



Recommended *PaideLajin* regions for self healing common health problems

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Recommended *PaidaLajin* regions for self healing

common health problems

“Where should I slap to self heal ××× disease?”

This is the most frequently asked question. Many people bluntly ask this question, instead of taking the necessary time and effort to read the book *Paida and Lajin Self-Healing*, or to browse my blog and/or the website (www.paidalajin.com) to acquaint themselves with the basic theory of *PaidaLajin*. This reveals a mode of thinking typical in western medicine: linear and compartmentalized, rather than holistic and systematic.

A basic concept of the *PaidaLajin* self-healing method is, first of all, to **ignore the disease name. All diseases are complex diseases.** Even a mild cold or cough is a complex disease. To put it another way, all diseases, including cold and fever, are disorders of the immune system, not to mention various chronic diseases that are aggregated manifestations of many illnesses.

A person with correct understanding will follow the theory of the self-healing method and practice *PaidaLajin* in a systematic manner, and not just slap a certain area or for the sake of curing a particular disease, unless, of course, to relieve acute pains and/or other urgent symptoms.

The Yellow Emperor's Inner Canon, and *Tao Te Ching* provided theoretical guidelines for *PaidaLajin*. The *yin-yang* interactions, the meridians system and the “heal through inaction” revealed in the two ancient Chinese classics are indispensable for establishment of the self-healing theory and our summary of what body areas to slap. Pity that many adults cannot decipher these two classics.

Beginners of *PaidaLajin* can first read my book *Journey to Cure*, which is published in the Chinese mainland and in Taiwan. By reading this book, one can get a glimpse into Chinese medicine and western medicine, their respective cultural root and history; get to know how a non-professional learned Chinese medicine; and can compare the knowledge of Chinese medicine described in the book with the actual acupoints along meridians in the body by referring to the Meridians Chart.

Many disease names — diabetes, hypertension, for instance — are merely symptoms so labeled according to a particular medical indicator. Thus, diseases names can be quite misleading. Nonetheless, to facilitate inquiries and communication, we have to categorize them using disease names.

As diseases are complex and different diseases can manifest the same symptoms, therefore the descriptions in different parts of this text may also overlap and may be seemingly repetitive. What's important is to understand that the nature of a disease is *yin-yang* imbalance caused by meridian blockages. Hence, the most essential task is to unclog the clogged meridians. Temporary exacerbation of certain symptoms during this process is a good thing, which we call “healing reaction” — intertwined danger of a seeming decline in healing as well as an opportunity for a thorough healing.

The following are categorized brief recommendations on how to slap and stretch to relieve and to self heal common health problems, followed by more detailed explanations on self healing certain diseases. We have received constant requests asking us to disclose the secret of *PaidaLajin* for certain illnesses. But people will invariably find that the so-called “secret formula” is in reality just the repetition of simple common sense. There is really NO secret at all. As is stated in *Tao Te Jing*, “The greatest way is the simplest”. However, as long as you are suspicious, it’ll remain a secret to you.

I Common pains, including leg pain, lower back pain, shoulder pain, wrist pain, ankle pain, hand pain, neck pain, etc.

Our recommendation:

Slap directly on the affected area(s). Normally, the greater the pain of *Paida*, the better the effect of healing. It hurts the most when the *Sha* (colourful patches of toxins and waste, also called “poisoned blood”) is surfacing, after which the pain will become less intense.

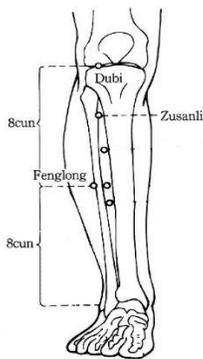
For lower back and leg pain, stretch on a *Lajin* bench, and then slap the affected areas, the back of the knees, and all around the knees, front, sides and back; For frozen shoulder, slap the front, back, left, right, upper and lower parts of the shoulders. Stretch on a *Lajin* bench, and do standing *Lajin*; For wrist and ankle pains, slap at upper and lower parts of the affected areas and all around them; For neck pain, slap at the neck and the shoulders, and stretch on a *Lajin* bench.

In addition to *PaidaLajin*, it’s best to drink ginger and date tea to enhance the circulation of *Qi* (invisible energy in the body) and blood.

II Organ pains, including headache, stomach ache, liver pain, gall bladder pain, menstrual (period) pain, toothache, etc.

Our recommendation:

Slap at major areas (acupoints) along the relevant meridian(s) by referring to a Meridian Chart. For menstrual (period) pain, first stretch on a *Lajin* bench, then slap at the belly, inner sides of legs, and the groins; For stomach ache, first slap at the *Zusanli* and *Neiguan* acupoints, and do squat stretching and stretch on a *Lajin* bench; For headache, slap at the pain spots on the head and the entire head, the back of hands and inner elbows, and stretch on a *Lajin* bench; For toothache, slap on the cheeks and mouth, the *Hegu* acupoints and the entire back of each hand, and stretch on a *Lajin* bench.



Zusanli



Neiguan



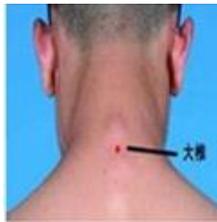
Hegu

In addition to *PaidaLajin*, it's best to drink ginger and date tea to enhance the circulation of *Qi* and blood.

III Cold-induced fever, coughing, headache and fatigue

Our recommendation:

Slap at the inner elbows, the entire inner arms, top of the head, *Dazhui* acupoint (at the protruding juncture of the neck and shoulders), and the back of the hands. Where necessary, slap along the entire inner arms, the entire spine and along the entire Urinary Bladder Meridian. Drink ginger and date soup, and do warm-water foot bath; Stretch on a *Lajin* bench; Do Wall Hitting (hit the entire back on a wall) for over half an hour, in case you are too weak to slap.



Dazhui

IV Problems with the eyes, ears, nose, mouth, teeth, and other ENT diseases

Our recommendation:

Whichever of the organs is sick, slap the entire head and face, i.e. “carpet-bombing” style of *Paida*, for the many meridians on the head and face are closely related and form a “network”. Normally, slap more on the

corresponding organ to self heal related problems: E.g. For hearing problems, give the ears more slaps; For inflammation of the mouth, slap directly on the mouth more often; For eye problems, whatever it is, slap around the eyes more. Note that slapping on the eyes is NOT advisable for people suffering from or with the risk of retinal detachment. In actual practice, try to cover each eye with an entire palm and slap. Hence it is not the eyes but the eye sockets that are being slapped; For rhinitis, slap more on the forehead, the cheeks, and the inner elbows; For toothache, slap more on the mouth, cheeks and the back of hands, particularly the *Hegu* acupoint; Drink ginger and date soup and stretch on a *Lajin* bench.



Hegu

V Skin diseases

Our recommendation:

For common itchiness such as eczema, hives, psoriasis, mosquito and other insect bites, and other nameless forms of itchiness, slap at the affected area(s), the general body parts (elbows, knees, hands and feet), and inner thighs; Drink ginger and date soup, and stretch on a *Lajin* bench;

For areas that are especially itchy, slap hard until there are colourful patches of *Sha*, reddish swelling, toxic blood or fluid coming out. Continue slapping at the same area for a while to allow more toxic blood and fluid to come out; For

other skin diseases such as neurodermatitis, dermatitis, hard and rough skin caused by drugs and chronic diseases, slap at the universal regions (elbows, knees, hands and feet) and the affected areas, and then slap along the entire four limbs and the entire body. Having *Sha* and swelling are good and natural reactions. If the skin breaks, and blood and pus come out, continue slapping for a while to get rid of more toxins. Whatever the skin disease is, do more stretching on a *Lajin* bench, and drink ginger and date soup.

VI Gynaecological disorders

Although the disease name may vary, gynaecological disorders are mostly coldness-related, and are manifestations of meridian blockages of such major organs as the heart, kidneys, liver and spleen. Women with more severe problems almost invariably suffer from depression. Common disease names include dysmenorrhea (menstrual pain), irregular menstruation, uterine fibroids, ovarian cysts, breast hyperplasia, infertility, annexitis, often accompanied with hyperthyroidism, insomnia, depression, hair loss, constipation, among other problems. Often, a woman can suffer several diseases simultaneously, e.g. hyperthyroidism, breast tumour and uterine fibroids and other disorders can attack a woman at the same time.

Our recommendation:

Whichever of the above-mentioned disease a woman has, first of all, stretch on a *Lajin* bench, as this is holistic healing, from head to toe. Then, slap the universal regions (elbows, knees, hands and feet), the entire four limbs, the *Baliao* area (sacrum), the entire head, the breasts, the armpits, the belly, and the root of the thighs (groins). It's best to slap all over the body. Focus more

on the universal regions, the breasts, the *Baliao* area and the groins. Drink ginger and date soup and do warm-water foot bath.

Slapping the breasts is beneficial in many ways — it is diagnosis and self healing of breast diseases and in fact all gynaecological diseases, including problems with the womb and the ovaries, as well as cardiovascular and cerebrovascular diseases, immune system diseases, and digestive disorders. This is because the major meridians and systems of the body are closely related to the breasts.

VII Pediatric diseases

Children mainly suffer such respiratory and digestive problems as cold, fever, diarrhea, coughing, vomiting, etc.

Our recommendation:

For kids within three years of age, slap along the entire spine for over half an hour, in addition, do chiropractic massage; For children over three years old, in addition to slapping along the entire spine, slap the universal regions (elbows, knees, hands and feet), the entire four limbs, and stretch on a *Lajin* bench.

Some moms use massage on their kids. The areas massaged can be slapped as well. Normally, slapping a kid is more effective than slapping an adult, for the cause of a kid's illness is simpler, and normally there is more adequate *yang*

energy in a child; whereas adults can suffer more psychological problems. Unlike adults, children do not judge *PaidaLajin* with his “knowledge”, but rather takes in the *yang* energy of slapping whole-heartedly. The intensity of slapping is not the key to healing pediatric diseases. What matters more is the “heart” — love and focus.

Most Chinese parents give their children too much to eat and drink. We recommend fasting, or less food intake, when a child is sick, whatever the disease name is or the symptoms are.

During the period of *PaidaLajin*, such symptoms as fever and coughing can often recur. These are normal “healing reactions”. Continue with *PaidaLajin*. For coldness-related cold and fever, drink some ginger and date tea.

VIII Chronic diseases

All chronic diseases are complex diseases. That is to say, a chronic disease is an aggregated manifestation of several, or dozens of diseases. For instance, cancer, heart disease, hypertension, diabetes, problems with the liver, kidneys, spleen, stomach, large and small intestines, endocrine disorders, neurological disorders, etc. The diseases names may vary, but they are basically labels of certain symptoms. As long as new indicators are detected with medical instrument, more and more new disease names will be created.

Since they are complex diseases, this indicates problems with all internal organs and blockages of all 14 major meridians, though to varying degrees.

Hence, whatever the disease name is, stretch on a *Lajin* bench, and slap the universal regions (elbows, knees, hands and feet), the entire head, the entire four limbs, and slap all joints and areas of the body, such as the chest, the back, the belly, the armpits, the groins, the buttocks, etc. During the process of *PaidaLajin*, it is best to fast for 3-4 days. People with *Qi* and blood deficiency can also try fasting. Drink some ginger and date tea to replenish *Qi* and blood at the mean time.

VIII Rare and critical diseases

This category includes so-called “incurable” diseases, such as AIDS, osteonecrosis, ankylosing spondylitis (AS), myasthenia gravis, Alzheimer’s, Lupus erythematoses (LE), Parkinson’s disease, etc. Although according to western medicine, these diseases are disorders of almost all bodily systems including the immune system, the nervous system and the digestive system, they are in fact, according to Traditional Chinese Medicine, just various manifestations of meridian blockages in the body.

Cleansing meridians heals. There have been testimonials of people self healing the above-mentioned diseases with *PaidaLajin*. An AIDS patient, after practicing *PaidaLajin*, has stopped medication for over a year, and his condition is continually improving. There are more testimonials of people improving or self healing Alzheimer’s disease and osteonecrosis.

Our recommendation:

Because these are all chronic diseases, you can follow our recommendation for self healing chronic diseases. Of course, there needs to be more emphasis on certain areas. For instance, for ankylosing spondylitis, stretch more and slap along the entire spine, and practice Wall Hitting to stimulate the spine and the back; For osteonecrosis, focus more on stretching on a *Lajin* bench, do Waist Swirling (swirl the waist in a horizontal circle to boost kidney energy, like doing a hoola hoop), *Tie Qiang Gong* (standing with face close to wall, squat and stand up) and slap at the affected areas.

It should be noted that prolonged medication, particularly intake of hormonal drugs, is very harmful to a patient's health. It works better if medication is stopped and *PaidaLajin* is practiced conscientiously. During the process of *PaidaLajin*, various healing reactions may occur, which are in essence indicative of great healing effect. In addition, most of the patients with rare and critical diseases have undergone various treatments, but to no avail, and have lost hope in life. They tend to be more vulnerable and more afraid of the pain of slapping and stretching. Hence, they need more patient guidance and encouragement. And the intensity of *PaidaLajin* should be gradually enhanced.

Several special FAQs

I Prenatal and postnatal *PaidaLajin* for a woman

Initially, we did not encourage pregnant women to practice *PaidaLajin*, just to be on the safe side. However, many pregnant women have been practicing it on their own. The results show that *PaidaLajin* not only helps them self heal diseases that are common during pregnancy without the need for medication, and it also helps natural delivery of the baby. Moreover, this is beneficial for the growth of the baby before and after birth.

Diseases common among pregnant women, such as nausea, vomiting, edema, insomnia, heart disease, kidney disease, skin disease, etc., can be self healed with *PaidaLajin*, just like how others self heal with it.

Our recommendation:

For a pregnant woman, avoid slapping the abdomen. It is Okay to stretch on a *Lajin* bench and slap other areas of the body, just like how others do it. Women who benefit most from *PaidaLajin* are those who practice it every day during pregnancy, for health-keeping or self-healing diseases, without the need for medication. The recommendations for self-healing various diseases can be practiced.

For health-keeping, slap the universal regions (elbows, knees, hands and feet), all along the four limbs, and all around the head. The intensity and frequency of slapping probably need to be adjusted according to individual tolerance and health condition.

For a woman after childbirth, *PaidaLajin* is even more important. Many self-healing testimonials have shown that by practicing *PaidaLajin*, postpartum depression, mastitis, obesity, fever, uneven milk supply, pain, insomnia and other diseases can be self healed.

Focus mainly on the universal regions (elbows, knees, hands and feet), the breasts and the *Baliao* area (the upper middle part of the buttocks, also called sacrum). After childbirth, *Lajin* should be practiced more frequently. Slapping and stretching combined together is very helpful for a woman to recover and improve her figure after childbirth, to facilitate normal milk supply, infant care and upbringing.

II Heart disease, hypertension and diabetes

The root cause of the three diseases is related to problems with the heart. And very often they are manifested in the same patient and are one of the most typical combination of complex diseases.

Hence, to heal these diseases, all meridians in the entire body need to be unclogged. DO NOT be misled by the variations in such medical indicators as blood pressure and blood sugar levels.

For instance, diabetic patients attending our *PaidaLajin* workshops almost invariably have heart disease and hypertension (or hypotension). They voluntarily stop medication and insulin injections, and each day they drink ginger and date soup with brown sugar in it. Generally speaking, their blood pressure and blood sugar levels may go up in the first two days; but after the 3rd day of the workshop, these levels will gradually return to normal.

The very fact that the blood sugar of diabetic patients is normalized after stopping medication and insulin injection, and drinking tea with brown sugar, shows that diabetics has nothing to do with sugar intake. Rather, it is because the body cannot produce enough insulin to decompose sugar, which leads to high blood sugar.

By practicing *PaidaLajin* to unclog the meridians, the body will automatically secrete the much needed insulin. In addition, high blood pressure will be lowered and low blood pressure will be increased, until it returns to normal.

Our recommendation:

These three diseases are chronic. Thus our recommendation for self healing chronic diseases can apply here. Do more stretching, for 2-3 times a day. Slap the universal regions (elbows, knees, hands and feet), and then move on to slap the entire four limbs, the armpits and the groins. After much *Sha* is drawn out from these areas, slap the entire body in a “carpet bombing” manner. Focus more on the universal regions. For instance, you can slap a foot for 2-3 hours, including the instep, the sole, the inner and outer sides of the ankle, and the toes. Where *Sha* does not come out easily, a *Paida* stick can be used. After the *Sha* disappears, a new round of slapping can be started. Drink ginger and date soup. When the diseases are healed, *PaidaLajin* should be continued and the intensity and frequency can be gradually lowered for just the simple purpose of maintaining good health.

III Alzheimer's disease

There is hardly a patient with solely Alzheimer's disease. In other words, normally, an Alzheimer's patient suffer from a lot of other chronic diseases, such as malfunctioning of various organs, problems with the eyes, the nose, the mouth, the ears, the limbs and the brain. All bodily functions of the patient are degrading, including eyesight, hearing, speech, memory, mobility and so on. The label Alzheimer's is given only because the patient has manifested obvious degenerative symptoms in the brain.

Our recommendation:

First, slap the universal regions (elbows, knees, hands and feet), and then focus more on slapping the entire head. In the beginning, just slap at the top, sides, and front and back of the head, and the neck; when the patient gets used to *Paida*, move on to also slap the eyes, the cheeks, the mouth and the ears.

Try to engage and guide Alzheimer's patients in group slapping and stretching games. For an elderly patient with very stiff legs, DO NOT forcefully straighten the bent leg on a *Lajin* bench. Start from raising and stretching the legs alternately while lying flat on a bed. As long as the patient feels the pain of stretching, it is working. Gradually extend the duration and lift the legs higher to enhance intensity. And then move on to use the *Lajin* bench.

For an elderly patient with normal mobility and a clear mind, follow our recommendation on *PaidaLajin* for self healing chronic diseases.

IV Prostate and urinary disorders

Prostate disorders are quite common among elderly men. Over 90% of them suffer from such problems as prostatitis, prostate enlargement and prostate cancer. Common symptoms include frequent, urgent and incomplete urination, local and large-area pain and swelling. Many women, after childbirth, suffer from urinary incontinence and urethritis. Urinary disorders in both men and women lead to frequent toilet visits at night.

Our recommendation:

Follow our recommendation for self healing chronic diseases. And focus more on slapping the inner sides of the legs, the groins, the lower abdomen and the buttocks. When the condition improves, gradually slap along the four limbs to thoroughly detoxify.

Stretch 1-3 times a day, and gradually extend the duration up to 30min per leg. Add sandbags weighing 3-15kg on each leg.

We have had countless testimonials and records of patients with prostate disorders who have self healed with *PaidaLajin*. The most critical case is an 86-year-old patient with advanced prostate cancer. He has been cured of the cancer thanks to his daughter's high-power slapping on him. Sometimes, she would slap one of his legs for 4.5 hours. Although the patient yelled out of pain during the entire process, the result of the "torture" is that the cancer is cured, and a lot of other diseases are also cured.

V Breast cancer and breast hyperplasia

Breast cancer and breast hyperplasia have now become major diseases worldwide. Patients with such diseases also suffer from heart disease and depression, though to varying degrees. It is safe to say that breast cancer is an extreme manifestation of depression. And the annual breast screening has become a major global event for women.

Our recommendation:

The best checkup and prevention is to slap at the breasts, the inner elbows and universal regions (knees, hands and feet). As long as there appear *Sha* (poisoned blood), lumps and reddish swelling, it is indicative of meridian blockages. Be it breast cancer or breast hyperplasia, the symptoms will be eradicated with persistent slapping and stretching.

For a woman diagnosed with breast cancer or breast hyperplasia, first slap the universal regions (elbows, knees, hands and feet), and then focus more on slapping the breasts, the armpits, the chest and the back. Slap all around the breast thoroughly, particularly the outer sides of the breasts adjacent to the armpits, and the entire armpits. Much *Sha* and many lumps can be drawn out, and the process of slapping can be quite painful. However, the greater the pain of slapping, the more self-evident that *Paida* is the correct therapy, and the better the effect. Because where there is pain, there are blockages in the meridians. If no pain is felt during slapping, *Paida* is not necessary, for the person is healthy.

Stretch 1-3 times a day, and gradually extend the duration up to 30min per leg. Add sandbags weighing 3-15kg on both legs. Drink ginger and date soup and do warm-water foot bath.

It should be emphasized that slapping the breasts is NOT ONE of the best ways to screen and prevent breast cancer, but THE BEST WAY!

VI Stroke and paralysis

These patients normally have heart disease, hypertension and problems with various other organs. For acute stroke, focus on slapping the inner elbows, *Neiguan* acupoints on both arms, and both hands. When the acute symptoms are gone, slap the universal regions (elbows, knees, hands and feet), and then along the four limbs.



Neiguan

More often, a stroke patient already suffers from sequelae, is paralyzed on one side of the body and has speaking difficulty. Whichever side is paralyzed, slap both sides of the body, and then slap the entire head, including the top, sides, front and back of the head and the neck. For those with speaking difficulty, focus more on slapping the head, cheeks and back of the hands, and then “carpet bomb” the entire body. Do warm-water foot bath every day.

More often than not, these patients love to eat meat and tend to over-eat. Hence, it is crucial to guide them to eat less and go vegetarian. It's best to fast one day a week, or to skip the dinner as much as possible. Desire for food, poor tolerance of the pain from *PaidaLajin* and laziness must be overcome.

One typical symptom is stiff fingers. Focus more on slapping the back of the hands and the fingers. Slap one hand for 1-2 hours until the hand swells up and *Sha* comes out thoroughly. The benefit of a painful *Paida* is a worthwhile reward to encourage a patient to persist in *Paida*. Then, slap the back of the other hand, and the insteps of both feet, each for 1-2 hours, until they swell up and *Sha* comes out thoroughly. Drink ginger and date soup. Do warm-water foot bath and stretch for 1-3 times per day.

VII Nephritis, kidney failure and kidney dialysis

Such diseases are common among men and women, old and young. Normally, treatment of such diseases last long and the medical expenses can be alarmingly high, kidney dialysis in particular can be a great financial burden on the family and the institutions.

However, such diseases can be self healed, and with great effect. The key is to change the mindset and take concrete actions to self heal. The diseases may sound horrifying, however, they are in essence a compound manifestation of multiple diseases. And the patient's heart, kidney, liver, gall bladder, spleen, urinary bladder, stomach, big and small intestine meridians are heavily clogged. Therefore, the only option is to "ignore the disease name". In short, they are caused by meridian blockages, and unclogging meridians heals.

Our recommendation:

Slap the universal regions (elbows, knees, hands and feet) first, and then slap along the entire four limbs. In particular, slap the hands and feet for a long time; then slap the entire body in a “carpet bombing” manner. Stretch 1-3 times a day.

When the *Sha* has subsided, a new round of slapping can be commenced. Do several rounds of full-body, thorough slapping. Drink ginger and date soup. There have been records of both children and adults successfully self healing kidney failure. During the process of *PaidaLajin*, the patient can experience a number of healing reactions. These are signs of great healing effect. DO NOT stop *PaidaLajin* because of any of the healing reactions. DO NOT take the reward as punishment.

VIII Depression and other mental disorders

The body, mind and soul are one. Patients with depression or other mental disorders suffer from many bodily illnesses as well. In fact, all the internal organs are malfunctioning, particularly meridians of the heart, kidney, liver, spleen and intestines and the brain are much clogged.

Our recommendation:

Slap the universal regions (elbows, knees, hands and feet) first, and then slap along the entire four limbs, the entire head, the chest, the back, the armpits, the groins. Focus more on the inner elbows, the *Neiguan* acupoints on both arms, the head, hands and feet. For each *Paida* session, slap each body area for 10-30min.



Neiguan

A patient with depression often cry out during the process of *Paida*, which is a good sign of healing reaction. Leave the patient to cry it all out, and the healing effect will be much better. After the crying, slapping and stretching can be continued and new rounds of slapping can be started. Stretch 1-3 times a day and drink ginger and date soup.

IX Weight loss/weight gain and a better look

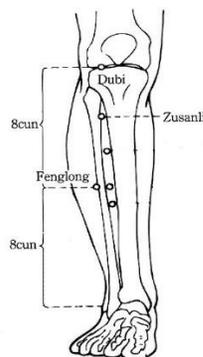
Obesity, colour spots, pimples, and rough skin are in essence health problems. These symptoms are caused by meridian blockages. Once the meridians are clogged, the person becomes sick. The body weight and skin problems are related to such chronic diseases as diabetes, heart disease, hypertension, kidney problems, spleen and stomach problems, constipation, gynaecological diseases, depression, insomnia, etc.

Our recommendation:

Stretch first. The longer the duration of stretching, the greater the intensity, and the more frequent, the better the effect of it.

For women with sagging breasts after childbirth, the problem can be most effectively reversed by stretching on a *Lajin* bench. Because, unlike the pull of gravity on the breasts often experienced in other sports which leads to sagging breasts, while lying on the *Lajin* bench with hands stretching backward, the breasts are pulled upward, thus enhancing the elasticity of the breasts.

Then focus more on slapping the universal regions (elbows, knees, hands and feet), the belly, the waist, the buttocks and the thighs where a lot of fat tend to accumulate. For those with severe colour spots, focus more on slapping the cheeks and the affected areas, the entire four limbs, the hands and the feet. Slap an area for 10-50min each time. The majority of overly thin people suffer from various chronic diseases, particularly spleen and stomach problems. Follow our recommendation for self healing chronic diseases. Focus more on slapping the universal regions (elbows, knees, hands and feet), the *Zusanli* acupoint, and the entire four limbs. With persistent *PaidaLajin* practice, the practitioner will naturally gain weight.



Zusanli

Whether for gaining or losing weight, drink ginger and date soup, and do warm-water foot bath. Your body weight will eventually reach a balanced level.

It is recommended to attend at least one 7-day *PaidaLajin* workshop each year. Almost all workshop participants have experienced the extra benefits of weight loss and beautification in addition to self healing many diseases. As long as the meridians are unclogged, one naturally benefits from the “side effects” of weight loss/gain and a better look. Depending on the differences in age, health condition and the intensity of *PaidaLajin* practice, it is normal for a practitioner to lose 5-20kg in one to six months.

X Autism

Our recommendation:

Autistic patients are mostly children. Encourage children to engage in a regular group slapping game, and do Wall Hitting, *Tie Qiang Gong* (standing with face close to wall, squat and stand up) and Waist Swirling exercises.

For *Paida*, slap gradually from gentle to heavier. In addition to slapping the universal regions (elbows, knees, hands and feet), focus more on slapping the entire four limbs, the head, the hands and the feet. For the hands, the feet and the head, slap 10-30min each area each time.

Do not panic seeing colourful patches of *Sha*, lumps and swelling at the slapped areas. These are good healing reactions.

Do warm-water foot bath, and drink ginger and date soup. Stretch 1-3 times a day, and gradually extend the duration of stretching to over 30min each leg.

Duration and Intensity of *PaidaLajin*

The general rule is:

If you want to heal faster, slap and stretch more;

If you want to heal slower, slap and stretch less;

If you don't want to heal, then don't do it.

PaidaLajin is NOT a way of medical intervention. Rather, it is a simple and convenient self-healing exercise. It's all up to you.

There is no definite answer as to how long and how intense a person should slap and stretch. It differs from person to person, due to factors such as the health condition, age, gender, way of thinking, life experiences, the understanding of the *PaidaLajin* self-healing method, and the actual practice.

For *Paida* to be effective, slap an area for at least up to 5min within a person's tolerance of pain. Pain is to be felt in effective *Paida*. If the slapping is too soft for the pain of slapping to be felt and the duration is too short, the effect will be greatly discounted, for the self-healing power is not fully activated.

In a 7-day *PaidaLajin* workshop, each day, the participants slap for about 6 hours and stretch for about 1 hour. Only by doing so can all the main parts in

the body be slapped during the workshop. To thoroughly slap all over the body, it can take up to 15 days.

The *PaidaLajin* activities in a workshop are a thorough cleansing and a strong stimulation of the self-healing system. Hence, almost all illnesses can be greatly relieved during a workshop. Whereas when a person is at home, it is quite impossible to slap and stretch for so long and with such a high intensity.

You may adjust the duration and intensity according to your health condition and other practical factors. Normally, do *PaidaLajin* for 1-3 hours a day. For someone who is very sick and/or has enough spare time, extend the duration and increase the intensity of *PaidaLajin*.

For normal health-keeping, slap the head and the universal regions (elbows, knees, hands and feet) for 0.5-1 hour a day; For common diseases, slap the universal regions (elbows, knees, hands and feet) and the recommended areas for slapping for 1-3 hours and it will take effect. For a seriously ill patient, the entire body needs to be slapped many times and he/she will gradually recover.

It is strongly recommended to attend a *PaidaLajin* workshop. *PaidaLajin* is not just words. It can only be learned when you actually do it. Only by experiencing the unforgettable slapping and being slapped, can a person learn systematically how to slap and how to concentrate during the process, and learn the actual intensity and duration of *Paida*. Up to now, we haven't found a better option than attending a workshop.

For a patient who has to work and cannot commit to slapping for so long as is done at a workshop, it is recommended to slap 1-3 areas each day for

approximately 1 hour. If *Lajin* is also practiced, the duration of stretching should be counted separately.

Many people have no time for slapping or stretching, but they have time for playing mahjong, doing sports, or going to a restaurant. This shows that not everyone attach the same importance to maintaining good health.

Our recommendation:

The following recommendations are for your reference only. You can adjust it according to your health condition and schedule.

I Normally, slap a specific area (for instance, an inner elbow, the top of the head, the front of a knee, or one side of a knee) for 10-30min. Slap one area thoroughly before moving on to the next.

II By “slap one area thoroughly”, it means slapping until no more *Sha* comes out, the slapping no longer hurts much, or the *Sha* is beginning to disappear, the skin of the slapped area is broken and blood and fluid are coming out.

III When slapping a large body part, for instance, the shoulder blades, the buttocks, and the four limbs, slap an area for 10-30min with hand(s) or a *Paida* stick, and then move on to the next area.

IV For reachable body parts, it's best to slap on one's own; for body parts difficult to reach by oneself, help each other to slap. During the *Paida* process, the hands and *Paida* sticks can be used alternately. When you feel weak and

fatigued, or when it's hard to get *Sha* out, a *Paida* stick can be used instead. In cold weather, a *Paida* stick can be used to slap on clothes-covered areas.

V It's best to slap one area thoroughly in one go, instead of slapping one area in several sessions. The following day, the same area(s) can be slapped even if the *Sha* has not subsided yet. But it hurts more to slap an area covered with *Sha*. So, our recommendation is to slap an area a second time when the *Sha* has gone.

VI Some people get cured thoroughly after one round of "carpet bombing" *Paida*; for people with more severe problems, several rounds of whole-body *Paida* is needed before full recovery. One can decide for oneself how many areas to slap a day, how intense and how often.

VII Some people, after slapping all over the body, don't benefit as much as others who slap heavily on the universal regions (elbows, knees, hands and feet) or some areas of the body. Why? Because their *Paida* is way too soft and not painful enough for it to take effect.

Some people benefit more by slapping plus stretching for 1-3 times a day. Some people stretch, not on a standard *Lajin* bench, not with sandbags, or with just a 2kg sandbag, or stop stretching when they feel painful, numb, sore and swelling sensations. With the same duration of stretching, it brings a better healing effect to stretch on a standard *Lajin* bench, add 5-20kg sandbags, and persist in stretching after feeling painful, numb, sore and swelling sensations.

How to deal with Healing Reactions experienced in

***PaidaLajin* practice?**

I Healing Reactions are natural, inevitable, and good reactions during the process of self-healing with *PaidaLajin*. The intensity of Healing Reactions may differ, but invariably everyone has got to experience them. Even the sensations of pain, numbness, soreness and swelling are healing reactions.

Please note that the general rule of healing reactions is: the stronger the healing reactions are, the more accurate the self-diagnosis is and the better the self-healing effect will be.

II During the process of *PaidaLajin*, it is quite likely that the symptoms of the disease(s) will aggravate temporarily. For instance, when practicing *PaidaLajin*, a hypertensive patient may experience higher blood pressure; a diabetic patient may have higher blood sugar level; a pain patient could feel more intense pain, etc. Those with multiple diseases may experience more healing reactions. But these are all good signs of healing in process. There is no need to panic. Instead, be grateful for it.

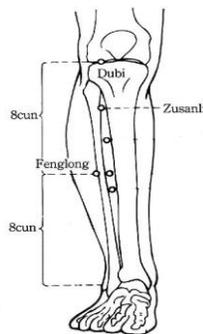
III Common healing reactions include fatigue, pain, nausea, vomiting, dizziness, insomnia, chills, cramps, itchiness, etc. The most serious is when one faints and falls unconscious.

To relieve all these healing reactions, slap the inner elbows and *Neiguan* acupoint. In very severe cases, slap heavily. If the symptoms are not much eased, slap along the inner sides of the arms.

To save someone in a coma, two people can slap heavily the patient's inner elbows and *Neiguan* acupoints on both sides; To relieve cramps, slap at the inner elbows and the insteps of the feet; To relieve stomach ache, slap at the *Zusanli* acupoints and areas below it along the Stomach Meridian; To relieve a headache, slap at the pain spot, the entire head, and the back of hands; To relieve gall bladder pain, slap at the Gall bladder Meridian along the outer sides of the legs; To get rid of itchiness, slap at the affected areas.



Neiguan



Zusanli

IV Healing reactions differ from person to person due to the health condition, age, and other factors. Two patients with the same disease can experience different healing reactions when practicing *PaidaLajin*. Because, diseases are invariably complex diseases. A disease name conceals more known and unknown diseases. Healing reactions experienced by different people are incomparable.

V When healing reactions are experienced, it is best to reduce food intake or fast. In this way, the self-healing energy stimulated by *PaidaLajin* can be mainly used to dissolve and burn out the toxins and wastes in the body. This is a process where the waste is turned into positive energy that the body needs; otherwise the self-healing energy will be used to digest the food that is eaten every day, which can be more loss than gain.

VI Nowadays, it is popular belief that drinking more water helps to detoxify. The recommendation in Chinese medicine is: Drink only when you feel thirsty, and only drink warm water. Because water is *yin* in nature, and icy water is even more so. Drinking too much cold or icy water consumes the *yang* energy in the body. Although a large proportion of the human body is made up of water, and water helps to detoxify, yet the precondition is that the energy channels should not be clogged. When there are blockages in the meridians, drinking much water consumes *Qi*. Both water and blood need *Qi* to move along in the body. Hence, it is *Qi*, rather than water, that does the job of detoxification. A dead person has no *Qi* left in the body, and water that goes into a dead body does not move.

If you believe that every day you need to drink many gallons of water, and you actually do it, then it is likely that you will suffer heart, kidney, urinary bladder diseases and problems with other internal organs.

It is even worse to drink cold water in the morning. Because the cold water puts out the heart fire that is just rising along with the rising sun.

When experiencing healing reactions and feeling weak or fatigued, drink some warm ginger and date soup, which boosts *Qi* and blood.

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For more on *Paidalajin* self-healing, please visit:

Chinese website: www.paidalajin.com
English website: www.paidalajin.com/en/home
U.S. website: pailala.org
Deutsche link: www.lajin-paida-deutschland.com
Chinese blog: blog.sina.com.cn/yixingtx
micro-blog: weibo.com/yixitianxia
Chinese forum: lajinpaida.com
Wechat No.: yixingtianxia-xiao

Watch videos at our website or at Youtube:

www.youtube.com/user/selfhealing100

***Paidalajin* Facebook by Ben James:**

<https://www.facebook.com/PaidaLajin?fref=nf>

If you would like to volunteer to translate it into other languages, please contact Ellen Zhang.

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