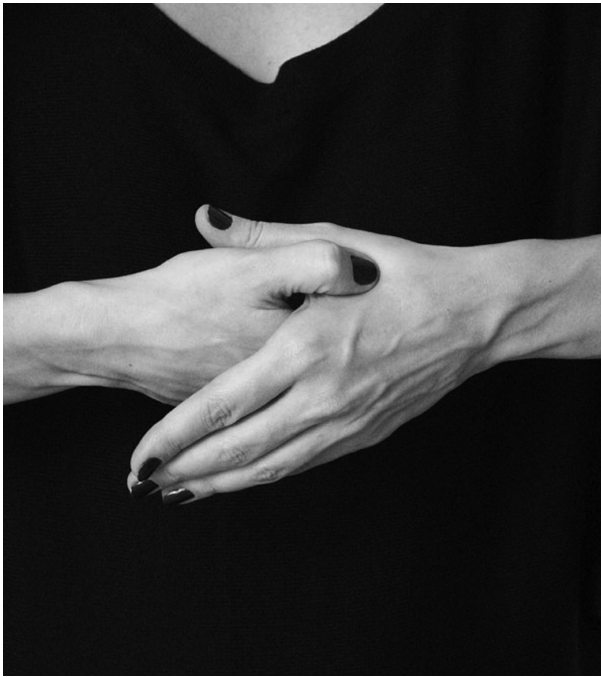
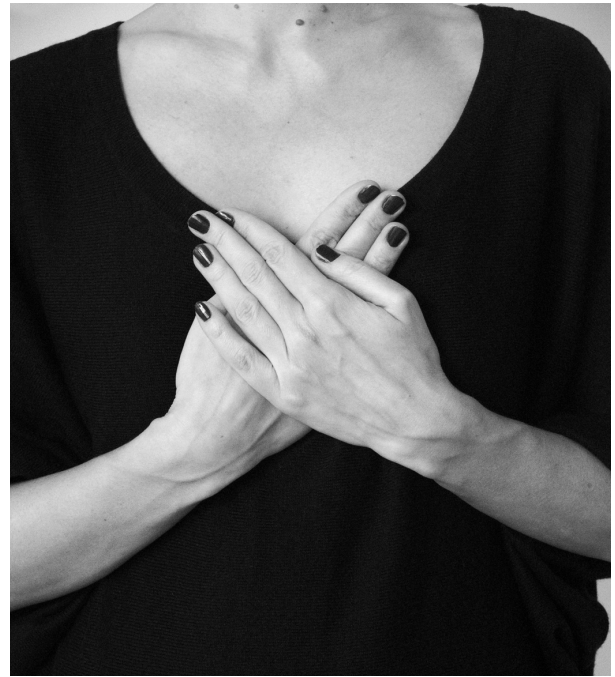


The Four Energy Gates for Ultimate Health



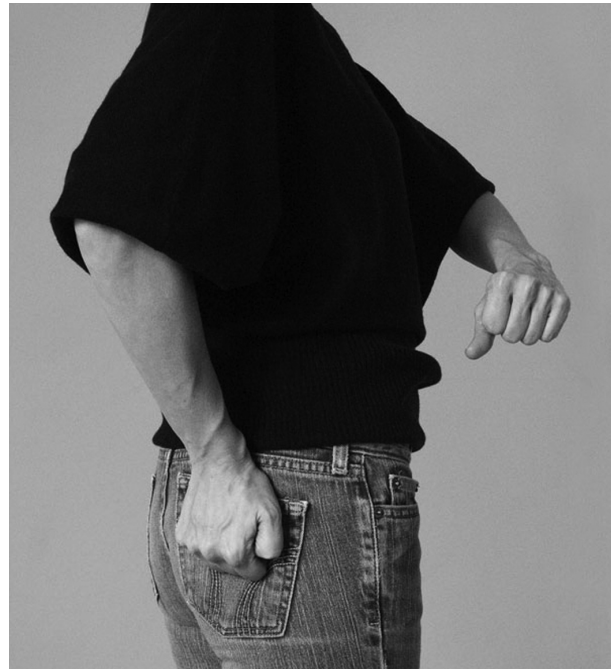
With firm pressure make small circles in the area between the thumb and the index finger. Make circles for 4 – 5 minutes.



Place one palm over the other on the center line directly between the breasts. Using light pressure only, circle in a clockwise direction at least 200 times.



Alternately tap the area four fingers below the belly button with two fingers of each hand. Tap this area for 4 – 5 minutes.



Holding a loose fist alternately punch the “dimples” of the buttocks. Arms, shoulders and hips should be loose. Do this for 4 – 5 minutes.

