

Daily Exercise to Enhance Metabolism & Energy

Do this exercise daily to maintain optimal health. This exercise can be done quickly within 1 minute – consistent daily application can benefit your body in the following ways:

Enhance metabolism, stimulate the lymphatic system, assist the release of toxins, improve energy and the immune system, improve memory and mental functioning, assist digestion, stimulate spleen, stomach, kidney, liver and gallbladder functions, stimulate thyroid functions, improve water metabolism, control weight, achieve overall emotional balance.

Instruction: Perform the exercise 1-3 times daily and in the following order. Best done after shower, be sure your skin is free of cream or oil.



Tap with index & middle fingers of both hands on the following areas:

1. Crown of head
2. Medial corners of eyebrows
3. Temples
4. Directly below eyes
5. Medial heads of collar bones
6. Lateral sides of torso, midway between armpit and the lower end of your rib cage.
7. Lateral sides of thighs, at the level where your finger tips touch thighs.
8. Lumbar (tap firmly with both fists)

Stroke or rub with both palms on the following areas:

9. Front and back of ears – form a V with the index and middle fingers and stroke vigorously.
10. Mouth – stroke with both palms from side to side.
11. Neck – downward stroke

