

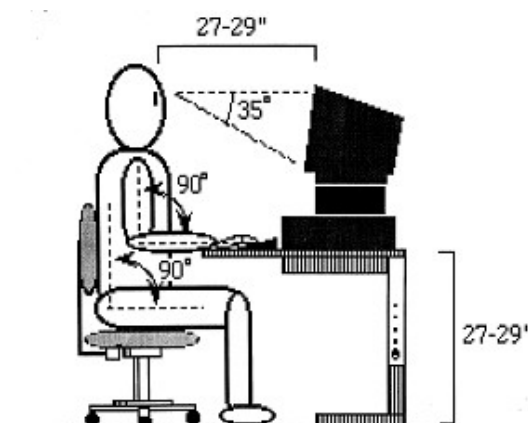


## Myopia acupuncture point massage

### 近視（近視）穴位按摩自我保健(英文)

#### Prevents myopia

1. Maintain good distance : keep a proper distance of 30 cm when reading or working with computers; and sit with correct postures.
2. Provide sufficient lighting : read, write, and type computers with moderate light.
3. Break from time to time : take a 10 minutes recess whenever there is 50 minutes of work and study. Look into distances for green trees and meadows.
4. Work at proper place : it is inappropriate to read on buses and in beds, ; avoid reading with a slanting head.



#### Health-promoting exercise for eyes

According to Traditional Chinese Medicine Theory, acupressure exercise can relax muscles around our eyes. And we should do it continuously to prevent myopia.

### 1. Massage acupoint BL2 :

Press your index fingers at BL2 and thumbs at temporal side, rub towards canthus and gradually massage along eye brows and extend outwards.

### 2. Massages the middle of the eyebrows :

Press your middle finger on the index finger and then place them in between your eyebrows; and press your thumbs at the temporal side simultaneously; the massage these points.

### 3. Massages temporal side :

Massage temporal side with index fingers

### 4. Massage ST1 :

Massage ST1 with index finger.

### 5. Massages GB20 :

Put middle finger on the index finger and rub the acupoint GB 20 ( at the junction of mastoid process and neck muscles ).



## Tips for massage

1. Massage gently and so you won' t hurt yourself.
2. Massage 2 times a day with 6 repetitions of each acupoint.
3. Wash hands and do manicure before massage.
4. Use tools like sticks; pay attention to sanitary issues.

