***Jin Shin Jyutsu “Quickies” for Optimal Immune Function***

**Virus/Bacteria Infections:** Place one hand over opposite shoulder & neck area (SEL3) & with the opposite hand place thumb on nail bed with each finger separately.

**Immune Function:** Hold SEL 3 with same side groin (SEL 15) then

 Hold SEL 3 with same side buttocks (SEL 25).

 Cross your arms across the chest & give your self a hug (SEL 26)

**Fever**: Cross your arms in front of your body and hold both SEL’s 3 at the same time.

Palm the back of the calves—10 minutes with hands crossed, 10 minutes with hands uncrossed.

**Breathing & Cough:** Place your left hand on right SEL 3 & with the right hand place thumb on the nail bed of ring finger. Reverse hand positions for other side of body.

Hold ring finger

**Body aches:** Hold the back of the knees.

 Hold the inside of the ankle (SEL 5) with the right hand & the outside ankle (SEL 16) with the left hand. Do this for both legs.

**Sinus congestion:** Hold under the cheekbone (SEL 21) with the opposite upper arm (High SEL 19)

**Circulation:** Hold inside of both the knees with your hands crossed (SEL 1).

Hold the elbow (SEL 19) with the opposite inside knee (SEL 1).

**Hormone Balance:** Place your right hand on top of the head. Place your left and at the coccyx (base of the tail bone).

**Digestion:** Cross your hands and hold the inside of the upper thigh (SEL high 1).

Hold inside of the base of thumb (SEL 18) with the opposite leg halfway between the knee and ankle just off the shinbone (SEL Low 8).

**Nausea:** Hold low 8 with same side middle toe.

**Fatigue:** Hold each finger separately.

 Hold the top of the head with your hands. Hold the left side of your head with your left hand and the right side of your head with your right hand.

**Insomnia:** Hold SEL 18, Hold SEL 17 (wrist), Hold little finger, Hold index finger