a natural response designed to trigger the gag reflex in cases of consuming food that is not fresh or is incompatible with a person's specific metabolism (e.g., lactose intolerance, gluten sensitivity, etc.).

However, there are also cases where nausea originates from fatigue, stress, difficulty breathing (especially common in children when entering a car or enclosed space), and other factors.

There are points where the energy that prevents nausea gets stuck, and this leads to the feeling of nausea. You can release nausea by releasing these blocked points.

The foot, as in many cases, is highly relevant to nausea issues. The points LIV3 and SP4, which we've already encountered in other contexts (because everything is interconnected), are very effective in releasing the sensation of nausea.

Additional points include LI4, which is also related to the digestive system, and the well-known point PC6.



Bee Therapy (Apitherapy)

Bee Venom Therapy has gained popularity in recent years, although it is not recognized as an alternative treatment in Israel, and it is not possible to receive certified training from an accredited body to license and insure the practitioner. Therefore, the process itself is carried out either through self-treatment, where the patient is guided and performs the treatment on themselves, or when the patient takes full responsibility, with the understanding that the therapist is not liable (I have not studied this subject). Of course, there is a small percentage of the population that is allergic to bee stings, and an even smaller percentage that may develop an allergy after repeated stings over time. Therefore, one must be prepared with an epinephrine injection (EpiPen) in case of an emergency, and it is important to require any patient who is unaware of their allergy status to undergo an allergy test at their health clinic (a simple blood test).

I have identified (not necessarily in quantitative terms in most cases) the following areas where bee stings can be effective:

Increasing Testosterone Levels and Reducing Blood Sugar in Men Over 40 – A sting once a week or once every two weeks in the ST36 point.

A Type of "Restart" for the Endocrine Glands in the Brain – In cases of lack of vitality, depression, frozen shoulder, or excess cortisol secretion – a sting on the thumb at the first pad near the focus of the finger joint.

Tennis Elbow or Golfer's Elbow – A sting at the elbow joint can sometimes lead to improved blood flow and body cleaning from inflammation with just one treatment. As a general rule, joint inflammation issues have historically been treated with bee stings.

Knee Joint, Hip Joint, or Wrist Pain – A sting near the painful joint area.

Liver Diseases, Including Vitiligo – A sting at LIV3.

Naturopathy for Feet and Hands – Bee stings at significant points along the meridian channels in the feet and hands, particularly near the end points (LIV3, KID1, SP4, ST36, etc.).