

Weight Loss at Your Fingertips

- The 5 Minute Slimming Acupressure Self Massage Guide -

Hi,

Thanks for requesting this special report and one of my great slimming secrets! You're going to love it...

I'm Paul 'Batman' O'Brien and in a moment I'm going to introduce to a very old, but remarkably effective series of pressure points that will dramatically reduce your waist line and accelerate your metabolism. This is a secret used for centuries in China and Japan that has led to long term weight loss and management, long life and staggeringly good health. This closely guarded secret of the ancient Chinese physicians, court doctors and martial artist masters is a key component of the amazing success I achieve with my patients - [fat loss of over 17lbs in just 7 Days](#), [drops of 10% Body fat in JUST 2 WEEKS](#), [Body Fat Loss of 16%](#), [Total Waist Inches Lost of 11.3"](#)...

And that secret is...

ACUPRESSURE

In this report I'll give you a short routine that stimulates a series of pressure points on the human body that promote health, vitality and long life. More importantly it stimulates digestive enzymes and accelerates your metabolism to rapidly increase your fat burning potential.

You can use this routine to relieve stress, rebalance and centre yourself anytime you wish, as it can easily be practiced at work or at home.

Acupressure has been an effective (though not as effective as acupuncture) form of medical treatment for over 5,000 years. It is still used today in nearly every country in the world for a very simple reason – it works. The science behind this is now well-established¹². In fact one study concluded that it was, "**more effective than placebo or lifestyle modification in reducing body weight**"³.

¹ Li, Kang Xiao. "*Efficacy and Safety of Chinese Herbal Medicine and Acupuncture in the Management of Obesity: Systematic Reviews and a Randomised Placebo-controlled Clinical Trial.*" PhD diss., RMIT University, 2014.

² H. Zhang, Y. Peng, Z. Liu, S. Li, Z. Lv, L. Tian, et al. "*Effects of acupuncture therapy on abdominal fat and hepatic fat content in obese children: a magnetic resonance imaging and proton magnetic resonance spectroscopy study*", *J Altern Complement Med*, 17 (5) (2011), pp. 413–420.

³ Sui, Y., Zhao, H. L., Wong, V. C. W., Brown, N., Li, X. L., Kwan, A. K. L., Hui, H. L. W., Ziea, E. T. C. and Chan, J. C. N. (2012), *A systematic review on use of Chinese medicine and acupuncture for treatment of obesity*. *Obesity Reviews*. doi: 10.1111/j.1467-789X.2011.00979.x

Yes, you read that correctly, acupuncture is more effective for weight loss than diet and exercise.

Of course we know that nutrition and exercise are vitally important for weight loss - but imagine how much more effective your results would be if you could dramatically accelerate your body's natural fat burning furnace?

Over the years I have treated and helped hundreds of people lose body fat and develop incredible physiques. I do this utilising a unique blend of exercises in my Slim in Seconds Program (they take JUST 7 seconds!), and nutrition (never count calories again!)...but one of my super secrets of success...is a very special series of pressure points that you can stimulate at home.

Acupressure will help you tune into your body, relax and rebalance, and unwind tight muscles, leaving you rejuvenated and refreshed.

Here's how it works

In Traditional Chinese Medicine we call acupressure **Tui Na** (pronounced twee-na). It is a form of therapeutic massage that includes acupressure, mobilisation, Qigong and more, and derives its name from the first two of its principal techniques. The first is **Tui**, literally the pushing manoeuvre, and refers to a horizontal pushing technique. The second is **Na**, literally the grasping manoeuvre, and refers to an alternating grasping and squeezing of muscles between the thumb and index fingers, which is then held or lightly twisted for a time to release tension in the muscle. Tui Na, therefore, literally means "the pushing and grasping manoeuvres".

To explain further, let's look at two of the standard techniques and one of the joint releases in more detail, and I'll elaborate on how these may be used in a clinical setting.

Tui, the pushing manoeuvre, is very simply a horizontal pushing technique. You simply rock and release, rock and release. It's extremely gentle and you use the palm of the hands to lightly push the chest, abdominals, back and limbs to create movement in the body. This gentle motion helps to relax the muscles of the patient, adjusts the temperature of the skin, and allows you to introduce yourself to the patient. I often use this technique to help relax a patient and literally get a feel for how their body reacts to palpation and massage, and it often reveals subtle tensions in the muscles.

Chun, a pressing manoeuvre, involves pressing and stimulating tender points on the body (called *ashi* points in TCM) using the fingers, palms, fists and even elbows. This circulates Qi and blood in the body and regulates the nervous system. I often use this technique after muscle testing a particular area. For instance, if testing the quadratus lumborum (QL) and I see weakness on both sides (bilateral), this often indicates a weakness of the ileo cecal valve (ICV), and Spleen. If I use Chun and press into Spleen-9 (a point associated with the QL) and it is tender then this would strengthen the diagnosis of an ICV dysfunction. If with continued pressing it becomes easier and less tender, and on retesting the muscle is stronger, it may indicate an organ dysfunction. It is also an excellent technique for quickly and gently re-establishing the health of the spine in cases of subluxation.

Yaw, the rotating movement, is performed as a joint release when there is evidence of motor impairment and involves rotating the unit in a circular motion. For instance, the arm is often mobilised and rotated gently like this in lymphatic drainage of the left thoracic duct to facilitate the movement of stagnant lymph.

Tui Na is a deeply relaxing and wonderful therapeutic massage that stimulates and strengthens the immune system, releases tension and stress in the body, clears the lymphatic system, and rebalances the spine and bones of the body – relieving pain and leaving you feeling refreshed and invigorated.

The acupressure points that we will be using in this guide are located along the various pathways (or, as recently discovered, nerves called **C fibres**, pictured right) that pass through individual organs. In Chinese medicine these are called meridians, and they happen to correlate nearly exactly with the bioelectrical nervous system and lymphatic system.

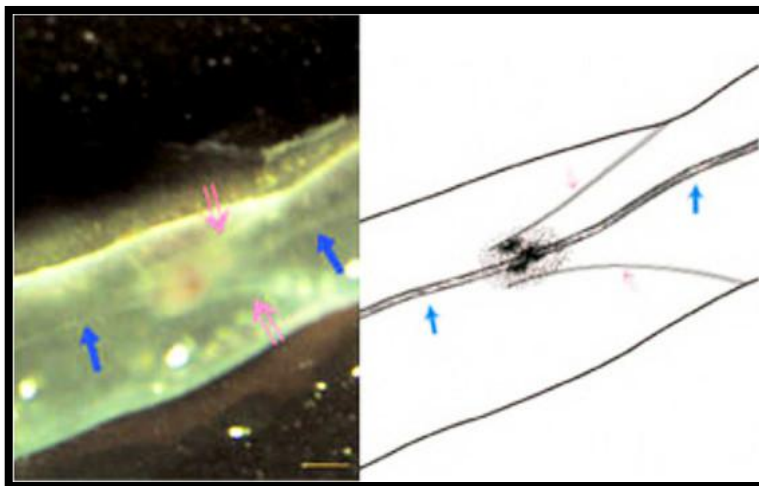


Photo credit: Curtin University of Technology

By stimulating key points and junctures along these meridians, you can increase the blood circulation to a particular area, bringing with it all the nutrients needed for repair and stimulating the nervous system to release difference chemicals into the blood stream (e.g. increasing digestive enzymes and mobilizing fat cells for weight loss).

Activating Your Weight Loss Acupressure Points

Stimulating acupressure points is very simple. Using your thumb or fingers lightly massage the indicated and appropriate point, increasing pressure and depth gradually until you have activated the point. You'll know the point has been activated as the area will develop a slight radiating, aching sensation. Continue with that amount of pressure (no more is needed) for another 30 seconds or so.

Begin by sitting slightly forward on the front of a straight-backed chair.

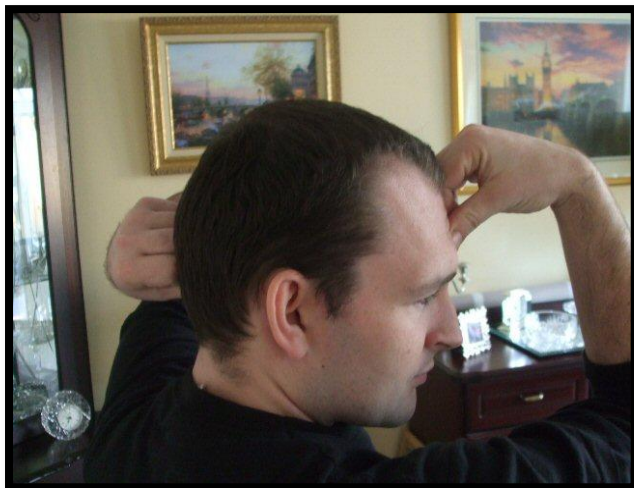
Step 1

Vigorously rub your lower back. Don't press on any sore joints or damaged disks. If you find that you're lower back is tender to touch, move lightly and consider seeing a qualified acupuncturist or your primary health care physician to relive this.



Place your backs of your hands along either side of the spine on the lower back. Rub the *“Sea of Vitality”*, points **BI-23** and **BI-47** up and down in a brisk manner for about a minute or until the back is nice and warm.

Step 2



Hold the base of your skull while pressing the *“Third Eye Point”* - **Yin Tang**.

Place your left hand on the back of your head, lightly gripping the muscles of the neck at **GB-20**, the *‘Gates of Consciousness’*. While holding these muscles apply a firm but gentle pressure to the Ying Tang, a pressure point located between the eyebrows in the centre of the head.

Tilting your head backwards and closing your eyes practice the following deep breathing meditation.

Take 3 long slow deep breaths, and as you do so imagine a white healing light enter your body and dissolve all pain and tension in your body. Concentrate on your breathing in deeply to any sore or tight muscles. As you reach the peak of your in breath hold it for a few seconds and then slowly exhale.

Continue to enjoy this relaxing mediation for 3 minutes.

Step 3



Tap into the *“Sea of Energy”*.

Lightly drum your hands either side of your belly button for **30-60 seconds**. This should be a light rapid drumming which creates positive vibration and movement in our energy centres.

Afterwards measure three fingers directly below the naval to a pressure point called **Ren-6**, this is the Seas of Energy. Lightly press inwards on this point, close your eyes and breathe in deeply for 1 minute. Follow this routine first thing in the morning and anytime you wish to treat yourself to increased energy and deep relaxation and before meals to accelerate your metabolism and rapidly burn fat.

The Secrets of Martial Arts Masters & Ancient Chinese Medicine - A 6 Week Solution to SQUEEZE out the Fat!

Slim in Seconds

Slimming In Seconds!

I really hope you've enjoyed this guide but more importantly I want you to apply it!!!! You'll be shocked at what a profound difference such a simple and fast series of pressure points can make to your weight.

Of course this is only one small technique, there's plenty more where that came from! And when you see the results that this simple pressure point guide produces just imagine how fast your results will be when you apply my complete system!

Of course, I don't expect you to take that on faith alone...so I've created a short fast start guide based on my Slim in Seconds program that you can use with this guide to get you started on rapid weight loss and a lifetime of strength and good health!

You can check it out here -

[Slim Down in 7 Days!](#)