

# Sixteen tips for well-being longevity from ancient Chinese wisdom

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## 1. Combing hair many times daily:



combing / brushing and washing hair daily can facilitate better vision and protect against wind ( cold) attack , as well as prevent both falling and graying of hair. In addition, frequently combing/brushing will stimulate the scalp and local meridian points, but also stimulate circulation of one's " qi" and promote the flow of blood to the scalp and eyes.

**2. Frequently massage the face:** using one's finger and palm to massage face whenever you can by pressing along hairline on front head. This technique will increase local "qi" , flow of blood and improve complexion .

**3. Moving of one's eyes:** Chinese ancestor stated thousands of years ago that by moving one's eyes everyday (circulate each eyeball to the left and then repeat same movement to the right 40 time, next, move the eyeball as writing the letter of W and then the letter M 10 times daily) . This exercise is designed to prevent eye disorders , cataract and aging related vision changes. Note: eyeballs like micro system of body, each part of eye ball related different organ of the body.

**4. Press ear:** The Chinese have an ancient belief that by pressing and releasing ear with an alterative rhythm many time daily and by patting the bone around each ear, one will sharpen their hearing, prevent deafness and tinnitus.

**5. Move mouth often and swallow saliva:** the method used to close one's mouth and

move just like you are washing inside of your mouth then swallow the saliva. Ancient Chinese ancestor's believed that saliva is like a form of food in infant time, it also called " Jade Fluid" . Saliva is very important for helping digestion, strengthen spleen, nourish heart and increase immunity to against diseases.

**6. Cleaning and knocking teeth.** Follow an ancient Chinese folk belief . To prevent one's teeth fall in old age, one should clean and gently knock teeth tighter 30 times every morning.

**7. Cleaning and expel mucus:** By the cleaning of one's throat and the expelling of mucus form the chest and throat. This will to get rid off congestion, discharge turbidity in order to open chest and clear blockage of meridian.

**8. Open Chest daily:** Open one's chest daily with maximized deep breathing. This will open chest, as well as ,open the door of "qi" and promote blood circulation. .

**9. Move back daily:** The lower back is the house of the kidney. Ancient Chinese believed that kidney is related to our sexuality, longevity and well being. Moving back daily help to strengthen kidney and its function will be preserved..



**10. Uplifting rectal daily:** in ancient Chinese Medicine, it is believed that by contracting and uplifting the bottom muscle of pelvic (rectal and anus) can help uplift and strengthen yang energy, and give more control in lower body and assist in the discharge of turbidity.



**11. Move all joints every day.**

The Chinese ancestor believe that the more one move one's joints, the more the blockages will be removed , meridian will open and qi and blood will circulate to prevent aging.

**12. Stretching legs daily:** Ancient Chinese believed that aging manifest itself when leg loses its strength. Ancient Chinese theory is to prevent aging, stretch legs daily, massage knee cap and do acupressure on point ST-36 daily

**13. Massage skin and muscles every day:** In ancient time , the massaging skin and muscle was called "dry bathing " By receiving whole body massage , one can increase "qi" and blood circulation, improve skin appearance, release muscle tension and stress, open meridian, sooth emotion and help body to eliminate toxicity.

**14. Massage (acupressure) bottom of feet** every day especially during a one's shower. This is called reflexology. Self massage bottom of feet daily especially on Kidney point (Ki-1)- You Quan (water spring) point is to strength kidney, warm back, uplifting yang energy, drain down turbidity, and

clearing / nourishing mind . It is believed in Chinese medicine that every part of our body relates to an area (point) on our bottom of foot. Massage feet (reflexology) can harmonies our organs, reduce stress promote well being.

**15. Focus on mind without distraction while discharging:** Ancient Chinese Medicine believe that in order to preserve one's spirit, one should close eyes, without talking while defecating and urinating to prevent the scattering of qi (energy) .

**16. Massage abdomen daily:** massage abdomen daily to increase the movement of bowl, in order to help digestion, absorption and discharge turbidity from body



**If you have any question and concern , Please Call Dr. Hu @ (619) 226 –6506**