

GAME-CHANGERS for HEALTH



Dr. Sachi's Tips for Becoming a Health Ninja

Tricks, Tips, Herbs & Acupuncture points to keep you and your immune system Strong, Healthy and in Top Form to become one of the elite group of Sachi's skilled Health Ninja's

Stimulate these points to Build Lung Qi (strength) and Wei Qi (immune system)

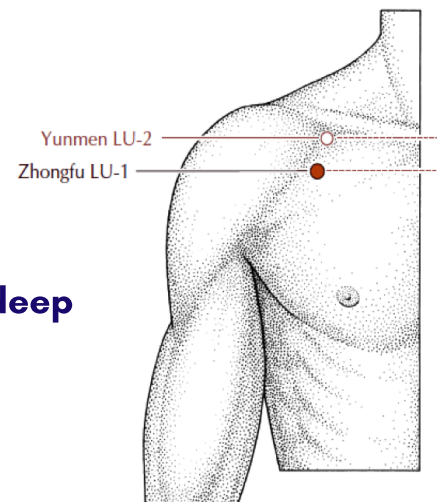
All three points depicted are BILATERAL (both right and left sides of the body.) Hold points until sensitivity disappears.

POINT LOCATIONS AND FUNCTIONS

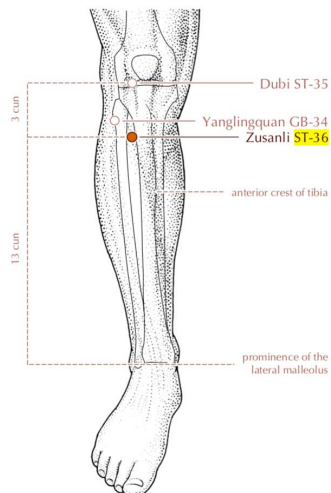
LUNG 1, ZONG FU

LOCATION: From the center of the body, trace outward under the collar bone in the groove just prior to shoulder bone, then downward about one inch to find a sensitive point.

Stimulate this point to STRENGTHEN the LUNGS and aid in deep breathing. You can stimulate both sides simultaneously.



STOMACH 36, SU SAN LI



LOCATION: Follow the outside of the Tibia (shin bone) upward to the indentation just under the knee.

Stimulate to STRENGTHEN the ENTIRE BODY, and especially the LUNGS. You can stimulate both sides simultaneously.

Sachi is a Primary Health Care Practitioner, Lecturer, and Counselor rooted in natural, holistic, spiritual care of the entire being, body / mind / emotion / spirit. She is Nationally Board Certified in Chinese Medicine, a Doctor of Oriental medicine, and an Acupuncture Physician.



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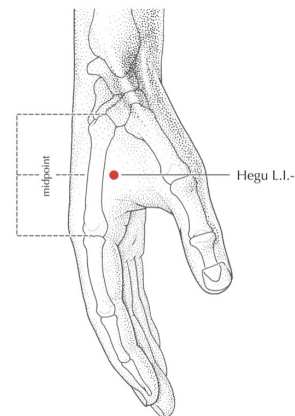
POINT LOCATION AND FUNCTIONS

LARGE INTESTINE 4, HE GU*

LOCATION: On the top of the hand, in the middle of the triangle formed at the joining of the (metacarpal) bones of the thumb and pointer fingers.

Stimulate this point to STRENGTHEN the LUNGS and most importantly, to drain all pathogens (disease causing agents) from the lungs.

***NOTE: THIS POINT IS CONTRAINDICATED IN PREGNANCY**



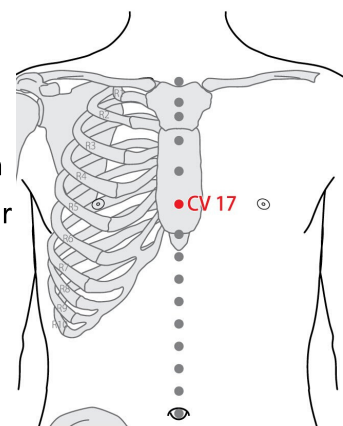
THYMUS POUNDING - CHANNEL YOUR INNER APE

THYMUS GLAND: OUR IMMUNE HEADQUARTERS

LOCATION: Found between the breasts, the thymus gland is behind the top of your breastbone (sternum). Shown at CV 17 in diagram.

HOW TO DO IT: Take a deep breath, make two fists, then strike your sternum with the inside of your closed fists. Do this fast and hard (but not too hard) for about 5 seconds or so. This creates a vibration which stimulates the gland. Tarzan yelling not required, but fun! Take a quiet moment after the thymus thump to focus inward with eyes closed, body relaxed, and breathe slowly.

NOTE: Gentle tapping is fine throughout the day as desired; Vigorous pounding should be limited to 1x daily, always followed by quiet period.



BENEFITS OF POUNDING YOUR THYMUS

- Strengthens your immune system
- Releases fear - ever see a scared gorilla?
- Increases life force energy, strength and vitality

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Dr. Sachi's Tips for Becoming a Health Ninja SUPPLEMENTS TO BOOST IMMUNE SYSTEM

HERBS: Herbs for building the Immune System as well as fighting pathogens:

- **Oregano Oil*** - either in dropper bottles or caps; **ONLY** Ingestible; NEVER the type for use in diffusers.
- **Chun Xin Lian** - this is a Chinese Patent remedy
- **Turkey Tail Mushrooms** - can be hard to find; Contact Sachi to order Professional Grade
- **Omega 3's EPA and DHA** to pump up the Immune System
- **Vitamin D** - the sunshine Hormone
- **Methylated B**
- **Vitamins B-12** - Methylcobalamin (dissolve tablet) if you are vegetarian
- **Vitamin-C-rich foods & fruits** - avoid excessive amounts of sugar by adding supplements, such as **Indian Gooseberry**
- **Garlic** - technically a food, not an 'herb', Garlic is an antiviral, antibacterial, antiparasitic, a vasodilator and heart healthy. Also lowers glucose metabolism and heals wounds.

TIPS

NEVER breathe through the mouth · NEVER cough & swallow · NEVER sniff & swallow

Those actions allow mucous (which is thick, not watery, because it's laden with pathogens) to enter into the lungs or stomach, and we need mucous laden with pathogens OUT of our body.

SachiSays: Carry 2 ziplock bags. Use one for clean tissues, the other for used. Don't mix them.

***Oregano Oil** - Studies have proved it to be more effective than antibiotics. I gargle well with a dropper full of oregano oil in a half-ounce of water and spit it out (never swallow!) Then put another dropperful in a half-ounce of water and drink it. I do this as a precaution whenever I travel or could have been exposed to pathogens.

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