

Heart attack or Gas trouble

When you feel pain in your chest, you may be confused or worried whether it is a problem in the heart or gas trouble.

Through acupressure, you can diagnose yourself in a minute and act accordingly. 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 find pain, if you are not healthy.

And press point **No.36 of heart** which is located on the left palm, just below the little finger, on the horizontal line (See Figure 1). If you find pain, then the reason for the chest pain is weakness in the heart, otherwise it is because of gas trouble.

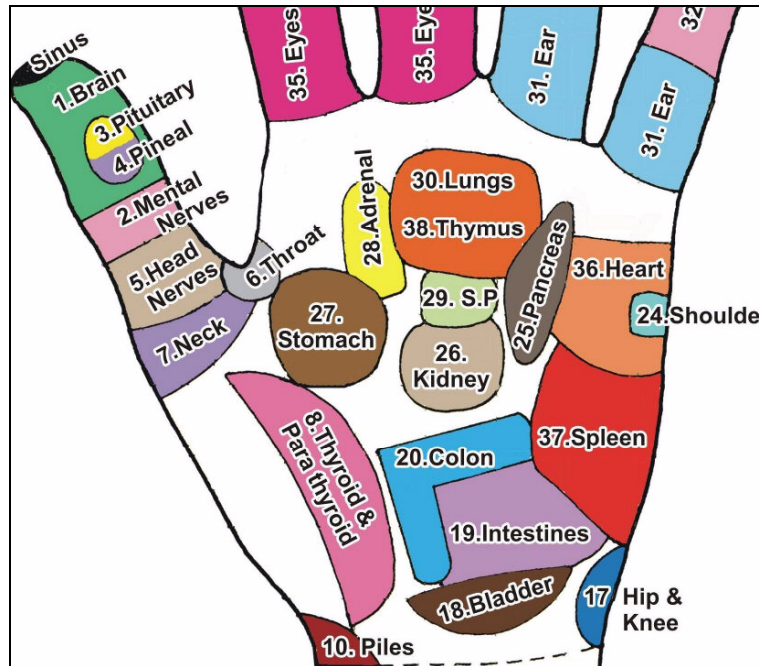


Figure 1

Other symptoms of Heart problem

The energy flow path (Meridian) of the heart starts from armpit and ends at little finger of both the hands (See Figure 2). You may find the pain/numbness on any of the points shown in Figure 2.

One who has the heart problem will have the one or more of the following symptoms too.

1. Itching/pain in the armpit or numbness/pain/itching in the little finger or shoulder pain (Most of them have it on the left hand; few of them may have it on right hand too).
2. Restlessness, Chillness in palm, Excess sweating, Difference in the heart beat.
3. Change in color/shape of the little finger's nail.

If you are not able to diagnose the heart problem by pressing on Point No.36, you can try to diagnose it with the above mentioned symptoms.

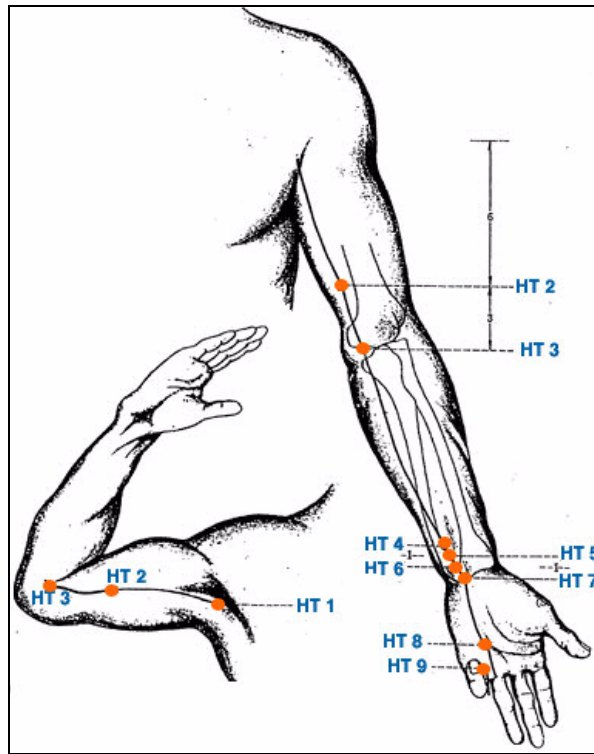


Figure 2

Even though problem is with the heart, you need not panic. **Never take ECG etc.,**

Do the following:

1. On point No.36 give 2 minutes pressure like pumping using the thumb softly, twice a day.
2. If possible go for half a minute toe walk.
3. Stop worrying.
4. Give complete rest for 2 to 3 days.
5. Read and watch something, which can make you happy/entertain.
6. Eat only easy digestible food which is suitable for your body (Read Article 1) when you feel hungry.
7. For most of them, heart becomes weak because of their fast life style or the medicines what they intake regularly. So just think about your life style and bring necessary changes. If you are taking medicines for any health problem just stop it without hesitation.

Never take any medicines throughout your life. Follow the Acupressure/Acupuncture treatment to get rid of all your health problems without medicines.

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

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