

# 10-Minute Full Body Tune Up

from *The Healer Within* by Dr. Roger Jahnke



Any or all of this process may be done lying, sitting, or standing.

1. Allow yourself to take 5 slow, deep, full, relaxed breaths – exhale with a sigh of relief. The sigh helps to release emotional and physical tension.
2. Inhale, raise your arms above your head, interweave fingers, palms upward and reach up toward the ceiling or sky. Hold the breath for as long as it's comfortable and then exhale slowly through the nose as you bend forward. Reach downward towards the floor, exhaling completely. Roll the spine up, vertebra by vertebra, and begin again. Repeat 3 or more times.
3. Move every body part 5 to 10 times carefully in each direction: ankles, hips, waist, shoulders, elbows, wrists, neck. Swing the arms gently turning side to side at the waist.
4. Use your thumb or fingers to stimulate acupressure points on your hands and fingers. Pinch and roll the fingertips. Rub your feet and toes at home or outside in the fresh air. This stimulates the reflexes for all of the organs and glands. Continue to take relaxed, full breaths.
5. Vigorously massage both of your ears simultaneously until they feel warm, almost as if they are glowing. This also stimulates reflexes that affect your whole system, particularly the production of beneficial brain chemistry.
6. Massage your left shoulder with your right hand and rotate your head and neck simultaneously. Then massage your right shoulder with your left hand. Next, using both hands work on your neck, include the points along the under ridge at the base of the skull.
7. Give some massage to the abdomen or colon and combine with belly breathing. When exhaling, contract the abdomen inward, press your fingers towards the spine here and there around the abdominal area and colon.
8. Do a brief progressive relaxation. Breathe in deeply and contract the muscles of each body part briefly. Hold the breath, then exhale and allow each part to relax fully. Send a wave of relaxation from head to toe. Completely let go of all tensions and concerns for a moment and allow inner peace to permeate your being.
9. Vigorously rub your hands together creating some heat. Bathe your face or body with the healing energy of your hands. You may hold or stroke your hand in a place on your body that needs healing, and at the same time focus on a healing thought, message or intention.
10. Allow an inner smile by letting your facial muscles and the corners of your mouth lift upward ever so slightly. Research has demonstrated that even when you think of smiling it positively affects your brain and immune chemistry. Affirm a positive or loving thought. Follow this with a glass of purified water.

