BODYWORK: FIX IT YOURSELF

There are many things you can do to help yourself. The following will give you some ideas.

SCIATIC PROBLEM

This can be so debilitating, but often you can do something to fix it. There is pressure on the sciatic nerve, you need to move the nerve or muscle away from the nerve back to normal position.

1. **Lie on your stomach. Find the sore spot in the buttocks where the nerve is pressured. Take your knuckle of your hand and place it on that sore spot and push it in and away to the outer edge of the body. Do this a couple of times, then bring your leg up to the side, to get a different position, and do the adjustment again.**

2. **Lie on your stomach, bring your leg up to the side of the sciatic problem. Twist your body over to the other side while your leg is still in the raised position.**

3. **There are several youtube videos showing how to self-correct sciatic problems. Search "fix sciatic pain" and lots of different videos come up to show you simple stretches and twists to help relocate the muscle and nerve and give you relief. You may need to try a few different ones before you find the best one that suits your body.**

FOR CARPAL TUNNEL SYNDROME:

Usually happens when hand is overworked. Emotionally often is because the person doesn't like the work they are doing or they feel under appreciated.

1. **Look at the 7th cervical hump on the back. See the 1st thoracic and the next 3 bones down - this area carries the nerves that go down to the arms and usually there is restriction in this area. Release or loosen this area first and it will help the next adjustment to the carpel tunnel.**
2. **To release, open palm and firmly push the little bones at the heal of the hand up towards the fingers back in place.**
3. **Then move your thumb up to mid arm (about 4" from wrist) where the muscles cross over with the one hand. Keep your thumb on that spot, take other hand and move it around in a circle one way, then the other. Now pull it a little straight out. You might feel a click in the arm at some point. First you bring it towards the inside and out, next around the outside and down, then flex it back, then front (up to arm). The little jerk each time will help.**
4. **Carpel tunnel syndrome is close to tennis elbow. For that hold the upper arm steady, perhaps with your elbow, then pull sharply out on your arm.**

Don't forget to take Vitamin B6 every day to help heal the carpal tunnel damage.

REALIGN YOUR OWN HIPS:

1. **Start on the low side.**

2. **Stand up, feet shoulder width apart.**
3. **If it is on the left side (for instance), put the left hand on head, arm in front of face. Bend forward at the waist, now around to the side and up. Keep hand on head, back down to the side, around to the front and up.**
4. **Shake hips.**
5. **Pigeon toe the foot of the higher side (in this case the right side).**
6. **Put right hand on the head of the higher side, and do the same on this side - down and out, then back.**
7. **Shake hips.**
8. **Now put both feet together and repeat the low side bending etc.**
9. **Shake from the shoulders.**

It is important to remember that the low side is first adjusted.

HERNIATED DISC IN THE BACK.

Take licorice root several times a day and rub St. John's Wort oil into the area several times a day.

TO TREAT LYMPH:

(this is master access point for the entire lymph system of the body)

1. **Place your right hand under the left armpit.**
2. **Now place your left hand behind your head on the back of your neck, spread fingers.**
3. **Hold for 10 minutes (3-4 times a day) you will start the lymph moving throughout the body.**

Lymph will help move toxins out of the body. This will even help arthritis. The left hand will become warm and cozy, then the left foot will become warm and cozy.

UTERUS - FIBROID TUMOR

This comes from Hanna Kroeger's training.
Start 10 days before you start your period.
Fill up two '00' capsule with black strap molasses. Insert high into vagina each night - wear underwear or pad so don't ruin sheets if leaks out. In morning douche with chamomile tea.
Do for 10 days. When period comes, slimy/mucousy stuff comes with it.

TO STRENGTHEN PROSTATE:

Note: Best herb for prostate is saw palmetto. The liver controls the prostate, so take beta carotene (vegetable vitamin A) for the liver and Vitamin D daily.
Men: Hold on to baby finger of left hand with your right hand. Now hold the left hand's index finger pressed under your nose for 10 minutes.

FOR PROSTATE CANCER:

Kroeger says: Use warm homo milk. Dip in a diaper and put on the man's genitals. Leave until pain comes (1/2 hr - 2 hr). She says the poison prefers the milk to the body and goes into the milk. She also says this is too strong to do every day so do it every second day.

TONSIL RELEASE:

Find point where collarbone meets sternum (K27) on right side. Hold your right hand on that point and the left fingers up on throat under ear and milk it down squeezing slightly from ear down to center of throat while holding that point with your right hand/fingers.
Now go around to other side of body and switch and do that side.
Good to remove blockages in the ears to. Very good for children's ear aches.

ARE YOU TIRED OR ARE YOU MAGNETICALLY OUT OF BALANCE?

Rub hands together to build energy.
Brush vigorously:
5 times rub up and back over the face,
5 times hit the head,
5 times drain lymph on each side down the neck,
5 times brush inside of each arm just above the elbow,
5 times brush outside each arm just above the elbow.
Hold the solar plexus hard, dig in with all fingers.

FOR HIATAL HERNIA:

This is where the flap is stuck in the open position.

1. **Lie down.**
   Feel on the left side of center of body, just below rib cage.
   Breathe out, press in gently and find the little hernia ball.
   Bring knees up to take tension away from abdomen. Take belts out of the way etc.
   Take another deep breath, go in. Do this several times.
   Now do it again, go in pull ball down hands in butterfly movement. Push in and away towards the right hip diagonally quickly several times. You are pulling the hernia out from under the rib. It has gathered under the rib by tension and it disappears as it is released out.
   Massage around the stomach to relax stomach.

   Drink 2-3 cups of water now to stretch the stomach to help.

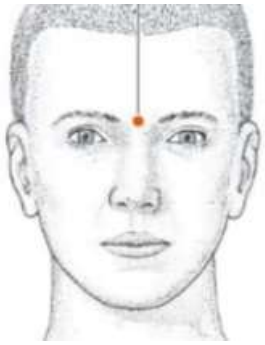
2. **Drink a few cups of water, up on heels and let come down hard. Or like the farmers do: drink 3 cups of water, get up a few rings of a ladder and jump off - the water pushes down the flap of the stomach.**

HISTAMINE REACTION?

Scrape your nail over your skin on the arm. If it comes up in a red welt, you are releasing histamines, having some sort of allergic reaction. Taking 2,000 mg Vit. C every 4 hours or so is an easy way to help the body bring it under control.

DIZZINESS, VERTIGO, NAUSEA, ANXIETY

Press for 2 minutes:



Can do several times a day to stimulate those meridians.
Another point is Pericardium 6 – hold 1 ½ to 2 minutes of constant pressure:
Using 2½ fingers below the crease, between the two ligaments, in the center you will find the point.
You can do both wrists.

THIS IS FROM THE UPLEDGER INSTITUTE, INC. - CRANIOBALANCE

Put 2 tennis balls in a sock or nylon so they touch each other. Then knot the sock tight so they stay in contact with each other. Place the sock inside another sock and tie tightly.

Recline on your back, either on the floor, sofa or bed. Place the device under your head so the entire weight of your head rests on the two balls. This is NOT ON THE NECK - it is for the back of the head. They should be symmetrical with respect to the midline, placed about 1/3 the way up the back of the head from the start of the skull, just slightly above the level of the ear holes.

Allow the weight of your head to rest comfortably upon the device for 15 minutes. You may shift position slightly in order to maintain symmetry and comfort, but do so gently and gradually.

Repeat daily.

This is a good "shotgun" technique for enhancing tissue and fluid motion, especially relaxing connective tissues throughout the body, and for restoring flexibility of autonomic nervous system response. It is beneficial for acute and chronic musculoskeletal lesions, including degenerative arthritis. It can lower fever as much as four degrees fahrenheit. It can reduce cerebral or pulmonary congestion and dependent edema. It has been used to improve auto-immune disease, autistic behaviour of children, and anxiety.

This technique can benefit most individuals to some degree, and is rarely, if ever, harmful.

Contradictions: (Do not use this technique if:)

- **Impending cerebrovascular hemorrhage or aneurysm**
- **Acute stages of stroke or head injury.**

Theory:
The craniosacral rhythmical impulse is the rhythmical mobile activity of the craniosacral physiological system. The structures of the craniosacral system are organized around the meningeal membranes. The craniosacral system is intimately related to the function of the nervous system (most directly the cranium, spine and pelvis), related fascia and other systems. Induction of momentary "still points" in the craniosacral rhythmical impulse is an effective technique for mobilizing the craniosacral system's inherent self-correcting abilities, which in turn can have profound benefit effects through the body.

ACUPRESSURE

So many things can be helped by just using some pressure of your fingers on different areas of the body.
See 'Free Online Teachings" - search "acupressure"

TOUCH FOR HEALTH

If you can still get John F. Thie's book Touch for Health, it is the start of what we are now all incorporating into bodywork adjustments.
You can go online, youtube, search for 'touch for health' and see all the different videos that come up to teach you how to help yourself.

Although the 14 muscle balance is normally done by the practitioner to the client, you can do this to yourself as well.

ADJUSTING THE PSOAS MUSCLE

I saw this online once, did it, it worked easily, then I couldn't find it again online when I went looking.

Stand erect behind a chair (or at the end of the bed, facing the bed).
Slide your left leg out to the left as far as you can, turn the foot outward, now just gently push down to release the jam up. Do the same on the other side. You will need to hold onto the back of a chair or the end of the bed for balance when doing this.

There are lots of good exercises shown on youtube for the psoas adjustment: search "psoas muscle exercises"