

Friedman Chiropractic, Inc.



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HAND YOGA

Yoga therapy, now well-known in the West, is commonly associated with postures (asanas) and breathing techniques (pranayama), but there is another independent branch of yoga called Hand or Mudra Yoga. This unique branch sees the human body as a miniature of the larger universe.

The purpose of this yoga is to harmonize the individual with the “elements” of the large universe. Hippocrates, founder of modern medicine, concurred: “The body has in itself the humors (earth, air, ether, fire, and water): these make up the nature of the body, and through these he feels pain and enjoys health. Pain is felt when one of these elements is in defect or excess, or is isolated in the body without being compounded with all the others.”

Both India-based Ayurvedic medicine and Chinese medicine are based on the 5 element theory of healing. The elements (fire, air, ether, water, and earth) are the universal building blocks that form the body. When these forces are in balance, we are healthy both physically and mentally.

Each finger is related to a particular element. The hand positions or mudras are formed by the differ-

ent shapes that are made by the bending or twisting of the fingers. By using one of the 108 basic hand configurations, the elements of the body can be increased or decreased in strength to achieve health.

Why is hand yoga called a neural science?

Tension or pressures are applied to specific nerve circuits and the healing is achieved by exerting pressures on the finger tips. This strengthens neurological circuits and elements. By touching the finger tips together and also to the palms, the brain is directly affected in a positive manner, which in turn harmonizes the entire body.

Western nutritional sciences have long recognized the importance of hand examination. John M. Ellis, M.D., author of “The Doctor Who

Looked at Hands” recognized vitamin, mineral and B-Complex deficiencies by observing changes in the hands. Dr. Bernard Jensen, PhD, D.C. recognized mineral deficiencies, particularly sodium, to cause a restricted ability to extend the hand backwards. He

“In every human being there is a special heaven, whole and unbroken.”

— Paracelsus

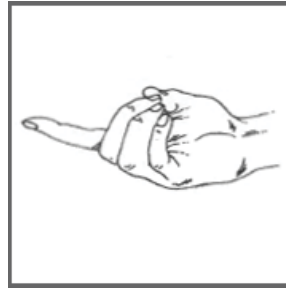
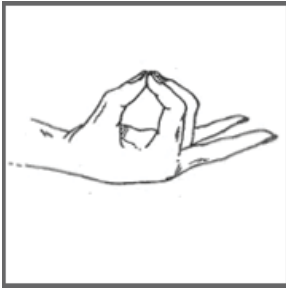
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felt if the hand was inflexible so was the rest of the body.

friendly and can be done while walking, sitting, standing, or watching television.

What conditions can be treated?

It is said that most health challenges can be helped with one of the 108 mudras. Commonly treated conditions include the following: fatigue, insomnia, anxiety, depression, heart conditions, digestion, arthritis and other immune conditions. This simple and enjoyable art and science can easily be incorporated into daily lifestyle and is compatible with other health regimens including medications. It is very user-

Mudra therapy is subtle and it can take time for chronic conditions to respond. Specific mudras are recommended for each person's health challenges. However, there are 8 mudras that Jiro Murai outlined in Jin Shin Jyutsu that are said to date back to the time of the Buddha. They can be done by every one of all ages for daily health support. They are available upon request from this office.

Citation upon request.

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Pythagorean Center for Natural Healing

A Facility of Friedman Chiropractic Inc.

With the inception of our website, we decided to personalize Friedman Chiropractic, Inc. in honor of a physician-philosopher whose approach to natural healing epitomizes our methods.

His name was Pythagoras.

For more information on this remarkable man, please visit our website.

Applied Kinesiology...

...is a diagnostic tool using the muscle structure of the body to aid in the examination of a patient. Its use allows immediate feedback aiding the doctor in making decisions on what type of care the patient needs.

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