

VISUAL BALANCE

This technique may help people who fall asleep or feel tired when reading, improve reading, comprehension, dyslexic patterns and the feeling of a “foggy” brain. For those people that wear glasses, the balancing procedure is done without glasses. This can be done regularly and may help to improve eyesight, as well as strengthen eye muscles.

Balancing Procedure:

The balancing is done with first, with eyes open, then eyes closed. Do the R hand on K-27's L hand on navel first. Then when you reverse the hands, L hand on K 27's and R on navel, repeat all again.

The Kidney 27 points (end points to the Kidney meridian in Chinese meridian system) are located at the junction of the end of the collarbone near the sternum between the first intercostal space of the first rib on both sides of the sternum.

Visual Balance Procedure:

Place your thumb (R-K 27) and forefinger (L-K 27) of the right hand on the K 27 points. Place your left hand over your navel. (this R brain and L body). Rub the K 27 points, as hand on navel remains still, as you look in all directions.

Directions: Begin – Look R, look L, look Up, look down, look diagonal R up, look diagonal L down, look diagonal L up, look diagonal R down. For each position look as far R, and far L as your eyes permit. Look into the distance, look at something close-up. Do this eyes open. Hold each position for 2 seconds or 10 rubs on K-27 points. Then do this again with your eyes closed. **Except looking into the distance or close-up. All with R hand at K 27's .

Then reverse the hands and repeat this again first eyes open, then eyes closed, L hand on K 27's and R hand on navel.

For rear vision, look into a mirror to look behind you. Leave one hand on the navel and rub the coccyx with the other. Do this for 10 seconds.

When finished do cross crawl or march in place touching the R hand to the L knee and L hand to R knee. Do this 10 times to each knee. Reintegrates R and L brain. As you march in place, first hum (reintegrates R Brain: Then count 2,6,8,10 to a hundred (reintegrates L Brain)

R = right
L = left

Courtesy of Touch For Health by Dr. John Thie, DC.
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