

## An Exercise Program for Organ Relief

These exercises will provide relief from discomfort. They are not meant to treat the organ. They are only meant to decrease muscle spasm, often improve motion, and generally to alleviate discomfort.

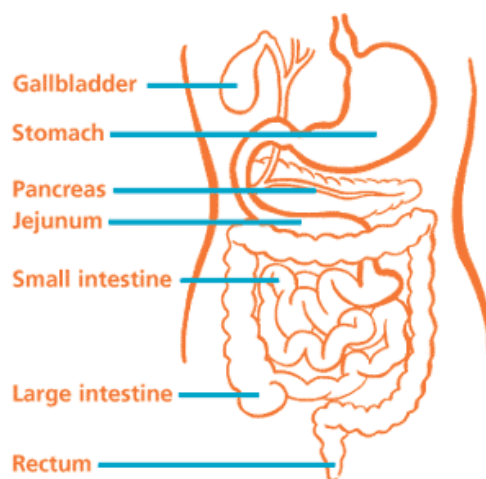
All of these exercises are performed in STANDING.

These exercises can be performed often. There are no precautions. All of the exercises can be performed, or the exercise/s of choice can be performed.

Always place a hand on the body over the organ.

The exercises will take ONE Minute each.

1. Esophagus (Center of Upper Chest)
  1. Place Either hand on the organ.
  2. Bend the right knee slightly.
  3. Lift the right shoulder girdle (shoulder shrug).
  4. Bring the left shoulder girdle forward.
  5. Tuck the chin in.
  
2. Stomach (Bottom of Rib Cage slightly on Left)
  1. Place Either hand on the organ.
  2. Place the right foot 5 inches in front of the left foot.
  3. Bend the right knee slightly.
  4. Rotate the head and neck to the right slightly.
  5. Bring the left ear towards the left shoulder.
  6. Look up slightly.
  
3. Duodenum (Below Liver on Right)
  1. Place Either hand on the organ.
  2. Bend the left knee slightly.
  3. Bring the left shoulder girdle forward slightly.
  4. Bring the right shoulder girdle backward slightly.
  5. Look up towards the ceiling.
  
4. Small Intestines: Jejunum (Around Navel)
  1. Place Either hand on the organ.
  2. Bend the left knee slightly.
  3. Lift the right heel (only the heel) off the ground.
  4. Bring the head and neck forward slightly. (Do not bend / flex the neck, rather bring the head and neck forward.)



[From] <http://www.ich.ucl.ac.uk>

5. Small Intestines: Ileum (Around Navel)
  1. Place Left hand on the organ.
  2. Bend the left knee slightly.
  3. Bring the right hip towards the right side slightly.
  4. Reach with the right hand towards the right foot slightly.
  5. Look up towards the ceiling.
  
6. Cecum (Right Hip Area)
  1. Place Left hand on the organ.
  2. Bring the right foot forwards 5 inches.
  3. Bend the right knee slightly.
  4. Bring the hips towards the left side.
  5. Bring the left shoulder girdle forwards.
  6. Reach with the right hand towards the right foot.
  
7. Ascending Colon (Right Side of Abdomen)
  1. Place Either hand on the organ.
  2. Bring the left ear towards the left shoulder.
  3. Bring the left shoulder towards the left hip.
  
8. Transverse Colon (Lower Rib Cage from Right to Left)
  1. Place Either hand on the organ.
  2. Slouch while standing.
  3. Bring both shoulder girdles forwards.
  4. Bend both knees slightly.
  
9. Descending Colon (Left Side of Abdomen)
  1. Place Either hand on the organ.
  2. Bend the left knee slightly.
  3. Bring the left ear towards the left shoulder.
  4. Bring the left shoulder towards the left hip.
  5. Rotate your head and neck slightly towards the left.
  
10. Sigmoid Colon (Left Hip Area)
  1. Place Either hand on the organ.
  2. Bring your left foot forwards 5 inches.
  3. Bring the hips towards the left side.
  4. Flex / bend your head and neck slightly.
  5. Rotate the head and neck towards the right side.
  6. Bring your left ear towards your left shoulder.
  7. Look up towards the ceiling. (Keep the head and neck bent slightly.)

11. Liver (Right Side Behind the Ribs)
  1. Place Either hand on the organ.
  2. Bring the right foot forwards 5 inches.
  3. Bring the left shoulder girdle forwards.
  4. Lift the right shoulder girdle (shoulder shrug).
  5. Bend the left knee slightly.
  
12. Gall Bladder (Below and Behind the Liver)
  1. Place Either hand on the organ.
  2. Bend both knees slightly.
  3. Lift the left heel off the floor (just the heel).
  4. Bring the left ear towards the left shoulder.
  5. Bring the left shoulder towards the left hips.
  6. Bring the left hips towards the left side.
  7. Look down towards the right foot.
  
13. Spleen (Left Side of Lower Rib Cage)
  1. Place Either hand on the organ.
  2. Bring the hips towards the right side.
  3. Bring the left ear towards the left shoulder.
  4. Bring the right shoulder girdle towards the right hip.
  
14. Heart (Upper Chest Center and Left)
  1. Place Left hand on the organ.
  2. Bring your right hand towards your left hip.
  3. Bring your right foot out (abduction) to the right side.
  4. Bring the hips towards the right side.
  5. Bring your head and neck forwards slightly (rather than bending / flexing the neck).
  
15. Lungs: Right Side Chest
  1. Place Left hand on the organ.
  2. Bring the shoulder girdles forwards.
  3. Slouch in standing.
  4. Bend both knees slightly.
  5. Reach with the right hand towards the left foot.
  6. Look down towards the right foot.
  
16. Lungs: Left Side Chest
  1. Place Either hand on the organ.
  2. Look up towards the ceiling.
  3. Bring the left ear toward the left shoulder girdle.
  4. Lift the left shoulder girdle (shoulder shrug).

17. Bladder (Center Lower Pelvis)
  1. Place Either hand on the organ.
  2. Bend both knees slightly.
  3. Lift the buttocks backwards and upwards slightly.
  4. Look down towards the floor.
  
18. Uterus and Prostate (Center Lower Pelvis)
  1. Place Either hand on the organ.
  2. Bring the right foot forwards 5 inches.
  3. Lift the buttocks backwards and upwards slightly.
  4. Bring the hips towards the left side.
  
19. Kidneys Right (Lower Rib Cage in Back)
  1. Place Either hand on the organ.
  2. Bring both shoulder girdles backwards.
  3. Bend the right shoulder girdle towards the right hip.
  
20. Kidneys Left (Lower Rib Cage in Back)
  1. Place Either hand on the organ.
  2. Bring both shoulder girdles backwards.
  3. Bend the left shoulder girdle towards the left hip.