

Instant Health Massage Brush

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The benefits

The Instant Health Massage is a powerful and dynamic form of bodywork which stimulates the bodies own healing process. It is a natural way to improve circulation, stimulate the lymphatic system, release tight muscles, and restore vitality.

It can be used as a stand by product on its own but it's most effective after practicing Qi Gong. If you don't have much time then just take one section from the *Eight Treasures Qi Gong* (Volume one) and finish off with the energy brush massage. Practicing this on a daily basis will help you to look and feel years younger.

How to use

When you massage with the brush there may be some tenderness from some of the energy points but there should be no pain.

- Try to use your wrist when you beat yourself and keep an even rhythm, neither speeding up or slowing down.
- Repeat three times on each part of your body.
- Finish off with a few light stretches.

Detailed instructions on the massage techniques can be found on *The Way of Qi Gong Volume 2* and *The Way of Qi Gong Volume 3* available from the DVDs & Merchandise section, www.shifuyanlei.co.uk.

Care of the brush

Do not share the brush with anyone else. Each practioner needs to have his or her own brush.

Because it's a natural product, it will wear down and need replacing. If you use it often then it's advisable to change it every six months.

Keep it in a clean dry place away from dust. For safety reasons keep the brush away from children.

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"I have been studying the Shaolin martial arts for more than twenty years and believe they are the most effective way to improve physical and mental health."

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