

The background of the entire page is a complex, colorful geometric pattern. It consists of various shapes like triangles, squares, and hexagons in shades of yellow, orange, green, blue, and purple. These shapes are interconnected by thin red lines, some of which end in small colored circles. There are also some stylized floral motifs and concentric circles scattered throughout the design.

365 CANCER PREVENTION SOCIETY

# 365 Lymphatic Detox Exercise





# Foreword

365 Cancer Prevention Society (365CPS) has its focus on cancer prevention and cancer management for the past 14 years with an emphasis on exercises that promote detoxification for the body. These exercises will help in the building of a strong lymphatic system function which will contribute to the fighting of bacteria, infections, and destroying old or abnormal cells such as cancer cells. By introducing the 365 Lymphatic Detox Exercise, the Society aims to equip you with practical ways to prevent cancer through easy and relax exercising styles in your daily life.

365 Lymphatic Detox Exercise offers you an easy step-by-step programme to improve not only your physical health but also your overall wellbeing. The easy and beneficial exercise programme is led by the Society's Detox Exercise Instructor, Ms Ming Sook Ha. Not only does she lead the Detox Exercise initiatives in 365CPS, she also has more than 10 years of experience in the area of teaching and training exercise instructors, and is often invited to various events to conduct trainings in the related field. Ms Ming was also featured in "Hello Singapore", a news and current affairs TV programme produced by MediaCorp.

Together with this book and the instructional videos, you will be able to learn these exercises effortlessly. Not only can you conveniently do this exercise anywhere with an open space, it is also a healthy and engaging activity to do with your family and friends.

A good health starts from making a good choice today!

Dr Eric Chiam  
President  
365 Cancer Prevention Society





# Contents

365 LYMPHATIC DETOX EXERCISE		PAGE
365 Lymphatic Detox Exercise – its functions and features		4 - 9
Style 1	Twist & Stretch	10 - 11
Style 2	Stretch & Bend	12 - 13
Style 3	Squat & Holding Calves	14 - 15
Style 4	Side Stretch	16 - 17
Style 5	Standing Back Stretch	18 - 19
Style 6	Toe Squat	20 - 21
Style 7	Body Rotation	22 - 23
Style 8	Stretch & Walking	24 - 25
Style 9	Full Rotation	26 - 27
Style 10	Palms Facing Each Other	28 - 29
Style 11	Neck Exercise	30 - 31
Style 12	Palms Facing Down	32 - 33
Style 13	Shoulders Shrug	34 - 35
Style 14	Palm Facing Outward	36 - 37
Style 15	Tiptoe & Making a Fist	38 - 40
Style 16	Sit Up	41 - 43
Style 17	Sit & Stretch	44 - 45
Style 18	Appreciation & Blessing	46 - 49
Additional Notes		49 - 53

Disclaimer: The information provided is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

# 365 Lymphatic Detox Exercise

## Its functions and features

### THE LYMPHOID TISSUE IS THE HUMAN BODY'S MOST IMPORTANT IMMUNE SYSTEM.

The lymphatic system is part of the circulatory system comprising the lymphatic vessels and lymphoid organs (lymph nodes, tonsils, thymus, spleen and various lymphoid tissues in the digestive tract).

It is primarily responsible for defending the body against infections as well as to excrete wastes and expulsion of toxins that are produced in the body. However, if the body is weak or lack of exercise the lymphatic system will not function as well as it should be resulting in illness and infections. Through proper exercise the metabolic and reactive rates of the lymphatic circulatory system is increased thus strengthening its defense function so that the body does not succumb to the invasion by toxins<sup>1</sup>.

Exercise and deep breathing are two ways to activate the lymphatic system. Research has shown that proper exercise coupled with deep breathing will activate the lymphatic system to increase the rate of excretion by 15 times<sup>2</sup>.





## **FUNCTIONS OF 365 LYMPHATIC DETOX EXERCISE**

The 365 Lymphatic Detox Exercise is a suite of limb stretching exercises that can promote, restore and preserve health. It is basically a series of simple stretch-and-turn movements aimed at stimulating the peripheral nerves and lymphatic system by completely unblocking the body's lymph nodes to promote the smooth circulation of lymph through the lymphatic system thus strengthening the immune system. Also, it promotes smooth blood circulation as well as facilitate the transport of oxygen to body cells so that anaerobic cancer cells and toxins can be expelled to achieve effective detoxification<sup>3</sup>.

Our body has as many as 600 to 700 lymph nodes<sup>4</sup> with the main ones located prominently in the neck, armpits and the groin. The condition of these lymph nodes, which are easily discernible, provides a good indication of the state of health of the immune system.

# Neck Lymph

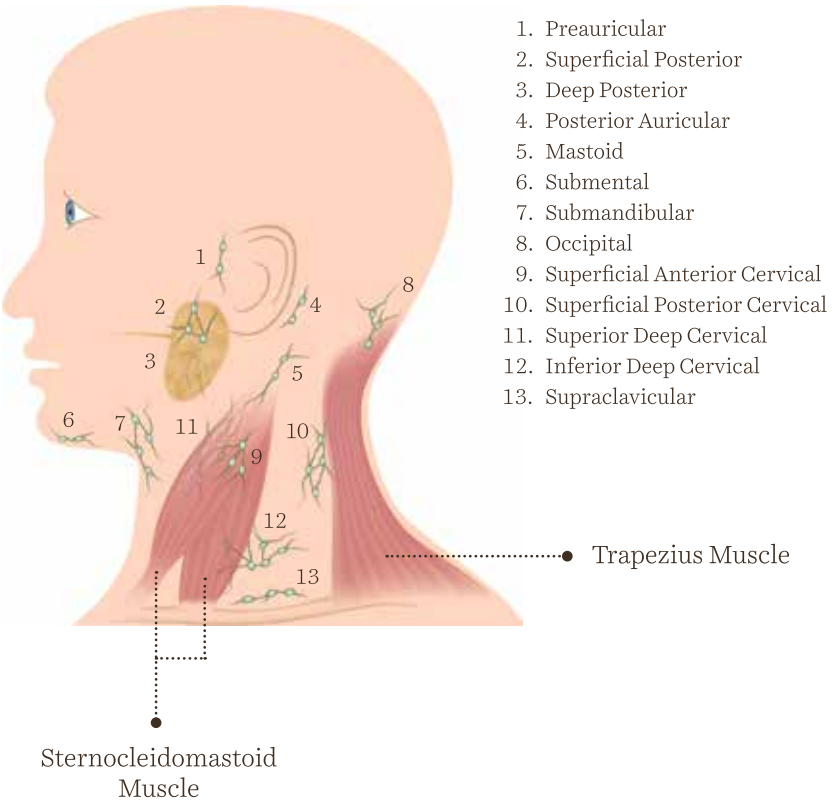
It is vital as it is connected with the arteries, cervical spine, neck, collarbone, armpit lymph and head<sup>5</sup>.

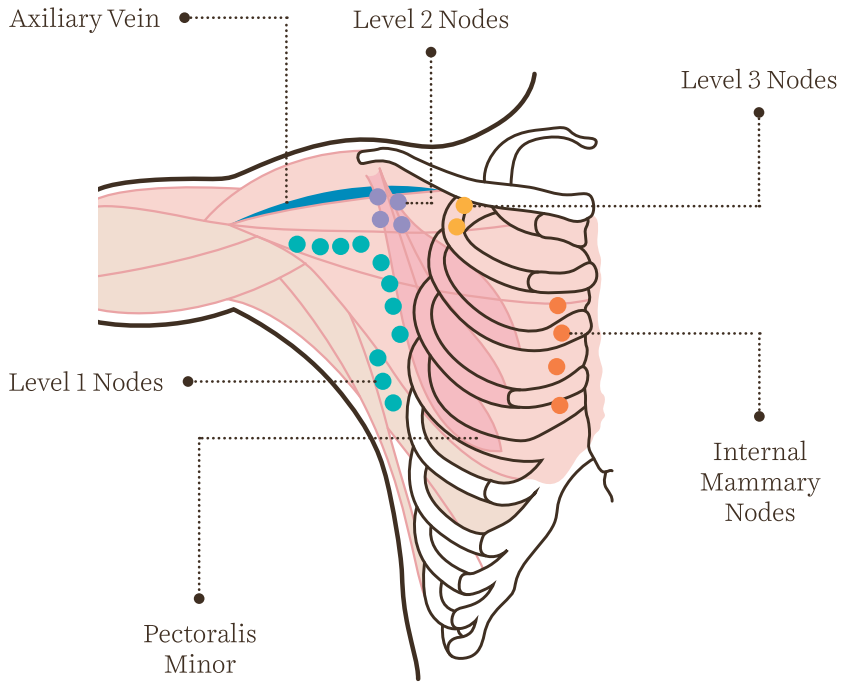


## POSSIBLE SYMPTOMS OF NECK LYMPH BLOCKAGE:

Migraine, tinnitus, dizziness, insomnia and lethargy

## LYMPH NODES OF THE HEAD AND NECK





## Armpit Lymph

Closely linked with the chest, arm meridians, neck and shoulder<sup>5</sup>.



### **POSSIBLE SYMPTOMS OF ARMPIT LYMPH BLOCKAGE:**

Breast cancer, lymphoma, accessory breast, blockages in neck and shoulder, spleen and stomach disorders  
(80% of the chest toxins are excreted by the armpit lymph)

# Inguinal (Groin) Lymph

Closely linked with gynaecology, lower limbs, reproductive system, waist and kidney<sup>6</sup>.

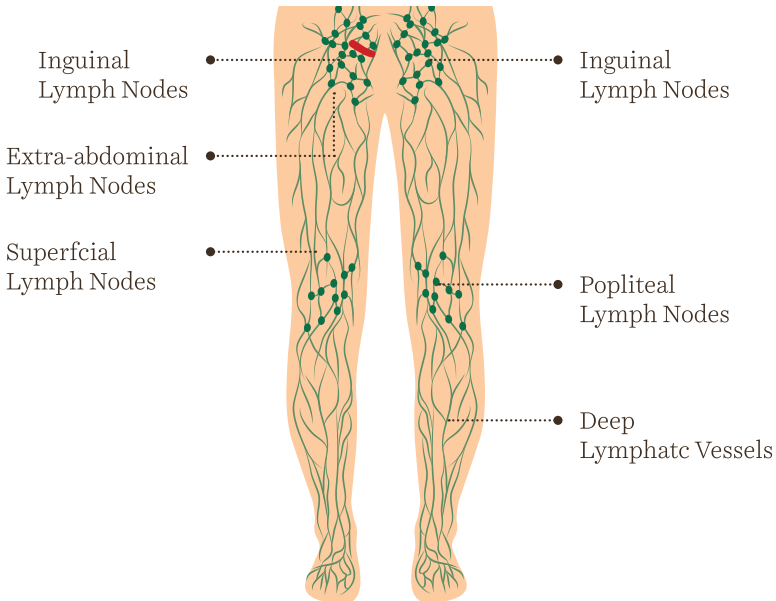


## POSSIBLE SYMPTOMS OF INGUINAL LYMPH BLOCKAGE INCLUDED

Various forms of gynaecological disorders (cervicitis, endometritis, pelvic inflammatory disease, cysts, irregular menstruation)

365 Lymphatic Detox Exercise has 18 different stretches and they are all designed to target and stimulate these important lymph nodes. Each type of stretch will stimulate the peripheral nerves and lymphoid tissues in different parts of the body<sup>3</sup>. Therefore, during stretching, one must try to stretch to the point where the lymph nodes are fully opened and the peripheral nerves are sufficiently stimulated to reap maximum benefits of detoxification.

No matter what form of exercise one does, one needs to understand the purpose and principles behind each movement, paying attention to the details of the movement and doing it properly will yield effective results and benefits as well as avoiding injuries.



# Features of 365 Lymphatic Detox Exercise<sup>7</sup>

- 1 SIMPLE**  
18 styles  
Each movement has only 8 counts of 8. It is easy to learn and is suitable for all ages and even for those who are recovering from illnesses.
- 2 SAVES TIME**  
35 minutes  
If you are unable to complete all the styles due to constraints of time, physical conditions, or space then you can select appropriate styles to suit your physical condition.
- 3 SAVES MONEY**  
Can be self-taught  
The detox exercise does not require complex equipment. What you need is a moderately elastic band of about 140 cm long, 12 cm wide to enhance the effects of the exercise. The movements and steps if done correctly will open up the lymph nodes.
- 4 CONVENIENT**  
Can be done indoor or outdoor  
There is no need to worry about the venue. However, doing it outdoors or in the park will enable you to breathe in fresh air as well as to absorb the energy of the sun and the trees thus making the exercises more effective.
- 5 EFFECTIVE**  
Improvement can be seen in approximately 2 weeks  
If exercise is done consistently for 2 weeks, you will feel energised with improved physical strength. Continuing the exercise over a longer period results in a marked improvement in your health.

## STYLE 1

# Twist & Stretch



### KEY POINTS

- 1 Stand with feet shoulder-width apart and toes pointing to the front. When turning the upper body, keep the lower body facing the front. This will ensure that the direction of the knees and toes are always the same to avoid knee torque and injury.
- 2 Hold the band with both hands, stretch the band fully to the sides, and maintaining it at shoulder level. If the band is slack, its length needs to be adjusted.
- 3 Twist the upper body about the waist with arms extended in a diagonal line at 45 degrees.



- 4 While twisting the upper body, turn the head to look in the same direction as the twist to help ease stiff torso.
- 5 In the process of twisting the upper body, ensure that the pelvis and the lower body is always facing the front in order to achieve the full effect of stretching the waist and abdominal muscles<sup>8</sup>.

### SYNCHRONISING BREATHING AND MOVEMENT

- Inhale, stretch the band to the right and left with both hands.
- Exhale, twist the upper body to the left.
- Inhale and return to the front.
- Exhale, twist the upper body to the right.
- Inhale, then return to the front. Shorten the band to shoulder-width length, pull tight and lift up to stretch.
- Exhale, bend body forward.
- Inhale and slowly return to upright posture.



### EFFECTS

- Stimulating the organs within the abdominal cavity, accelerating blood circulation in the waist to increase the body's metabolism as well as reducing the accumulation of wastes in the body<sup>9</sup>.
- Activating the waist to accelerate the decomposition and digestion of fats, hence, reducing the accumulation of fats in the waist resulting in a slimmer waistline<sup>9</sup>.
- Eliminating tensions in the back, increasing the flexibility of the spine for improved agility<sup>8</sup>.
- Soothes pain in the lower back muscles<sup>8</sup>.

## STYLE 2

# Stretch & Bend



### KEY POINTS

- 1 Position feet shoulder-width apart with toes pointing to the front. Hold the band shoulder-width apart and pull the band tight with both arms straightened and raise as far up as possible above the head.
- 2 With the groin as the axis, bend the upper body forward. (The groin is the groove at the junction between the abdomen and legs)<sup>10</sup>. When stretching forward, keep both arms and back as straight as possible so that the back muscles are fully stretched.

- 3 When the hands are touching the instep, ensure that the knees are slightly flexed so as not to impose undue pressure on the knees causing injuries.

### **SYNCHRONISING BREATHING AND MOVEMENT**

- Inhale, with both hands pulling the band tight, lift up straight and stretch.
- Exhale, extend upper body while bending forward.
- Inhale and return to upright posture.



### **EFFECTS**

- Stimulating the lymph nodes in the groin<sup>11</sup> can promote smooth circulation, strengthens the immune system and eases gynaecological disorders.
- Stretching the back muscles<sup>12</sup> and strengthening the abdomen can make the abdominal muscles and back muscles stronger, which would help the spine to bear weight. When abdominal muscles are not strong enough, there is a tendency for bad posture causing lower back pain.
- Improving waist flexibility.

## STYLE 3

# Squat & Holding Calves



## KEY POINTS

- 1 Using the hips rather than the knees to drive the body to squat, while keeping the centre of gravity of the body on the heels instead of on the toes to reduce stress on the knees<sup>13</sup>.
- 2 Keep the back straight while squatting; do not arch the back. Contract the lower abdomen and keep the spine straight. Push the hips back and lower buttocks as if sitting down with knees bent with the hip<sup>13</sup>.
- 3 Those suffering from hypertension or anaemia should squat and stand up as slow as possible. This is to avoid rapid systemic blood flow to the brain, which may cause blood vessels to be rapidly filled with blood causing headache, dizziness and the like. In serious cases it may cause cerebrovascular diseases.

- 4 After squatting, hug the calves with both arms, bringing the face to touch the knees. At the same time draw in the abdomen and lift up the anus with hips close to the heel. Ensure the knees do not go beyond the toes to avoid imposing stress on the knees.
- 5 If you need to tiptoe to avoid falling back during squats, you can try to move your feet till the soles of the feet touches the ground.

## SYNCHRONISING BREATHING AND MOVEMENT

- Inhale and pull the band tightly with both hands, lift up straight and stretch.
- Exhale and squat slowly; after squatting maintain normal breathing.
- Inhale and rise slowly.



## EFFECTS

- Stimulating the groin, improving lymphatic circulation and thus reduce abdominal pain caused by coldness of the body.
- Abdomen, legs and gluteal muscles are squeezed to the maximum limits during squats causing blood in the lower extremities to flow back to the heart faster, thereby promoting cardiopulmonary blood circulation and improving heart and lung functions as well as increasing lung capacity<sup>13</sup>.
- Improving blood circulation and nerve function of the lower extremities. Effectively promoting venous return and lower extremities blood flow as well as reducing venous pressure<sup>13</sup>.
- Stimulating the lower extremities and torso to improve leg strength<sup>13</sup>.
- Abdomen being drawn in during squats will consume energy when thighs are being squeezed. This action will help to reduce obesity problems as it will not be easy for fats to accumulate there<sup>14</sup>.
- Squatting exercises the pubococcygeus muscles, which can help to prevent urinary stress incontinence<sup>14</sup>.

## STYLE 4

# Side Stretch



### KEY POINTS

- 1 Stand with feet together, hold band shoulder-width apart.
- 2 Use the waist and arms to effect the bend to the left or right side.
- 3 Curl tongue to touch palate to increase saliva.  
(See additional notes)
- 4 When doing this stretch, do not lean the upper body forward or backward. Do not bend the elbow so as to achieve the full effects of lateral stretching<sup>15</sup>.

- 5 Bend only to your limits of flexibility to avoid excessive muscle pull and injury.

### **SYNCHRONISING BREATHING AND MOVEMENT**

- Inhale and pull the band tight with both hands. Lift up straight and stretch.
- Exhale and stretch to the side.
- Inhale and return to upright posture.



### **EFFECTS**

- Unblocking the lateral lymph nodes of the upper and lower extremities<sup>16</sup>.
- Eliminating fats on both sides of the abdomen thus achieving a slimmer waistline.
- As the side of the body has been fully stretched, it not only helps to ease lower back pain<sup>15</sup> but also promotes gastrointestinal activity.

## STYLE 5

# Standing Back Stretch



### KEY POINTS

- 1 Stand with feet parallel to each other and shoulder-width apart. Toes pointing to the front. Ensure centre of gravity is between the feet and at  $\frac{1}{3}$  point from the back of the foot. Do not shift side to side or front to back. Flex the knee to avoid increasing pressure on the knee causing injury<sup>17</sup>. Hang the band over the shoulders and hold it close to the back of the waist.
- 2 When slowly leaning backwards, do not push the hip forward. Keep the lower half of the body upright and bend only to your limits of flexibility to prevent excessive body strain<sup>19</sup>.
- 3 Use your thumb to press the Mingmen (Vital Gate) acupoint, which is directly opposite the navel. To locate the Mingmen acupoint: Gauge a line from the navel to the junction between the spine and middle of the lower back and at the same level as the navel. Pressing on this point will result in a burning sensation feeling.



- 4 Curl tongue to touch palate to increase saliva.  
(See additional notes)

## **SYNCHRONISING BREATHING AND MOVEMENT**

- Inhale and lean backwards.
- Exhale and return to upright posture.



## **EFFECTS**

- Mingmen is the gate of vitality, an important acupoint for longevity. Pressing the Mingmen acupoint frequently can improve poor health, relieve back pain, strengthen the kidneys, enhances renal function as well as achieving the effects of enhanced male sexual ability and delaying aging<sup>21</sup>.
- Stretching the muscles of rectus abdominis, abdominal oblique, intercostal and pectoralis major<sup>18</sup>. Strengthening the abdominal muscle so that the otherwise easy-to-weaken abdominal muscles become firm and strong. At the same time, it also improves incorrect body posture due to abdominal muscles relaxation leading to lower back pain and other negative symptoms<sup>19</sup>.

## STYLE 6

# Toe Squat



### KEY POINTS

- 1 Grip the band in the reverse manner (refer to the additional notes) to stimulate the different parts of the arm peripheral nerves.
- 2 Curl tongue to touch palate to increase saliva. (See additional notes)
- 3 The whole squatting process is carried out with feet tiptoed. This will stimulate the peripheral nerves of the toes and the Yongquan acupoint.
- 4 Hold band shoulder-width apart. Raise as far up as possible and stretch. Ensure the head and torso are in the same plane. This is to better support the body and is also more effective to pull open the axillary lymph nodes fully.
- 5 When squatting and standing up, move as slow as possible, to avoid rapid systemic blood flow to the brain, which may cause blood vessels to be rapidly filled with blood causing headache, dizziness and the like. In serious cases it may also cause cerebrovascular diseases.

- 6 Use the band to support the upper body; let the action be driven by the hip joint. Push back and lower the hips, as if sitting down<sup>13</sup>. Using the knees to drive the body to squat will overstress the knee resulting in injury.
- 7 When squatting, keep the back straight. Do not arch back. Otherwise, the lower back pressure will be too great. Inhale before squatting so that the rib cage will expand, which will help to stabilise the spine, which in turn will help to stabilise the squat<sup>13</sup>.
- 8 Tiptoe to rise further before placing feet flat on the floor to return to standing posture.

## SYNCHRONISING BREATHING AND MOVEMENT

- Inhale, both hands pulling the band tight, lift up straight and stretch.
- Exhale, squat slowly.
- Inhale and return to standing posture.



## EFFECTS<sup>13</sup>

- Stimulating the lymph nodes in the groin, promote smooth lymphatic circulation, and strengthening the immune system.
- Pressing and stimulating the Yongquan acupoint can nourish the liver and kidney, enhances their health, improving immunity, enhances resistance to diseases thereby contributing to overall wellness of the body.
- Increasing the range of motion of the waist, hip, knee and ankle joints resulting in enhanced joint flexibility as well as delay aging of the joints.
- During the process of squatting, the thigh and abdominal muscles are compressed, hip muscles contract and relax with the waist stretched. This will stimulate the torso and lower limbs as well as strengthens the muscles of the back, waist and legs. Not only will it improve the balancing ability of the body but also help to prevent and treat constipation, haemorrhoids, prostatitis, kidney stones, lumbar muscle strain and the like.
- The repeated movements of squatting, standing up and squatting can improve blood circulation, increasing blood flow back to the heart effectively improving myocardial blood supply and metabolism.
- Exercising the gluteal and thigh muscles will result in firm buttocks, as well as improving flat buttocks to achieve the effect of raised hips.

## STYLE 7

# Body Rotation



### KEY POINTS

- 1 Hold band shoulder-width apart to effectively stretch the armpit lymphatic glands.
- 2 Using the force of the hands, drive the waist in a sliding motion to bend to the side to effectively stretch muscles on the side of the waist.
- 3 When stretching to the sides, do not bend the elbows. Ensure the upper body is not leaning forward or backward so that it will be effective in pulling open both sides of the lymphatic glands to achieve the effect of the stretch.
- 4 Bend only to the limit of your flexibility to avoid excessive muscle pull and injury.





5. Bend the upper body to the side using the strength of the groin muscles, leaning the body forward to the 90-degree position so that the groin presses on the lower body<sup>21</sup>.
6. Rotate to the front without rotating the lower body in order to stimulate the lymph nodes in the groin.

### SYNCHRONISING BREATHING AND MOVEMENT

- Inhale, with both hands horizontal extend to the front, raising right hand (band in the vertical direction) right foot step out to a position slightly wider than shoulder and on tiptoe.
- Exhale, both hands sliding along with the upper body to bend to the left side. Maintain this position and breathe in and out once.
- Inhale, leaning to the side, at 90 degrees position.
- Exhale, rotate back to the front. (Repeat the same action for the left side)

### EFFECTS

- Pulling open the left and right lymphatic glands and stimulating the groin lymph nodes, promoting its smooth circulation and metabolism and enhances immunity.
- Side bending increases flexibility of the spine as well as stretching the left and right side of the waist, which are parts that do not get much exercise. Also, it helps to reduce the fat on the sides of the waist and at the same time exercising the abdominal viscera, which would help to lose weight and achieve a slimmer waistline<sup>22</sup>.

## STYLE 8

# Stretch & Walking



1.



4.1



4.2, 5



### KEY POINTS

- 1 Grip the band in the reverse manner (refer to additional notes) as in the Sixth Style to stimulate the peripheral nerves of the different parts of the arm. Hold band shoulder-width apart, lift up straight and stretch. If the band is held too wide, the lymphatic glands in the armpits will not fully open up and straightened.
- 2 Curl tongue to touch palate to increase saliva. (See additional notes)
- 3 Focus on something in front while walking to avoid the body wobbling causing a loss of balance.

- 4 Lift up the heel and walk on your toes. When walking, raise the leg. When the feet touch the ground, stretch the inner muscle of the thighs (hamstrings) fully. This will stimulate the groin lymph nodes and at the same time improving the mobility of the hip joints.
- 5 Take a step for every four counts. The intention is to use one's own weight to press on the peripheral nerves of the toes and Yongquan acupoint. If one walks too fast, the desired effects will not be achieved.

## SYNCHRONISING BREATHING AND MOVEMENT

- Maintain normal breathing.



## EFFECTS

- Opening up the body's two pairs of lymph glands: the first pair being at the armpits with the second pair in the groin area, which is at the inner part of the thigh. Effectively promoting smooth circulation of the lymphatic system and enhancing the body's immune system<sup>23</sup>.
- Exercising the calf muscles and ankles can prevent varicose veins as well as enhancing the stability of the ankle joints<sup>24</sup>.
- Walking on tiptoe relies on the inner part of the ball of the foot (foot thumb) for support. Toes are the meridian junctions that links liver, spleen, kidney and when pressed or stimulated can help to open up the meridians to invigorate the kidney and boost male sex drive<sup>25</sup>.
- The peripheral nerve network, capillary lymphatic vessels and capillaries of the foot are closely connected with the various body systems, tissues and organs. Applying pressure to stimulate the Yongquan acupoint can enhance their interconnection effectively improving the local capillary lymphatic vessels and capillary permeability. The rhythmic motor activity promotes lymphatic fluid and blood circulation in the body as well as adjusting the body's metabolic processes to achieve longevity, treatment and prevention of diseases, and maintaining good health<sup>26</sup>.

## STYLE 9

# Full Rotation



### KEY POINTS

- 1 Position feet and band shoulder-width apart with toes pointing to the front. Band must be tight during rotation.
- 2 Using a sliding motion with the hands, touch the instep alternately.
- 3 Use the arm to drive the waist to drive the upper body from the side of the body to the upright posture.
- 4 At the upright posture, stretch arms as far back as possible while keeping the body upright. Do not lean back to avoid unnecessary pressure on the spine.
- 5 In the same posture, bend towards the right. Make sure only the upper body bends to the side. Do not lean backward or forward in order to effectively pull open the lymphatic glands at the side of the body as well as to stretch the side muscles.





### SYNCHRONISING BREATHING AND MOVEMENT

- Breathe normally, bend upper body with both hands pulling the band tightly, using sliding motion touch the instep of right foot with left hand follow by touching the instep of left foot with right hand. Inhale, right hand rotates to the left side of the body, both hands slide up to the top, keep the body upright, arms stretched backward.
- Exhale, bend upper body to the right with both arms (Repeat for the opposite direction).



### EFFECTS

- Exercising the tendons and muscles of the waist, invigorating the waist and kidney, improving qi-and-blood circulation and providing warmth to the body.
- Strengthening the waist to prevent and treat waist fatigue.
- Allowing the body muscles, lymphatic system and nervous system to return to a relaxed and stable state<sup>27</sup>.

## STYLE 10

# Palms Facing Each Other



### KEY POINTS

- 1 Place four fingers close together with palms facing each other and thumbs pointing up like the “Opening of a tiger's mouth”. Curl tongue to touch palate. Tilt chin upwards.
- 2 Swing arms upwards to stretch. Bring arms back to shoulder level.
- 3 Place arms shoulder width-apart and parallel to each other. Drive arms upward from the shoulder joints to stretch. Keep arms straightened and close to the ears so that they do not stray to the side effectively opening up the axillary lymph nodes while stimulating the peripheral nerves of the arms.

- 4 Shift the body's centre of gravity towards the front foot, raise the head, hold up the chest and curl tongue to touch the palate. Tightening the abdominal muscles and lifting the anal muscles will restraint the waist from moving during the stretch. This will help to prevent injuries to the spine.
- 5 Performing the actions rapidly may injure the shoulder joints. Also, it will not be able to stimulate the peripheral nerves of the arm adequately to completely unblock the lymph nodes under the armpit.
- 6 If the movements are done correctly, the palms should feel warm.

## SYNCHRONISING BREATHING AND MOVEMENT

- Inhale, stretch upward with both arms.
- Exhale and lower arms.



## EFFECTS<sup>28</sup>

- With the arms swinging as far up as possible, the lymphs in the armpit will be completely unblocked thus stimulating the peripheral nerves of the arm. This will help to prevent the accumulation of harmful substances that may result in the formation of tumours.
- Exercising with the palms facing in different directions to stretch the arms as well as stimulating the peripheral nerves in different parts of the arm.

This movement stimulates the peripheral nerves of the top and bottom side of the arms.

Helps promote the circulation of the blood and lymph and enhances metabolism. It has the most direct benefits to the nervous system, cardiovascular system and immune system.

- Stretching the lymph glands on both sides of the neck promotes smooth circulation of the cervical lymph system resulting in enhanced immune system.

## STYLE 11

# Neck Exercise



### KEY POINTS

- 1 With the neck as the axis, tuck in the chin to stimulate the lymphatic glands below the chin before starting each head rotation.
- 2 Try to rotate the head to the fullest extent possible without moving the shoulders and waist so that the shoulder and neck muscles can be stretched<sup>29</sup>. Lock the shoulder to prevent it from moving.
- 3 The eyeballs must move in the direction of the head rotation to invigorate the nerves in the eyeballs, which will greatly benefit the eyes<sup>29</sup>.

- 4 When doing the neck exercise, move slowly.  
If there is discomfort, pain or dizziness, stop immediately.
- 5 Curl tongue to touch palate to increase saliva  
(refer to additional notes).

### **SYNCHRONISING BREATHING AND MOVEMENT**

- Inhale, look forward while keeping your head up
- Exhale, tuck in your chin.
- Inhale, rotate head to the left, then to the centre, tilt head, face up.
- Exhale, rotate head to the right, then return to original position.  
(Repeat for opposite direction).



### **EFFECTS<sup>28</sup>**

- Stimulating the neck lymph to promote smooth lymphatic circulation and enhanced immunity.
- Increasing the flexibility of the cervical spine, relieving tension of the neck muscles, reducing symptoms of nerve compression as well as promoting blood circulation to the neck<sup>30</sup>.
- Improving stiffness of the arm caused by cervical spondylosis or shoulder discomfort caused by effects of 'fallen off pillow'.<sup>30</sup>
- Exercising the eye can promote its blood circulation. It also soothes the eyes as well as to relieve fatigue.

## STYLE 12

# Palms Facing Down



### KEY POINTS

- 1 Place four fingers close together with palms facing down and thumbs pointing inward like the “Opening of a tiger's mouth”. Curl tongue to touch palate. Tilt chin upwards.
- 2 Swing arms upwards to stretch. Bring arms back to shoulder level.
- 3 Place arms shoulder-width apart and parallel to each other. Drive arms upward from the shoulder joints to stretch. Keep arms straightened and close to the ears so that they do not stray to the side, effectively opening up the axillary lymph nodes while stimulating the peripheral nerves of the arms.

- 4 Shift the body's centre of gravity towards the front foot, raise the head, hold up the chest and curl up the tongue to touch the palate. Tightening the abdominal muscles and lifting the anal muscles will restraint the waist from moving during the stretch. This will help to prevent injuries to the spine.
- 5 Performing the actions rapidly may injure the shoulder joints. Also, it will not be able to stimulate the peripheral nerves of the arm adequately to completely unblock the lymph nodes under the armpit.
- 6 If the movements are done correctly, the palms should feel warm.

## SYNCHRONISING BREATHING AND MOVEMENT

- Inhale, stretch upward with both arms
- Exhale and lower arms



## EFFECTS<sup>28</sup>

- With the arms swinging as far up as possible, the lymphs in the armpit will be completely unblocked thus stimulating the peripheral nerves of the arm. This will help to prevent the accumulation of harmful substances that may cause the formation of tumours.
- Exercising with the palms facing in different directions to stretch the arms as well as stimulating the peripheral nerves in different parts of the arm.

This movement stimulates the peripheral nerves of the left and right side of the arms.

Helps promote the circulation of the blood and lymph and enhances metabolism. It has the most direct benefits to the nervous system, cardiovascular system and immune system.

- Stretching the lymph glands on both sides of the neck promotes smooth circulation of the cervical lymph system resulting in enhanced immune system.

## STYLE 13

# Shoulders Shrug



### KEY POINTS

- 1 Main focus is to rotate the shoulders via the shoulder joint, to drive the shoulder blades forward, rotate and compress, and then rotate backward.
- 2 Extend the arms to the back fully so that both sides of the shoulder blade presses against each other. At the same time the shoulders and chest should have the feeling of being stretched. Head tilted up, fingers criss-crossed and clasp hands tight (See additional notes).
- 3 Note that when the arms are stretched backwards one must keep the body straight. Do not stick out the chin and raise your shoulders as this can cause back and neck injuries<sup>31</sup>.
- 4 Curl tongue to touch palate to increase saliva. (See additional notes)





2, 3

## SYNCHRONISING BREATHING AND MOVEMENT

- Inhale, raise shoulders, rotate forward and compress.
- Exhale, rotate shoulders backwards, fingers criss-crossed and clasp hands tight.
- Inhale, maintain clasped hands.
- Exhale, release the fingers, rotate shoulders to the back and downwards.
- Inhale, raise shoulders and rotate backward.
- Exhale, rotate shoulders downwards.



## EFFECTS

- Exercising the shoulder muscle group thus strengthening the shoulder muscles to maintain the mobility of the shoulder joint and to prevent frozen shoulders<sup>32</sup>.
- Improving blood circulation and eliminating myofasciitis around the shoulder caused by shoulder fatigue<sup>33</sup>.
- Strengthening cardiopulmonary function<sup>34</sup>.
- Exercising the anterior and posterior muscles of the chest wall can correct posture and hence prevent humpback<sup>32</sup>.

## STYLE 14

# ..... Palm Facing Outward .....



### KEY POINTS

- 1 Place four fingers close together with palms facing outward and thumbs pointing down. Curl tongue to touch palate. Tilt chin upwards.
- 2 Swing arms upwards to stretch. Bring arms back to shoulder level.
- 3 Place arms shoulder-width apart and parallel to each other. Drive arms upward from the shoulder joints to stretch. Keep arms straightened and close to the ears so that they do not stray to the side effectively opening up the axillary lymph nodes while stimulating the peripheral nerves of the arms.

- 4 Shift the body's centre of gravity towards the front foot, raise the head, hold up the chest and curl tongue to touch the palate. Tightening the abdominal muscles and lifting the anal muscles will restraint the waist from moving during the stretch. This will help to prevent injuries to the spine.
- 5 Performing the actions rapidly may injure the shoulder joints. Also, it will not be able to stimulate the peripheral nerves of the arm adequately to completely unblock the lymph nodes under the armpit.
- 6 If the movements are done correctly, the palms should feel warm.

## SYNCHRONISING BREATHING AND MOVEMENT

- Inhale, stretch upward with both arms.
- Exhale and lower arms.



### EFFECTS<sup>28</sup>

- With the arms swinging as far up as possible, the lymphs in the armpit will be completely unblocked thus stimulating the peripheral nerves of the arm. This will help to prevent the accumulation of harmful substances that may cause the formation of tumours.
- Exercising with the palms facing in different directions to stretch the arms as well as stimulating the peripheral nerves in different parts of the arm.

This movement stimulates the peripheral nerves along the top side of the arm that has palm facing outwards.

Helps promote the circulation of the blood and lymph and enhances metabolism. It has the most direct benefits to the nervous system, cardiovascular system and immune system.

- Stretching the lymph glands on both sides of the neck promotes smooth circulation of the cervical lymph system resulting in enhanced immune system.

## STYLE 15

# Tiptoe & Making a Fist



### KEY POINTS

- 1 The movements are done with tiptoeing.
- 2 Curl each finger starting from the little finger to form a clenched fist to stimulate the peripheral nerves of the fingers<sup>35</sup>.
- 3 Clench the fist tight so that the fingers can effectively stimulate the palm and at the same time presses onto the Neilao acupoint<sup>36</sup>.
- 4 Rotate the fist about the wrist to exercise the wrist joint.



- 5 Retract elbows towards the chest. Ensure that you feel the stretch from the elbow to the shoulder.
- 6 Tighten the abdominal muscles and lift the anal muscles to avoid shaking the body and injuring the spine.

### **SYNCHRONISING BREATHING AND MOVEMENT**

- Maintain normal breathing.



## EFFECTS

- Stretching the calf, thigh and buttock muscles has the effect of lifting the hip.
- Strengthening the leg muscles, improving the body's sense of balance.
- Improving venous reflux of the lower extremities thus prevent numbness of lower extremities<sup>37</sup>.
- Tiptoeing and lifting the anus can help to prevent the incidence of haemorrhoids<sup>37</sup>.
- Relieving pain in the heel caused by prolonged standing<sup>38</sup>.
- Enhancing the function of internal organs resulting in marked increase in physical strength<sup>39</sup>.
- Pressing onto the two acupoints, that is, the Neilao acupoint and Yongquan acupoint:
  - 1) Pressing on the Neilao acupoint can warm the hands, clear away the “heart-fire”, calm the nerves to feel at ease and strengthen the function of the heart.
  - 2) The peripheral nerve network, capillary lymphatic vessels and capillaries of the foot are closely connected with the various body systems, tissues and organs. Applying pressure to stimulate the Yongquan acupoint can enhance their interconnection effectively improving the local capillary lymphatic vessels and capillary permeability. The rhythmic motor activity promotes lymphatic fluid and blood circulation in the body as well as adjusting the body's metabolic processes to achieve longevity, treatment and prevention of diseases<sup>26</sup>.
- There are many peripheral nerves in the fingers. Exercising the fingers and stimulating the palms can unblock the meridians and promote blood circulation. It can also directly stimulate the brain cells to prevent and delay its degradation, helps to delay the aging of the brain, strengthen it to prevent Alzheimer's disease. Improved blood circulation of the fingers can alleviate numbness of the fingers thus improving the flexibility and mobility of the fingers and its joints<sup>40</sup>.
- Rotating the wrists can enhance the mobility of the wrist joint as well as slowing down its aging. It can also relieve pain in the arms, shoulders and neck.

## STYLE 16

# Sit Up



### KEY POINTS

1

Wrap band around the sole of the feet, tighten the abdominal muscles and lift the anal muscles while keeping the back straight.

For those suffering from hypertension, move as slow as possible when lying down and getting up. This is to avoid rapid systemic blood flow to the brain, with blood vessels rapidly filling up with blood and causing headaches, dizziness and other symptoms.



- 2 Experts advise that when doing this exercise, the pace should be slow to avoid adverse effects on the body and at the same time effectively slimming the abdomen as well as contributing to good health.
- 3 After lying on your back, pull the band tight. Lift arms off the ground with elbows pointing to the sides. Bent legs to press onto abdomen with knees as close as possible to the chest. Shoulder, waist and caudal press lightly on the ground to stretch mainly the gluteus maximus and latissimus dorsi<sup>41</sup>.
- 4 When getting up, lift your head slightly off the ground. Use the band to support the legs while flexing your legs forward. Return slowly to sitting posture.
- 5 Do not use the waist to drive the upper body up. Also, do not kick upward or kick forward as these actions may cause injury to the lumbar spine and its muscles.
- 6 When getting up try not to straighten your feet to avoid increasing the tension of the thighs and hip muscles and reducing the effectiveness of exercising the abdominal muscles<sup>42</sup>.



- 7** It is not advisable to do this movement during menstruation. This is to prevent the menstrual flow back from the womb to the pelvic cavity as endometrial debris may be planted in the ovaries forming cysts.

## **SYNCHRONISING BREATHING AND MOVEMENT**

- Inhale, lie slowly on your back.
- Exhale, after lying on your back, two legs pressing on the abdomen with knees close to the chest.
- Maintain this position and breathe normally.
- Inhale, get ready to get up.
- Exhale, upper body to rise and return to sitting posture.



## **EFFECTS**

- The groin has many capillaries, acupoints and lymphs. Lying on the back and pressing on the abdomen can stimulate the lymphs of the groin promoting the circulation of the lymphatic system and the circulation of the blood in the abdomen, as well as improving gynaecological disorders caused by blood stasis<sup>42</sup>.
- Stimulating gastrointestinal motility, facilitating excretion of body wastes as well as elimination of intestinal wastes to effectively prevent constipation problems<sup>43</sup>.
- Stretching the back muscles, ligaments and spine can regulate the central nervous system to improve the body's resistance to diseases<sup>42</sup>.
- Strengthening the abdominal muscles enable the muscle groups to become more developed, tightening the abdominal muscles and enhances elasticity so as to better protect the abdominal organs<sup>42</sup>.
- Improving body posture and protecting the back<sup>44</sup>.

## STYLE 17

# Sit & Stretch



### KEY POINTS

- 1 Hold the band tightly at shoulder level and stretch it to the sides. If the band is slack, adjust its length.
- 2 Stretch the left and right arms alternately at 45 degrees with the body remaining upright. Use the shoulder joint to drive the arm movements so that the sides of the waist and triceps are stretched.
- 3 Straighten both arms and raise them above the head with band shoulder-width apart. Drive the arms and chest forward and stretch; then return to upright posture.
- 4 Bend forward with the arms and body in a straight line.
- 5 When forehead touches the floor the buttocks must remain in contact with the floor so that the back is effectively stretched.
- 6 If the forehead cannot touch the floor, one can hold the feet with both hands to drive the upper body forward with ease.



### SYNCHRONISING BREATHING AND MOVEMENT

- Inhale, pull the band to the sides with both hands.
- Exhale, stretch right arm at 45 degrees and stretch left arm at 45 degrees.
- Inhale, both hands return to shoulder height.
- Exhale, repeat movement for the other direction.
- Inhale, shorten and tightened band to shoulder-width apart, arm upward and slightly towards the back.
- Exhale, bend upper body forward slowly and try to touch the ground with the forehead. Maintain this position and breathe normally.
- Inhale, extend arms and upper body forward, return to upright posture.



### EFFECTS<sup>45</sup>

- Stretching the muscle group of the hip joint and internal muscles of the buttock enhances the stability of the hip joint.
- Stretching the sciatic nerve, spine and back helps to relieve stiffness, tightness and soreness of the back.

## STYLE 18

# Appreciation & Blessing



### KEY POINTS

- 1 With a sense of gratitude, let's massage our heart, lungs, kidney, liver, gallbladder and stomach. Thankful that our internal organs allow us to spend every day healthily. At the same time we offer our blessings to patients staying in the hospital or at home. Wishing them a speedy recovery so that they would be able to exercise like us every day.
- 2 When tapping the abdomen place fingers close together to form a curved arch. Using cupped hands to tap will not be painful.

3.



3

Rub the palms until it is warm. Then cover the eyes and face, tap forehead, face, neck, shoulders and arms with hands. Cover the areas around the eyes lightly to avoid imposing pressures in the eyeball resulting in high intraocular pressure affecting vision.

4.



4

Open up and curve all ten fingers. Tap the head in a circular motion starting from the front part of the top of the head with moderate intensity as the sebum layer of the head is very vulnerable. Any excessive force on the head will have an adverse effect.



## EFFECTS

1) Tapping the abdomen:

- Enhances gastrointestinal motility, reduces incidence of constipation, loose stools and other issues<sup>46</sup>.
- Improves the body's digestion and absorption and excretion of accumulated gastrointestinal toxins<sup>46</sup>.
- High metabolic rate enables rapid decomposition and digestion of fat and cellulite around the waist hence, achieving a slimmer waistline<sup>47</sup>.

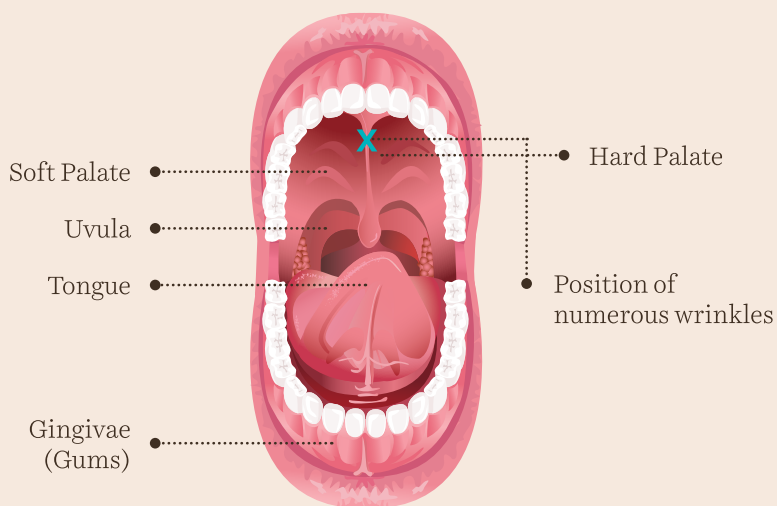
2) Warm palms covering the eyes and face:

- Reduces and relieves eye fatigue<sup>48</sup>.
- Relieve facial muscle fatigue.
- Warming of the facial meridians thus increasing their vitality<sup>49</sup>.

- 3) Tapping the forehead, face, neck, shoulders and arms:
- Promotes blood circulation, relieving tightness of muscles and activating the collaterals, maintain a radiant rosy face and supple skin, relieves pain at the back of shoulder, stiff neck and alleviate arm numbness symptoms<sup>50</sup>.
- 4) Tapping the head:
- Clears the meridians, regulate qi and blood circulation, promotes blood circulation in the brain, revitalises the brain and relieves fatigue<sup>50</sup>.

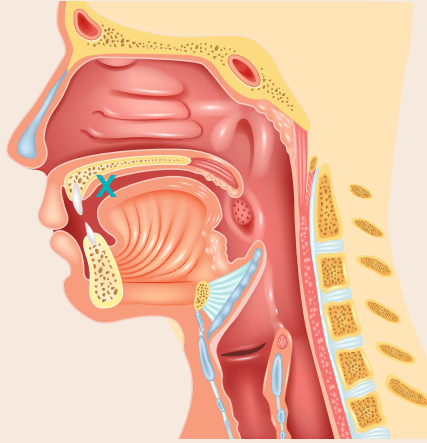
## Additional Notes:

### HOW TO CORRECTLY CURL THE TONGUE TO TOUCH THE PALATE



Front view showing tongue against palate

## HOW TO CORRECTLY CURL THE TONGUE TO TOUCH THE PALATE



Side view showing tongue against palate

The tongue touches lightly onto the part marked with a blue 'X' (as shown). No need to exert force. Gently keep your lips closed and teeth together.

### WHY IS THERE AN EMPHASIS ON CURLING ONE'S TONGUE TO TOUCH THE PALATE WHEN DOING THE 365 LYMPHATIC DETOX EXERCISE?

Modern scientific research has confirmed that saliva contains, in addition to water, amylase, lysozyme, peroxidase, mucins, phospholipids, phosphoprotein amino acids, potassium, calcium, magnesium, sodium and other substances necessary for human health. These substances are essential for digestion of food, sterilisation, and has antibacterial, gastric mucosa protection. Swallowing your own saliva can cure illnesses, prolong life and delay aging. In recent years, the United States experts have shown through experiments that saliva is the human body's first line of defense against cancer. It has a strong anti-cancer effect because it has strong disinfection and sterilisation capabilities that and can effectively kill carcinogens in food such as *Aspergillus flavus* Nitrite so long as it touches the food for thirty seconds<sup>51</sup>.



# How to hold the band properly

## NORMAL BAND GRIP METHOD



1.



2.

- 1 Place the two ends of the band on the palm and pinch it with the thumb to stabilise its position.
- 2 Turn the wrist and adjust the length of the band. Ensure the band does not wrap around the fingers during the turning process. Otherwise, the fingers will not be able to move freely affecting the smooth circulation of blood causing numbness of the fingers.



3.



4.

- 3 For every shortening of the band, ensure that the band is tightened by pulling to the left and right with band still tightly gripped in the palm of both hands.
- 4 Adjust the length of the band to be the same width as the shoulders.

## BAND REVERSE GRIP METHOD



1.



2.

1 Begins with the normal way of gripping band.

2 Loosen band by one turn on one side of the band so that the length of the band is much wider than the shoulder.



3.



4.



5.

3 Turn downward-facing palms inwards until palms face upward

4 Twist wrist inward and then turn outward

5 Thumbs facing down with palms facing out.  
(Completed reverse grip band method)

## Fingers criss-crossing



1.



2.



3.



4.



With all ten fingers criss-crossed, use one thumb to grasp the knife edge part of other hand with hands clasped

This will stimulate the peripheral nerves of the fingers promoting blood circulation, alleviating finger numbness, prevent brain aging and reducing the incidence of dementia, cerebral infarction and stroke<sup>52</sup>.

## REFERENCES

1. 庄杏珍. (2011). 淋巴排毒全疗法:五分钟养生术. 台北: 苹果屋出版社.P15-18 吕高飞, 韩光胜. (2004). 大学体育健康基础理论与实践教程, 21世纪高专规划教材:公共基础系列. 北京: 清华大学出版社, 北京交通大学出版社.P28 《中国学生的第一套科普读物》编委会. (2010). 人体之谜:透视奇妙的人体, 中国学生的第一套科普读物:彩图版. 长春: 吉林出版集团译文图书经营有限公司.
2. **【健康】的十大法则 2 呼吸的力量**,摘自:人生的四大秘密 (2012, Dec 31). Retrieved from jfkeep: [http://jfkeep.pixnet.net/blog/post/28391768学会呼吸\\_永葆健康\\_\(n.d.\)](http://jfkeep.pixnet.net/blog/post/28391768学会呼吸_永葆健康_(n.d.)). Retrieved from 学术文献共享网: <http://m.xzbu.com/6/view-1133542.htm>
3. 庄杏珍. (2011). 淋巴排毒全疗法:五分钟养生术. 台北: 苹果屋出版社.P18
4. 凌沛学. (2013). 高等职业教育“十二五”规划教材·临床医学概要 (第二版). 中国: 中国轻工业出版社.
5. 妇产科高淑华医生. (2016, 5 1). 健康知识小贴士:这三处的淋巴, 决定了你99%的疾病°. Retrieved from 每日头条: <https://kknews.cc/health/y8rxb.html>
6. 黎明. (2016, 2 15). 这三个地方的淋巴毒素决定生死, 必须排出. Retrieved from 个人图书馆: [http://www.36odoc.com/content/16/0215/21/27299714\\_534864180.shtml](http://www.36odoc.com/content/16/0215/21/27299714_534864180.shtml)
7. 庄杏珍. (2006). 13式淋巴排毒健身操. 台北: 苹果屋出版社.P23 庄杏珍. (2011). 淋巴排毒全疗法:五分钟养生术. 台北: 苹果屋出版社.P19
8. Walker, B. (2013). *The Anatomy of Stretching, Second Edition: Your Illustrated Guide to Flexibility and Injury Rehabilitation*. California: North Atlantic Books.P90-92

9. 个瘦腰秘诀 攻陷腰间赘肉 轻松打造水蛇腰. (2012, 8 8). Retrieved from 爱美女性网: <http://m.lady8844.com/ss/201208/1052657.html>
10. 鼠蹊部. (n.d.). Retrieved from 维基百科,自由的百科全书: [https://zh.wikipedia.org/wiki/%E9%BC%A0%E8%B9%8A%E9%83%A8#cite\\_ref-.E9.99.88.E5.8F.8C\\_1-0](https://zh.wikipedia.org/wiki/%E9%BC%A0%E8%B9%8A%E9%83%A8#cite_ref-.E9.99.88.E5.8F.8C_1-0)
11. 庄杏珍. (2011). *淋巴排毒全疗法:五分钟养生术*. 台北: 苹果屋出版社.P52
12. Walker, B. (2013). *The Anatomy of Stretching, Second Edition: Your Illustrated Guide to Flexibility and Injury Rehabilitation*. California: North Atlantic Books.P138
13. 吕嘉薰. (2015, 11 26). 深蹲重點不在膝蓋不能超過腳尖!. *康健雜誌*, p. 205期. 蹲一蹲就能养生 中医教你蹲式养生五法. (2016, 2 25). Retrieved from 中国日报中文网: [http://www.chinadaily.com.cn/micro-reading/dzh/2016-02-25/content\\_14568230.html](http://www.chinadaily.com.cn/micro-reading/dzh/2016-02-25/content_14568230.html)  
健康好方法! 下蹲五分钟等于步行一小时?! (n.d.). Retrieved from 掌上绍兴: <http://m.shaoxing.com.cn/article/27093> 下蹲运动的好处与练习方式. (2016, 4 23). Retrieved from CSDN-专业IT技术社区: <https://blog.csdn.net/hellozpc/article/details/51226464>
14. 秦泉主編. (2015). *細節決定健康, 女人篇*. 新潮社文化.P116-117
15. Walker, B. (2013). *The Anatomy of Stretching, Second Edition: Your Illustrated Guide to Flexibility and Injury Rehabilitation*. California: North Atlantic Books.P98-100
16. 庄杏珍. (2011). *淋巴排毒全疗法:五分钟养生术*. 台北: 苹果屋出版社.P48

## REFERENCES

17. 高科. (2015, 12 4). *如何保持正确的站姿?*. Retrieved from 知乎: <https://www.zhihu.com/question/23518405>
18. Walker, B. (2013). *The Anatomy of Stretching, Second Edition: Your Illustrated Guide to Flexibility and Injury Rehabilitation*. California: North Atlantic Books.P73
19. 健美明星教你练就超级腹肌. (2007, 3 7). Retrieved from take's BodyGYM铁克: <http://www.takesport.idv.tw/bbs/DISCUSS/join.asp?db=articles&ID=220&fid=1&sort=lastdate>
20. 胡乃文中医师. (2012, Jun 22). 認識中醫穴道-穴位介紹】命門穴. (李小昆, Interviewer)庄杏珍. (2011). *淋巴排毒全疗法:五分钟养生术*. 台北: 苹果屋出版社.P44-45
21. 庄杏珍. (2011). *淋巴排毒全疗法:五分钟养生术*. 台北: 苹果屋出版社.P46-47
22. 瑜伽体式分类及功效. (2015, 5 25). Retrieved from 个人图书馆: [http://www.36odoc.com/content/15/0525/18/25452421\\_473185866.shtml](http://www.36odoc.com/content/15/0525/18/25452421_473185866.shtml)
23. 莊淑旂博士. (2009, Sep 2). *防癌宇宙健康操 分解动作*. 台湾.
24. *踮起你的脚尖~~去拥抱健康吧~~*. (2016, 11 2). Retrieved from 个人图书馆: [http://www.36odoc.com/content/16/1102/15/1427138\\_603391441.shtml](http://www.36odoc.com/content/16/1102/15/1427138_603391441.shtml)
25. 全球医院网编辑. (2015, 2 5). *补肾壮阳新发现 踮脚尖走路效果奇高*. Retrieved from 个人图书馆: [http://www.36odoc.com/content/15/0205/17/944453\\_446489288.shtml](http://www.36odoc.com/content/15/0205/17/944453_446489288.shtml)
26. 李宏主编. (2015). *配餐宜忌大全丛书 (套装共6册)*. 青苹果数据中心.

27. 庄杏珍. (2011). *淋巴排毒全疗法:五分钟养生术*. 台北: 苹果屋出版社.P54
28. 莊淑旂博士. (2009, Sep 2). *防癌宇宙健康操 分解动作*. 台湾.
29. 庄杏珍. (2011). *淋巴排毒全疗法:五分钟养生术*. 台北: 苹果屋出版社.P32-33
30. 付子颜编辑. (2015, 2 23). *四小招头部运动有效治疗颈椎病*  
Retrieved from 家庭医生在线: <http://guke.familydoctor.com.cn/a/201501/735751.html>
31. Walker, B. (2013). *The Anatomy of Stretching, Second Edition: Your Illustrated Guide to Flexibility and Injury Rehabilitation*. California: North Atlantic Books.P49
32. *大拉筋动作 健体强身【图文】*. (2012, 1 18). Retrieved from 个人图书管: [http://www.360doc.com/content/12/0118/06/7237400\\_180109086.shtml](http://www.360doc.com/content/12/0118/06/7237400_180109086.shtml)
33. *倒拜观音轻松防治肩周炎*. (2012, 8 9). Retrieved from 人体穴位网: <http://m.xuwei360.com/pianfang/waikepianfang/yanzhengpianfang/2012-08-09/10551.html>
34. 庄杏珍. (2011). *淋巴排毒全疗法:五分钟养生术*. 台北: 苹果屋出版社.P36
35. 莊淑旂博士. (2009, Sep 2). *防癌宇宙健康操 分解动作*. 台湾.
36. 庄杏珍. (2011). *淋巴排毒全疗法:五分钟养生术*. 台北: 苹果屋出版社.P40-41
37. 舞蝶兰主编. (2014). *小改变大收获*. 南文博雅.

## REFERENCES

38. 王世东. (2015). *养好肾，多活十年* (读酷专家插图版). 北京: XinXueTang.
39. 健康教育科供稿. (2016, 12 第12期). 长寿者每天必做的七件小事. *广中医健康通讯-病友之家*.
40. 杨昆. (2014, 2 10). 手麻症状病因多 运动指尖可消除. *人民日报海外版*, p. 第8版. 顾玉东, 徐建光博士. (n.d.). 学会做“手操”预防老年痴呆. Retrieved from 中国网: <http://www.china.com.cn/chinese/health/368716.htm>
41. Walker, B. (2013). *The Anatomy of Stretching, Second Edition: Your Illustrated Guide to Flexibility and Injury Rehabilitation*. California: North Atlantic Books.P85-86
42. 小火辣. (2017, 5 24). 「卷腹」和普通的「仰卧起坐」有什么区别?. Retrieved from 知乎: <https://www.zhihu.com/question/20759772>  
减约. (2016, 10 27). 仰卧起坐常犯的错误有哪些? 正确的姿势又是怎样的?. Retrieved from 知乎: <https://www.zhihu.com/question/51824996>  
袁丽萍. (2013). *因为健康所以幸福*. 中国财富出版社. 刘彬. (2013). *中华养生宝典*. 青苹果数据中心.
43. *仰卧起坐，增强脾气的运转和活力*. (n.d.). Retrieved from 养生知识: <http://yangshengtang123.com/yundongjianshen/3523.html>
44. *仰卧起坐*. (n.d.). Retrieved from 太平洋亲子网: <https://baike.pcbaby.com.cn/qzbd/1106838.html>
45. Walker, B. (2013). *The Anatomy of Stretching, Second Edition: Your Illustrated Guide to Flexibility and Injury Rehabilitation*. California: North Atlantic Books.P87,P108-109
46. *每天拍打肚子可以瘦腹部吗? 瘦腹方法*. (2016, 8 9). Retrieved from 99新闻频道: <http://jf.99.com.cn/shoufu/645652.htm>



47. 5个瘦腰秘诀 攻陷腰间赘肉 轻松打造水蛇腰. (2012, 8 8). Retrieved from 爱美女性网: <http://m.lady8844.com/ss/201208/1052657.html>
48. 眼部疲劳. (n.d.). Retrieved from 互动百科: <http://www.baikewiki.com/wiki/%E7%9C%BC%E9%83%A8%E7%96%B2%E5%8A%B3>
49. 《黄帝内经》中的女人养颜经《本草纲目》中的女人养颜经大全集(全本). (2011, 3 16). Retrieved from 手机凤凰网: [http://3g.ifeng.com/book/shuku/news?m=1&aid=12955295&stt=cpz\\_newsnext&mid=1513313453034\\_hx6f0g462&rt=1&p=59](http://3g.ifeng.com/book/shuku/news?m=1&aid=12955295&stt=cpz_newsnext&mid=1513313453034_hx6f0g462&rt=1&p=59)
50. 经常拍打脸部的好处\_效果惊人. (2016, 5 17). Retrieved from 三九益年堂: <http://www.39ynt.com/rqys/30390.html>  
不同部位拍打养生效果分析. (n.d.). Retrieved from iFuun.com: <http://www.ifuun.com/a20175302593612/>  
拍打不同的部位有什么功效. (2016, 7 22). Retrieved from 珠海市香洲区乐百年护老中心: [http://www.zhlebaijian.com/news\\_view.asp?newsid=620&kind=01](http://www.zhlebaijian.com/news_view.asp?newsid=620&kind=01)
51. 唾液. (2014, 7 22). Retrieved from A+医学百科: <http://www.a-hospital.com/w/%E5%94%BE%E6%B6%B2>
52. 韩峰中医师. (2016, 7 11). 中医活动手指对脑的好处 延缓老人大脑退化. Retrieved from 豆瓣: <https://www.douban.com/note/569649380/>







📍 1 Commonwealth Lane, One Commonwealth, #03-10, Singapore 149544

☎ 6337 3368 ✉ enquiry@365cps.org.sg

📘 www.facebook.com/365cps 🌐 www.365cps.org.sg