

Using Self Help to Harmonize The Immune System

Stress, illness, or medical treatments can have a profound effect on the body's immune system, leaving it compromised and the body susceptible to infection and disease. Jin Shin Jyutsu sees a weakened immune system as a symptom of a lack of balance in the body's related energy pathways.

Jin Shin Jyutsu self-help can assist in the strengthening of the immune system. By lightly placing your fingertips in the suggested holds, energetic pathways are opened and harmonized; improving the immune system response.

These holds can be used as a supplement to your routine of good nutrition, rest, and other suggestion/protocols followed by you or offered by your physician. Self-help can also be used as a preventative measure to keep the immune system functioning fully, or to assist you during a time of illness like a cold or flu. By taking time to learn and utilize these basic holds, you can help yourself and be an active participant in your care.

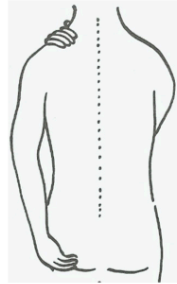
How do I apply Self-Help?

- Relax, or if you are unable to relax, just be as you are.
- Stand, sit or lie down, whatever is most comfortable and convenient.
- Gently place fingertips, fingers or palm of the hand on the indicated location. Adjust if needed so placement feels comfortable. Holds may be reversed for opposite side of the body.
- Hold gently until you feel a gentle rhythmic pulse in both hands or a general feeling of relaxation. There is no need to squeeze, massage or rub.
- Deep and relaxed exhales and inhales can be of benefit while applying self-help. Exhale and unload all impurities. Inhale and receive the breath of life.
- Dropping your shoulders while bowing your head slightly relaxes the breath.
- There is no time limit for use of self-help. Daily application can increase the benefit.



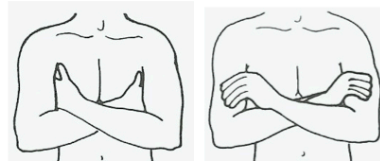
Shoulder & Ring Finger

Place one hand over opposite shoulder near neck. Place thumb on nail bed of the ring finger. You may choose to hold each finger in this way for further harmonizing of the immune system.



Shoulder & Sit-Bone Area

Place one hand over opposite shoulder near neck. Place other hand on sit bone where leg and "cheek" meet.



Crossed Arms

Cross arms right over left or left over right and place fingertips into armpit for a dynamic lymph opener. Arms may also be crossed with hand holding opposite upper arms or elbow area. There is no reversal for this hold.

"Be where you are. Be not the critic. Be your own testimony." – Mary Burmeister