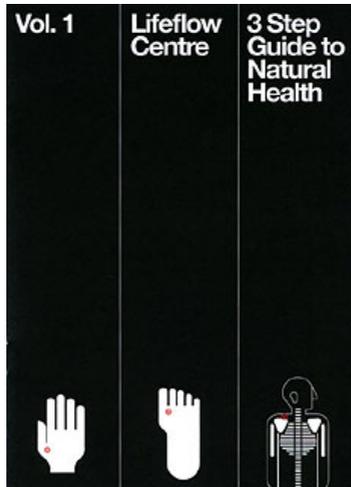


# Gibbson and Rigney Delaney 3 Step Guide to Natural Health

Reading excerpt

[3 Step Guide to Natural Health](#)  
of [Gibbson and Rigney Delaney](#)

Publisher: Lifeflow Centre



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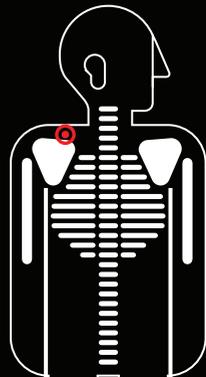


**Vol. 1**

**Lifeflow  
Centre**

**3 Step  
Guide to  
Natural  
Health**

Sample



Lifeflow Centre  
3 Step Guide to Natural Health

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Note to the reader:  
This pamphlet is intended as  
an informational guide only and  
is to help promote a greater  
awareness.

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Sample



## **Introduction**

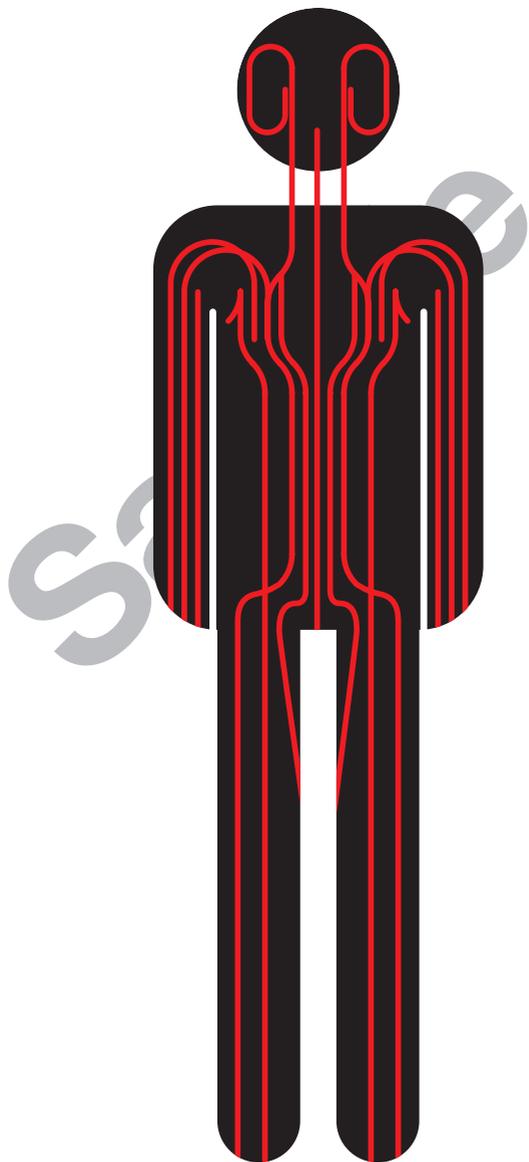
**At The Lifeflow Centre we practice both Traditional Chinese Medicine and Homeopathic Medicine. In our practice we have found two key elements are required in the achievement of greater health and wellbeing.**

- **An awareness of the emotional root causes.**
- **Using physical pressure points to release energy, balance and harmony.**

**Our aim is to show how to open the door to understanding the body from an energetic perspective, by using simple signs and simple language allowing you to glance at self awareness.**

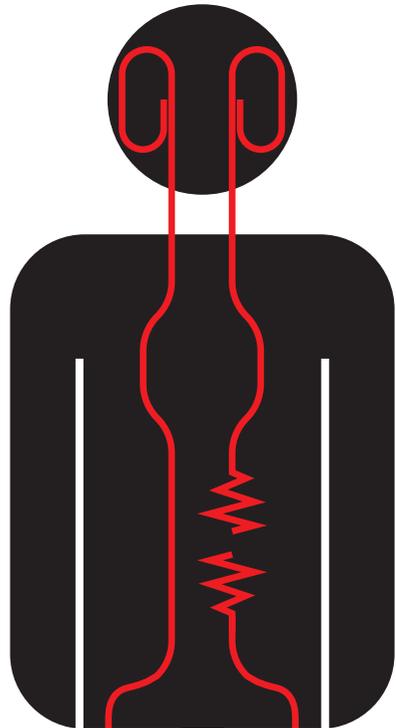
**The three points used in this book have been chosen by us because through practice it has been our experience that these points have proved most successful in maintaining the body's natural energy levels.**

**We have the same amount  
of energy from the day we  
are born to the day we die.**



**So why have you no energy?  
It has stagnated!  
Stagnant energy causes pain.**

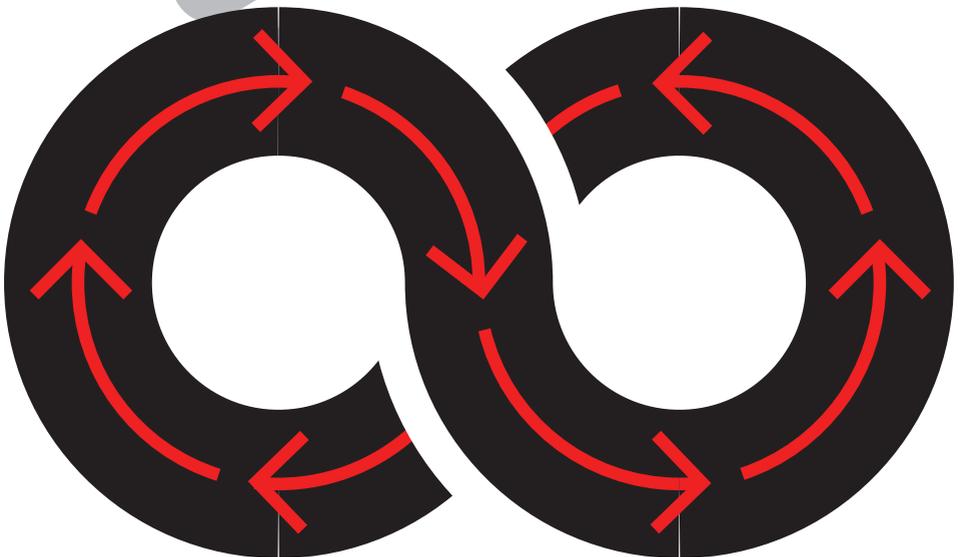
**Too much energy  
accumulating in one area  
causes inflammation, pain  
and stiffness.**



# Energy flows continuously

To keep energy flowing press the following points 10 times in succession (repeat this process 3 times within 30 minutes) every morning, afternoon and evening.

This will greatly help to maintain harmony and balance in your life.



# Pressure Point 1

## **Finding the Pressure Point:**

Squeeze the thumb against the base of the index finger, and locate Pressure Point 1 at the highest point of the bulge of the muscle on the back of each hand.

Using the thumb of the opposite hand press this point firmly. The 'ache' like sensation is the release of energy. Press point 10 times on both hands.

## **Benefits:**

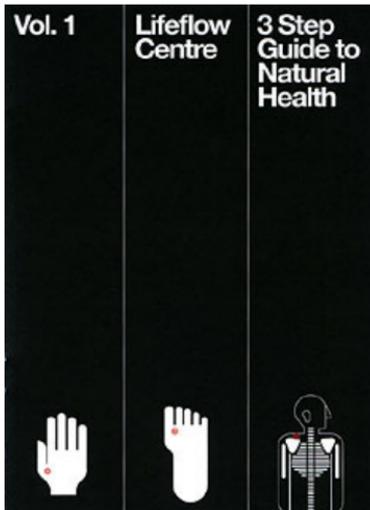
This point activates the energy and blood and ensure their free and smooth passage through the body.

Helps ease pain like Sore Throat, Earache, Toothache, Nose Bleeds, Red Eyes, Nasal Polyps, Nasal Congestion and Discharge.

## **Very Important:**

**This point should not be pressed if pregnant.**





Gibbson and Rigney Delaney

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