

Am I healthy?

What is the definition for a healthy person? Eating well thrice a day, Sleeping well for 8 hours, no constipation etc., But by satisfying all these conditions you cannot come to the conclusion that you are healthy.

There is a simple method in the acupressure to diagnose you, healthy or not in a minute.

When there is a improper change in metabolism of our body due to any reason, you will find the pain in Thyroid/Para thyroid point in your palm/sole.

Using your thumb, press **vertically** on point **No.8 of Thyroid/Para thyroid**, which is located just below the thumb (See Figure 1). You will feel the pain, if you are not healthy.

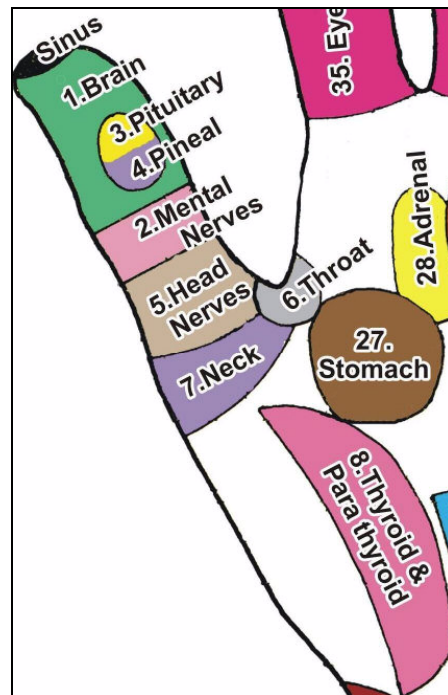


Figure 1

To diagnose which organ become weak, keep on pressing the palm, when you find pain on a particular point, refer the figure in Acupressure page to know the organ name. Refer the book for the treatment or contact a qualified acupressure therapist.

Ref: Health in your hands, Vol-I by Dr.Devendra Vora.

Read "Health in your hands, Vol-I & II" by Dr.Devendra Vora.