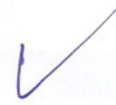


The 10 Chinese Massage Techniques

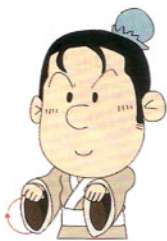
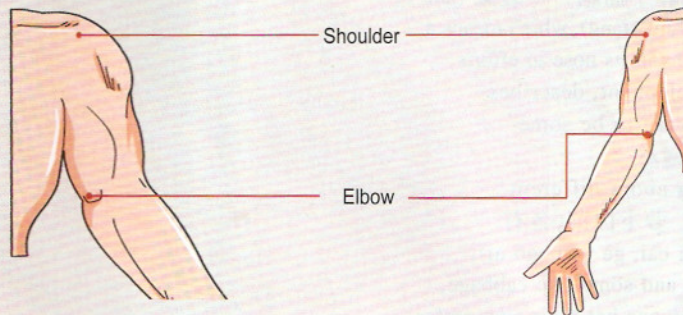


Chinese doctors believe that aches and stiffness in the arms can be caused by overuse of the forearm, which may also lead to weakened arm strength, wrist pain and a swollen feeling in the forearm. Nowadays, many people sit in front of computers for long periods of time day in, day out. This position restricts blood flow in the arms, which causes stiffness. But these uncomfortable symptoms can be alleviated with a little ancient Chinese massage.



Shoulder: The part between the neck and upper arm.

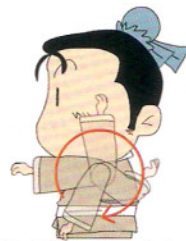
Elbow: The joint between the forearm and the upper arm.



Stretch the arms out in front of the body, parallel to the floor.



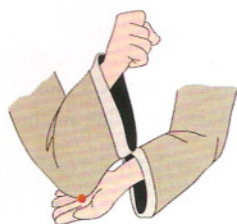
Stay in that position for three minutes; a slight ache should be felt.



Circle both arms from front to back 36 times.



Cross the arms in front of the body, with the right hand holding the left shoulder and vice versa. In this position, massage the shoulders 36 times.



Gently massage each elbow with the palm.



Then, hold the right elbow with the left hand and vice versa and massage the elbows 36 times.

The Ten Massage Techniques:

- First: circulates vital energy
- Second: strengthens the brain
- Third: improves eyesight
- Fourth: preserves the looks of youth
- Fifth: maintains the stomach's health
- Sixth: for a healthy spine
- Seventh: strengthens arms**
- Eighth: relaxes heels
- Ninth: protects hearing
- Tenth: protects teeth