

NEUROLYMPHATIC MASSAGE AND HOW TO...

ELIMINATE JET LAG + TIPS

Jet Lag... if you have ever flown long distances, you most surely have felt the effects of jet lag. Not only that but your sleep pattern has been disturbed, you have not eaten well, and not drank enough water. So dehydration is usually there too. I travel abroad a lot and when I do I have a few techniques that I use all the time to keep my body from feeling the effects of jet lag. They are simple and easy to do and take minimal time to do them.

1. Always make sure you have at least 2 liters of good water with you that you carry on. I would also recommend a good electrolyte replacement drink that you can mix in some water. My favorite is gookinaid Hydralyte (www.gookinaid.com) it is a pure electrolyte drink and all natural fruit sugar is used. It comes in packets so it is easy to carry with you.

2. Don't eat sugar. It will actually make you more tired and raise your blood sugar ratio. The highs and lows can effect your body's energy level.

3. Take along some melatonin. It can be found in a health food store or I have seen it in the airport shops too. Don't forget to bring an eye pillow with you to block out the light. A neck pillow is a plus for support.

4. In traveling long distances, and sitting in cramped seats, your muscles will get cramped up and due to the high altitude, they will dehydrate faster, lose energy and resilience. There is a technique described next that can revive your muscles. It only takes a few seconds of your time. Here is how it is done.

5. Get up and stretch, walk the aisles in the airplane.

6. Deep Breathe from using your diaphragm muscle...it oxygenates your body and helps to relax your mind + relieve muscle tension. (read on.. how to breathe correctly)

NEUROLYMPHATIC MASSAGE

In order for the muscles to return to a healthy state, it is necessary to use a system developed by Dr. Frank Chapman, OD. In the 1930's Dr. Frank Chapman, D.O., made a unique discovery. The neurolymphatic reflexes or Chapman's Reflexes. By trial and error, poking and prodding the body, he mapped out reflex points to the organs and glands. When rubbing these points, he could effect the flushing of the lymphatic vessels of each individual organ and gland to strengthen its function. It was a remarkable discovery for the scientific community. Unfortunately, it is hardly a known fact and used very little as a self-care tool.

In the 1960's, a chiropractor by the named of Dr. George Goodheart looked at Chapman's map of reflexes and wondered if there was an association between these and the muscles as well as the meridians in Chinese acupuncture. So again, through trial and error, he made that connection and completed the map.

Chapman's Reflexes when rubbed detoxify the muscles and rid them of waste by-products that cause pain and stiffness. This technique is used to help restore the muscles to balance and a healthier state of function. The reflexes are a very useful tool to know, as they can be done anywhere, anytime.

"RUBBING POINTS"

Whether used on a long distance trip, this technique should be used on a daily basis to strengthen your over-all immune system, detoxify the muscles, organs and glands, to help them become stronger, and function more efficiently. Rubbing point's everyday will improve your health and wellbeing of your body. The goal is to flush metabolic waste by-products (lactic acid etc.) caused by exercise, from the muscles and secondly, effect the wellbeing of your organs and glands. With this technique, I am primarily interested in the muscle function. Even though with each rub, you will detoxify your organs and glands and strengthen the immune system. The muscles will no longer feel sluggish and the associated organ and gland no longer in distress and function more efficiently.

HOW TO USE CHAPMAN'S REFLEXES

Refer to the illustration of the neurolymphatic reflex points that shows the map of dots and dashes. These are the points to rub.

Use your finger pads, your forearm for larger areas, your fist can be used to rub the dashes. Rub deeply and firmly (depth of pressure scale, 5-7) into each point or shaded area. **Do not** rub so hard you cause pain to yourself. You are performing a deep neurolymphatic massage. If you only rub lightly, you will not get the results necessary for immediate relief. Light rubbing superficial lymphatic drainage used for an injury to reduce swelling in the immediate area and the stroking is always done toward the heart.

***An unhealthy muscle feels fatigued, heavy, weak, sore, burns, is tight and painful to the touch.**

***A healthy muscle feels light, strong, relaxed, energized, flexible, and free of pain.**

Rub firmly, not so hard you bruise yourself, for 10 seconds to 5 minutes or until you feel lightness come into the muscles and the tightness and pain decrease or leave. You will feel the tension leave your joints and muscle flexibility and mobility return and pain recedes. This can be done anywhere and anytime. Listen to your body - become aware of how it feels and you can make a difference that will diffidently show in how you feel all day, everyday, in work and play.

*****Note: Rubbing the surrounding muscles will help to relax the posture muscles. You can rub all the points on the front of the illustration, the lower back (up as far as you can reach) and the upper back (down as far as you can reach.) This is also a cleansing and strengthening of your organs which in turn strengthens your immune system.**

BREATHING OXYGENATES YOUR BODY

Before you begin, seek out a quiet place to lie down or sit. When you are

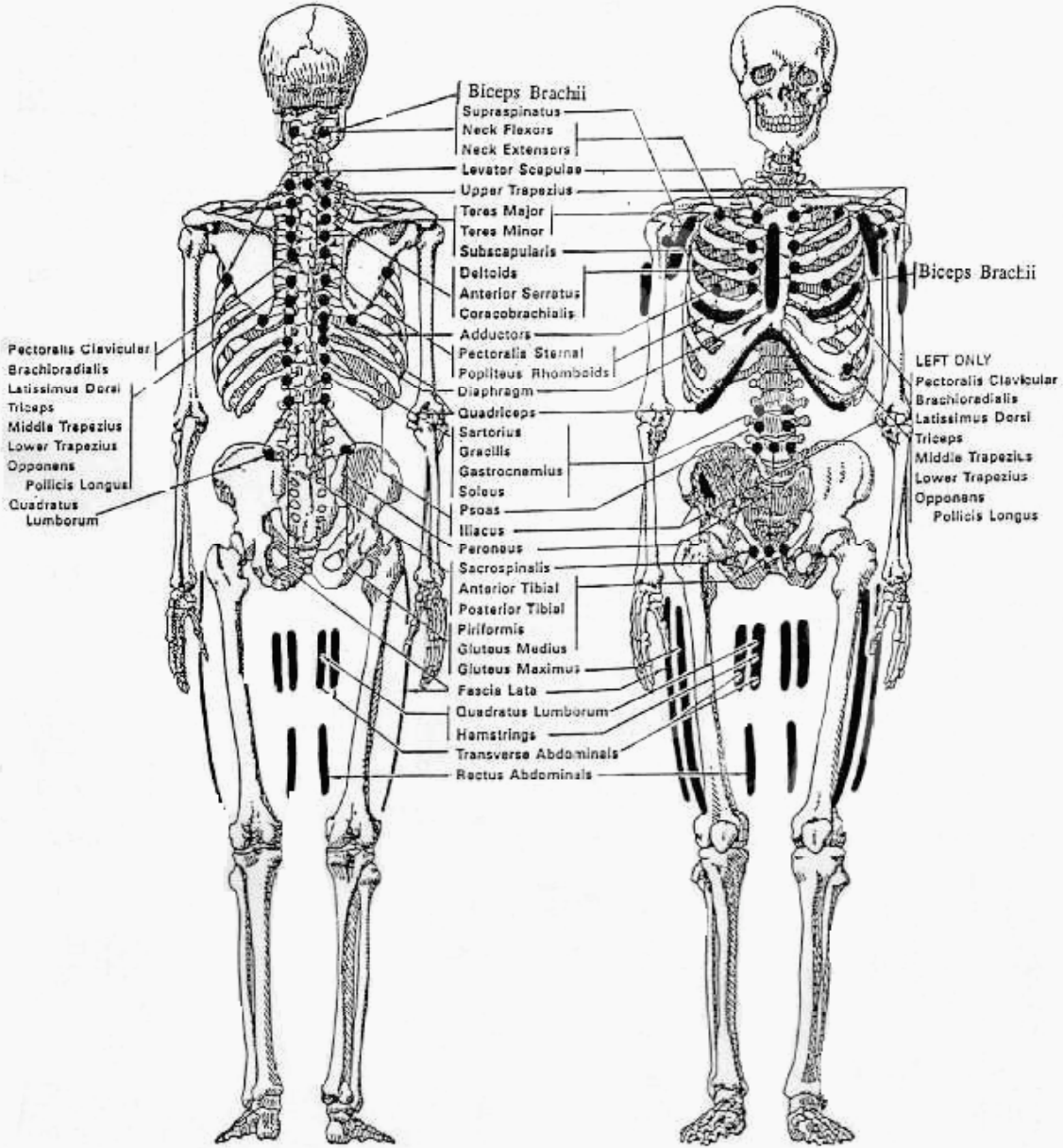
comfortable and relaxed, place your hands on your upper abdomen, just below the ribcage and focus on this area.

1. Inhale slowly through your nose; push your upper abdomen outward, as you bring the air upward, rising into the chest, continuing upward into the shoulders and ending with the extension of the neck muscles.

2. Exhale slowly out of your mouth, passively. Then begin again. Each breath should be fluid and relaxed.

With practice and concentration, you can retrain yourself to breathe diaphragmatically - the way

NEUROLYMPHATIC REFLEX CHART



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