HEALTHY TIPS

Press these Meridian-Line Points on Your Body if You Are Feeling Sick or Tired

By bestfolkmedicine · 25/07/2018 · 2 min read



Excessive tiredness can be very harmful and lead to numerous health issues, including chronic fatigue syndrome. Although the cause for this syndrome is still unknown, medical experts have concluded that resting, as it is the case with other types of tiredness, does not help. Currently, there is no remedy for this health problem even though most of the contributing factors are known, i.e. immunity problems, hormonal imbalance, and viral infections.

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The most Common Signs of Chronic Tiredness

- ***Poor concentration***
- ***Loss of memory***
- ***Sore throat***
- ***Enlarged lymph nodes***
- ***Muscle ache***
- ***Out-of-the-blue headaches***
- ***Restless sleep***
- ***Depressive mood***
- ***Excessive tiredness after working out***

Treatment of Chronic Fatigue with Meridian Lines

According to traditional Chinese medicine, meridian lines are also referred to as energy pathways. These lines are actually hosts of the Qi energy flow which is known to do wonders for the body. They can be tracked and properly triggered with acupuncture and help you decrease chronic fatigue syndrome.

The Triple Warmer Meridian

This meridian is located behind our ears and it is often linked with depression and chronic fatigue. This energy is known to maintain the balance of the hormonal glands and enable a smooth distribution of the hormones throughout the body. When these warmers become overly-energized, the body starts to pull energy from the immune system and lead to health complications, including chronic fatigue syndrome.

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How to Do It

Method 1

Put the fingers of your left hand under the left knee and hold the fingers from the right hand above the left elbow. You will begin to feel a stronger pulse and in a bit, the two pulses will start to beat at

the same time. If you do not feel the pulses yet, hold the areas until you do. Repeat the same pose onto the right side of the body and hold it until the pulses become even, usually around 2 minutes.

Method 2

Put the left fingers on the indentation of the left baby toe's outer side. Also, place the fingers from your right hand on the point between the base knuckles of the left hand, between the ring and pinky finger. Hold until you feel the pulses synchronizing. Then, repeat the same with the other side.

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