

CHAPMAN'S NEUROLYMPHATIC REFLEX POINTS

Refer to the illustration of the neurolymphatic reflex points that show the map of dots and dashes. These are the points to rub for the muscles. A side note is that each one of these points is related to an organ and gland. So as you rub for your muscles, you are also cleansing your organs and glands and helping them to work more efficiently. Even if you don't know your anatomy, rub all the points for a complete cleansing of the body.

How to Rub the Points

Using your finger pads for small areas (dots) and your fist or forearm for the larger areas (dashes), rub deeply and firmly (depth of pressure scale, 5-7) into each point or shaded area anywhere from 10 seconds to 5 minutes.

As you continue to use this daily, it will take less time to feel the effects of this technique as the body is responding more efficiently. Do not rub so hard you cause pain or bruising. You are performing a deep neurolymphatic massage.

Note: If you only rub lightly, you will not get the results necessary for immediate relief. Light rubbing is only done for an injury to reduce swelling in the immediate area that is injured and the stroking is always done toward the heart.

What the muscles will feel like:

*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.

This is a great technique for everyone. For the athlete who is looking to improve his/her performance and increase recovery time; for children playing sports; for repetitive strain of muscles: to cleansing the body's muscles and organs.

The system works immediately. By flushing the body regularly, you will avoid by-product build-up, soreness, and pain and prevent an injury. Your body knows the map and all it needs is a jump-start to remember.

Happy Rubbing!

Resources:

Touch for Health by John Thie, DC

Refer to the Illustration of the Neurolymphatic Reflex Chart

