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...creating the space for healing...*

TAPPING THE FEET

This is an exercise that strengthens the kidneys and adrenal glands. It's good to do as a first aid activity when you're feeling worn out, or as a general tonifying technique in the morning, or on a break during your work day. It can also be used to fatigue related back pain.

This practice uses two acupressure points:

One in the middle of the hand

["Palace of Toil" - the fire point on the Pericardium meridian]

And the other below the ball of the foot, slightly above the middle of the arch.

["Gushing Spring"- the first point on the Kidney meridian]

This action balances the water and fire elements in your body.

Begin

First sit in a chair, one where you can comfortably sit with one leg crossed over the other.

Then put the outside of your left ankle on your right knee.

Now rub your hands together, vigorously to make some heat.

This uses the fire point in the middle of the hand.

Gently pat the arch of your left foot with your right hand, about 18 to 27 times.

Place both feet on the ground, take a minute to breathe deeply.

Rub the hands together again.

Repeat the process with your right foot and left hand.

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