

What you will find within:

How to undo pain and suffering – with your own hands.

Plus some tools – massage cream or oil, large glass cup (large coin, matches, moxa wool, moxa stick, Gua Sha spoon)

SUBJECT	COVERS	VIDEO	DOWNLOAD
1: Introduction/welcome	<b>Intentions/Housekeeping</b>	Approx <b>4</b> minutes	2 posters
2: Pulling out what blocks flows	<b>Cupping cold out /using moxa/ginger/salt</b>	Approx <b>8</b> minutes	Miracle of moxa eBook
3: Lymph – upper body	<b>Clearing with fingers</b>	Approx <b>7.5</b>	Poster
4: Lymph – lower body	<b>As above + pelvic clearance</b>	Approx <b>8</b> minutes	Instructional poster
5: Upper body manoeuvres	<b>Chest, flank and SLQ release, butt for the upper body &amp; ribs from behind</b>	Approx <b>12.5</b> minutes	Instructional poster
6: Pelvic/sacral	<b>Lower lymphatic &amp; prostatic drainage/sacral</b>	Approx <b>11</b> minutes	
7: Gua Sha	<b>Wind &amp; old STUCK removal</b>	Approx <b>6</b> minutes	
8: Point Percussion	<b>Finishing off</b>	Approx <b>5</b> minutes	
9: Moxa Usage	<b>Mainly with the moxa stick/pole</b>	Approx <b>7</b> minutes	Moxa in pregnancy eBook, 2 pages of WDCD
10: Conclusion	<b>PRACTICAL &amp; going on further</b>	Approx <b>2.5</b> minutes	
<b>What to expect</b>	<b>How to help yourself &amp; others of OUT of stuck/pain/congestion.</b>	Approx <b>72</b> minutes	2 eBooks, 5 posters 2 pages from WDCD