

Sinus Clearing Dao Yin

Rub the Sides of the Nose

Rub the hands together to warm them. Then use the base of the thumbs to massage up and down along both sides of the nose, nine times or more, until the nose is warm.

Press Upper and Lower “Welcome Fragrance”

Place the tip of the middle finger over the forefinger, and use the pad of the forefinger to press and rub the Lower *Ying Xiang* (LI 20: “Welcome Fragrance”) acupoints for nine seconds. Then press and rub the Upper *Ying Xiang* points for nine seconds. Repeat three times.

Press and Rub Yin Tang

Press and rub *Yin Tang* (“Seal Hall”) for nine seconds.

Rub Along the Upper Eyebrows

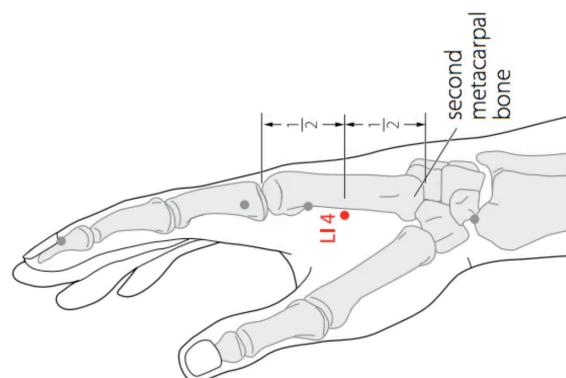
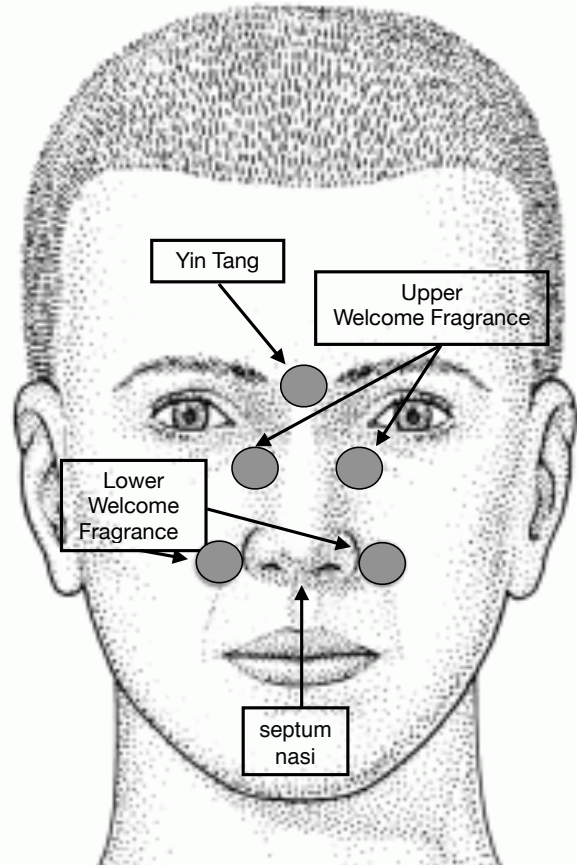
With the base of the thumb, massage along the upper edge of the eyebrows from the centerline outwards to the outer edge of the eyebrow. Use a little force. Repeat nine times.

Open the Septum

Hold the lower end of the septum nasi with the thumb and forefinger, inhale and very gently pull down on it. Feel how the nose opens up. Exhale and relax. Repeat this action nine times.

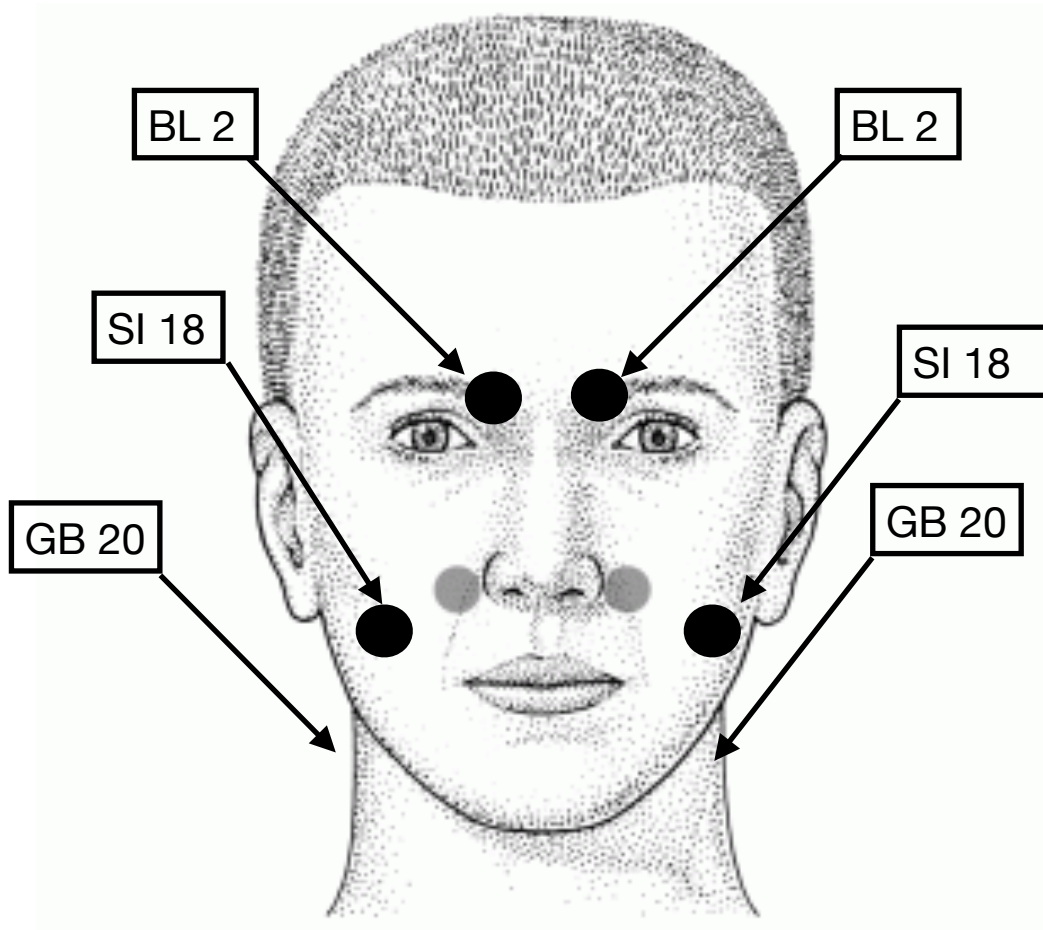
Massage He Gu (LI 4)

Press the point for nine seconds. Then rub the point. Repeat three times.



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EXTRA POINTS FOR SINUS ISSUES



BL 2 -Relieves Pressure in Sinuses and Around Eyes

SI 18 - Swollen Sinuses & Runny Nose

GB 20 - Sinus Pressure

LU 5 Inside Elbow - Sinus Congestion & Runny Nose

LU 9 Inside Base of Thumb - Throat Issues

K 27 Coughing & Sore Throat

LV 3 Headaches & Pain Around the Eyes