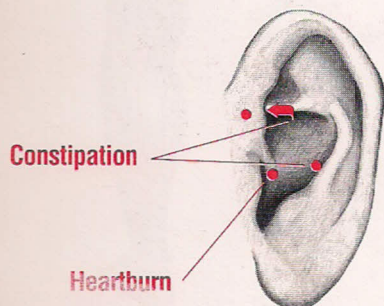
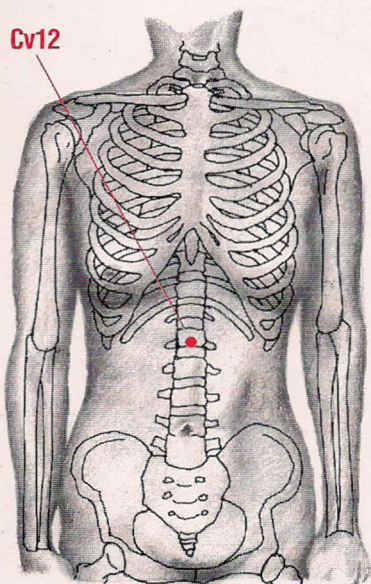
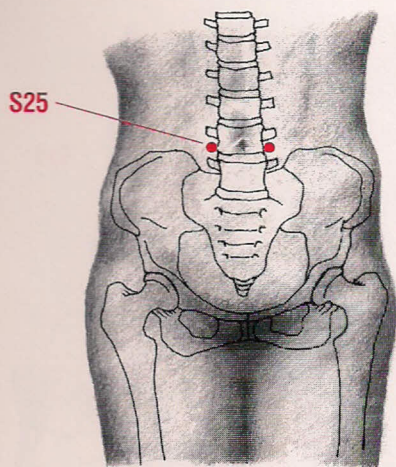


4. ABDOMINAL PROBLEMS



Constipation

All people with constipation should pay particular attention to diet - see page 0.1. A high roughage routine eating wholemeal bread (never white), lots of vegetables, particularly raw carrots, cauliflower and cabbage is recommended. Processed foods should be reduced as much as possible. It is also advisable to eat plenty of fresh fruit. Consider treating anxiety and stress points.

P O I N T S

Li4 This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist. See page 8 for a detailed description of this point.

Liv2 This is one finger's width up from the web between the big toe and the second toe tendons.

S25 This is situated two thumb's width to each side of the navel.

Ear Ear point

Heartburn

This is due to regurgitation of stomach acids up the oesophagus. It is sometimes an accompaniment of hiatus hernia. This is often associated with overweight patients and therefore weight loss can be very helpful. A balanced diet including appropriate vitamin and mineral supplements can also be of great value - see page 0.1.

P O I N T S

Cv12 This lies halfway between the lower end of the breastbone and the navel, exactly in the mid-line.

S36 This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone.

Ear Ear point