


# Healing touch

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Cure to many ailments lie in your own foot and palm. If you find it hard to believe, just try the new form of Su-jok acupuncture and you will soon be your own doc...



As goes one old adage, your destiny is in your hands. Well, what's more, even your health is in your hands – and quite literally so! At least, the Su-jok acupuncture therapy swears by that. According to this alternate system of treatment, our hands and feet ('Su' meaning hands and 'ok' referring to feet) denote a miniature mirror image of our whole body and have a 'remote control' function that can cure various ailments.

Su-jok therapy, developed by South Korean professor Park Jae Woo, can treat different diseases troubling any organ of your body by simply stimulating either your hand or foot using acupuncture and finger pressure therapy. Under this system, your thumb (or large toe in case of your foot) is viewed as your head. The palm will be your front body while the back of the hand indicates the back of your body. All these have micro points or areas that can be identified and then stimulated to treat any diseased organ, and that too without any drug.

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In Su Jok, hands and feet represent a mirror image of the anatomy of human body with all of its associated organs and structures

### Of paws and palms

Su-jok therapist Anju Gupta explains "Our hands and feet have a proper cure system for curing the diseases of the human body. This system uses natural treatment methods and is based on certain philosophical principles. Our hands and feet carry the correspondence to organs of the body, so by influencing them, a variety of physiological, mental and emotional diseases can be treated using micro needles, micro magnets, seeds and ring massagers etc." So if your stomach is aching, don't pop in a pill. A Su-Jok practitioner would press your palm and the point that hurts the most on pressing is the one corresponding directly to the stomach. Taking care of that point by using seeds or spices will automatically rid your pain.

This healing therapy is founded on the self regulation homo energy system of human body in which each hand and foot carry information of all the organs within our body. Su-jok therapy believes all the nerve points of the body are

located specifically on the hands and feet, and therefore, the entire treatment can be carried out by accurately recognizing the points on just one hand or foot.

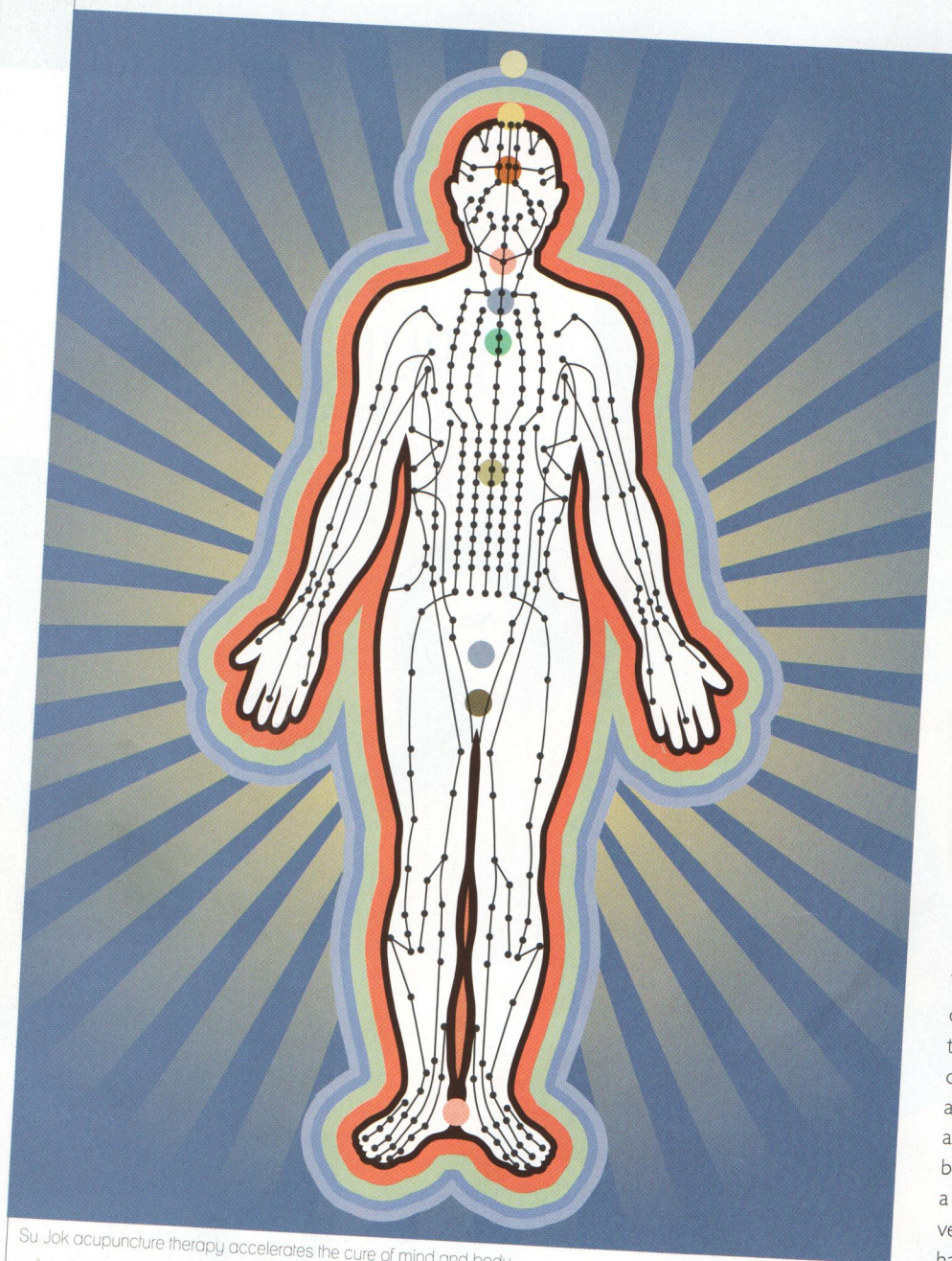
### Treatment in hand

Usually a few sittings are enough to cure most diseases using Su-jok. The treatment can be permanently effective if the therapist administers complete course of treatment and the person alters lifestyle and dietary habits, as may be required. You can undergo Su-jok therapy even during other lines of treatment, like Allopathy or Ayurveda as it doesn't interfere with other systems of medicine. There is also no need to take any precautions as Su-jok is a natural way of healing.

Additionally, this method boasts several benefits. Your health is restored without resorting to any drugs, hence no unnecessary intake of chemicals. This healing system has no side effects and is actually quite simple. The only

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Su-Jok acupuncture therapy accelerates the cure of mind and body

thing is that the corresponding nerve points and the actual affected area should match. Some of the common disorders that can be frequently treated with Su-jok acupuncture therapy are headaches, epilepsy attack, nervous and psychiatric disorders, eye, ear, nose, throat and lung ailments, digestion disorders (nausea, constipation, diarrhea) problems in cardio vascular system and gentio-urinary system, among others.

Su-Jok can also have a calming effect on differently-abled children, as experienced by Ms Gupta who has been quite a hit with special

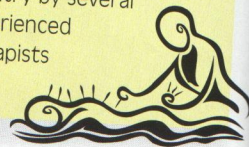
kids in Dehradun, recording varying degrees of success from 40 to 100 per cent.

### Be your own doc

In this maddening, fast-paced world, as we struggle to keep up with our deadlines and targets, often our health becomes the first casualty and gradually climbs down to the end of our priorities' list. But with Su-jok you can address many common ailments yourself. Any person who has basic knowledge and logic can learn Su-jok and treat himself and other. The basic principles can be learnt in a short period, but the more profound philosophies

## Deciphering Su-jok

- Su-jok is very easy to understand and practise. Learn the first level from a qualified Su-jok therapist to treat some common ailments like cold and headache.
- It is important to correctly identify the corresponding point. The point that hurts the most is the one that you are looking for.
- For more serious and complicated diseases, it is better to visit a Su-jok practitioner than trying to cure it yourself at home.
- Su-jok is taught all over the country by several experienced therapists



and theories like yin yang etc. need a more comprehensive knowledge and training. The level one of Su-jok is all about healing oneself. If you have a headache, the tip of your thumb will have a painful point somewhere. You could keep pressing it with black peppercorn and later tie the same at that very point using a skin-friendly paper tape. If the headache is because of blockage of energy, you could cut a very thin wire-size piece of palm leaf and vertically place it on the tip of the thumb, with half of it falling on the nail, and the other half in front. Place a second such piece in the first crease of the thumb and your pain will be considerably reduced.

For common cold, slice a garlic clove into two. The first one should be put below the thumb just above the lifeline in such a manner that the garlic's cut portion touches the skin. Use the paper tape to hold it and in the same fashion, the second garlic piece should be put below the middle phalange of index finger. An irritating cough can be cured by continuously pressing the lower phalange of the thumb with some black peppercorns. So, next time instead of popping in a pill, do take care of your hand (and feet) in order to look for quick healing. ●●