

Opening the Four Gates....

There are two points that are known to regulate and rectify the qi mechanism of the entire body (referred to as the Four Gates: Liv-3 and LI-4). Their therapeutic application is wide-ranging, and they are 'famous' point combinations because they have dependable outcomes. From the ancient records “*The hundreds of diseases arise from depression....without depression there is no cause for disease.*” Translated, this might also read: without suppression (or in full expression) there is no depression...no disease.

These two points are the main ones used in depression, chronic disease, pain syndromes, and more in adults, but are said to be so beneficial that they are also used in children. It is said that a person cannot NOT get benefit from these two points.

The four gates are known to cause an immediate rotating clockwise movement about the area of the solar plexus as the axis and centrifugally (towards their extremities but not the head). This simple protocol has a powerful influence on the circulation of Qi and Blood, and clears stagnation, alleviates pain and harmonizes the entire body's qi.

Apply the **Master Blend** and gentle acupressure to all four points. If you wish, you can also rub your child's belly clockwise after applying.

