Disclaimer

This guide is copyrighted with all rights reserved. The author does not assume any liability for the misuse of information contained herein. The information contained within this guide is offered to provide you with beneficial concepts regarding your health and well-being. The author is not a doctor, nor does he claim to be. Please consult your primary care physician before beginning any program of nutrition, exercise, or remedy. By consulting your primary care physician, you will have a better opportunity to understand and address your particular symptoms and situation in the most effective ways possible.

While every attempt has been made to provide information that is both accurate and proven effective, the author and, by extension, the guide, makes no guarantees that the remedies presented herein will help everyone in every situation. As the symptoms and conditions for each person are unique to individual histories, physical conditioning and body type and the specifics of the actual Diabetes presentation, successes will vary.
Hand Acupressure Reflexology for Diabetes Patients

This objective of this Hand Acupressure Reflexology Therapy is specially designed for the purpose of repairing and strengthening the organs that responsible for controlling and regulating the glucose level in the body. The parts of the body that we are going to ‘touch’ on are:

- Liver
- Pancreas
- Kidneys
- Ureter
- Bladder
- Uretra

These are the organs that are directly involved in the regulation of uric acid in the body. Since most of the diabetes patients are complaining that their libido or sexual performance are somehow disturbed by the hyperglycemia they are suffering, so we decided to include some other ‘Bonus Points’ that can help improve your sex life as and to prevent from potential uterus or prostate cancer. The Bonus Points are:

- Testicle/Ovary
- Prostate/Uterus

With this guide, you will save a lot of time by just focusing on massaging the above mentioned 8 reflex zones which are closed related to the diabetes problems you are suffering now.

The massage on the reflex zones itself is not tough, the hard part is in cultivating a strong discipline to follow through this reflexology therapy for at least 2 months to see obvious result and it will be great if you can keep on the practice in the future in order to maintain optimum health.

Saving your time by providing you the accurate information is all I can do, and do best. How effective it will be is totally up to you. Good luck and all the best!
This Is Important!!!

Here is a list of people who have to be extra careful when practicing hand reflexology exercise. If you fit into any one of the following description, you should NOT practice this therapy until your health conditions put you out of this list. But if you insist of trying it, just make sure you do NOT overdo it and you must press on the reflex points with mild gentle force.

Hand Acupressure Reflexology is NOT suitable for the following people:

1. Those have various forms of internal bleeding such as ulceration, menstruation, anemia, etc. This is because reflexology will increase the blood flow rate which will worsen the initial bleeding condition.
2. Do not go for any form of reflexology after drinking alcohol. Reflexology will speed up the blood circulation which will force the alcohol (which has not been broken down) to enter liver or brain which causes alcohol toxicity.
3. Pregnant women cannot go for reflexology treatment for it may cause miscarriage.
4. Chronic hypertension patients must avoid from any reflexology treatment that create intense pain, because that will increase the blood pressure drastically.
5. People with skin diseases must not go for reflexology because the contact with massage oil or intense rubbing can worsen their skin problems.
6. Do not go for reflexology within one hour after a heavy meal.
7. People with chronic heart diseases must avoid intense reflexology treatment especially on the heart reflex zone.
8. Do not go for reflexology during the active season of infectious diseases.
9. People who are suffering from serious kidney or liver failures must avoid intense reflexology treatments.
10. People who are having any sorts of open wounds or broken bones in the feet must prevent from foot reflexology treatments.
11. Old age people or those who cannot withstand pain are not suitable for reflexology.
Prepare Your Tool

The most convenient and easily available tool for you to perform the Hand Acupressure Reflexology is your fingers or finger nails. But since most of the reflex zones on the hands are small and some of them are as tiny as a pinhole, it will be more effective if you have a sharp tool to assist you.

Don’t worry, I am not going to ask you to use those sharp needles used in Acupuncture. You do not want to frequently puncture your skin which may result in secondary infection.

Remember, this is an acuPRESSURE therapy, which means accurately apply pressure on certain reflex points. But the fact is, it is not easy to find the exactly point. That’s why I have personally invented a simple but super effective tool to increase your chances of hitting the right point, 10 times!!!

Introducing my personal invention...

The AcuToothpicks
Hand Acupressure Reflexology for Diabetes Patients

**Step by Step Guide to Making Your Own AcuToothpicks**

**Step 1: Get The Materials**

![Image of materials](image)

Materials required: Good quality toothpicks, adhesive tape, Tack-It or Blue-Tack Adhesive

**Step 2: Choose The Candidates**

![Image of toothpicks](image)

Select 10 pieces of toothpicks with equal length and sharp tips. If you like, you can use marker pen to draw some colours on these toothpicks so that other people will know these are not for picking teeth.
Step 3: Lay The Foundation

Cut a small piece of Blue-Tack and stretch it to about 1.5 inches as shown in the picture above.

Step 4: Prepare the Centre Pole

Lay a toothpick on top of the stretched Blue-Tack. Reminder: Do not press the toothpick onto the Blue-Tack yet!
Step 5: Line Up The Rest of The Toothpicks

Line up the rest of the toothpicks on both sides of first toothpick as shown above.

Step 6: Adjust the Alignment

With the help of a ruler or any hard card such as credit card, carefully align the tooth picks so they line up neatly. This is the make sure all the sharp tips are on the same horizontal line.
Step 7: Fix The Position

While holding the ruler next to the tips on one end, use your finger to gently press the aligned toothpicks onto the Blue-Tack.

Step 8: Trimming

Carefully lift up the extra length of Blue-Tack on both sides and lay it on top of the toothpicks as shown in the following picture.
Step 9:

Once the Blue-Tack is properly surrounded the toothpicks, carefully roll the toothpicks from both sides towards the centre until it all stack together as shown in the picture above.

Step 10: Roll It
Step 11: Squeeze It

Squeeze the toothpicks together as tight as possible so that the tips are distributed evenly.

Step 12: Final Alignment

Some of the toothpicks will be slightly out of alignment during the rolling and squeezing process. You can fix it by gently tap and press the toothpicks on the hard flat surface to align them properly.
Step 13: Wrap It

Once the toothpicks are properly aligned and tightly squeezed together, use a adhesive tape to wrap the area with some exposed Blue-Tack so that the positions of the toothpicks are fixed and the sticky Blue-Tack is covered.

Step 14: Completed!

Congratulations! You have made your first AcuToothpicks! You can make a few of this and keep in your bags, car, bedside, work desks, etc so that it is easily available when you need. These AcuToothpicks also serve as reminders for you to do your daily Hand Acupressure exercise. Thus, make sure you keep them in places that are easily visible, but unreachable for kids.
The Technique

In Hand Acupressure Reflexology, there are 3 types of pressure intensity: light, medium and heavy. For every reflex zone, it requires at least 5 times of applied pressure to really activate the reflex reactions.

Start with light pressure, press the AcuToothpicks on a particular reflex zone for about 5 seconds, and then repeat the same process again with medium strength. The stimulation of a reflex zone ends with heavy press which might cause some pain.

Remember 2-2-1, which means 2 rounds of light pressure, follow by 2 rounds of medium pressure, and end with one heavy pressure.

The good thing about Hand Acupressure Reflexology is that it can be done anywhere, anytime, when you are taking a break in your workplace, when you are in the middle of a traffic jam, when you are in the flight, etc.

As your internal organs are strengthened and your diabetes condition improves (may be eventually cured), you can reduce the frequency of the hand acupressure reflexology, but DO NOT stop doing it all together. Now you might take it as a treatment for your current Diabetes problem, but you must keep doing this from time to time in the future to maintain your good health.

Remember the reflex points shown in the following chapters and ‘massage’ them whenever you like. Feel free to be creative with the techniques. You will still get the result as long as the right pressure is landed on the right zone.
Do NOT be Greedy!

Do not try to spend the whole day poking on your hands hoping that it will speed up the healing process. You must be patient and should not rush for results. The whole healing process takes time, your body need time to regain its vitality.

It takes time for the related organs to train its ‘muscles’ that helps to lower down the uric acid level. Spending hours in day poking on the Acupressure Reflex Points on your hands is like forcing your body to run a 26 miles marathon everyday! If you do so, you will only injure your hands and your body will only feel more tired instead of revitalized.
Liver plays a very important role in the glucose regulation process of the body. It acts in response to the hormones released by the pancreas. Under high blood sugar, insulin is secreted to order the liver cells to convert the excess glucose to glycogen as temporary storage. When the blood sugar is low, glucagon is secreted to order the liver cells convert glycogen to sugar. Stimulating this area can improve the sensitivity of liver cells and efficiency in converting the glucose and glycogen.

Gallbladder is a small organ that stores bile produced by the liver. Bile fluid is important in the digestion process because it helps to emulsify the fats in the food you consume. The alkaline bile also neutralizes any excess stomach acid before the digested food enters the ileum (small intestine) for absorption.

Frequently stimulate this reflex point will help to prevent the formation of gallbladder stones that block the secretion of bile fluids into the digestive tract. A healthy gallbladder will ensure proper nutrients absorption so that the food you eat will not be wasted.
Pancreas Reflex Point

Pancreas is the factory that produces the glucose regulating hormones – insulin and glucagon. Due to multiple factors, the pancreas of a diabetic patient is weakened and become insensitive to the rise and fall of the blood glucose level. It is this delay in response that causes the fluctuation of the glucose level in the blood, it is either too high or too low.

Frequently stimulating this Pancreas reflex zone can strengthen and reactivate the weaken cells and improve the sensitivity of the glucose sensors.

Intestine is a full of fine blood vessels that extend into the hairy villi. This complicated network or blood capillaries is the first contact point of the digested glucose. Thus it is much easier for the glucose deposit and blockage to happen here. Exercising this reflex zone can improve the blood flow to the intestine and prevent the glucose log jam from happening here.
**Kidney & Bladder Reflex Points**

**Adrenal Glands** are the endocrine glands that responsible for the synthesis and release of adrenaline. Adrenaline causes the release of glucose from the liver. If you are constantly live under stress, chances are high that your adrenal gland is forced to constantly produce adrenaline. Adrenaline shuts down insulin effect on glycogen formation and reduces the glucose uptake by the liver cells. Frequently ‘massage’ the adrenal glands through hand accupressure can help to relax it and reduce to production of adrenaline.

**Kidney, Ureter, and Bladder** are responsible for the excretion of excess glucose in the body. Long term exposure to urine with high concentration of glucose can cause various complications to these parts. Frequently stimulate these zones through hand acupressure can stimulate some minor spasms of the muscles in these organs which is good to ‘shake’ off those tiny glucose deposit or kidney stones that are stuck in the tubules before they grow bigger.
Sex Organs Reflex Points

Trachea/Esophagus reflex zones link to the smooth muscles from the mouth to the stomach. These zones are not directly related to Diabetes though. Massage these zones might help you to lessen the snoring which affects your sleep quality. Your body repairs its organs during your sleep, so having a good quality sleep can ensure better organ recovery.

The rest of the reflex zones are Sex Organs Reflex zones which are pretty much self explanatory. If all these years of suffering from hyperglycemia had weakened your libido or sexual performance, stimulating these reflex zones might help to improve your sex life, but do not expect any instant ‘Boost’ like those given by the aphrodisiac drugs.
Unique Kidney Reflex Point

There is unique point that is known as the **Kidney Reflex Point** located in the little as shown in the diagram below.

You can use your thumb to press around that point whenever you like to ‘massage’ your kidneys (take turn for both hands).
Move Your Blood

In order to improve the efficiency of the regulation of blood glucose level, you need to ensure a healthy and fluent blood flow. You can achieve that through frequent exercise or sauna. But due to our modern lifestyle, it might be hard for most of us to squeeze time out of our hectic daily schedule to go for a weekly exercise or sauna.

Now you have another much more convenient way to improve the blood flow in your body, that is by massaging a unique reflex point know as He Gu (合谷) located somewhere between the V-meeting point of bones of thumb and index finger on both sides of your hands.

This is a very popular point in Hand Acupressure Reflexology, cultivate the habit to frequently massage this He Gu point will greatly improve your health.
Possible Reactions after Hand Acupressure Reflexology

Increased Frequency of Bowel Movement

You might experience more frequent toilet visit and the faeces has darker color, stronger stench and more frequent farts. This is the result of increased metabolism rate which promotes the detoxification process in the body.

Pains at the reflex point

This is what known as the “counter-reflex” symptom where the impaired organs that you have remotely “massaged” are reacting towards the therapy and send the reflex message back to the related reflex zone on your hand.

Fever

You will experience a certain level of increased body temperature or sometimes fever after the reflexology therapy, especially when it is lymphatic zones that you triggered, sometimes it can even cause the swelling on the face. Thus, you should avoid pressing too hard on the lymphatic zones.

Increased Urination

Due to the improved blood circulation, the frequency and volume will increase as well. You will notice the urine has darker yellowish or brownish color and stronger stench too. For Diabetes patient, you might even see some sediments at the collected urine. These are all signs that tell you the body is getting rid of the toxic and uric acid from the body. You must drink more water (at least 2.0 Liters per day) to help flush away those toxics.

Increased Appetite

This is the direct result of the improved metabolism which requires more energy and nutrients to repair the damaged body cells. You must not over eat to avoid burdening the digestive system and end up gaining more weight.
Excited and Less Sleep

Some people will experience certain level of increase excitement after the reflexology massage which makes them require less sleep. Despite having less sleep, they usually do not feel tired during the day but feel much more energy and more productive.

Reoccurrence of Old Illnesses

If you have some other illnesses before that was suppressed by drugs or medicines all this time, some of these illnesses will show its symptoms when you are going through the Hand Acupressure Reflexology therapy. Do not worry for this is just part of the healing process where the body is trying to kick out those unnatural drugs.

Sweat Easily

Just like increase urination, as the blood circulation improved, the body is trying to get rid the toxic through whatever channels available and sweating is one of the most effective way of detoxification.

Possible Tiredness

Having too intense or heavy hand acupressure reflexology massage is like running a marathon or a round of good sex. The tiredness may creep in especially if you have been doing the Hand Acupressure massage for the whole day.
Summary

The main objective of this hand reflexology therapy is to stimulate and revitalize the liver, pancreas and kidneys to its healthy state so that these organs can return to its natural capabilities to get rid of regulating the glucose levels in the body.

You must make it a daily or weekly routine and keep on doing it for as long as you want to have a healthy body which allows you to stay away from those harmful chemical drugs.

In order to have more significant result, you are advised to drink at least 2 Litres of water (preferably Ionized Alkaline Water) a day and eat more vegetable and fruits.

Once your blood glucose level returns to normal healthy range, you can start to expand your choice of foods which you had been abstained from for years. But! Do NOT over indulge in high carbohydrate and high protein food. You must always maintain a balanced healthy diet in order to maintain your body at optimum health.

Kindly write your comment regarding this E-book Guide so that I can improve it so that more diabetes victims can benefit from it. You can also send your enquiries or testimonial to hemen@alkalinewaterdiabetes.com. As a token of appreciation for your kind feedback, I will add your contact details to my personal private mailing list so that you will receive a complimentary copy of the latest version of the e-book every time I make a major update. Thank you! I wish you and your family best of health and happy always.

Yours sincerely,