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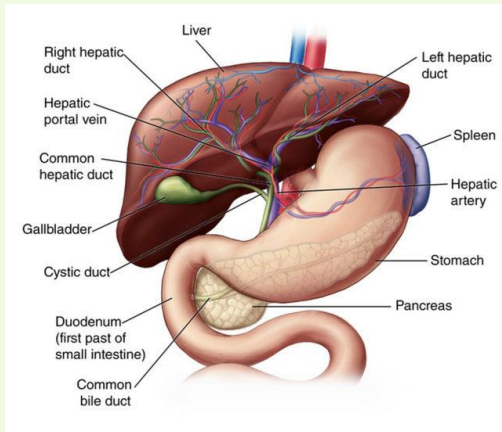
Jin Shin

What Worked For Me #4



By Teri Lord

April, 2020



In our [second blog](#) we explained the little known concept of Opening Up a Congested Liver FIRST especially after many years of living with an ill-functioning system.

As the Liver does over 300 different jobs for the body, it's easy to see that most areas of the body are often affected by this key player not being up to the task.

Supplements

Supplements played such an important role in our “getting well again”, regaining and maintaining our health. Finding the right one for the job is the greatest challenge.

Products that lack potency and counterfeits flood the shelves of many health food stores and online offerings.

This is why I'm pleased to partner with Doctors Supplement Store. DSS offers only through doctors and healthcare professionals, a vast selection of quality natural supplements direct from the manufacturers. I personally use them for most of my supplement needs and recommend them to all my patients and can vouch for the professional, friendly, and helpful service they offer. Being a licenced acupuncturist of 40 years' experience I am able to offer this free service to my patients, followers and subscribers to my blog.

We hope you will take a minute to check out the offerings at this dispensary and register to be able to easily and safely order any of the offerings yourselves and not have to go through a doctor or another healthcare professional to do so.

To Order:

DSSOrders.com/TeriLord

In [Blog #2](#) we explained how to use two different INTERNAL aids to open those Two Detox Pathways of the Liver.... always wise before starting a cleanse or adding parasite killers or ‘metal detoxing chelates’, you name it.

Many natural or C.A.M. (Complementary & Alternative Medicine) remedies and supplements are vital but only after one makes sure these two big garbage chutes are open to let the dead material drop down and out of the Liver.

This week we have some EXTERNAL things for you to do, nothing to buy, nowhere to go....

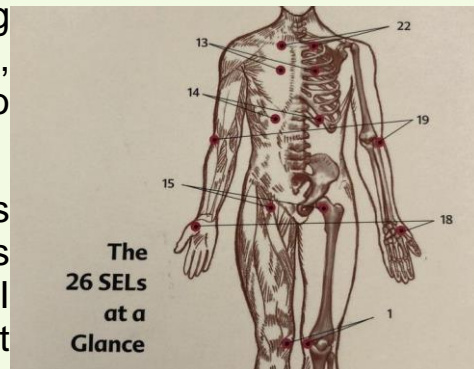
(especially important during this CoronaVirus shut-in period...) Just using your own hands to open flows!

“I can’t really believe that this works” she said... I said, “I understand... I didn’t believe it either when I first heard of it”

Learning to use Jin Shin – Today

Here I would like to explain a healing system... that you can use today, simply by placing your hands in two places on your body.

I know that it sounds almost ridiculous to think that you could use your hands to open up an energy flow. I thought I had to use needles as an acupuncturist to accomplish this.



After Mary Burmeister returned from studying many years in Japan, she began to teach Jin Shin in the West. She referred to it as Jumper-Cabling and in this way differentiated it from acupressure and the like.

This system encourages one to simply place one's hands in endless combinations of two points at a time in the 26 places around the body.

If you already know the power of using Self-help Jin Shin, then please skip ahead

4 Organ Flows we are focused on today:

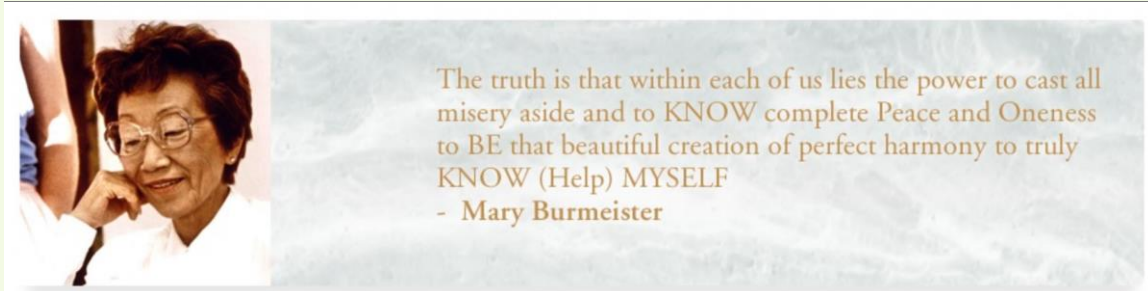
- Liver
- Stomach
- Small Intestine
- Large Intestine also known as The Colon.

If you can't believe that this could work, please read on to let me convince you...

Background ... Imagine, I studied for four years to graduate with a Bachelor's Degree in Acupuncture. And I began treating patients in Marin County in the 70s. Thirty years later, I was introduced to Jin Shin by two acupuncturists that I was treating who were using Jin Shin with great success.

For many years after becoming an acupuncturist if anyone, especially a patient, contemplated becoming an acupuncturist and asked me my opinion, I would heartily encourage them to look into studying acupuncture.

Now after having Jin Shin in my life for more than 10 years, I heartily encourage them to forget about acupuncture school and study Jin Shin and jump in and give it a try...



Start with Jin Shin and take it from there. You'll find out soon enough if you enjoy opening up flows of cascading energy in yourself.

You can also use it with great confidence knowing that you will only improve another person's situation without the risk of any negative consequences.

Just think, there's nothing you can do wrong and that this self healing technique is so powerful it opens itself, with time, AND you can feel it...in the pulsing of your fingers.

So please, give it a try – try the whole series of first Opening the Liver and then getting down to the three main organs of Digestion to start with the anatomical flows of Stomach into Small Intestine into Colon/ Large Intestine... Here's the specific way that you do that.. Step by step...

As I was showing my friend where to place her hands the other day, she had to exclaim the feeling many of us have when approaching Jin Shin for the first time, **“I can't really believe that this works”**. I said, **“I understand... I didn't believe it either when I first heard of it”**

In fact, my hands in those days often felt 'full' of something, like having them on the verge of falling asleep. I had little feeling in them or I had uncomfortable feelings that would make me want to shake them to 'get the blood moving'.

The more I used Jin Shin on myself and my acupuncture patients, the more my hands began to wake up. I was losing the numb-like feeling and they were clearing themselves, more alive and less feeling overwhelmed with something stuck in them...

So let's get started so you can start adding this into your daily routine. As a convincer that this is not a crazy, woo-woo airy-fairy idea, I am referring you to an article by

Susie Plettner, ND, CCHH, LMT, CAT at UC San Diego Center for Integrative Medicine

[About Jin Shin Jyutsu – Center for Integrative Medicine](#)

Let's start with the Liver Flow. This supports the “first step” as described in Blog #2 – [Opening Up the Two Detox Pathways of the Liver...](#)



While it's true that you're reading this for the second time if you've already downloaded my free eBook...

[EASE PAIN](#)
[5 FREE Things to DO right now](#)

4 Organ Flows of Digestion



OPENING LIVER FLOW

Simply place your left hand on the left knob at the back of your skull. See photo.

Some describe it as in the hollow to the left and right of the first vertebrae.

The Left hand is holding the knob on the Left side. At the same time your Right hand goes to the middle of your Right clavicle.

This is often easiest to do while sitting and watching TV so you can prop your arms up with pillows and you can truly let go. Lying down also makes it easier so your arms don't get tired again, propped up with pillows.

But if you want to work on your Liver Project while out in public or say, during a board meeting, you can simply wrap your hand loosely around the middle finger of the other hand. This also opens the Liver and supports the free flow of fluids, digestion and mitigates emotions like frustrations, depressive moods, anger even listlessness. So please hold your knob on one side with the collar bone on the other. Or the secret holding of the middle finger.

The question always arises, How Long Do I Hold these Points? Start by allowing your hands to rest on these points for 3-5 minutes and see how it goes. If you are already somewhat experienced you may also hold it until you feel a pulsation under your fingers. Repeating holding the same points for a number of days so that you can support this opening of the flows a bit every day is a good idea.

See more details about Jin Shin in UCSD article above.

OPENING STOMACH FLOW

To jumper-charge the Opening of the Stomach Energy

Place the fingertips of your Right Hand just below your Left Eye while

At the same time placing your Left Hand in the middle of your Left Clavicle.



Hold your hands there, with no pressure to speak of, for a little while. You are encouraging the flow of energy to open and begin to pulse your fingertips of one hand in synch with the other hand.

Sometimes the energy has been stuck for so long that it may take a few sessions before you begin to feel the pulsing of your heartbeat in your hands. Even if you don't feel the pulsing for some time, rest assured that each time you do this hold you are actually improving the flow through this channel.

In this case of invigorating the Digestive Organs, the next step would be to increase the flow in the Small Intestine Energy Pathway.



OPENING SMALL INTESTINE FLOW

We start with the Left Hand resting at the intersection of your neck and your shoulder on the Left Side.

<== Looks like this.



And then one will place the Right Hand on the front of the chest, near the top of the breast, underneath the third rib on the Right Side.

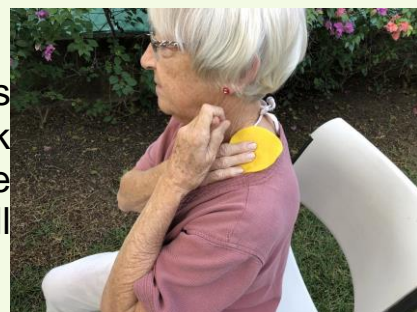
A quick word here about the exact placement of the hands and fingertips....

In Jin Shin the "point" (or SEL) is the size of your fist... so it is almost impossible to 'miss the point'.

An alternative to this combo, one can lightly cover the little finger of one hand with the other hand and rest like that for as long as it is comfortable.

OPENING LARGE INTESTINE FLOW

Here we will place our Right Hand across the body to that place where the neck meets the shoulder on the Left Side (like we did in the beginning of the Small Intestinal flow).



In this case we will lift the Right Index finger

up so that the Left Hand can caress the Right Index finger by wrapping your fingers around it. A tiny bit awkward but doable once one has the feeling of it all.

In summary, there are things to do externally to support the main Digestive Organs This approach avoids the risk of taking something internally that might conflict with medicines one is already taking or runs contrary to one's prescribed diet. This is a safe, risk-free technique, easily learned and practiced as much as one likes.

As Mary Burmeister used to remind her clients and teachers, "The ONLY thing you can do Wrong, is NOTHING".

Check in with us next Saturday as we will be exploring the topic of Mucus vs. Biofilm.

Many don't know about Biofilm and yet it is affecting us all and we have had some success with culling it out of the body that worked for me and we would like to share it with you!

See you soon...

Remember everyBODY is Different!

Please check back often.

Warm Regards,

Teri and Don

www.terilord.com

Disclaimer



I, Teri Lord Murray, Licensed Acupuncturist, am not a medical doctor and do not practice medicine. I do not diagnose, cure, heal, treat disease or otherwise prescribe medication.

I assist people in correcting energetic imbalances in their bio-field that assists the body to release its innate healing ability.

When the energy of the body is balanced and moving correctly, the body's innate natural energy heals itself.

All healing is self-healing. I recommend that clients continue to see their regular medical doctors and follow their advice and my work is a complement to regular allopathic medicine.