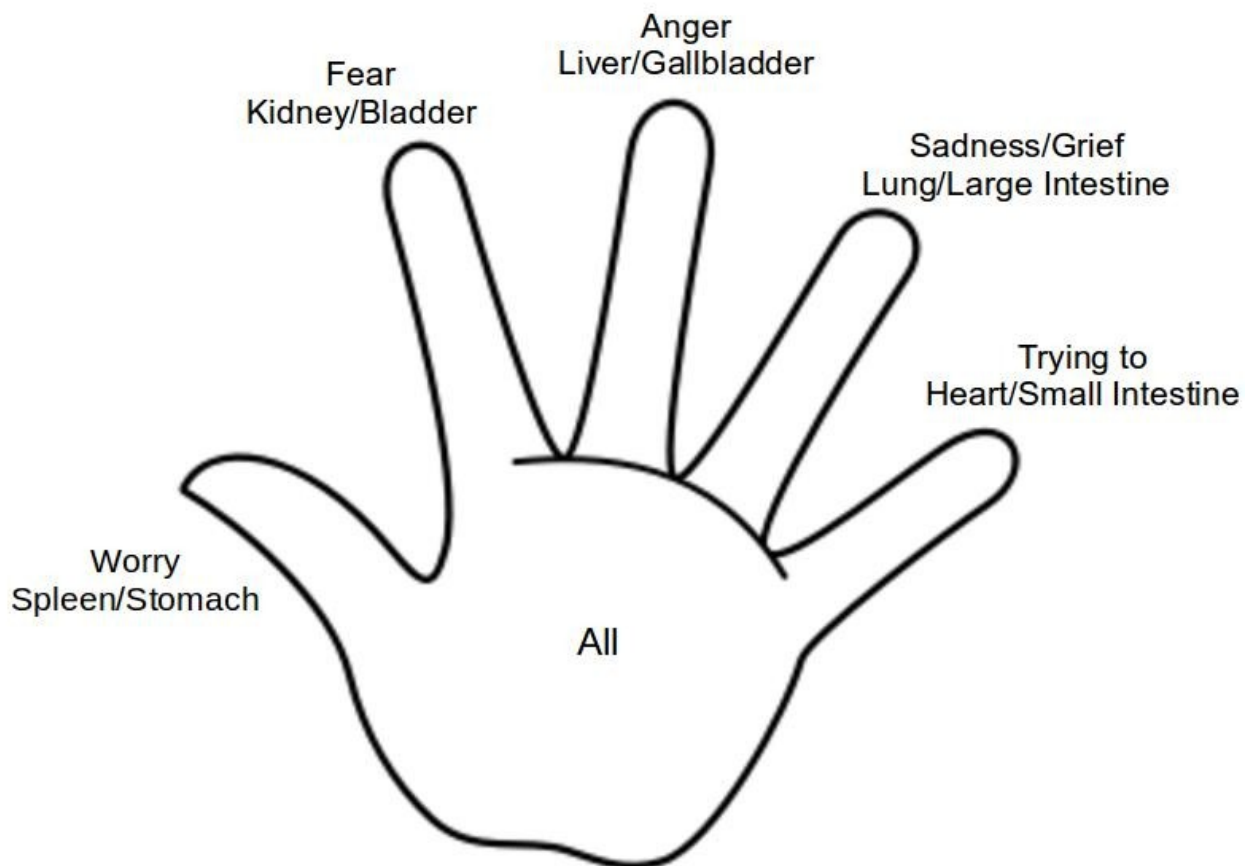


Jin Shin Jyutsu

Harmonizing of Attitudes and Organs through Fingers



As a daily practice, gently hold each finger for 5 minutes. Simple and beautiful to do while commuting, in meetings or at night in bed.

Tips:

- *Hold your thumb for at least 20 min. when a headache seems to be coming to prevent the headache from taking over and be in control.*
- *Hold your little finger for at least 20 min. when a sore throat is coming to prevent the sore throat from taking over and be in control.*
- *Hold your index finger for at least 20 min. when a backache is coming to prevent the backache from taking over and be in control.*
- *For tooth problems, the index finger opposite to the pain should be held for at least 1 hour.*