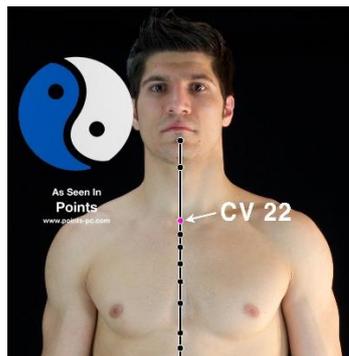


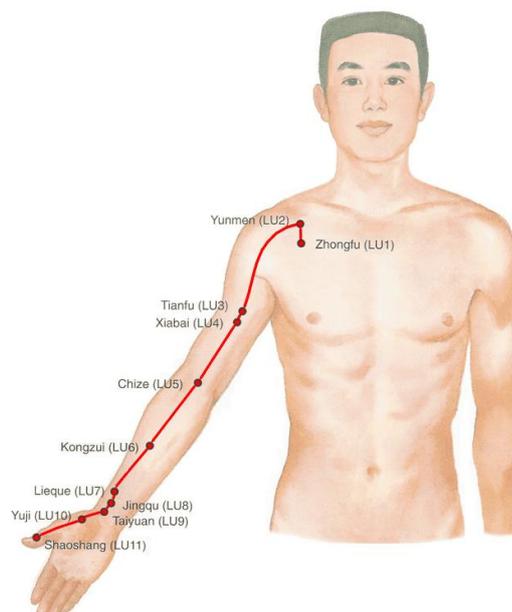
Self-treatment & exercises for respiratory health and immunity*

**Please note: these exercises can't 'stop' you getting Coronavirus, but may help your body fight lung infections, reduce symptoms & congestion. Asthma, COPD, Coronavirus, pulmonary fibrosis & cystic fibrosis symptoms may ease, with regular treatment.*

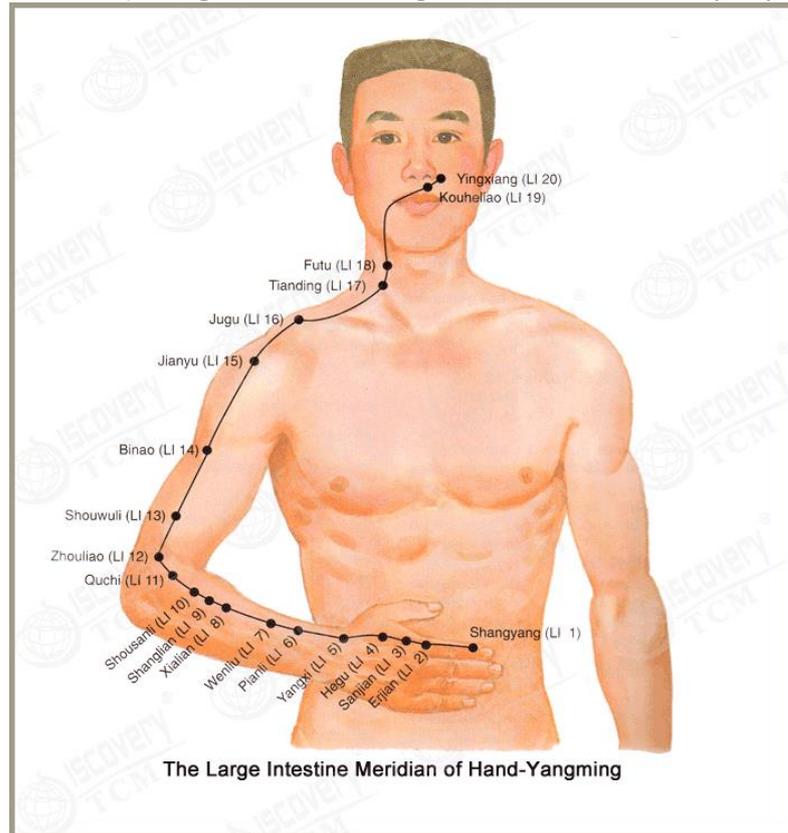
1. TRACHEA MASSAGE: Use the pads of your fingertips to briskly stroke down either side of your throat for 30 seconds, to 'waggle' the windpipe. Hook your fingers over the bone and look up towards the ceiling to stretch the throat.
2. CHINESE ACUPRESSURE: Use 2 fingers to work into the dip at the top of the breastbone (R 22 acupressure point) for 1 minute.



3. INTERCOSTAL MASSAGE/TUI NA: Use your fingertips (right hand on left chest, & vice versa) to firmly work the muscles between your ribs (intercostals) with circular kneading. Work from the breastbone out to the collar bone (women: work above & below breasts). Spend extra time on any tight/tender areas, until they ease.
4. CHEST TAPOTEMENT: Using loose fists 'drum' your chest & lower ribs for 1 minute; keep your chest open and lengthen your neck.
5. CHINESE ACUPRESSURE: 2 fingers to work into the dip under the outside of the collar bone (LU 2) for 1 minute. Drop down over a rib to find LU 1, just below the first rib. Work L2 for 1 minute, repeat on the other side.



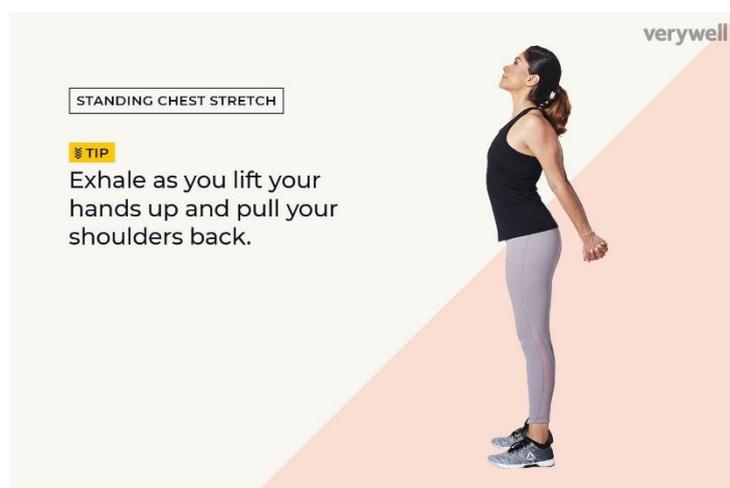
6. CHINESE ACUPRESSURE: Work the acupressure points LI 4, LI 11, LU 5 LU 7 and BL 13 (between the tops of your shoulder blades) using firm thumb/finger circles, 30 seconds per point.



7. STERNAL FASCIA STRETCH: Take some time to 'sink your fingertips' deep into the centre of your breastbone. As you breath out, 'pull your finger out' to stretch the fascia across the breastbone.
8. CHEST MASSAGE: Use the heel of your hand to firmly & slowly massage out across the chest, at the same time opening the arm out to 'open the chest' (use lotion if required). Repeat 5-10 times.
9. SCALENE STRETCH: Keeping your face forward, lengthen the neck and depress your left shoulder towards the floor. Take your right ear towards your right shoulder to stretch the (left) scalenes. Try rotating the head slightly to the left & right, to find tight areas of the scalenes. Hold for 30 secs x 2; repeat on the other side.



10. CHEST STRETCH: 'Opening the chest' exercise. Take a deep breath in (into the bottom of your lungs/belly). As you exhale (in a slow controlled manner) stretch the chest, as shown. Hold for a few seconds then repeat 10>20 times.



You don't have to do all the exercises if your sick or too tired! You can also do half am, half pm, or just the exercises you find especially useful. Regularly work the acupressure points throughout the day.