

# RAPID REMEDIES

Natural Pain Relief For Headaches & Back Pain



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# INTRODUCTION

Hello and welcome to Rapid Remedies: Natural Pain Relief for Headaches & Back Pain.

As you can tell from the title, this book will explore the all too common ailments that many people endure on a daily basis: headaches and back pain.

More importantly, you will learn the rapid remedies that will provide you the much-needed relief from these two ailments.

I'm certain you've had days when even your best painkiller isn't enough to stop the throbbing in your head.

Or maybe the stabbing pain in your back was so intense you couldn't do anything but sit or lie still in the hopes that it will go away enough for you to at least get out of the chair or your bed so you can get some work done.

Well, we have the answer right here in this book.

Best thing is, the answer within this book is all-natural, and won't cost you a single cent.

The rapid remedy that will be explored here is called Meridian therapy.

Meridian therapy is a form of natural healing technique which originated as an alternative medicinal art in ancient China.

Essentially, the power of healing comes from the meridians, which are energy pathways which flow throughout the human body.

These pathways are natural conduits of qi, a universal life force.

And it is this qi that will be used to provide relief to your headaches or back pain in the most natural way ever, with your bare hands as the instrument to provide the instant relief.

So, without any further ado, let's begin right now!



# HEADACHE & ITS RAPID REMEDY

According to the National Headache Foundation ([www.headaches.org](http://www.headaches.org)), about 78% of adults suffer from a tension-type headache at some point in their lives.

Migraine pain and associated pain is even more intense than the "normal" headache and affects nearly 29.5 million Americans.

This is equivalent to about 13% of the population, meaning that one in every 4 American household would have a migraine sufferer.

Sounds dismal isn't it?

Why do headaches and migraine happen?

For the tension-type headaches, they are usually non-specific and not related to any organic disease.

They can be caused by a number of factors like:

- Chemical or neuronal imbalance in the brain.
- Muscle tightening in the scalp, or the back of the neck.

For the migraine, it is characterized by a throbbing pain, usually located at one side of the head.

At the same time, there may be nausea involved and a particular sensitivity to light and sound.

In the worst scenarios, the crippling pain prevents people from carrying out daily living activities.



What about you? How do you relieve your own headaches?

Do you consume painkillers regularly and burn a big hole in your wallet?

Well, you need not fret anymore - We have the perfect holistic answer to your headache.

We have 3 meridian therapies to share with you. Just follow the directions and massage the meridian points regularly.

Before we begin, here are a few pointers about meridian therapy:

- Breathe in a conscious manner, fully and deeply during the whole process.
- Apply firm and steady pressure. You may feel pain or soreness at the meridian point when you press it. This is quite normal because it means that the qi is lacking in that point.

You would need some practice before you get the hang of it. As you find the optimal pressure, the meridian therapy would eventually allow the smooth flow of qi once again, thus relieving you of the ailment.

- If you feel fatigue or exhaustion during the course of the self-massage, you may stop the therapy temporarily. Withdraw your hand gradually so that the tissue can respond favorably.





# MERIDIAN THERAPY 1:

## WIND POOL MERIDIAN POINT [GB20]



**STEP 1:** Find the base of the skull at the back of the head.



**STEP 2:** Feel for the 2 muscles which flank the back of the neck.



**STEP 3:** Next, feel for the joint part, between the skull and muscle.



**STEP 4:** About one-thumb distance away from the joint, there is a hollow area.



**STEP 5:** Press with the thumb on the hollow area.



**STEP 6:** Rub in a circular motion about 1-2 minutes. The other fingers are to be placed on the side of the head to support it.





The meridian point can be also massaged until the acute pain subsides.



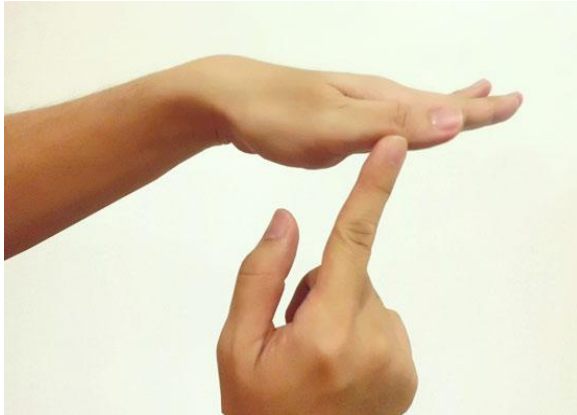
Alternatively, the point can be rubbed in a downward manner using 3 fingers (index, middle and ring finger).

If there is any pain or soreness, it is an indication that there is a blockage of qi.



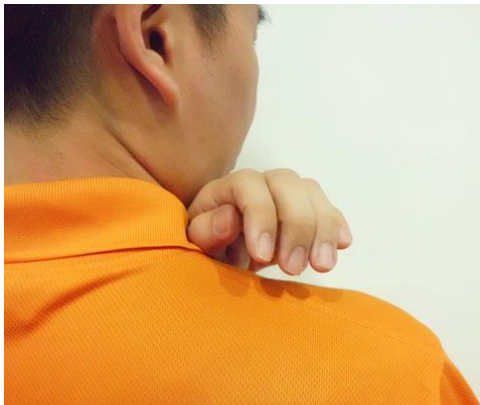
# MERIDIAN THERAPY 2:

## SHOULDER WELL MERIDIAN POINT (GB21)



This point is located at the neck/shoulder region. Besides originating from the head, headaches and migraines can be caused by the muscles of the shoulder/neck which 'pulls' the skull back.

**STEP 1:** Use the outer length of the thumb and place it at the corner of the neck and shoulder.



**STEP 2:** Curl the other 4 fingers together with the thumb.



**STEP 3:** Rest the fingers over the shoulder. The fingers should press gently into the shoulder muscle.



The middle finger is likely to press into the sensitive area. This is the Shoulder Well meridian. The Shoulder Well meridian may be massaged with either of the following 2 methods:

Firstly, rub along the shoulder area with all fingers from half a minute to 1 minute. Alternatively, the knuckle may be used.

Secondly, a forward/backward rotation technique can be used.



**STEP 1:** Lift the shoulder up and backwards in a gradual flexing/rotating motion.

**STEP 2:** Rotate the shoulder in a backward circular motion 3 times.

**STEP 3:** Rotate the shoulder in a forward circular motion 2 times.

Repeat Steps 1-3 for 2 sets each, and for both shoulders. The point may be massaged on a regular basis of 5-7 times daily.

**NOTE: A word of caution here, the Shoulder Well is NOT to be pressed hard or firmly massaged by pregnant women as it may induce labor.**



## MERIDIAN THERAPY 3:

### MASTOID BONE MERIDIAN POINT [GB12]



**STEP 1:** Feel for the bone behind the ear.

At the back of the bone, there is a slight curve up backwards, a sharp edge.

**STEP 2:** Rub the area with the index finger in a circular motion for about half a minute to a minute, to relieve the symptoms of headache.

This is to be performed for both sides of the head. The point may be massaged on a regular basis of 5-7 times daily.

For optimal health, carry out all 3 rapid remedies on a daily basis (5-7 times) to strengthen the meridian for the smooth flow of qi.



# BACK PAIN & ITS RAPID REMEDY

In the latest (2013) annual report *Health, United States* published by Centers For Disease Control And Prevention (<http://www.cdc.gov/nchs/hus.htm>), a whopping 27.8% of adults aged 18 years and above suffered from back pain in the year 2012.

Indeed, about 80% of adults would suffer from low back pain at some point in their lives. This ailment is commonly reported as a job-related hazard and also likely a leading contributor to medical absence from work!

But, how does back pain occur in the first place?

Back pain usually originates from the bones, joints, muscles, nerves or other structures of the spine. The majority of back pain experienced are likely due to accidents, improper posture or stress.

Even back muscle strain or ligament stress can cause back pain as well. Therefore, it is important to keep your spine, and back muscles, strong and flexible at the same time.

Back pain can be of a sudden-onset nature or a long, drawn-out, chronic pain. It may also be a dull ache, or something acute and sharp.

Here we share 3 meridian therapies you can effectively use to provide instant relief from low back pain.



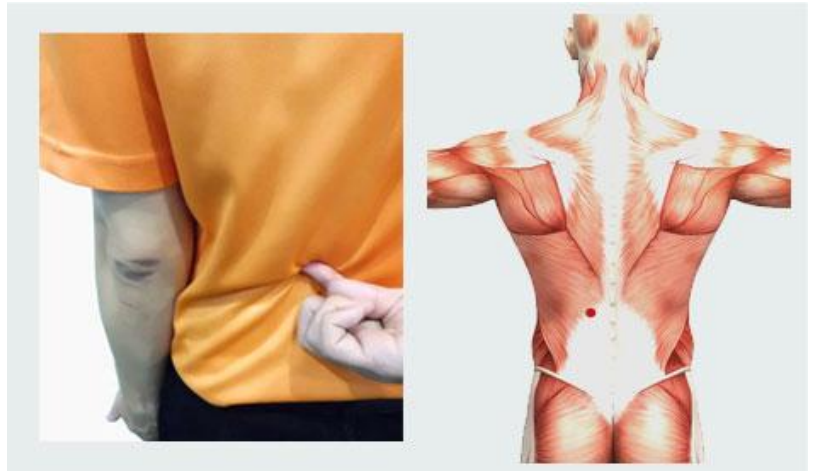


# MERIDIAN THERAPY 1:

## KIDNEY SHU MERIDIAN POINT [UB23]



**STEP 1:** Visualize an imaginary line at the lower back corresponding to the bend of the elbow. The 2 corresponding points of Kidney Shu are located at either sides of the spine.



**STEP 2:** Massage the Kidney Shu using the thumb in a circular motion for about half a minute to a minute.

The points may be massaged regularly 5-7 times on a daily basis.



Alternatively, the knuckles may be used. The body may be gently rocked back and forth against the knuckles in a "rocking-chair" or "massage-chair" motion. Otherwise, the knuckles may be "rocked" against the stationary back.



## MERIDIAN THERAPY 2:

### JUMPING ROUND MERIDIAN POINT [GB30]



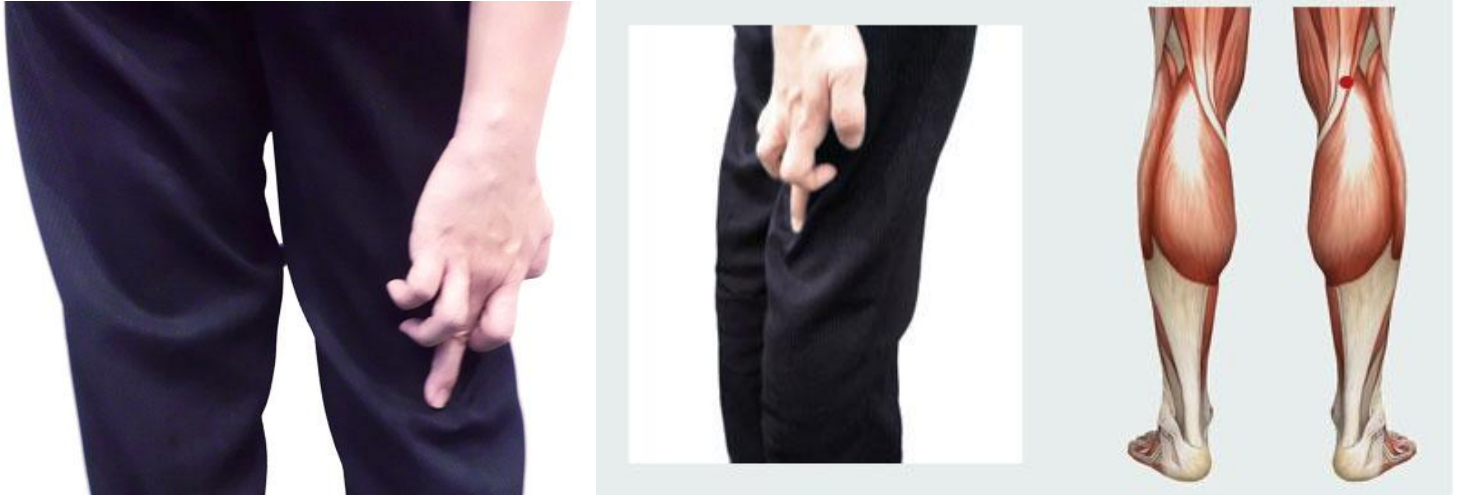
**STEP 1:** Use the knuckles to rub or tap the fleshy part of the buttocks for about half a minute to a minute.

This point may be rubbed or tapped for a regular basis of 5-7 times daily.



# MERIDIAN THERAPY 3:

## BEND MIDDLE MERIDIAN POINT [UB40]



**STEP 1:** The Bend Middle meridian point is located at the back of the knee, at the centre of the crease.

**STEP 2:** Massage it in a circular motion for about half a minute to a minute. Bend Middle may also be massaged on a regular basis of 5-7 times daily.

**STEP 3:** Repeat for the other leg.

**NOTE: A word of caution here, pregnant women are advised to avoid using Bend Middle.**

For optimal health, carry out all 3 rapid remedies on a daily basis (5-7 times) to strengthen the meridian for the smooth flow of qi.





# CONCLUSION

And there you have it, folks.

Simple, all-natural remedies that won't cost you an arm or a leg. The great thing is, you can do these on your own in the comforts of your own home.

We hope you've found these Rapid Remedies to be useful in alleviating the common aches and pains that you may face on a daily basis.

However, meridian therapy can be used not only to relieve headaches and back pain; it can also be used to greatly improve your overall health and well-being.

Rapid Remedies is simply your first step toward achieving perfect health.

And health, as they say, is the greatest wealth.

If you would like to learn more about the health benefits of meridian therapy and the various other ailments that this incredible technique can alleviate, [click here for an exclusive presentation](#) made just for you.

*Kevin & Lim*

