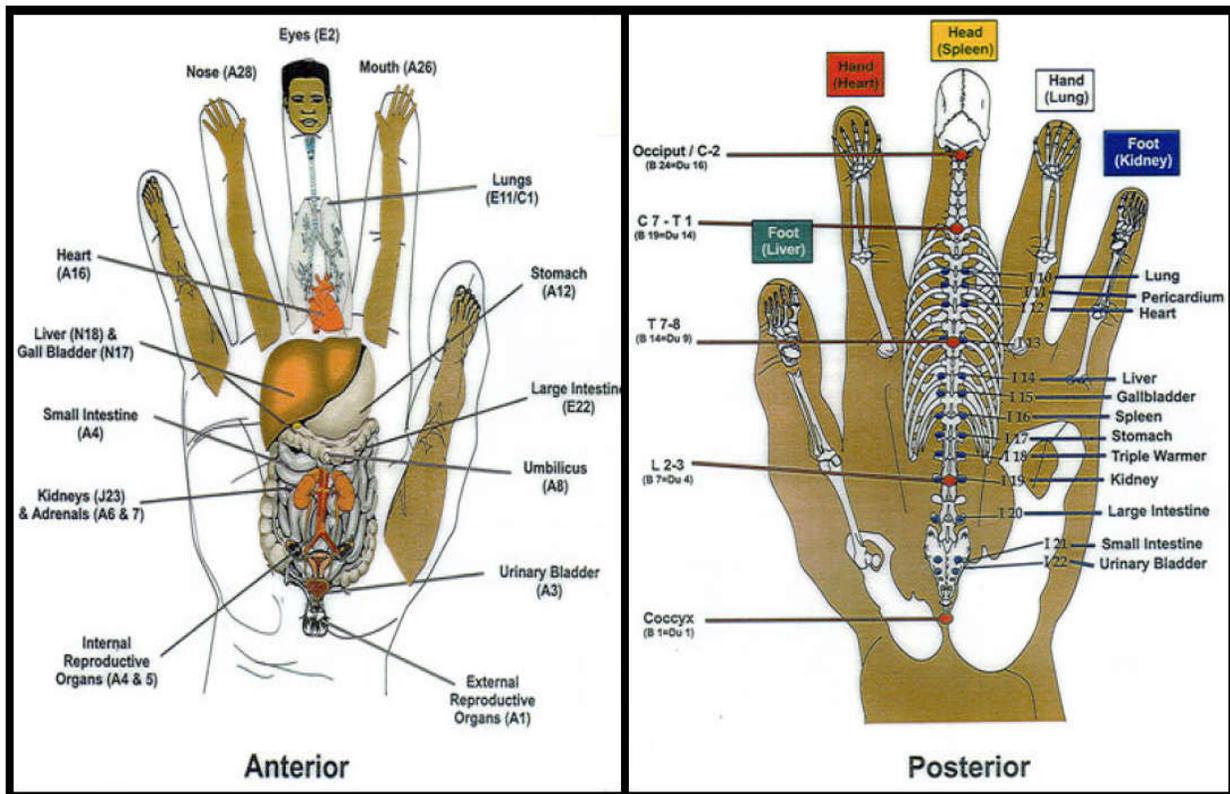


KHT Low Cost Self-Treatment Manual



Korean Hand Therapy for Pain Relief & Energy Balance

Introduction

KHT Empowers You

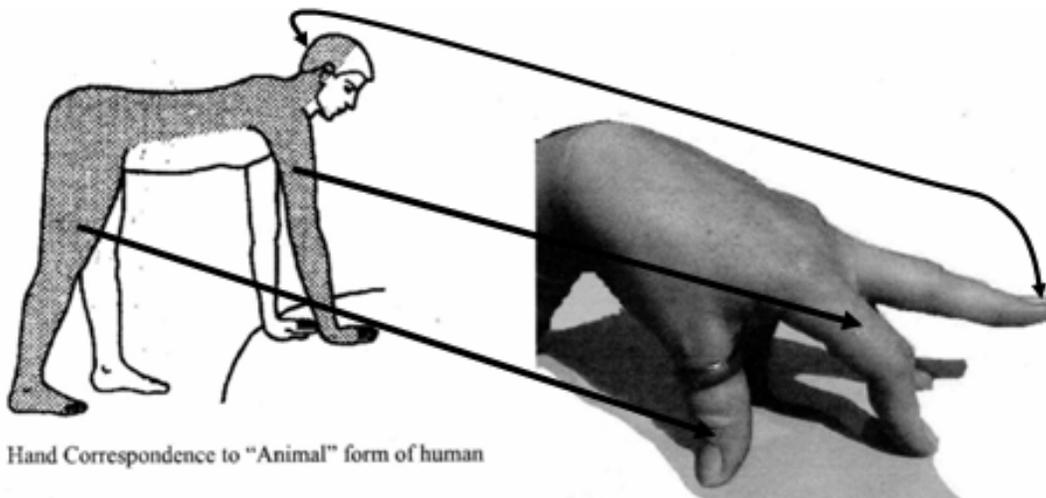
Participate in Your Health & Well Being.

This booklet contains instructions, drawings, & photos that are intended to support self-treatment, under the supervision of your KHT practitioner.

Sections Include:

1. Simple Rules For Hand Acupoint Locations (pg.3).
2. How To Locate Reflex Acupoints For Your Self-Treatments (pg.4).
3. Line Drawings that show the relationship between areas on the hand and areas on the entire body (pgs.6-7-8).
4. Photographs illustrate how to search for and identify the best corresponding points to use in your treatment program (pg.9).
5. Maps of your left and right hands, your KHT practitioner can use to Indicate the best points for your self-treatment program (pg.10).
6. How to Apply Pellet & Stiper Therapy (pg.5).

For questions, contact your health care provider.



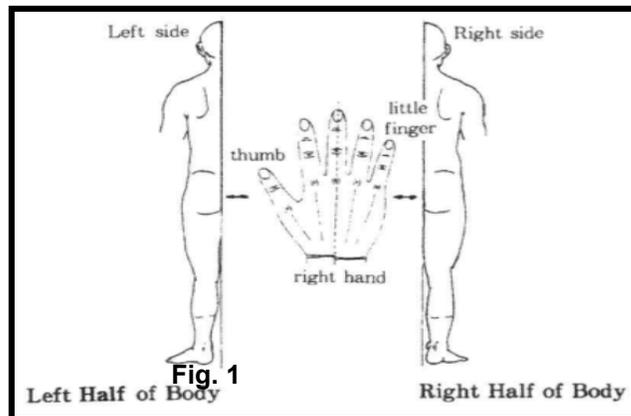
Simple Rules For Hand Acupoint Locations:

A. Which Hand:

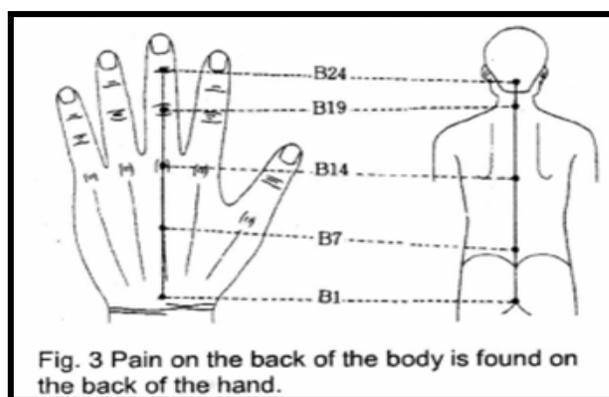
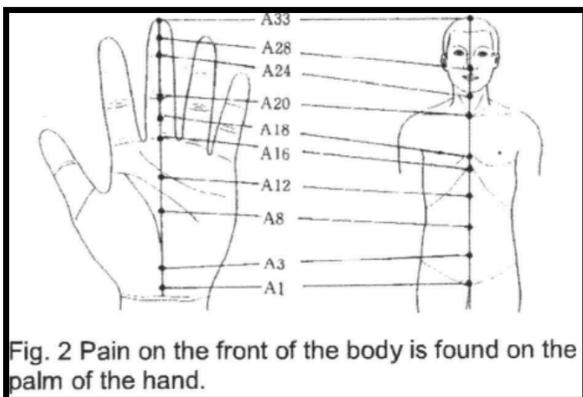
1. If your pain is on your right side use your right hand (Fig. 1).

2. If your pain is on your left side use your left hand (Fig. 1).

3. If your pain is on the front of your body, use your palm (Fig. 2).



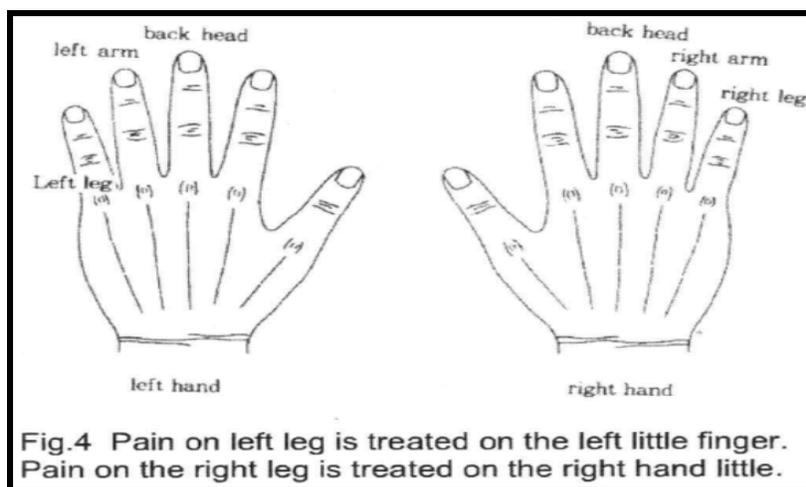
If your pain is your back use the back side of your hand (Fig. 3).



B. Which Finger: 1. Ring finger for arm pain (Fig. 4).

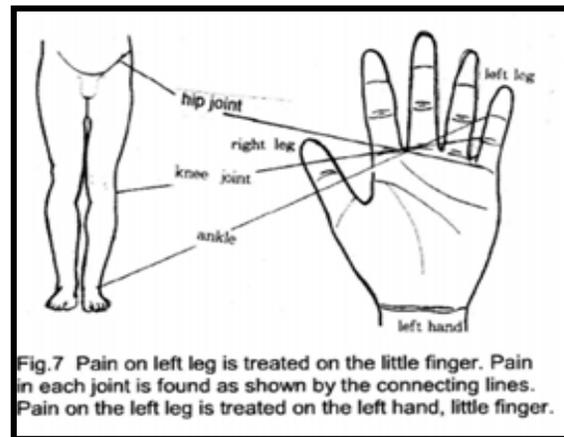
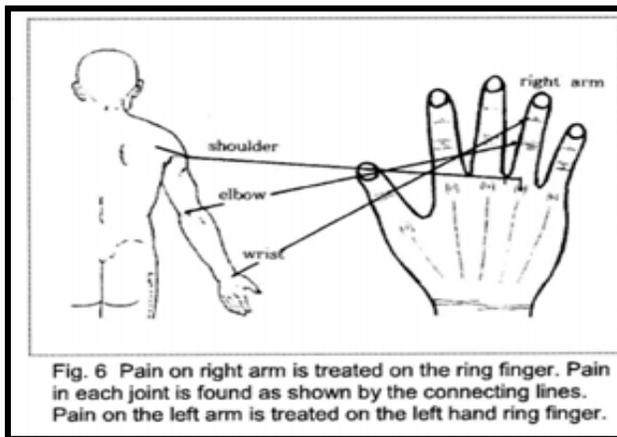
2. Small finger for leg pain (Fig. 4).

3. Middle finger for head, neck and upper back pain (Fig.3).



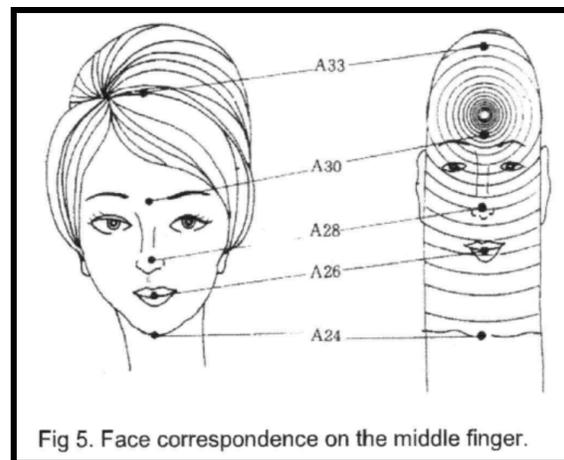
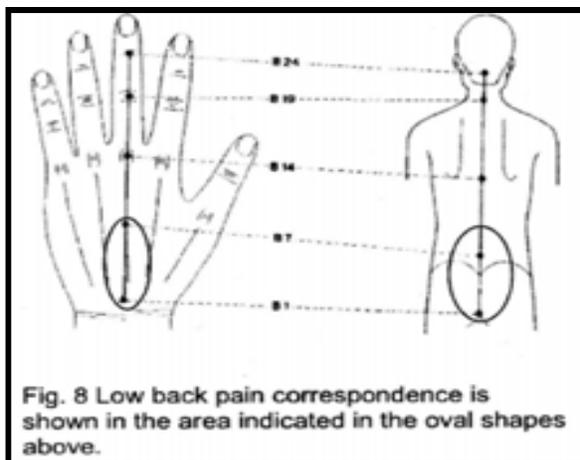
C. Joints Locations:

1. Wrist 1st finger joint (near fingernail) corresponds to your wrist, Fig.(6)
2. Elbow 2nd joint on your ring finger corresponds to your elbow, Fig.(6)
3. Shoulder 3rd joint (closest to your hand) on your ring finger corresponds to your shoulder, Fig. (6)
4. Ankle 1st finger joint (near your fingernail) on your small finger corresponds to your ankle, Fig. (7)
5. Knee 2nd finger joint on small finger corresponds to your knee Fig. (7)
6. Hip 3rd joint on your small finger (closest to your hand) corresponds to your hip joint , Fig.(7)

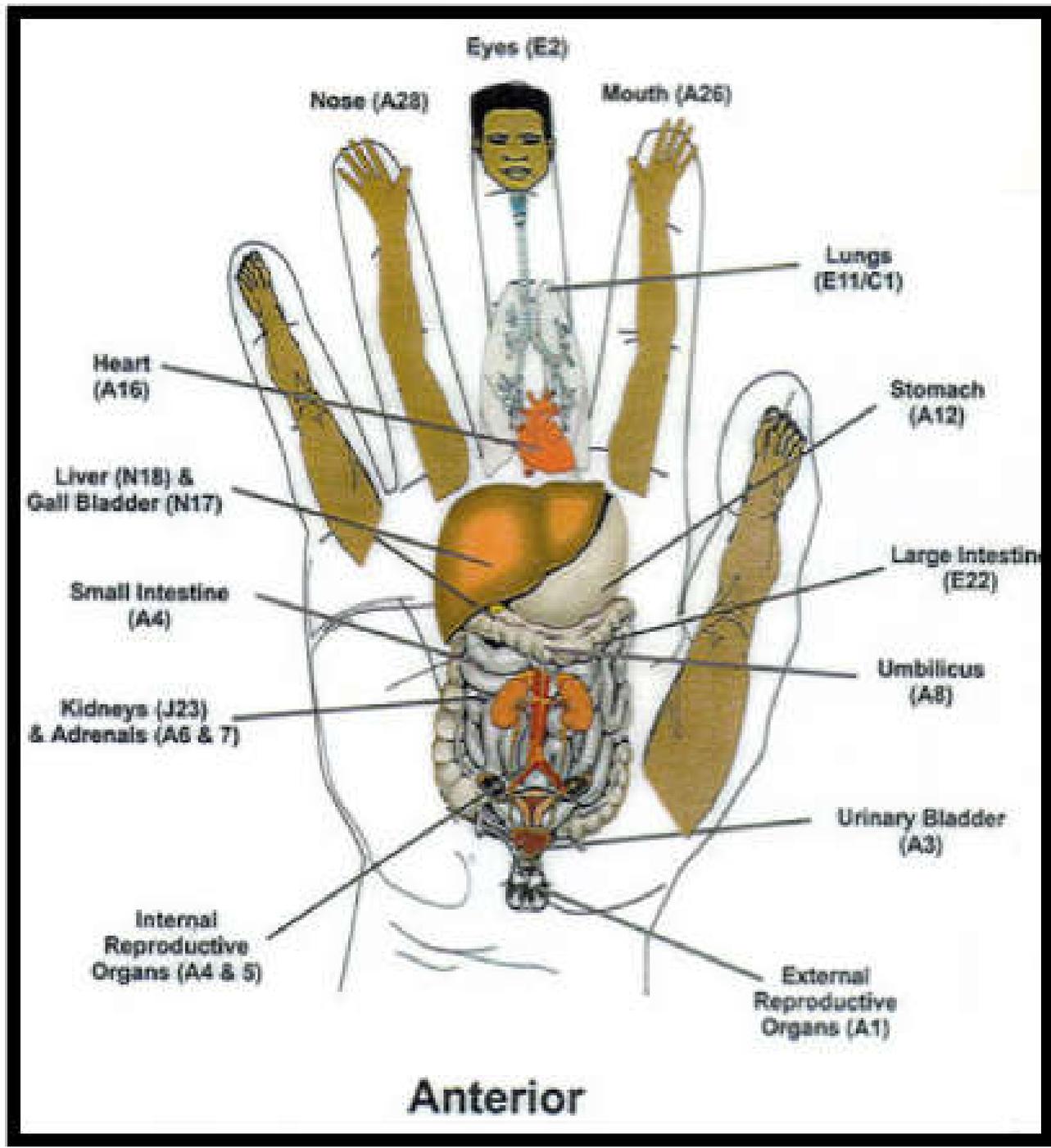


D. Treatment Areas

1. Low Back is on the back of your hand (Fig. 8, circled areas).
2. Face is on the palm side, tip of the middle finger (Fig.5) .



E. Organ Locations



F. Organ Treatment Points

1. Acu point locations for treating glands and organs
2. Points below may or may not produce a reflex reaction
3. Consult your KHT practitioner for precise locations

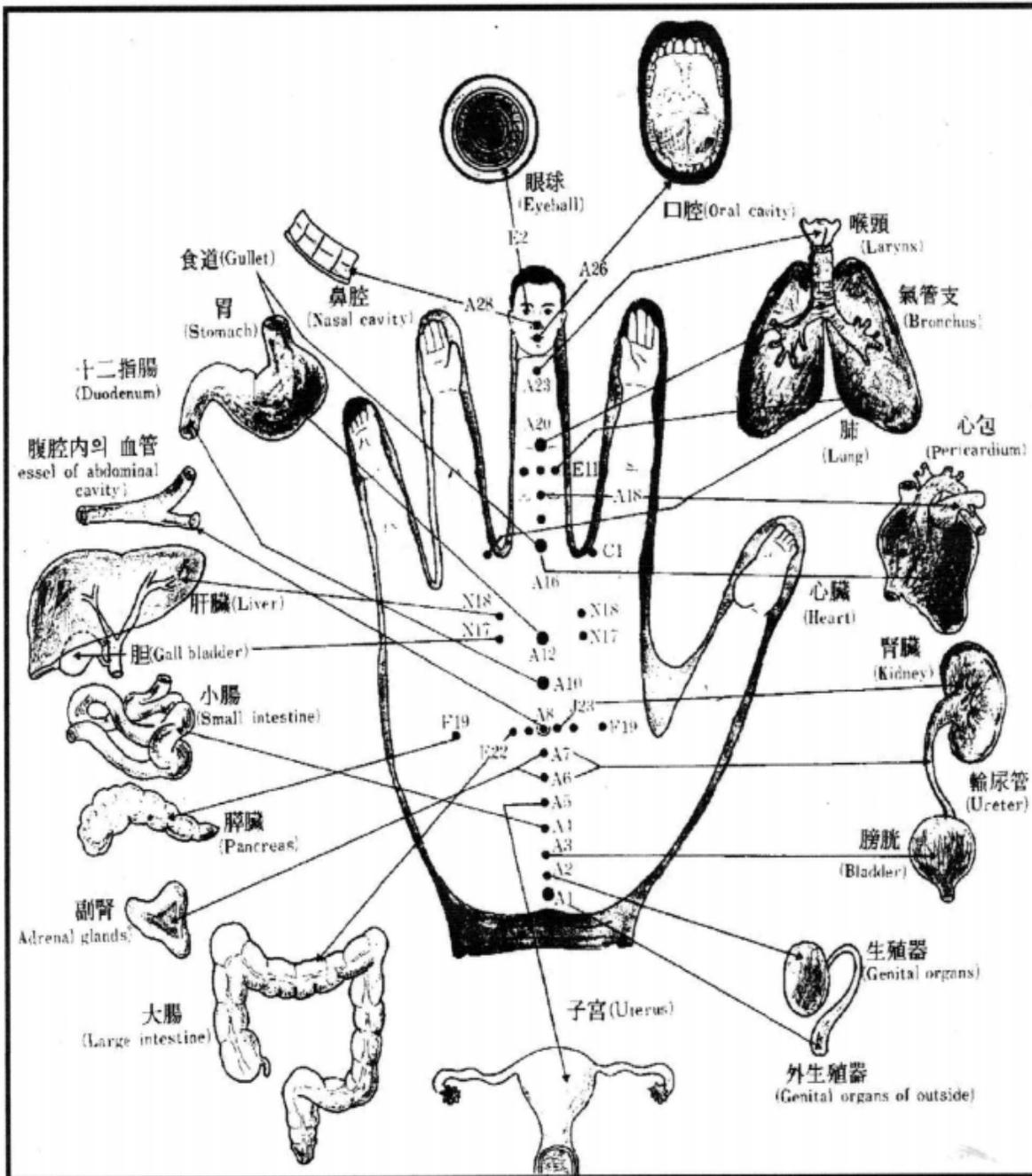
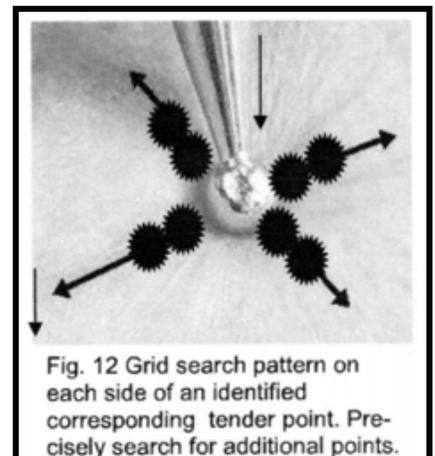
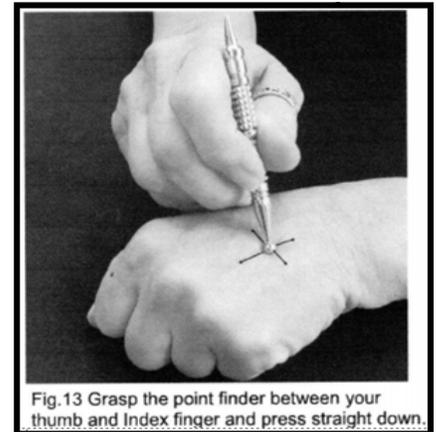


Fig. 10, Acu-point locations for treating glands and organs

How To Locate Reflex Acupoints

1. Place your index & middle finger under the finger you are treating to stabilize the treatment finger (Fig.11).
2. Use your thumb to roll the metal probe along the area you wish to explore (Fig.11).
3. When you feel a reflex reaction:
 - a. press the locator deeper with your thumb
 - b. produce an indentation on the reflex area
4. Grasp the probe vertically between your thumb & forefinger.
 - a. press the small tip in the indented area (Fig.13)
 - b. explore the indentation for the reflex point
5. Visualize a tiny tic tac toe pattern in the indented area to isolate the precise reflex point (Fig.12).
 - a. Use the small ball end of the locator to push straight down into the tic tac pattern (Fig. 13)
 - b. Do not move the skin sidewise as you will place the pellet in the indented area and miss the acupoint
 - c. When you “know” you are on the reflex acupoint, push straight down with extra pressure to indent the tissue
6. Place a tiny dot with the skin marker on the precise reflex point in the tissue indentation.
7. Place the point of the pellet onto the dot in the indented area.
8. Push on the pellet to elicit the reflex reaction.
9. If no reflex reaction, return to step 1.
10. Tape pellet in place if experienced a strong reflex reaction.



Note: See “Pellet Application & Taping Instructions” on the next page.

Metal Pellets

Metal Electrical Ion Effect

- a. Silver (white metal) breaks up energetic blockages
- b. Gold enhances energetic ion flow
- c. Energy flows from silver toward gold
- d. Leave pellets on their original tape & use a secondary tape to re-apply
- e. Do not mix silver & gold pellets on the hand
- f. Metal pellets can be reapplied as long as they remain clean & shiny



Pellet Application

1. Wash your hands before applying pellets:

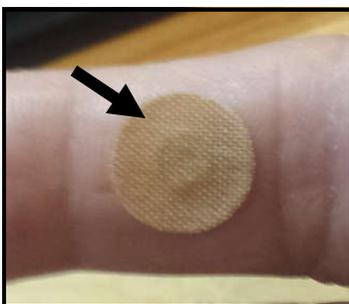
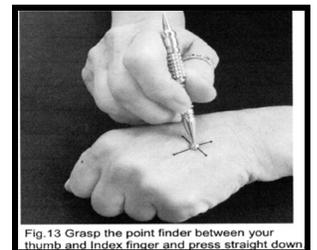
- a. Skin oil reduces the effects of the metal pellets.
- b. Do not use lotion before or after applying pellets



2. Find & mark the reflex acupoint by pushing & indenting the skin at the reflex point with the metal point probe (Fig.13)

3. Place the center of the pellet in the skin indentation.

4. Tape the pellet with a secondary tape if you are sure you are on the reflex point (Steps 1, 2 & 3 below).



1. Leave the pellet on its original tape, then place pellet point it on the acupoint.



2. Use a secondary tape to encircle the finger, with a 1/2 in. overlap.



3. A circle wrap will keep the pellets in place during normal use of your hands.

Stipers

Crystals Have Amazing Healing Properties:

1. Stipers are a soft crystal matrix that looks like a cotton disk.
2. The disk is composed of thousands of microscopic crystal formations.
3. Stipers have remarkable capacity to absorb chaotic energy emission from the reflex acupoint.
4. The crystal harmonizes the chaotic energies and reflects it back into reflex acupoint.
5. Stipers can get wet without affecting them.



From hard Crystal to a soft crystal matrix



Stipers are comforable on delicate skin



9 for fingers



6 Stipers for children



12 Stipers for hands & body

Stiper Application

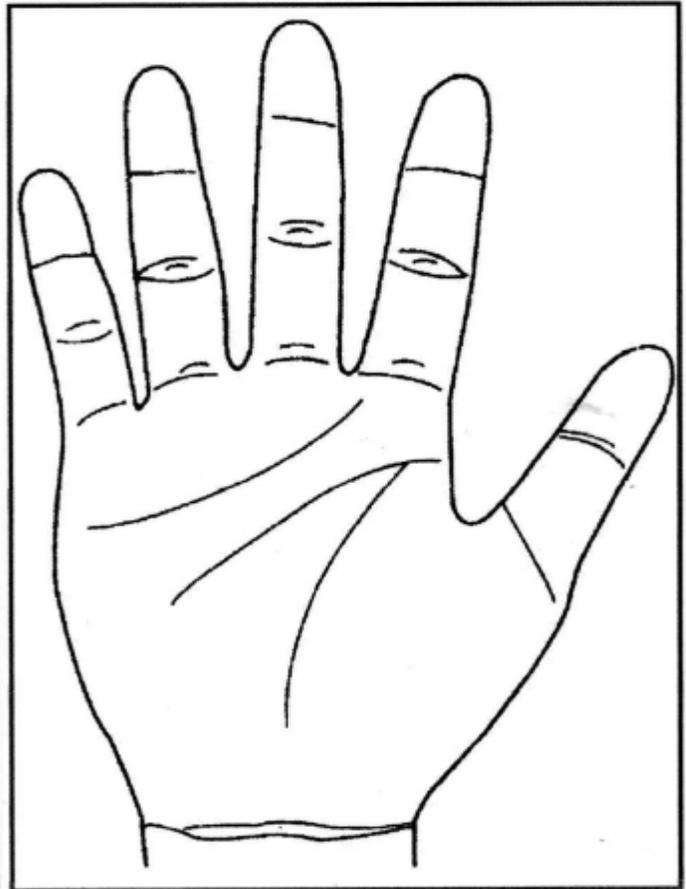
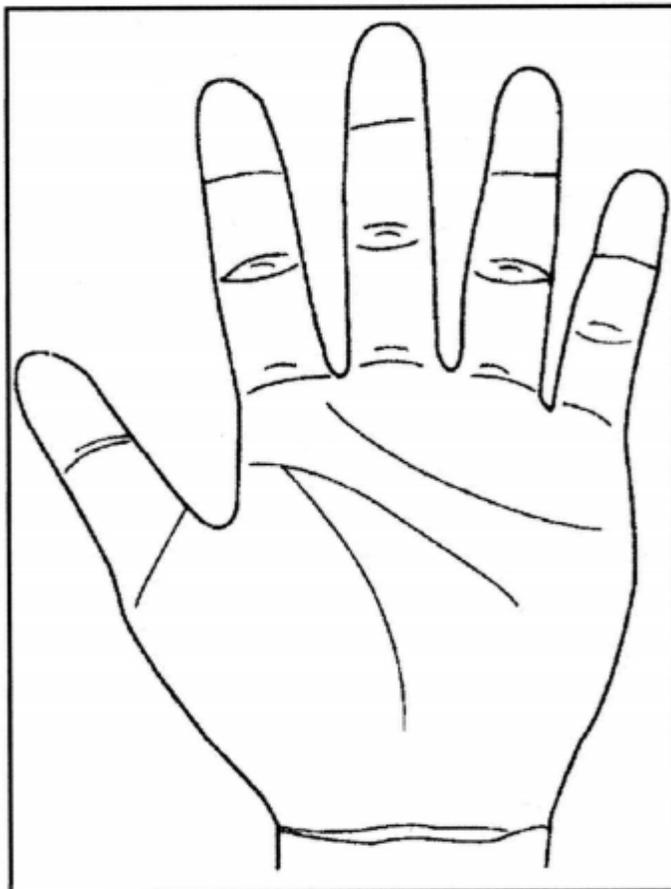
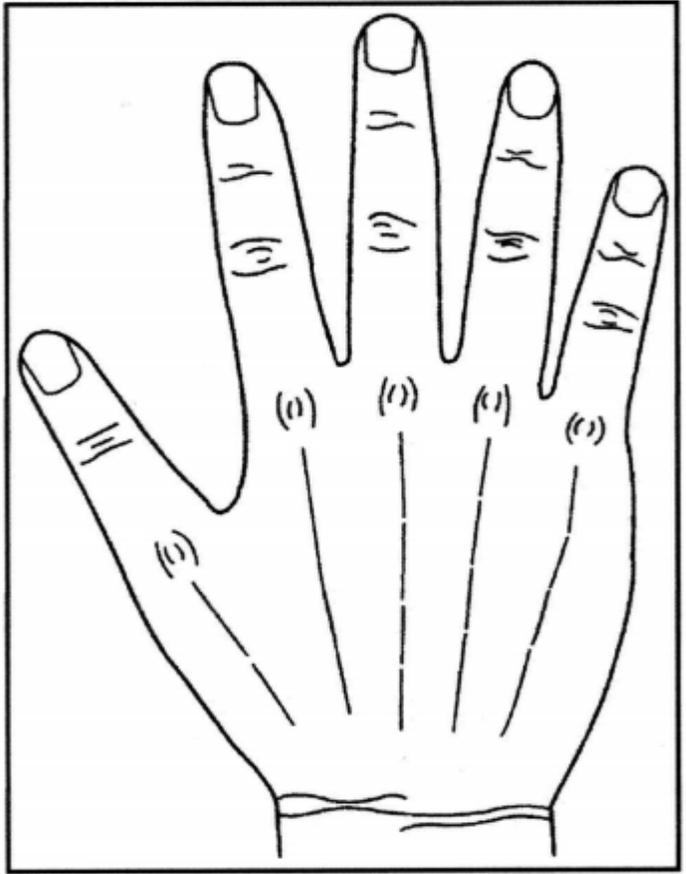
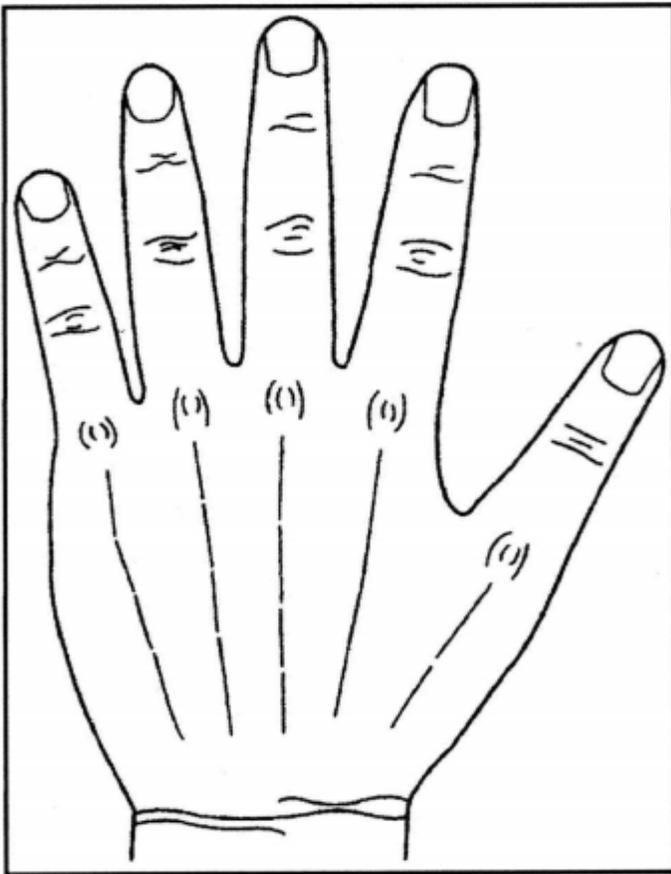
1. Wash your hands
(Skin oils affect the adhesion of the retention tape).
2. Find and mark the reflex acupoint by pressing with the metal point small end probe.
3. Center the Stiper over the marked reflex point.
4. Retain the Stiper with a full wrap on the finger for 1 to 6 days.
5. If the original problem returns, after the Stiper has been in place, replace with a fresh Stiper.



Cut tape to provide 1/2 inch overlap

Note: See the website "Detail PDF" for more information on Stipers

Hand Treatment Maps



Hand Treatment Maps

