

1. The Spleen, liver, and bile systems:

Tap the lower front of the rib cage firmly with the flat of your hands (or with the fists loosely clenched) from below the breasts to each side of the body several times. Then with the heel of the hand press in the abdomen just below the right breast and push down a short distance towards the navel to clear the exit of the bile system.

2. The Kidneys:

With the sides of the fists tap firmly over the lower ribs in the back 5-10 times.

3. The Lungs and Heart:

Tap firmly up along the centre of the rib cage between the breasts, over to each side and then back down along the centre several times.

4. Neck and Thyroid Gland:

Use the right hand to massage the left side of the neck from behind the left ear down along and over the muscle to the hollow behind the collar bone. Do the same with the left hand on the right side of the neck. 5-10 times each side once a day.

5. The Thyroid and parathyroid glands:

With the thumb and forefinger of the right hand, massage down along the voice box and then out towards the collar bone each side of the neck several times. Then do the same with the thumb and forefinger of the other hand.

6. The Back half of the brain (hypothalamus, cerebellum, brainstem):

Squeeze the back of the neck firmly with the tips of the fingers each side of the upper vertebrae 5 times. Then repeat No 1 once or twice.

7. The Front half of the brain (hypothalamus, limbic system, depth of sleep):

Squeeze the front of the neck each side of the windpipe firmly with the heel of the two hands 5 times. Then repeat No 1 once or twice.

8. The Lymph cistern:

Place both hands firmly over the navel, push out the abdomen against the hands and breathe in deeply briefly. Repeat once or twice. Then repeat no 1.

9. The Pancreas:

Fold and press the arms over the lower rib cage, breathe in deep and then bear down against the abdomen for about 10 seconds. Then empty the lymph cistern (no 8). Place both hands firmly over the abdomen just below the navel, push out the abdomen against the hands and maintain pressure for about 10 seconds. Then repeat no 8.

10. The Pelvic lymphatics:

Place a tightly rolled towel into the right groin, pull the right knee with both hands up towards the chest and maintain pressure for about 10 seconds. Then breathe in deeply to clear the lymph cistern. Do the same with the left groin. Repeat each side once or twice.

11. The Gall bladder:

Lean forward and with the fingertips of one or both hands press up under the ribcage below the right breast to compress the gall bladder. Then push the abdomen against the fingertips once or twice. (This is a remedy for hypoglycaemia).

12. The Thymus:

With a loosely clenched fist, firmly tap the upper rib cage below the neck and a bit to each side 10-20 times.

Lymph and Organ Drainage Exercises

13. Lymphatics of the Heart:

With the fist of the right hand firmly clenched, tap the rib cage just below the left breast about 5 times. Then tap in stages over to and across the sternum to the right-side level with the breast. Finally, up along the edge of the sternum to the collar bone.

14. The Axillary nodes:

Use the right hand to massage from the left armpit across to the hollow behind the collar bone. Use the left hand to massage similarly from the right armpit.

15. The Mammary Glands:

First use the thumb, forefinger, and the webbing between them to clear each breast via the nipple. Then massage from the nipple across to the axillary nodes, from the nipple up to the collar bone, from the nipple to the sternum and then up to the collar bone, from the nipple down to the edge of the rib cage.

16. The Sinuses:

Use the tips of the fingers to massage down along both sides of the eyes, the sides of the nose and both sides of the cheek bones to the edges of the lower jaw. Then use the thumb and forefinger of each hand in turn to massage the nodes under the jaw out towards the sides of the neck and down to the hollows behind the collar bones.

17. The Enteric Nervous System:

Use the tips of your fingers to massage, in gradually deepening circles, each side of the upper abdomen, and level with the navel. This clears the jejunum. Then massage the lower abdomen likewise level with the ovaries or the sides of the bladder. (This is especially important for women and candidiasis sufferers).

18. To clear legs:

Roll up a towel and place in the groin area.

The pull up knee to chin. (Do 3 times on each side)

19. To Clear Neck:

Use the right hand to clear the left side of the neck along the sternomastoid muscle down from the back of the jaw to the hollow behind the collarbone where the lymph drains into the subclavian vein. (Keep the thumb on the right side of the neck to act as a guide) Massage downwards slowly and ever more deeply, at least 10 times.

Then massage the right side of the neck similarly with the left hand.

20. To Clear the Head:

Use the right hand as before to massage under the left side of the jaw, down towards the side of the neck to clear the lymph nodes under the jaw, which drains the jaw and mouth. Then remove the hands as before.

Now do No. 16

When to repeat the exercise:

- a. Certainly, last thing at night, when lying down for the night or just before. This ensures the passage is clear for the liver's cleansing work during the night.
- b. First thing in the morning, before breakfast, if you have a problem with bloating up after meals. Also, before other meals.
- c. Any time when you feel that a spasm has formed in some area of the intestinal tract. This ensures that peristalsis can churn up the contents of the intestines without interruption.