

**【1期】**

**3分間！**

**魔法のセルフケア！**

**集客法！**

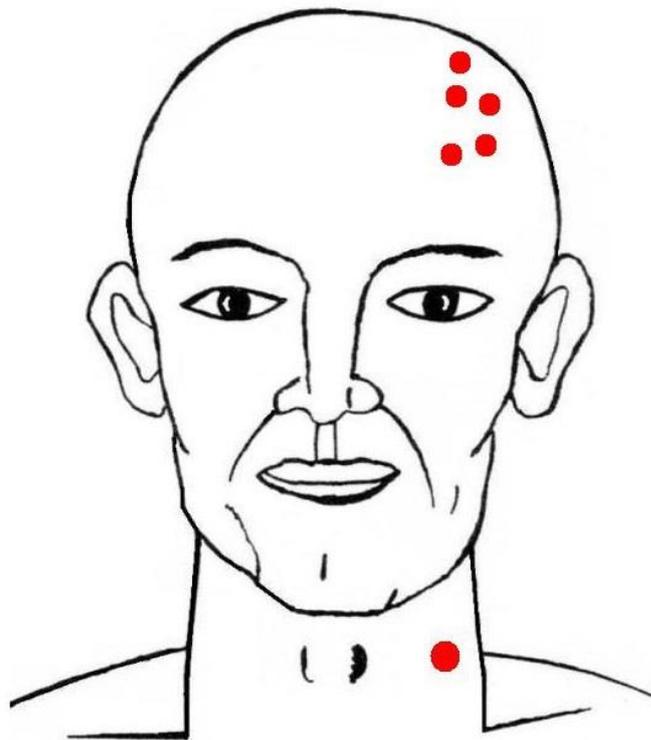
1 <頭の痛み解消法！>

①偏頭痛

陰性の偏頭痛



# 陽性の偏頭痛



頭部の皮膚の剥がし方

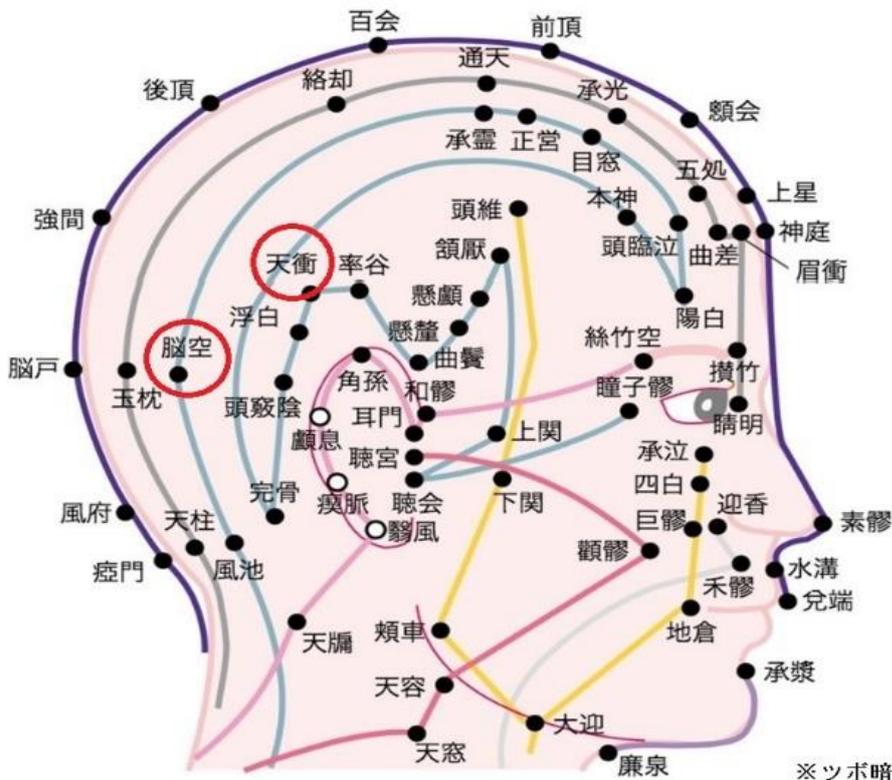


頭維 (ずい)



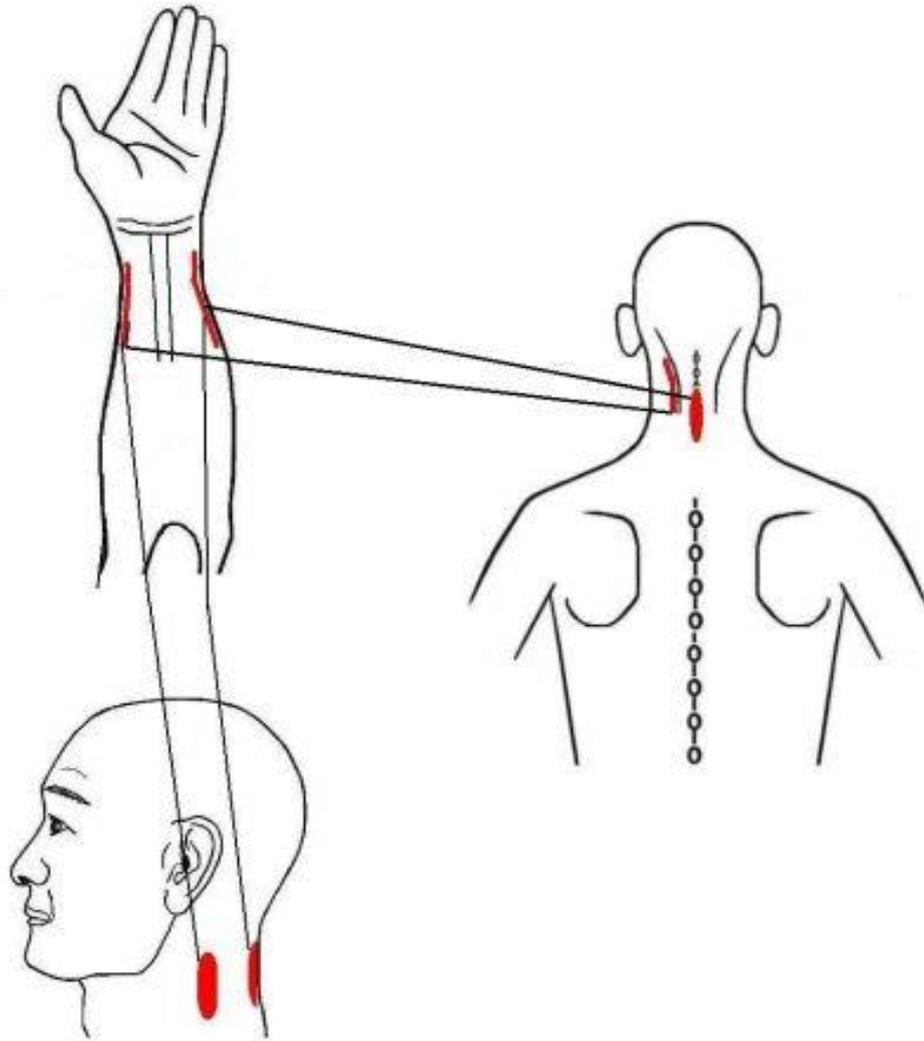
通天 (つうてん)





※ツボ暗記カードより引用改変

首の痛み



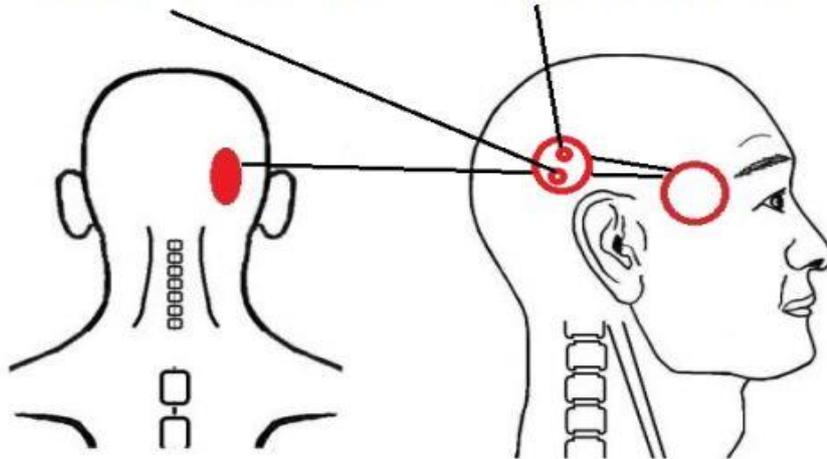


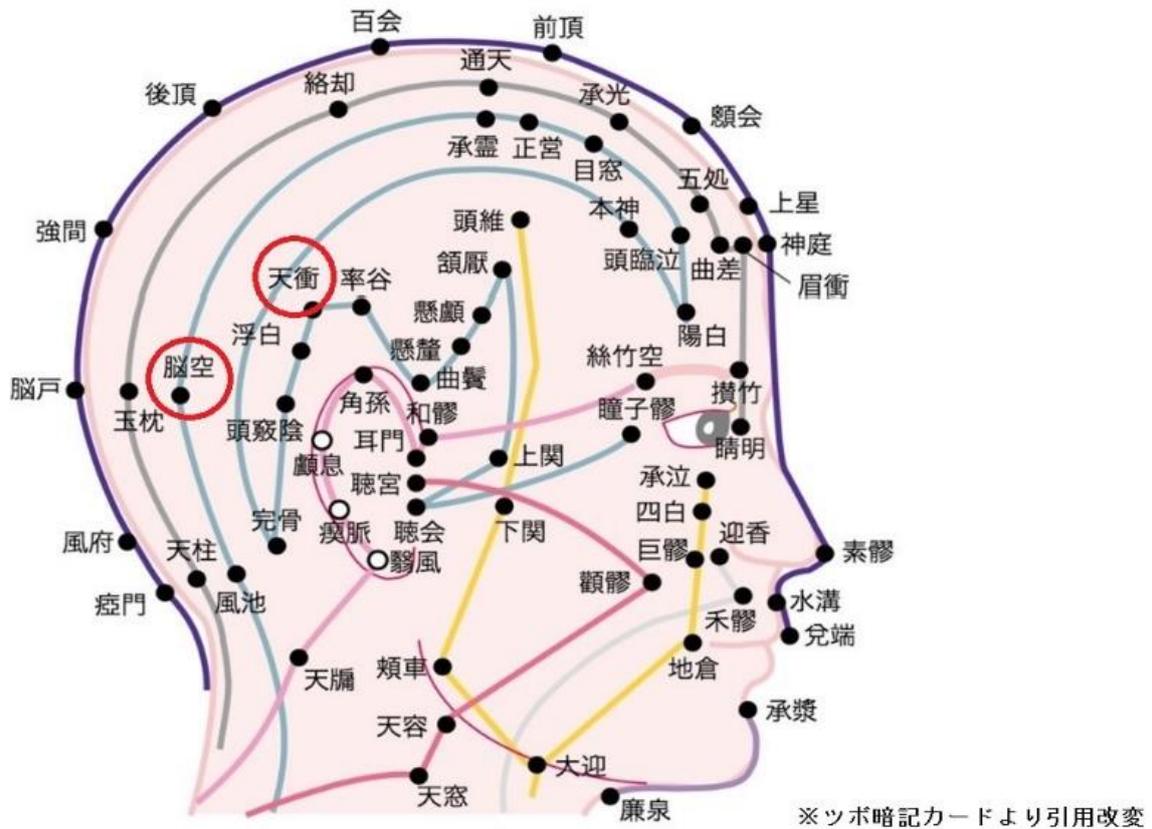
②こめかみの頭痛

# こめかみの頭痛

浮白（ふはく）

天衝（てんしょう）

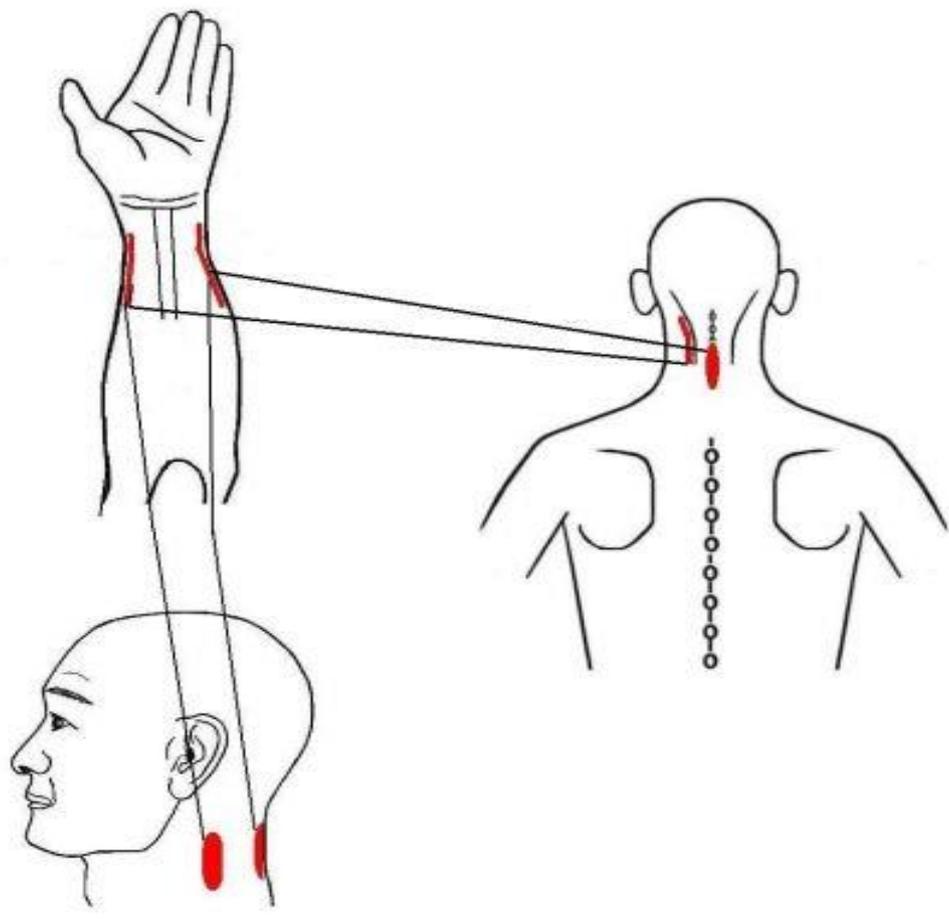




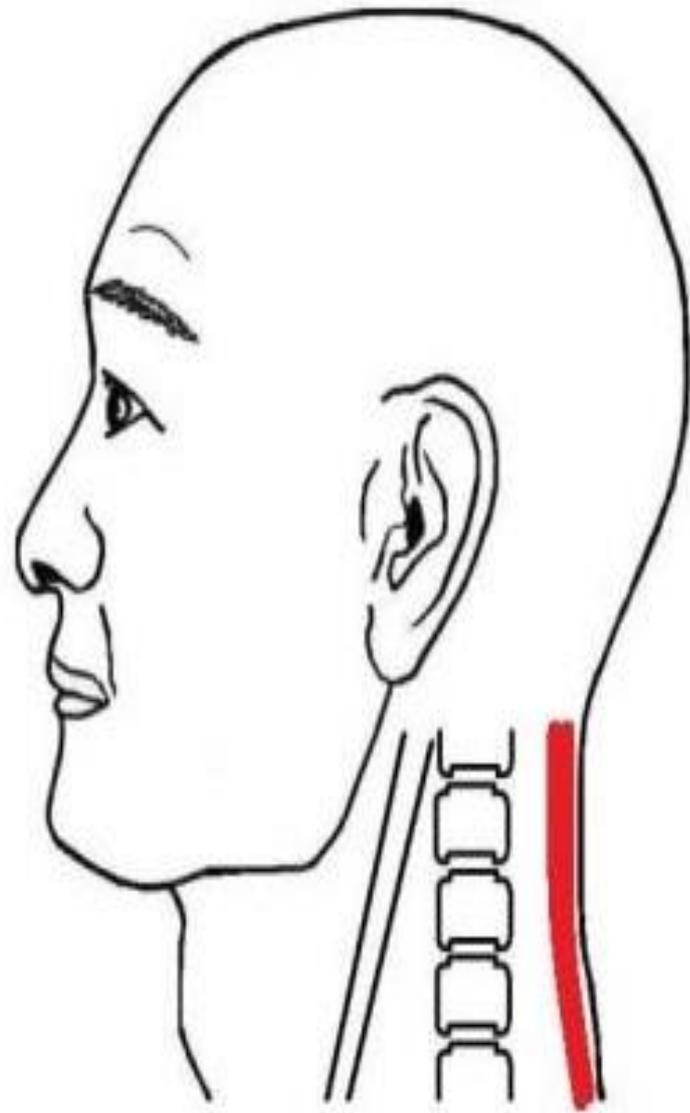
## 2<首の痛み解消法！>

### ①全体的な首の痛み

首の痛み



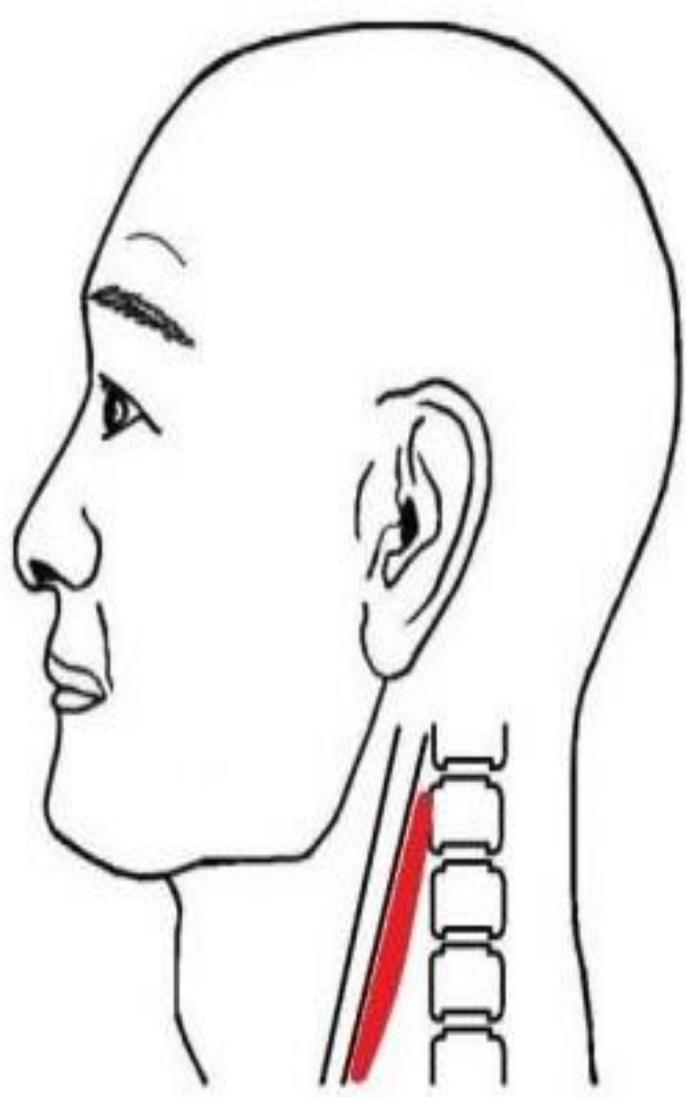


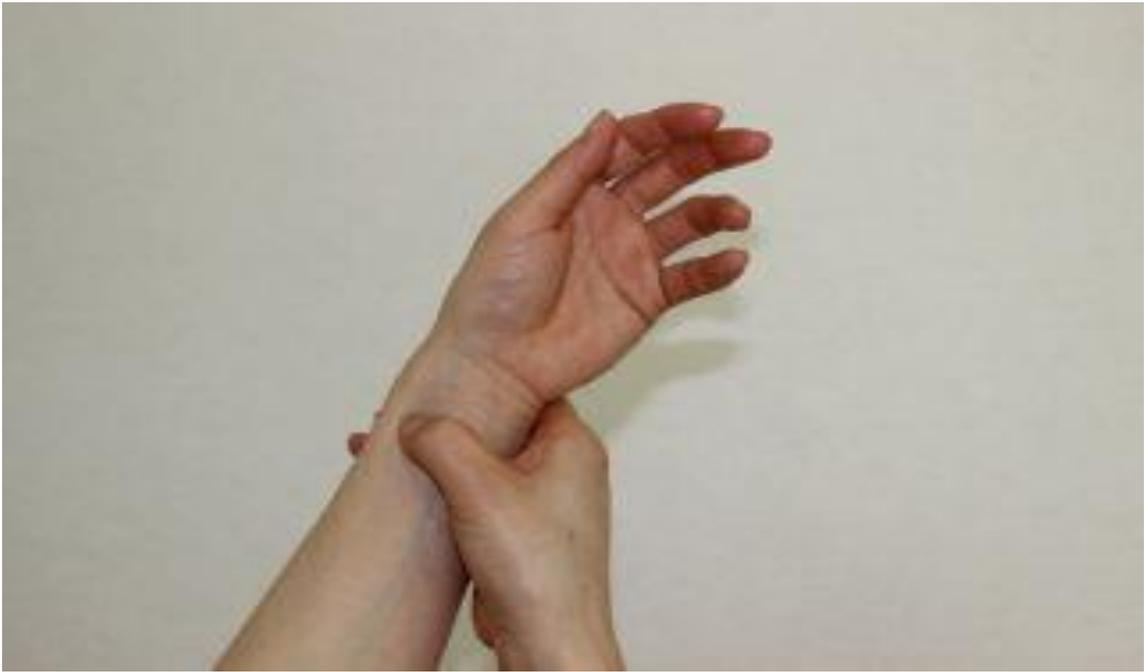


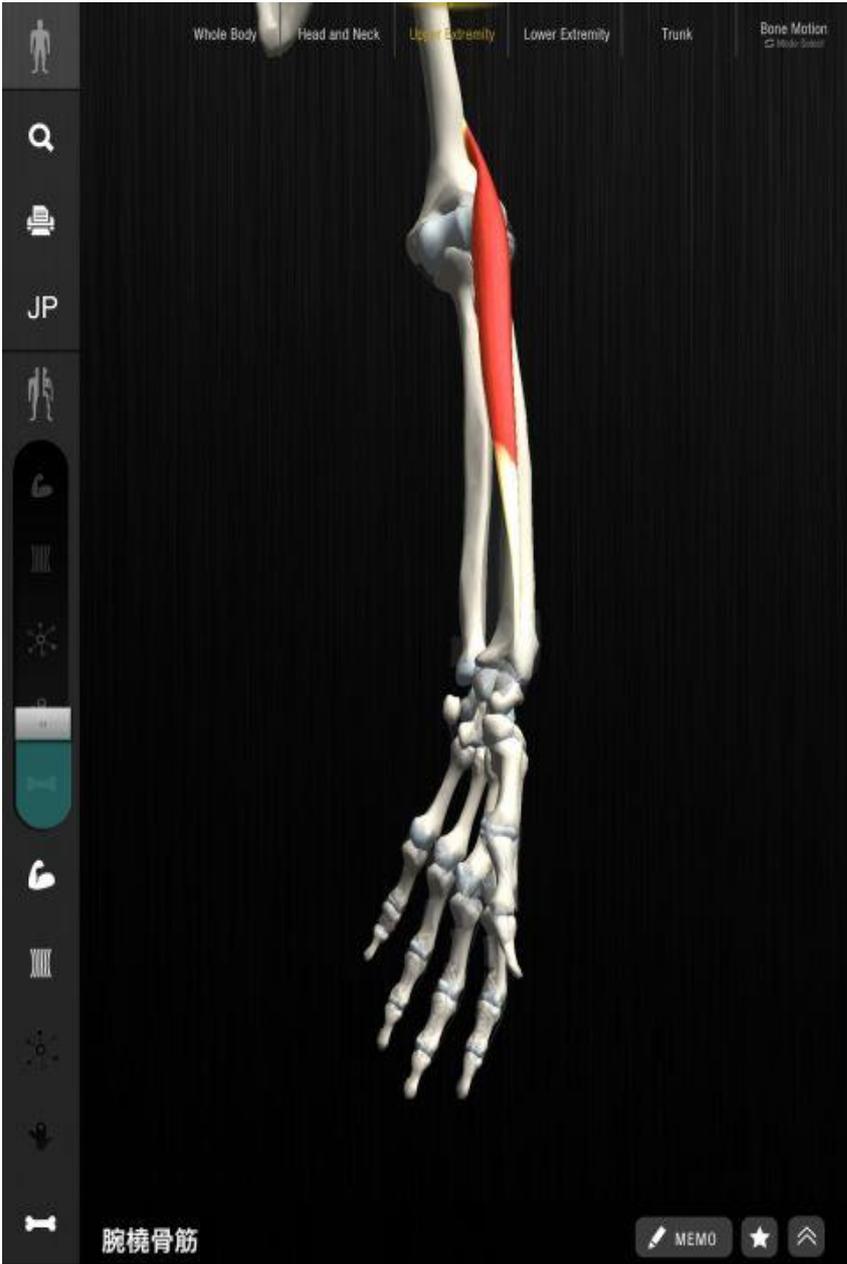




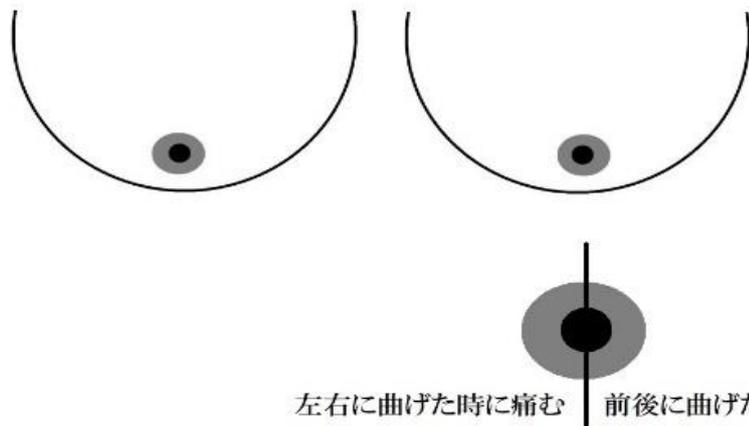






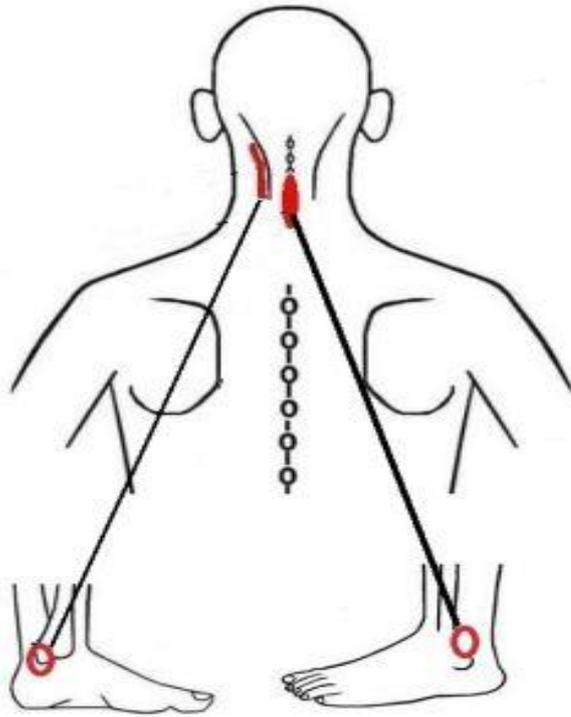






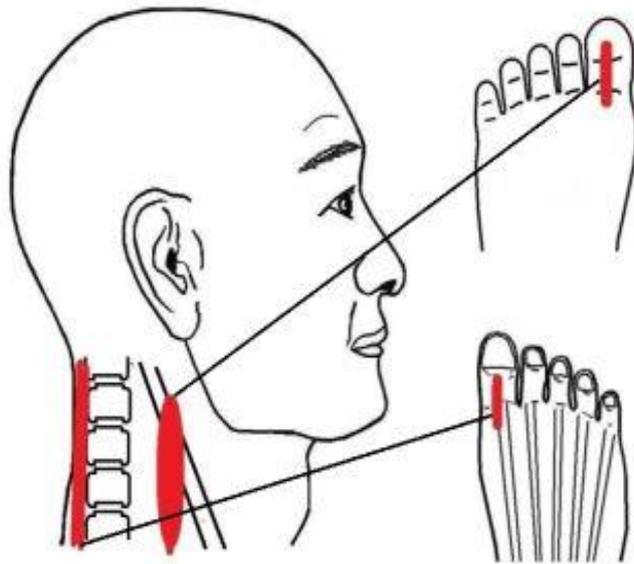
②首の奥の痛み

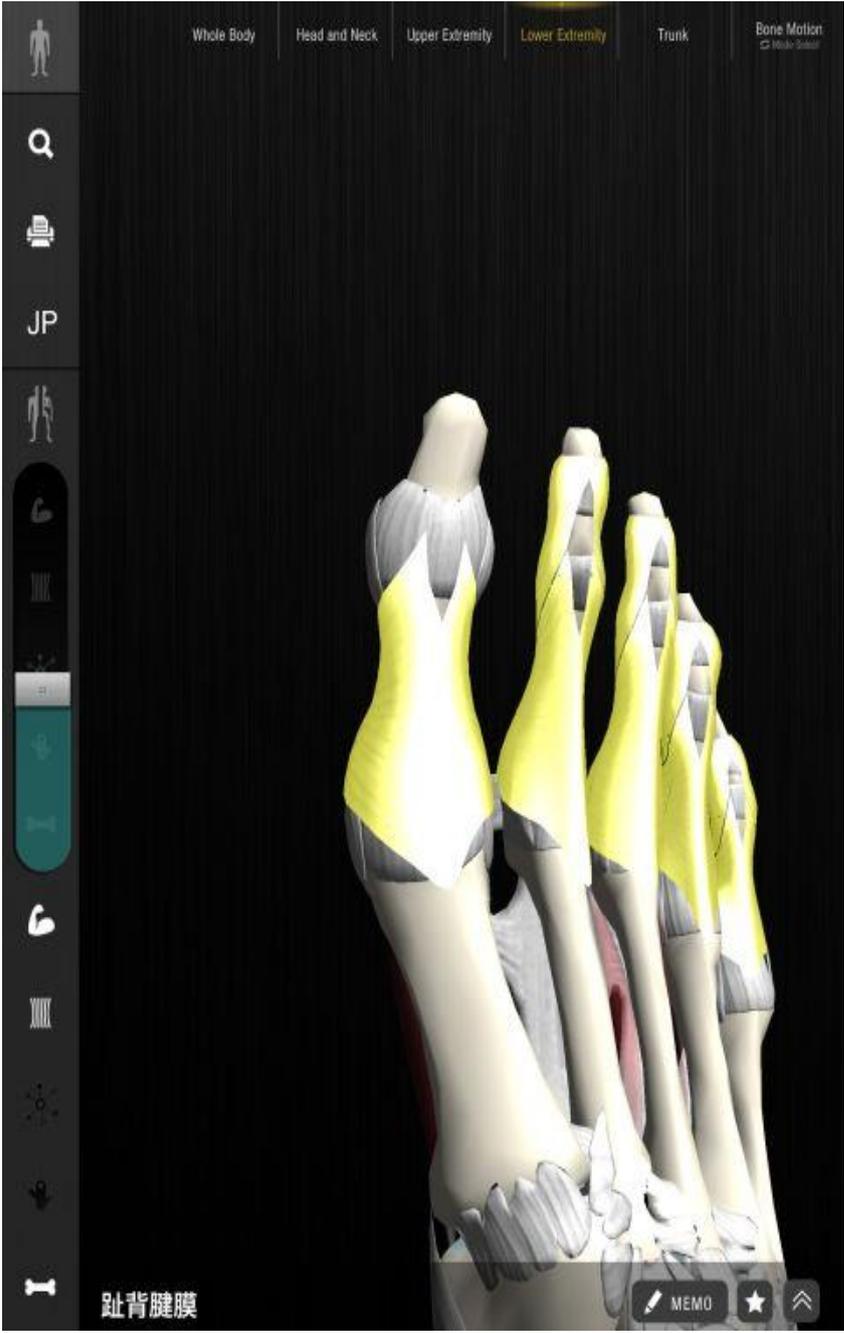
# 首の奥の痛み

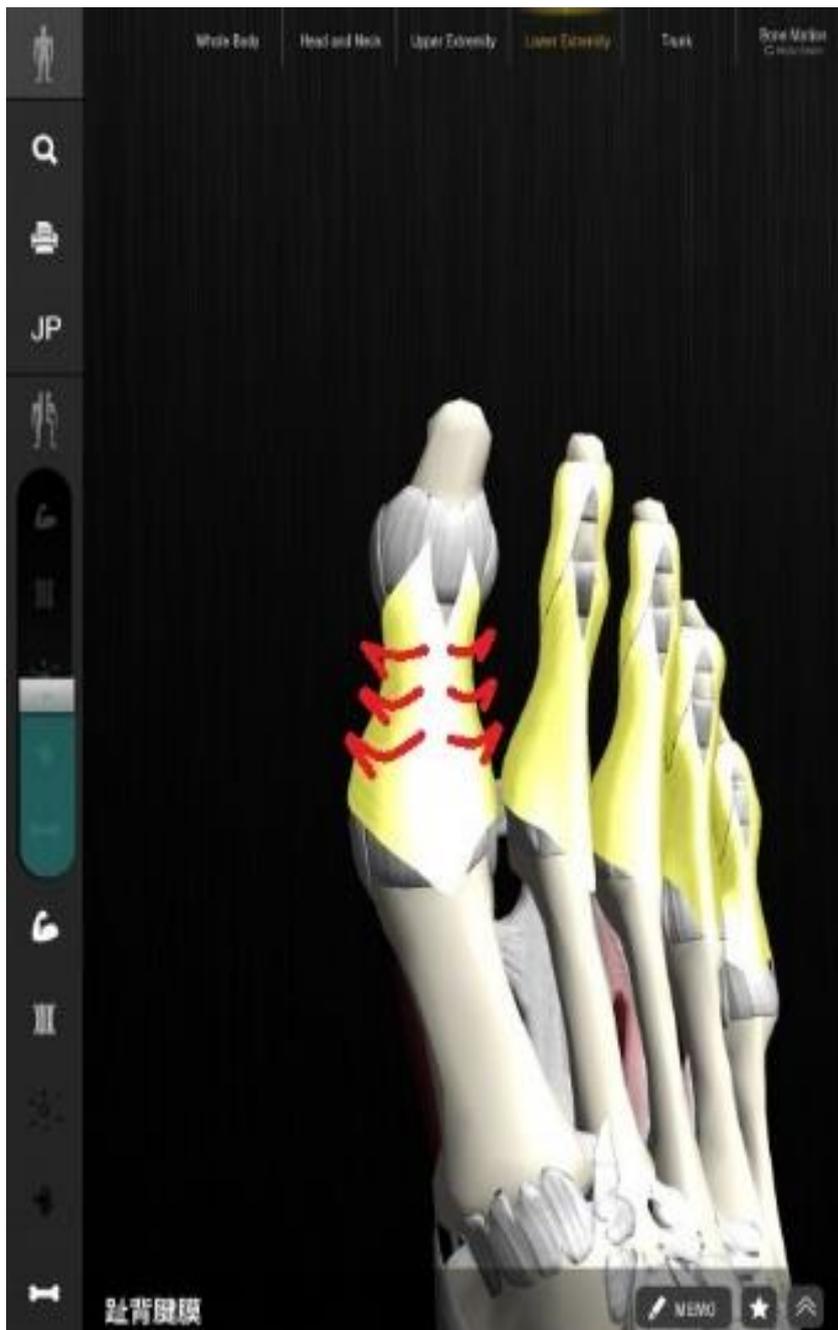


③首の芯の痛み

# 首の芯の痛み





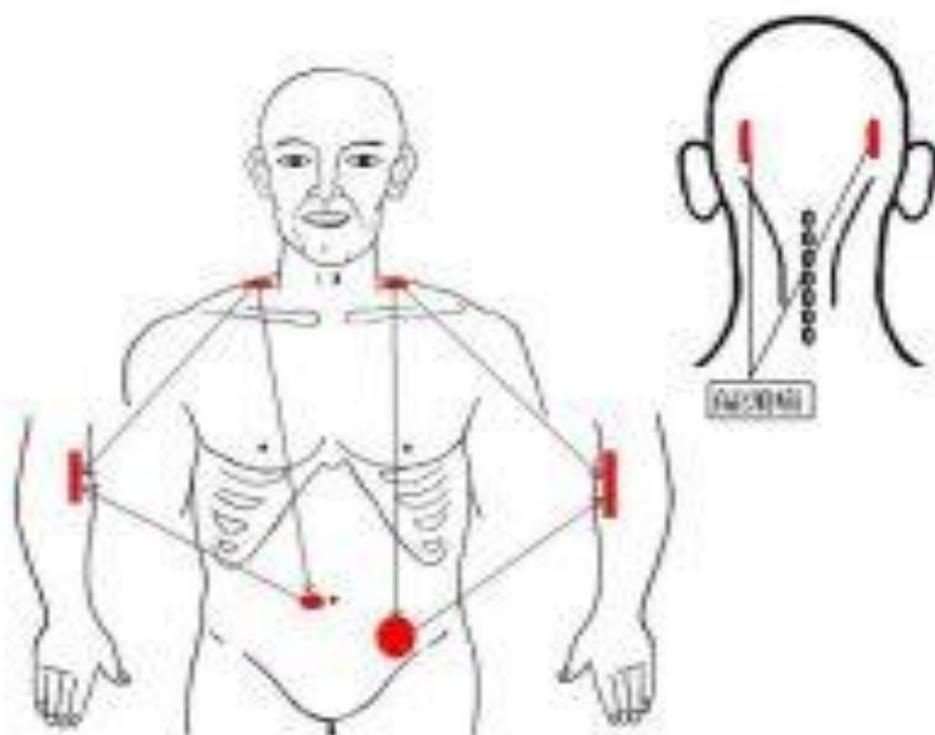


### 3<肩の痛み解消法！>

#### ①肩こり

## 肩こり・偏頭痛

食物を  
一口25回以上は噛む



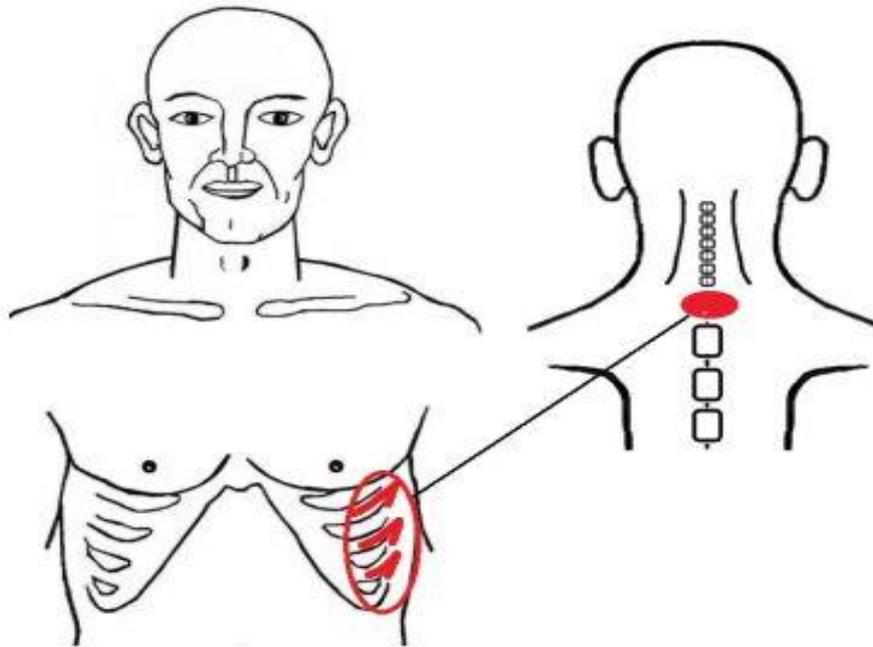
肩こり、肩痛、偏頭痛は咀嚼不足のために起こる小腸、大腸のストレスによる  
解消するには硬くなった小腸と大腸を按摩でほぐして柔らかくする  
両側の小腸、大腸の系統もほぐすと更に改善される  
偏頭痛も咀嚼不足で後述部の小腸系と大腸系のところに溜りができて引っ張られて偏頭痛を起こす  
その部分を指でほぐすと改善される

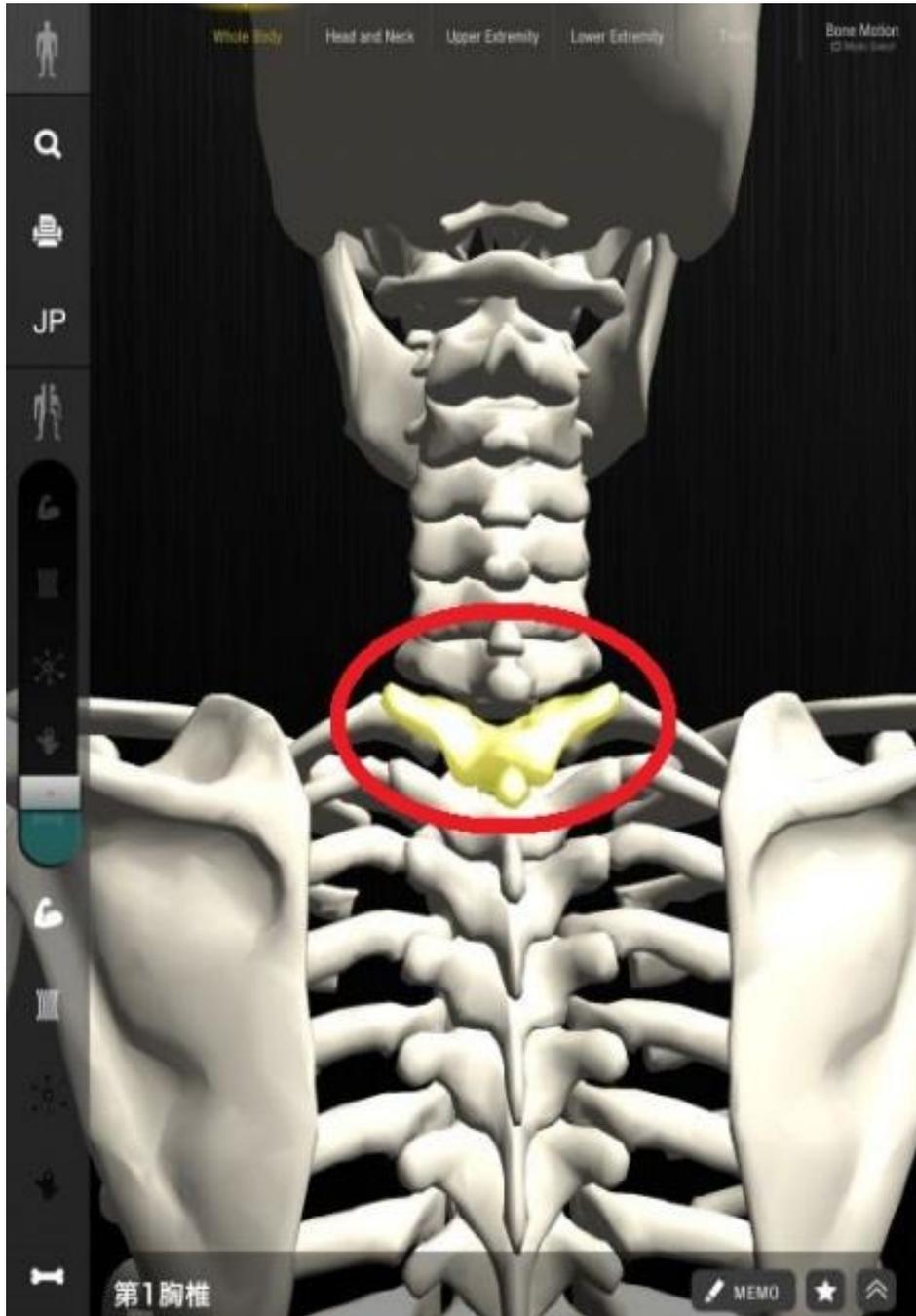


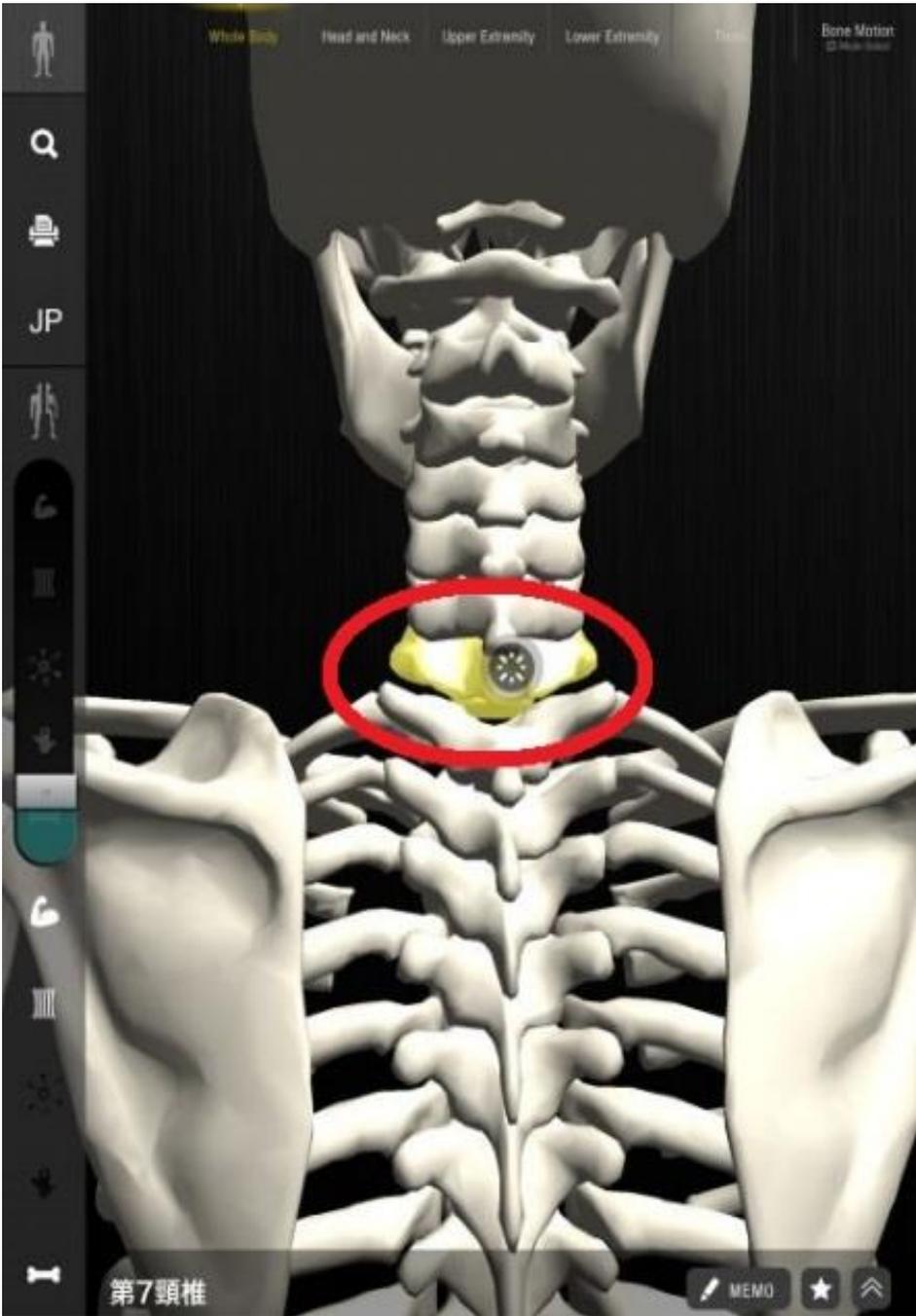


②スマートフォンネック

頭が前に出る



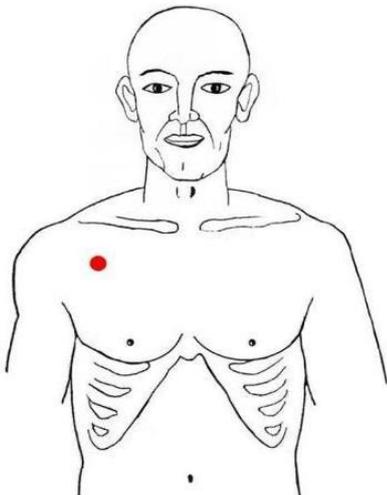
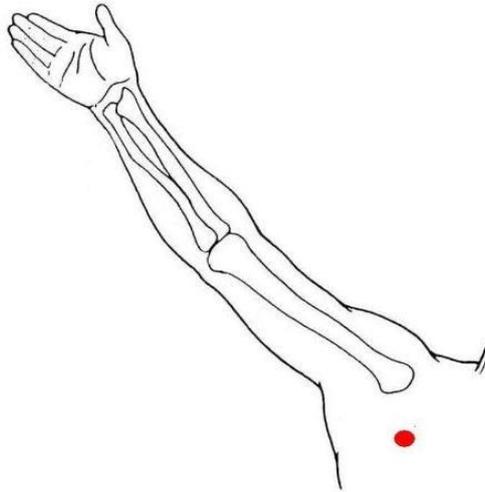
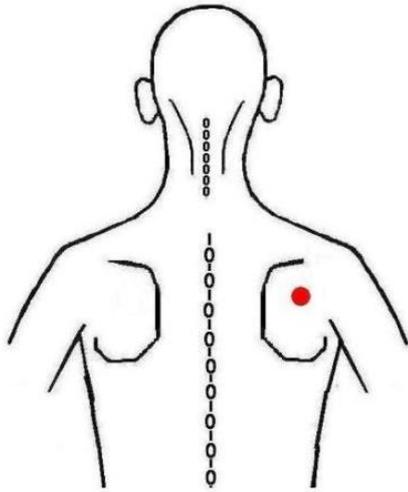






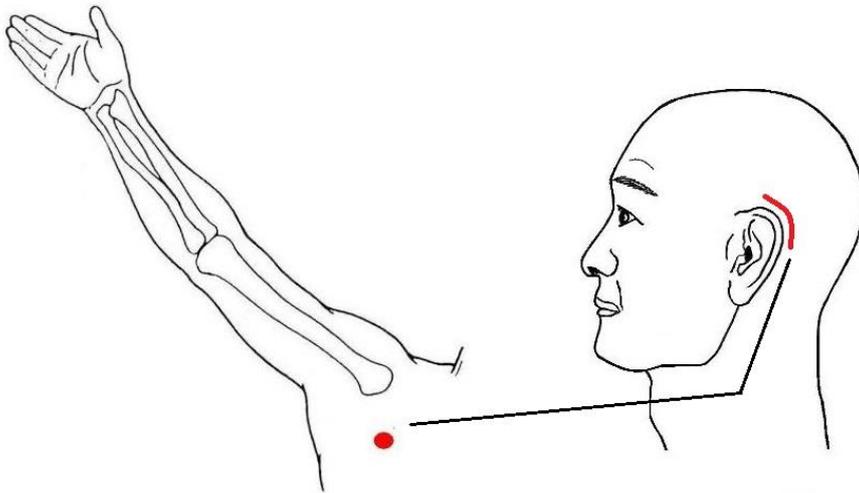
③ 40肩・50肩の痛み

## 40肩・50肩の痛み



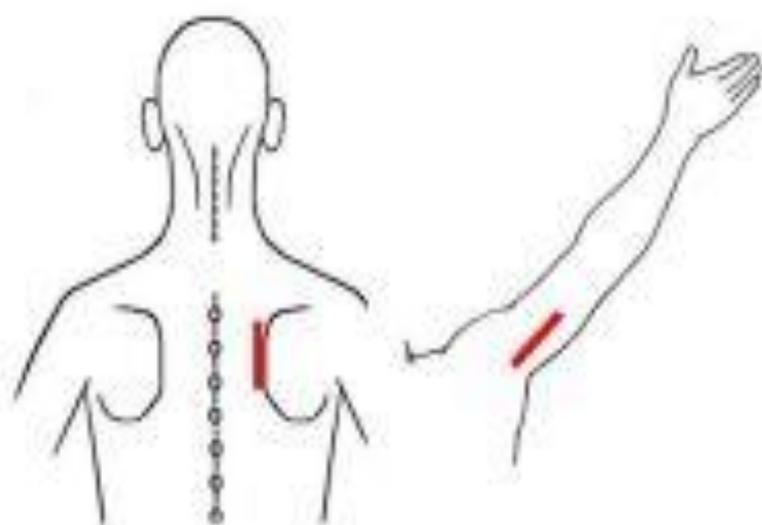
40肩・50肩は肩の炎症でも何でも  
ない、鎖骨の下と肩甲骨のところ、  
腋の下の真ん中のところの3か所の  
滞りが主な原因  
この3か所をほぐすと改善される

腋の下・40肩・50肩の軀起点



肩甲骨の内側の痛みと違和感

## 肩甲骨の痛みの対処法

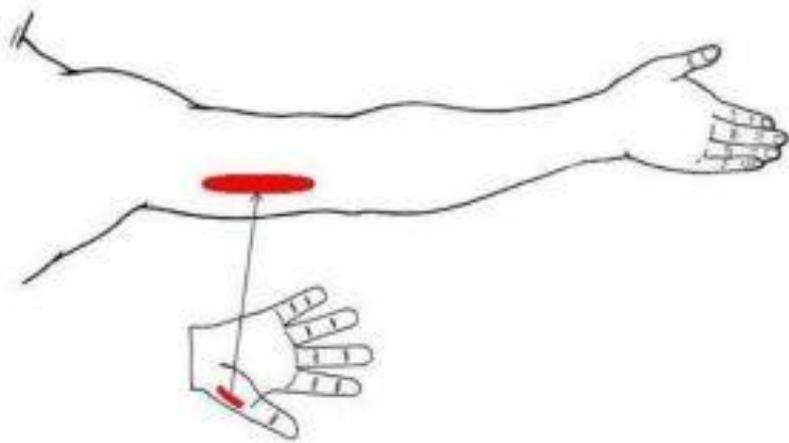


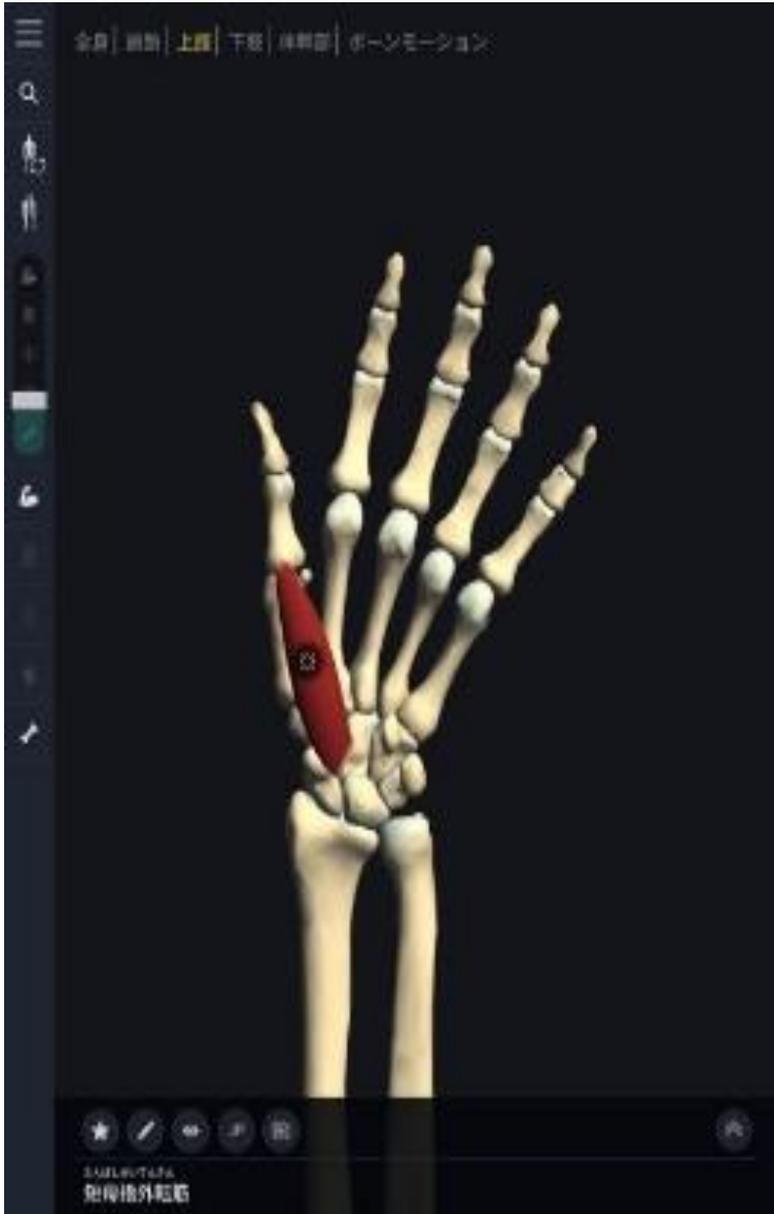
肩甲骨の内側の痛みは上腕から肩にかけての骨隙の癒り  
があって上腕から肩口にかけて骨隙をほぐすと肩甲骨の  
内側の痛みは緩和する



上腕三頭筋の真ん中の痛み

上腕三頭筋の真ん中の痛み





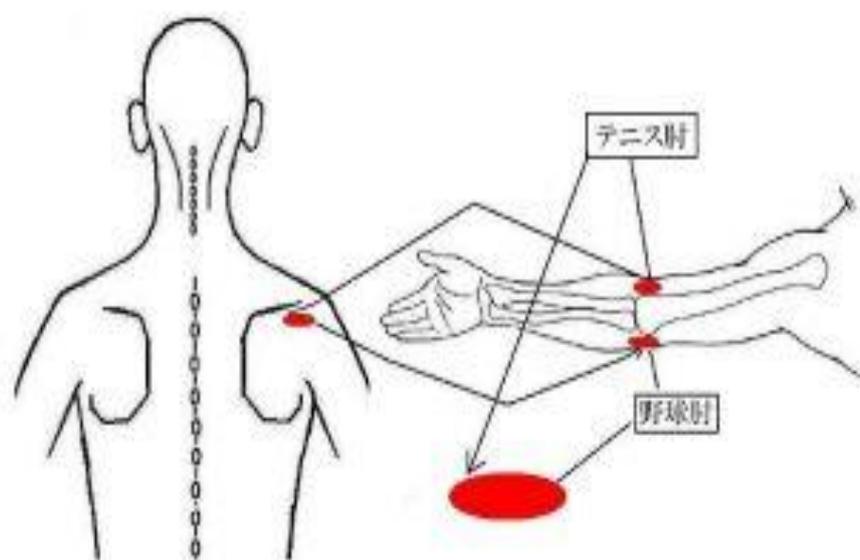




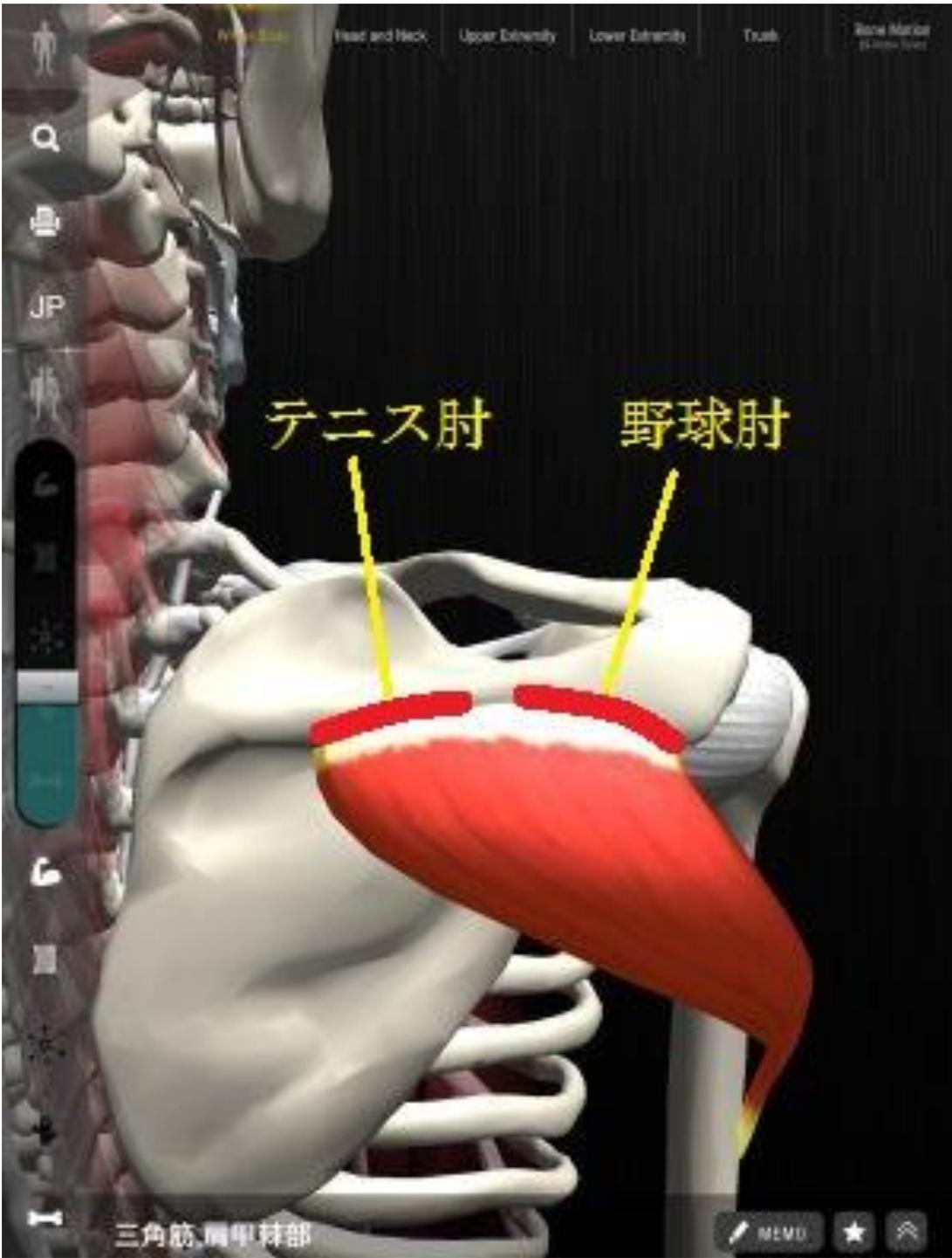
#### 4<肘の痛み解消法！>

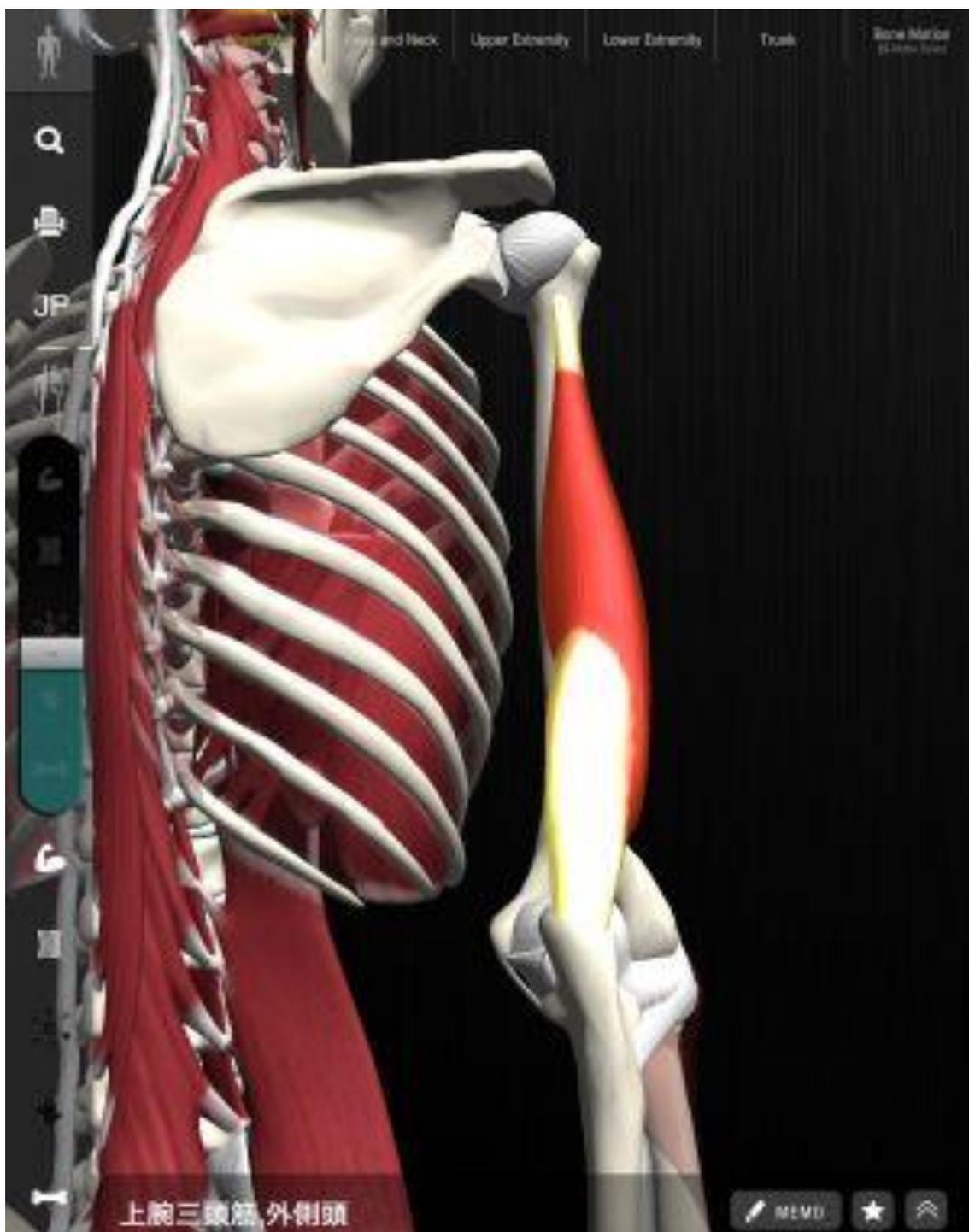
##### ①テニス肘・野球肘

## テニス肘・野球肘



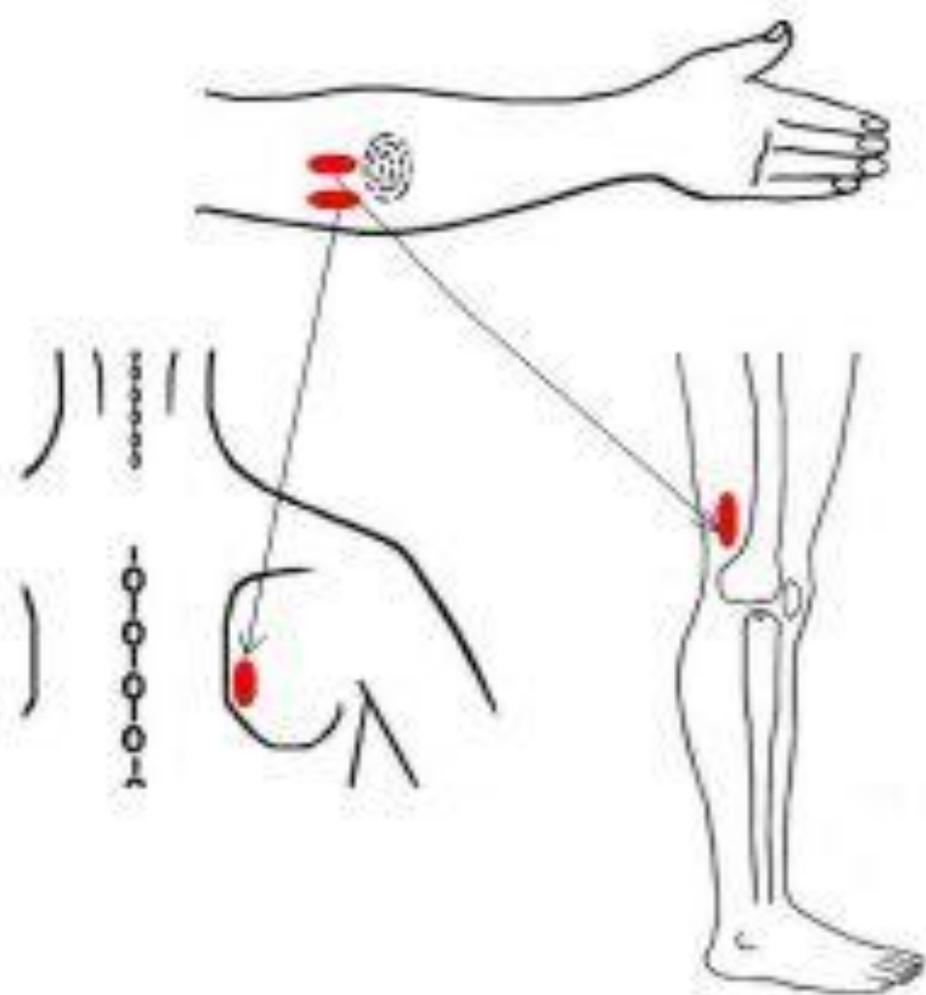
テニス肘、野球肘と言われる肘の痛みは肘の炎症ではなく肩甲骨の上部に溜りがありその部分をほぐすと治る

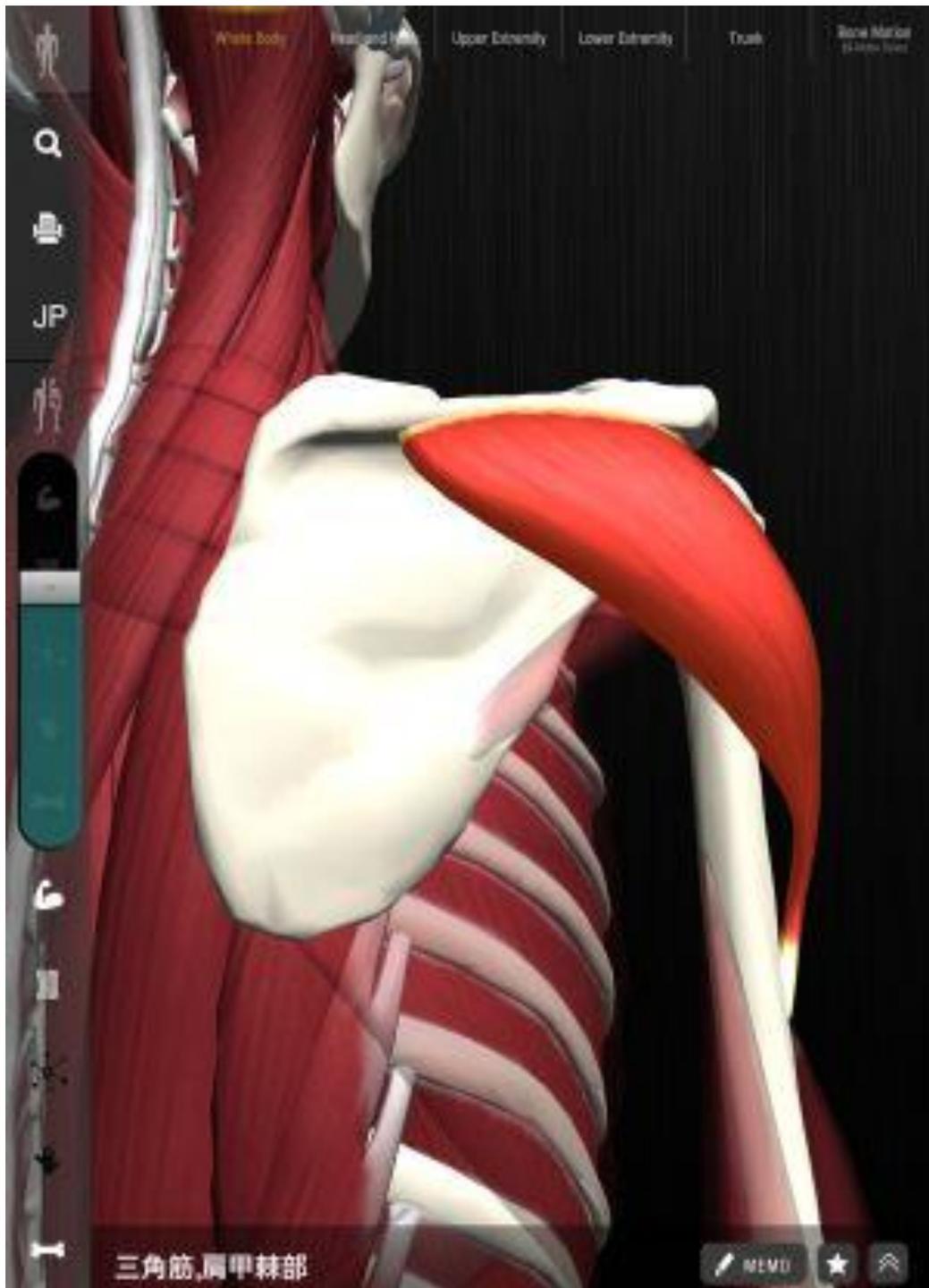


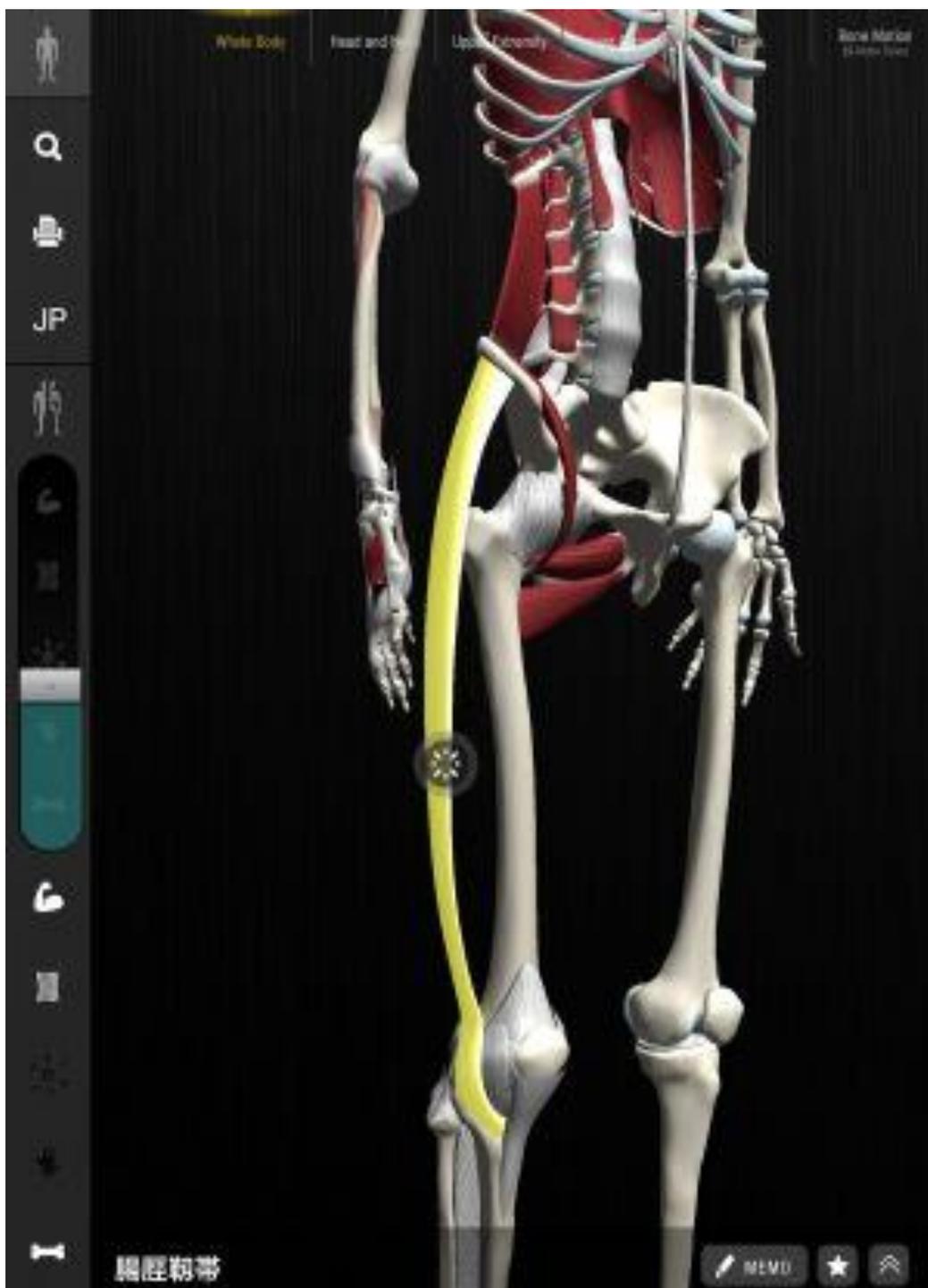


②肘関節ではない肘の上の痛み

肘の痛みー3



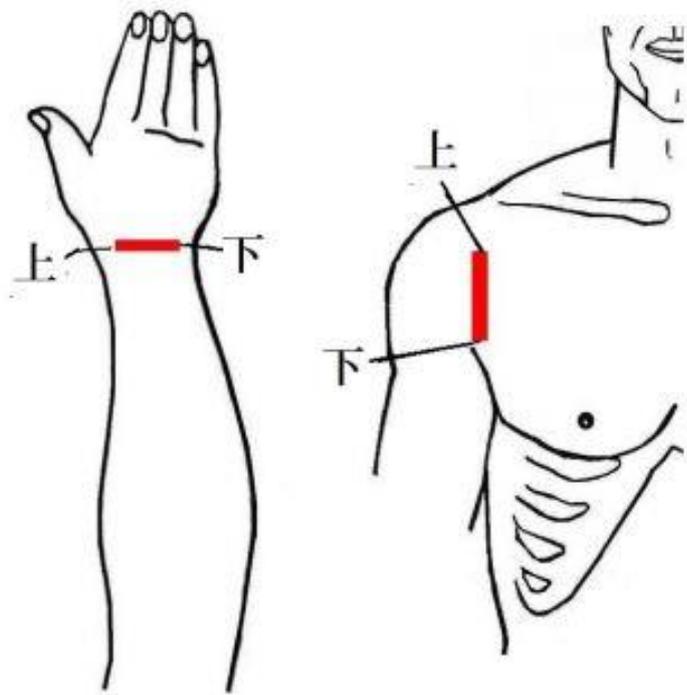


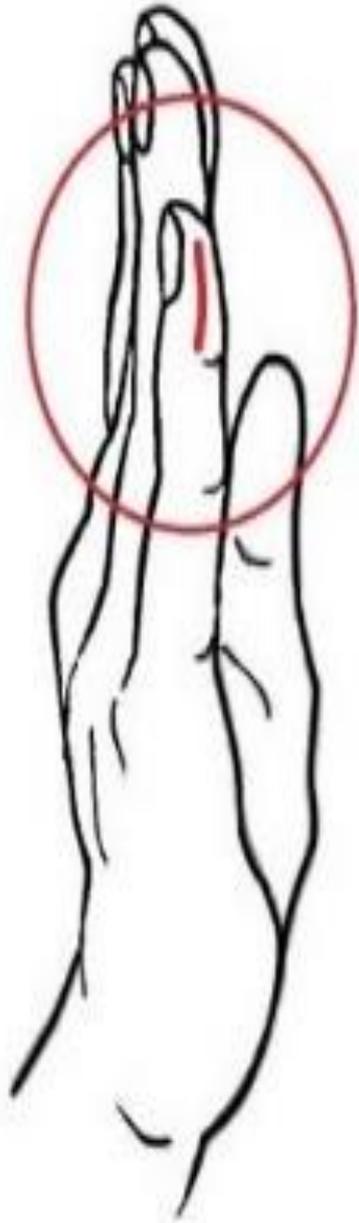


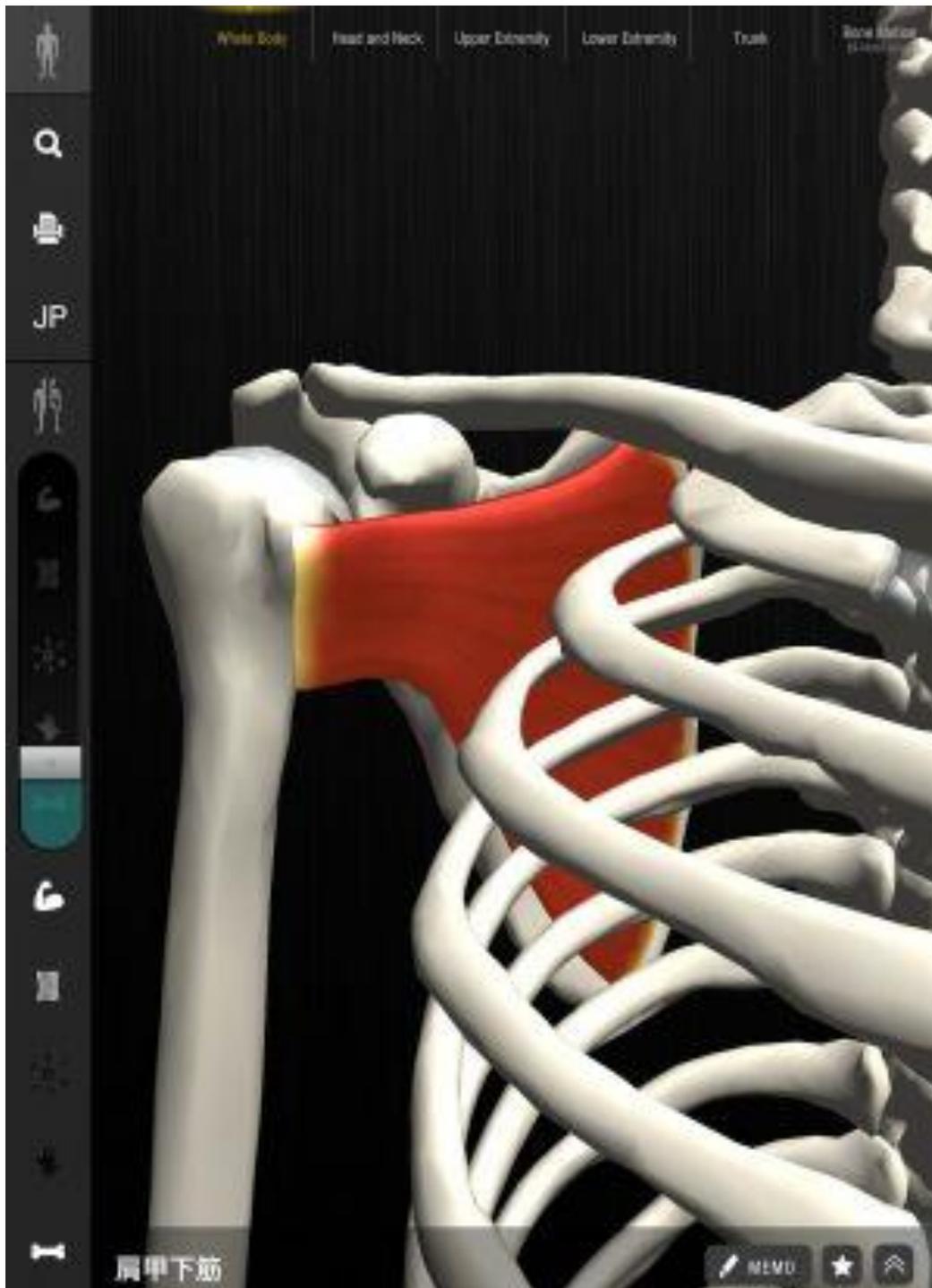
## 5<手首の痛み解消法！>

### ①手首の痛み（腱鞘炎）

# 手首の腱鞘炎





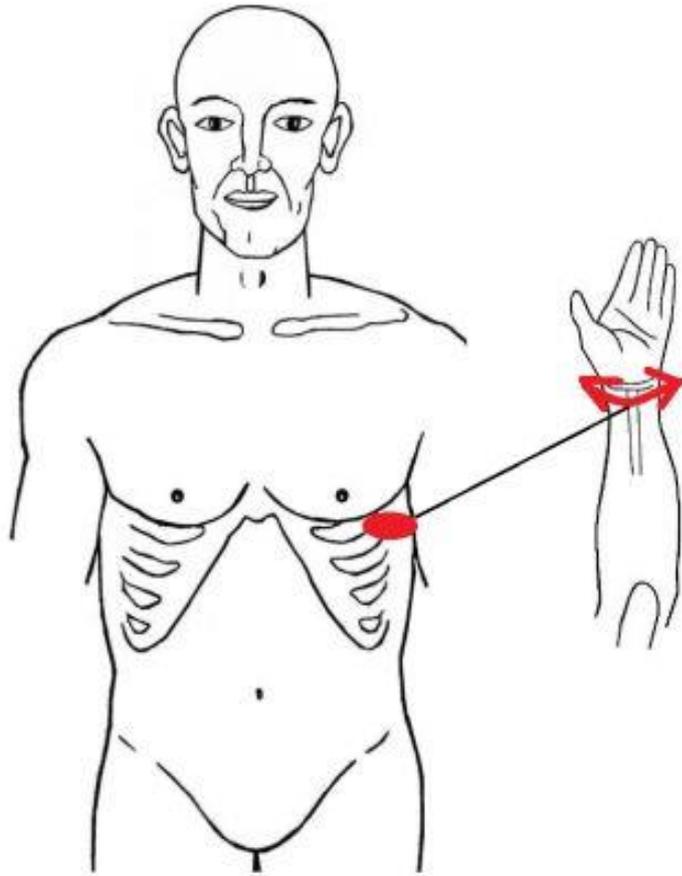


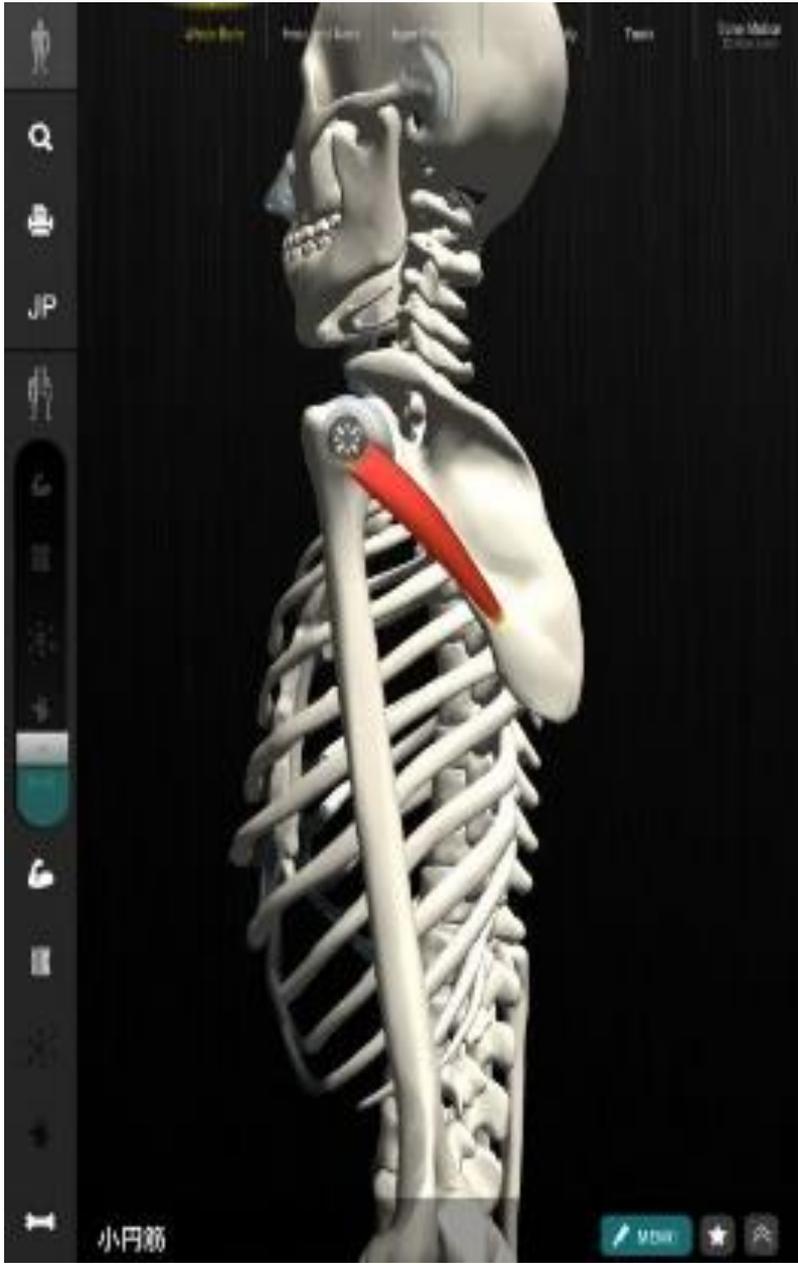
肩甲下筋

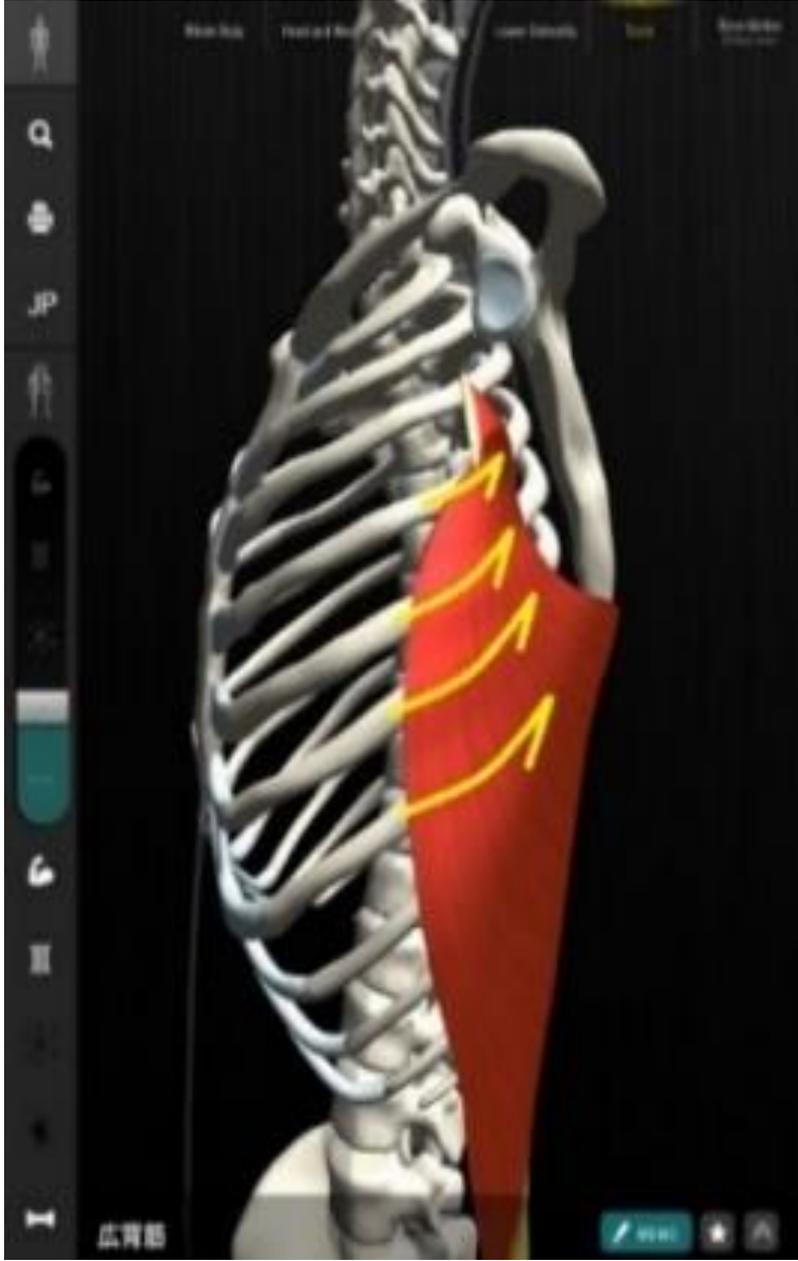
MEMO ☆

②手首を回すと痛む腱鞘炎

手首を回すと痛む





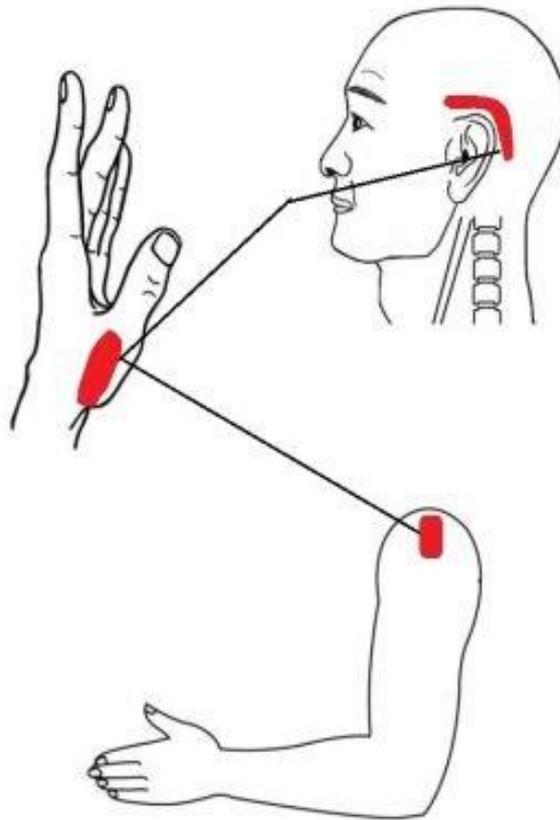


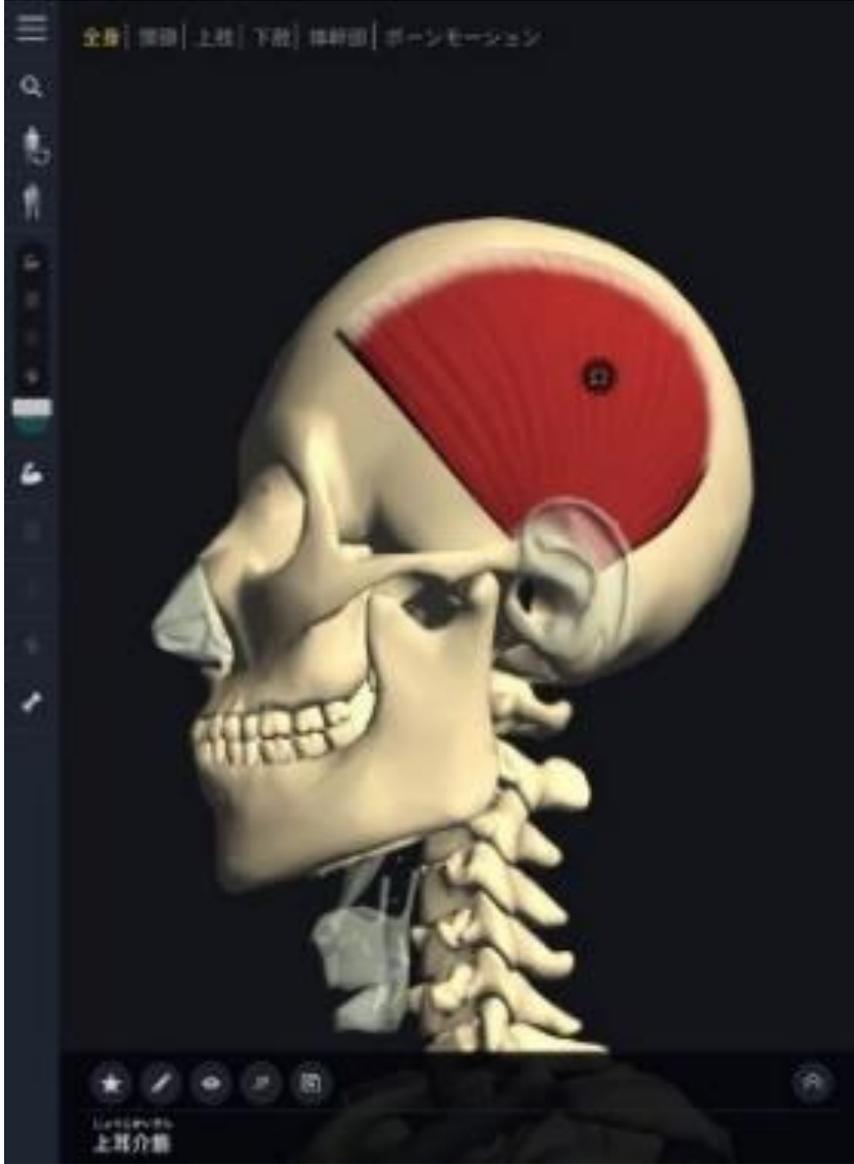


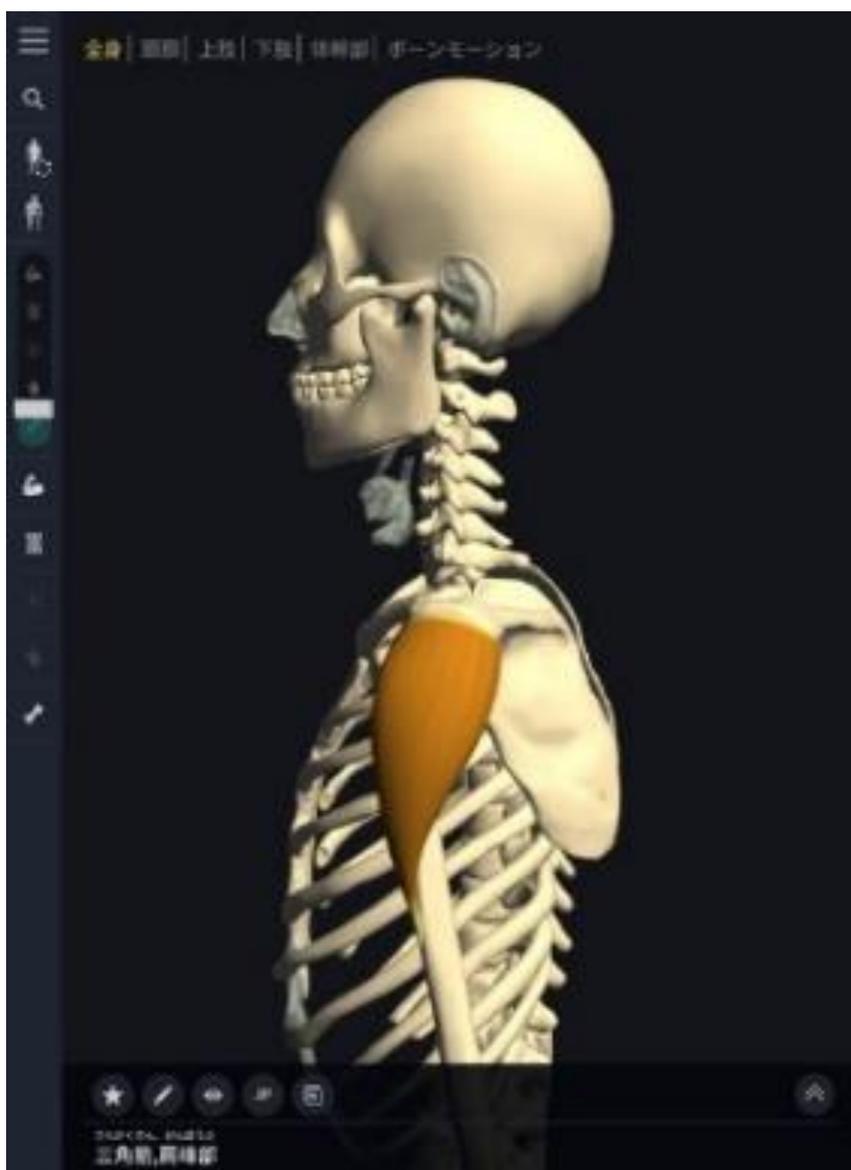
6<指の痛み解消法！>

①親指のCM関節炎

# 親指のCM関節炎

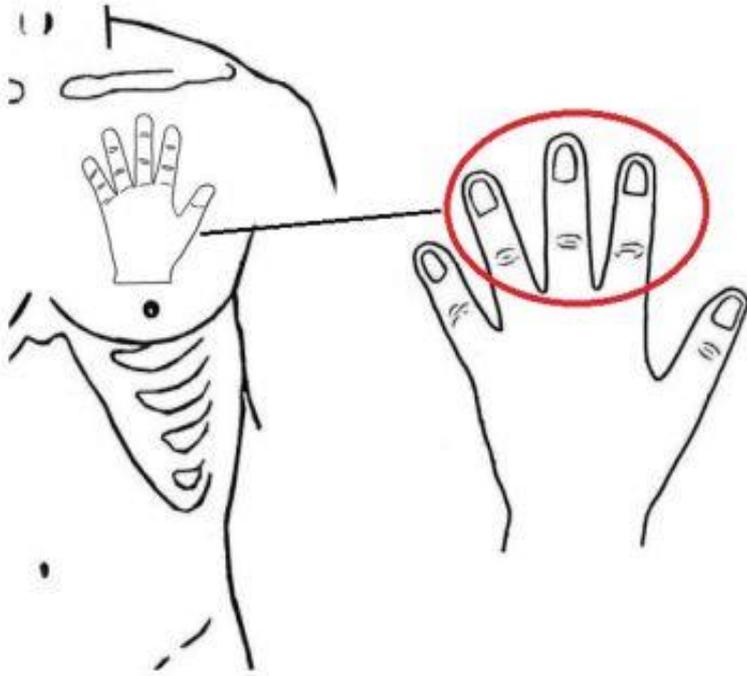






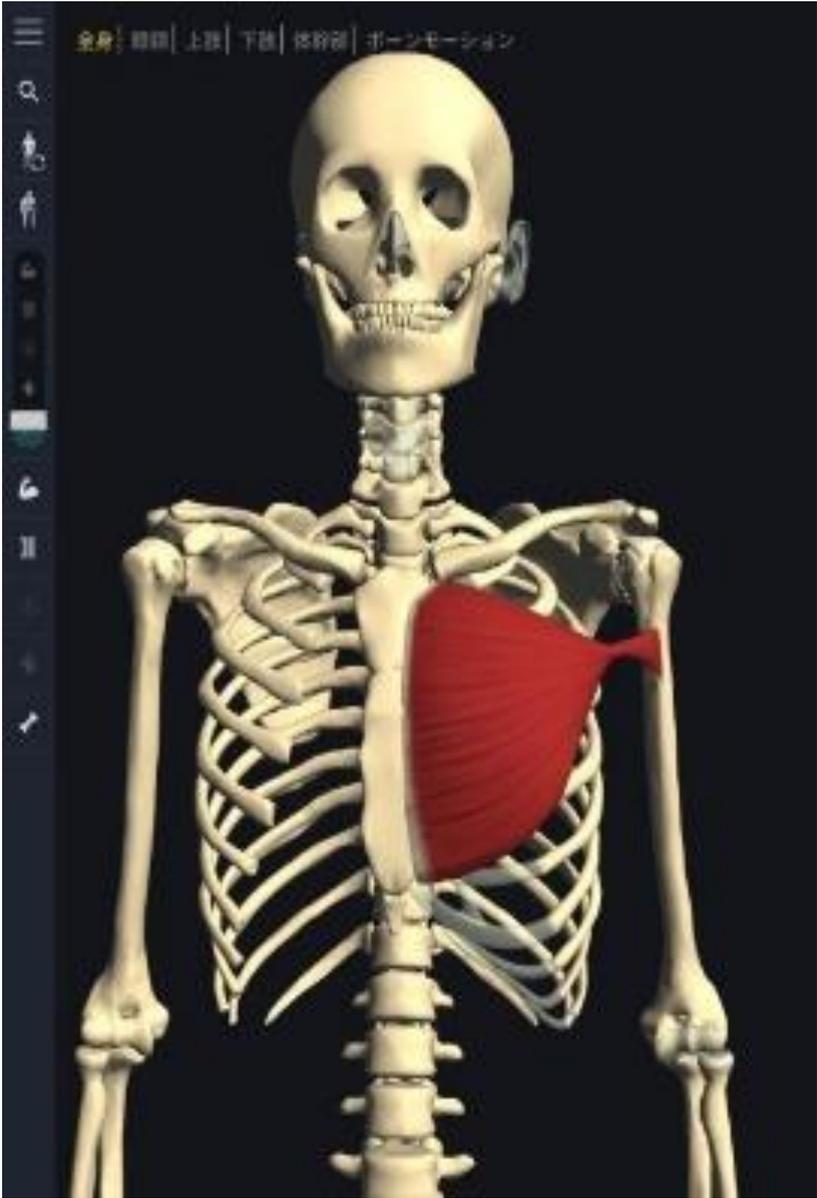
②バネ指

# バネ指









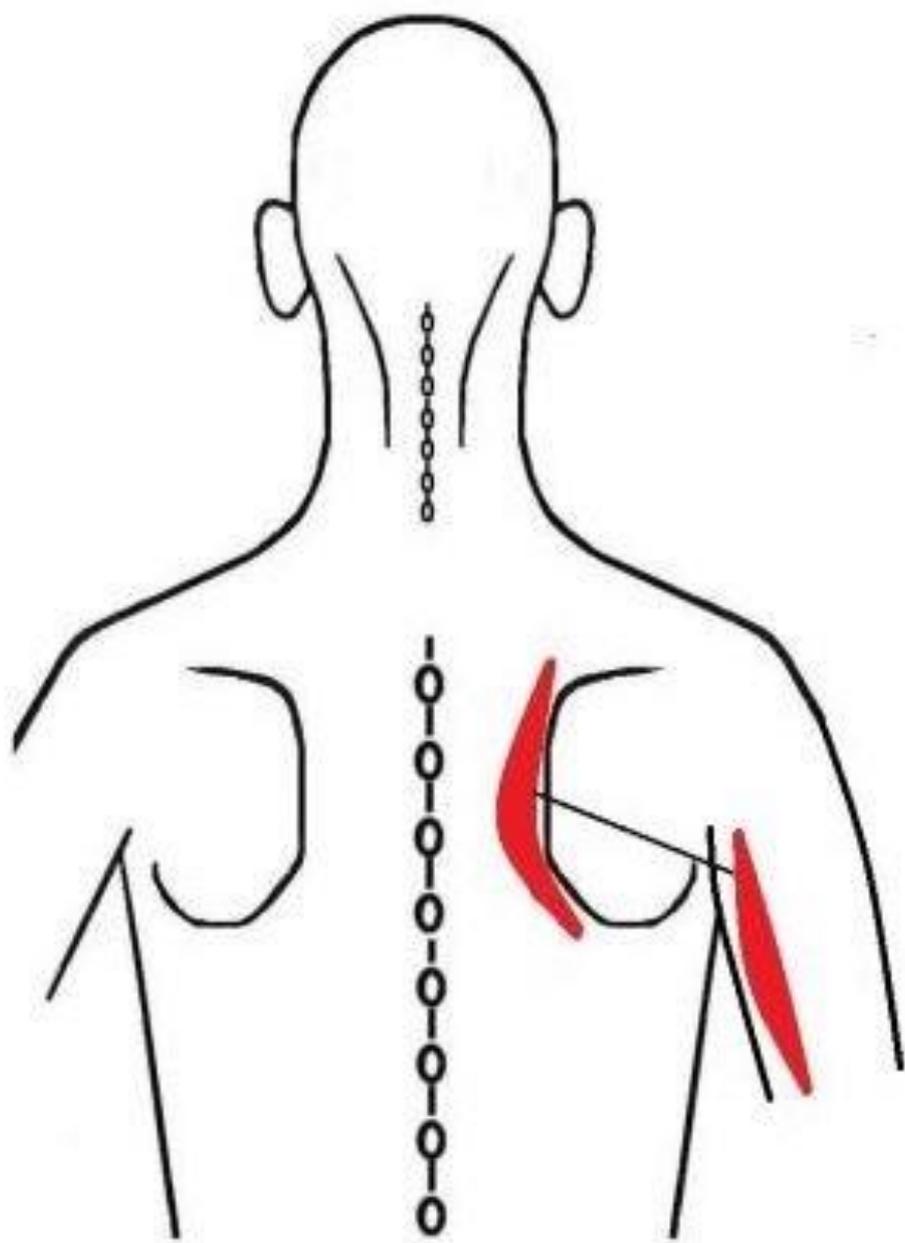


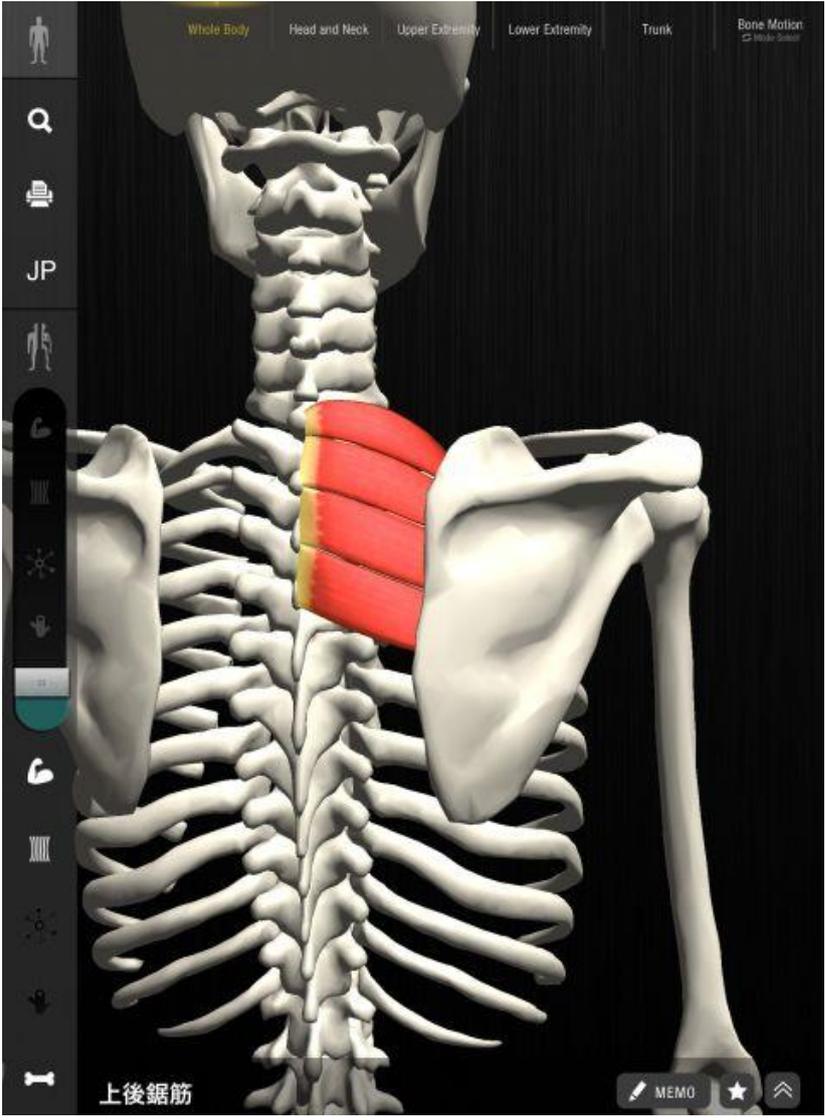


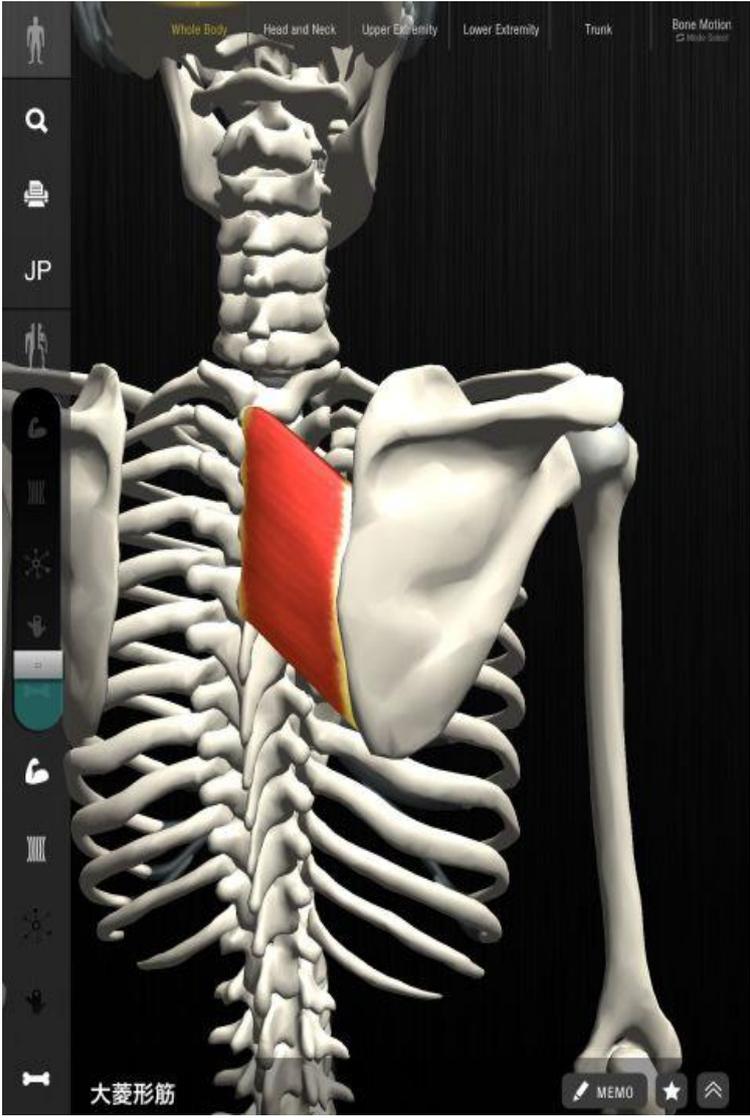


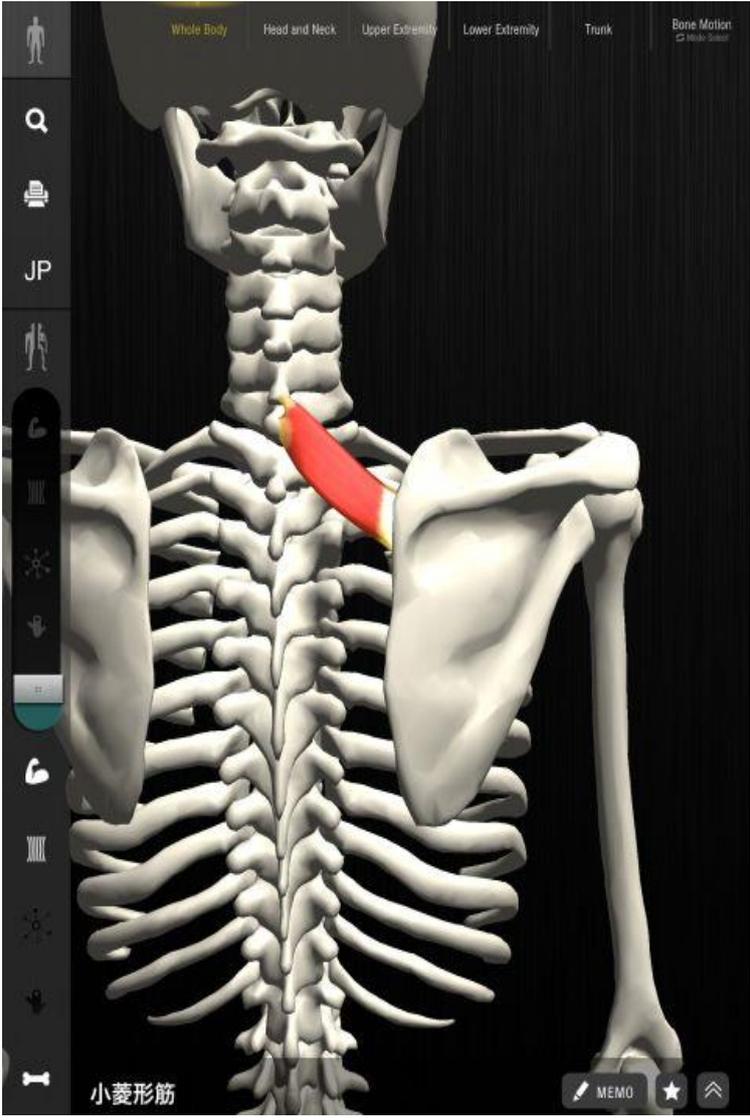
7<背中の痛み解消法！>

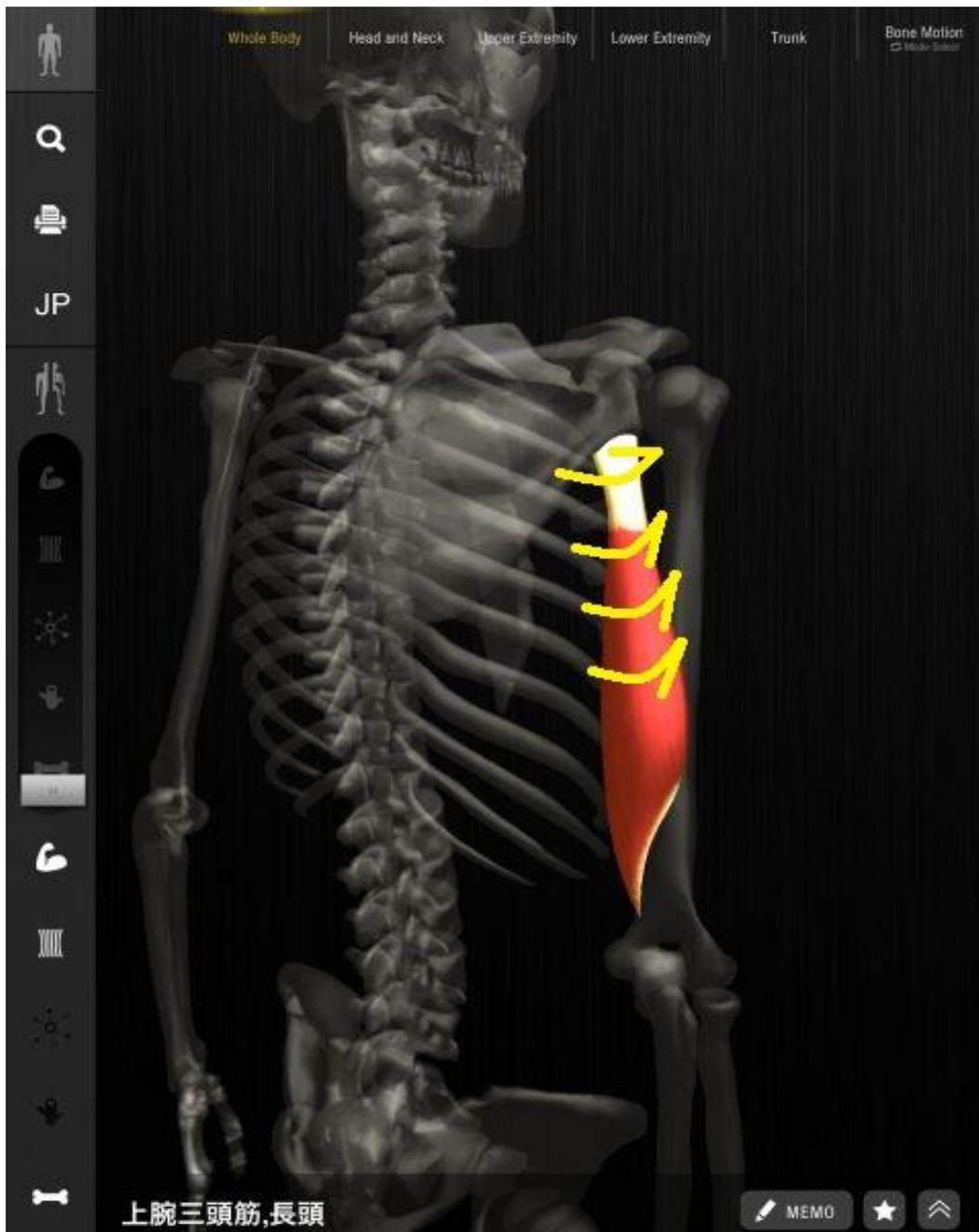
①肩甲骨の内側の痛みと硬さ





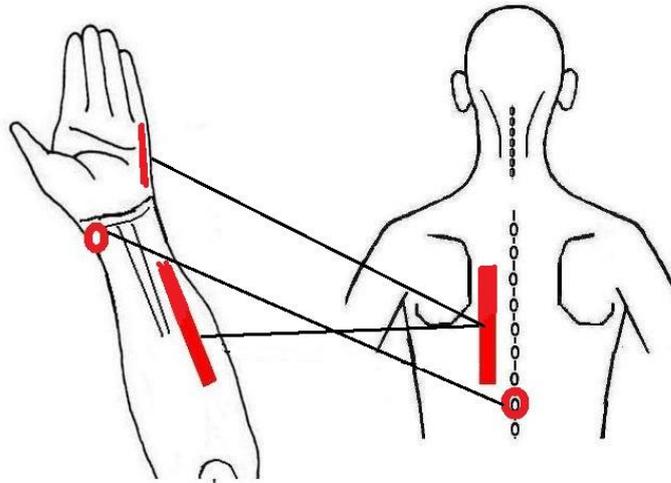






## ②背中の中央部の痛み

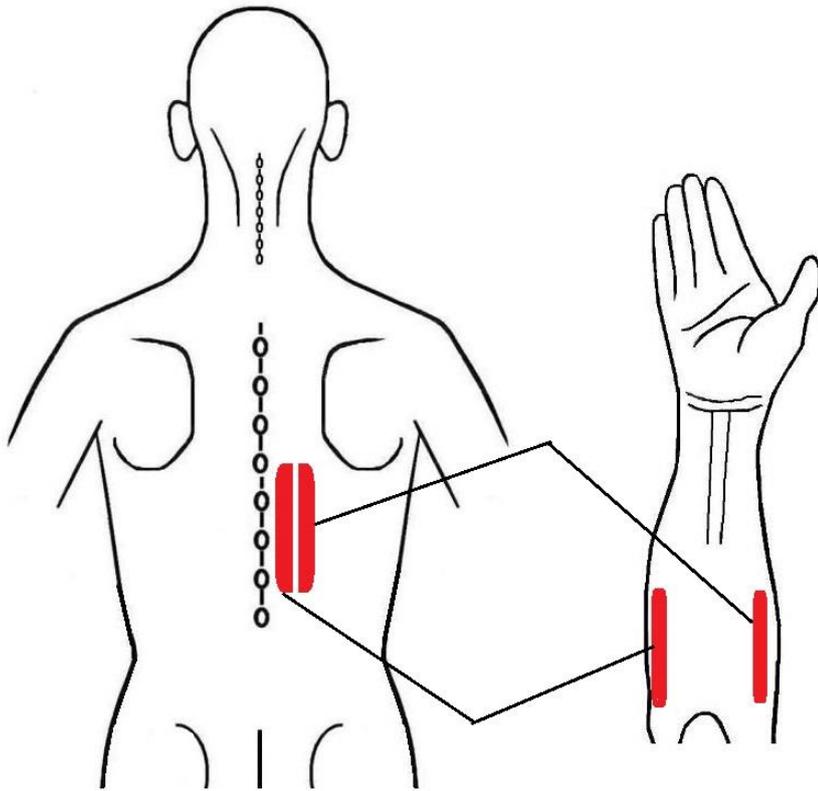
## 背中の痛み



人の身体は手の届かないところの疾患には必ずその部分の代わりに緩和できるような部分がある  
背中の痛みは肘から手首にかけてのところに当たる部分でそこをほぐすと背中の痛みは緩和される  
慢性化したものは背骨が歪んでいる可能性があるので充分ほぐした後に整骨をした方がいい

### ③背中中央部の硬さ

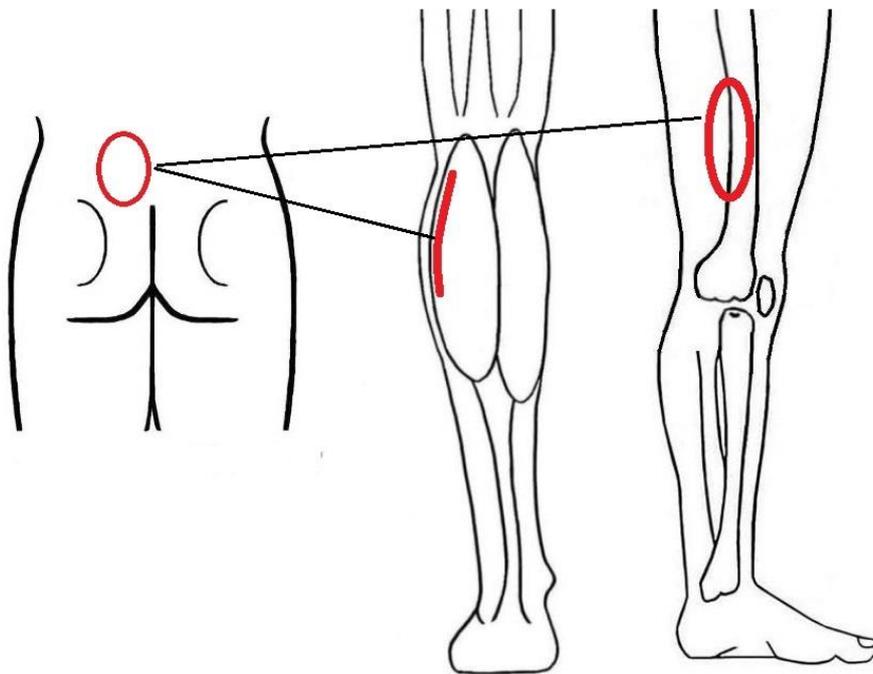
## 背中中央の硬さ



④お尻の上の痛み

## お尻の上の痛み

お尻の上の痛み(背中下部)  
腎臓のストレス 内側太腿をほぐす  
水を一日1500cc~1800ccぐらい飲む  
一日 6~7回の小便



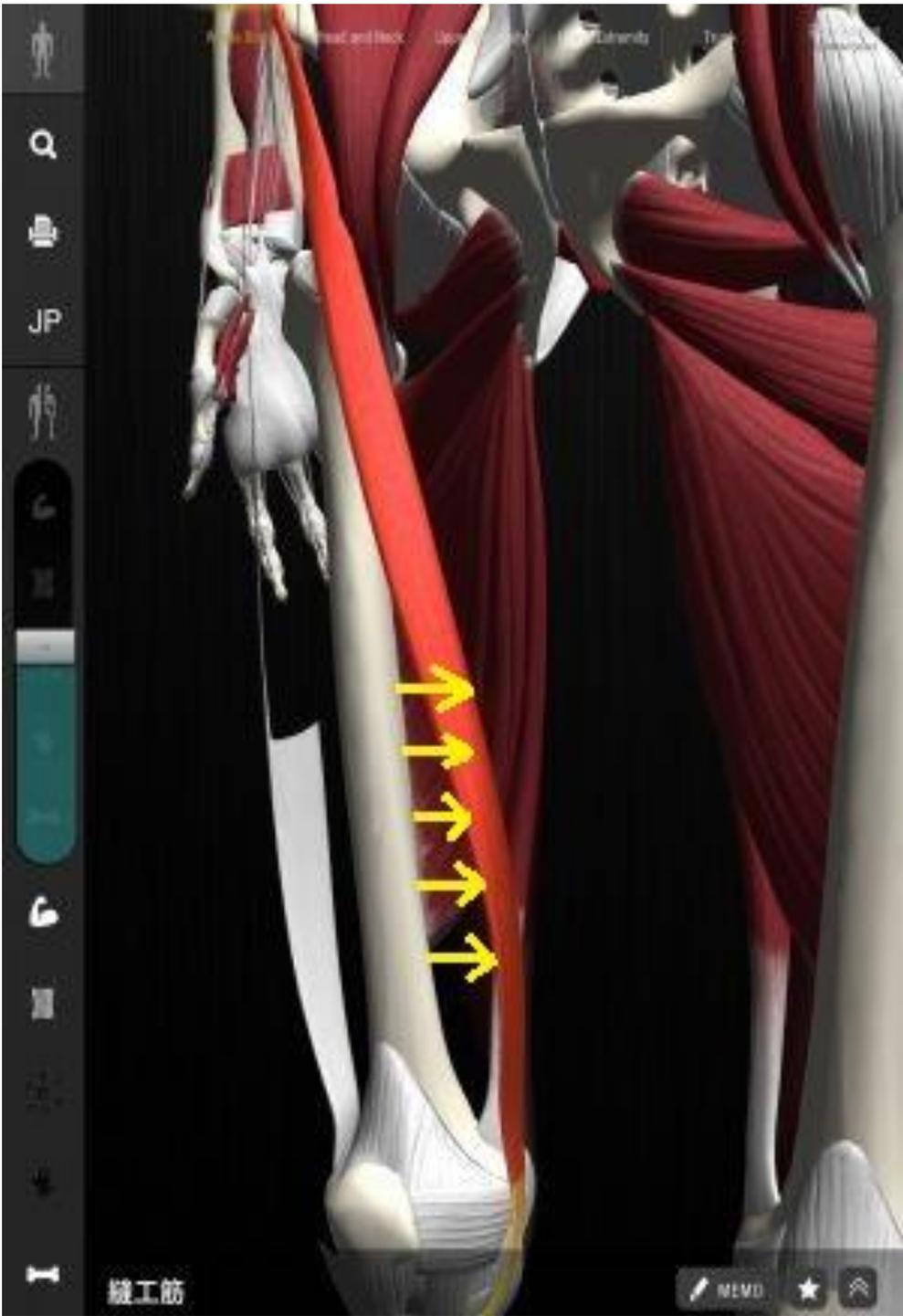
8<腰部の痛み解消法！>

①一般的に多い腰痛

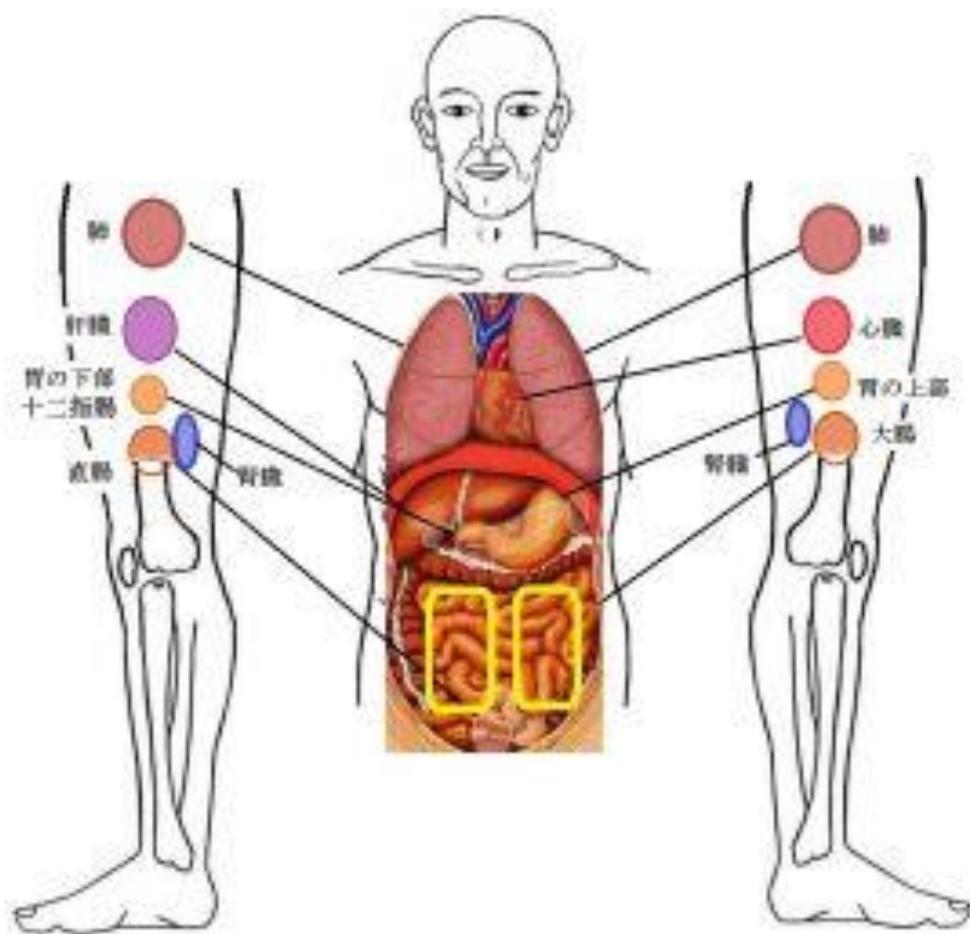
## 一般的な腰痛のメカニズム







# 太腿と内臓の関係

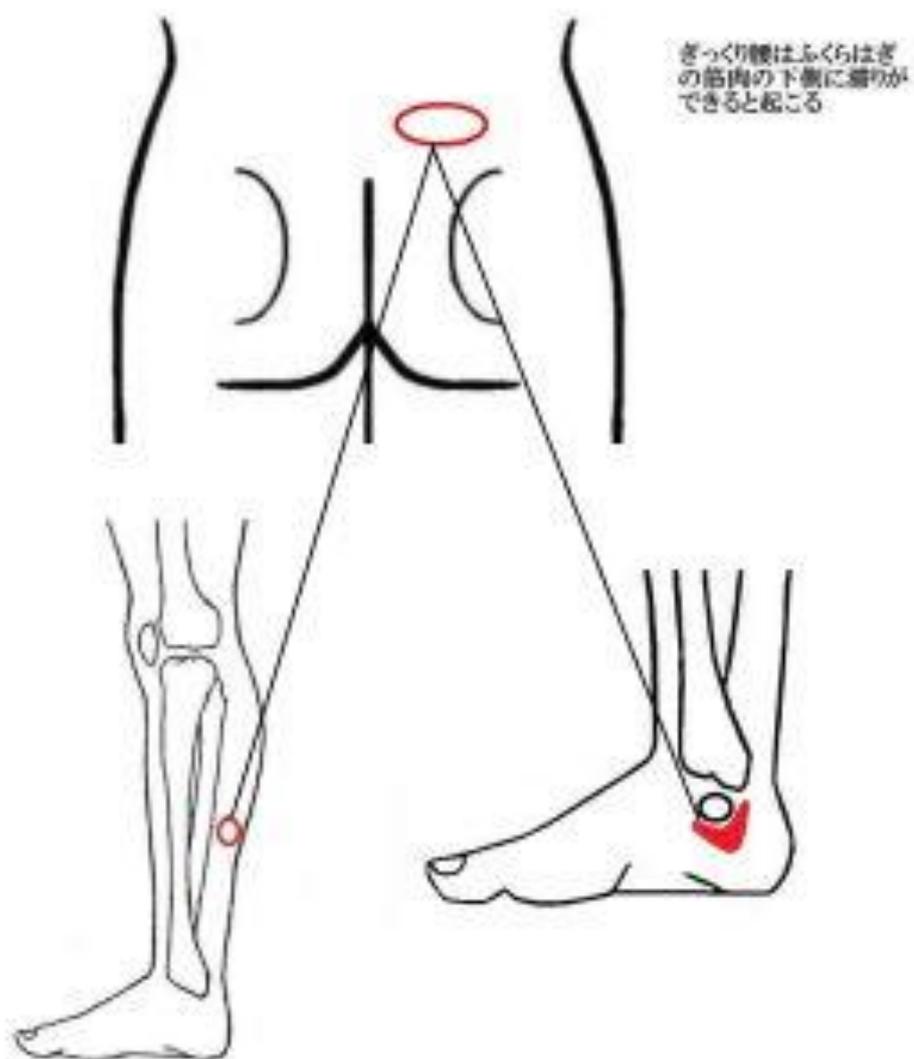


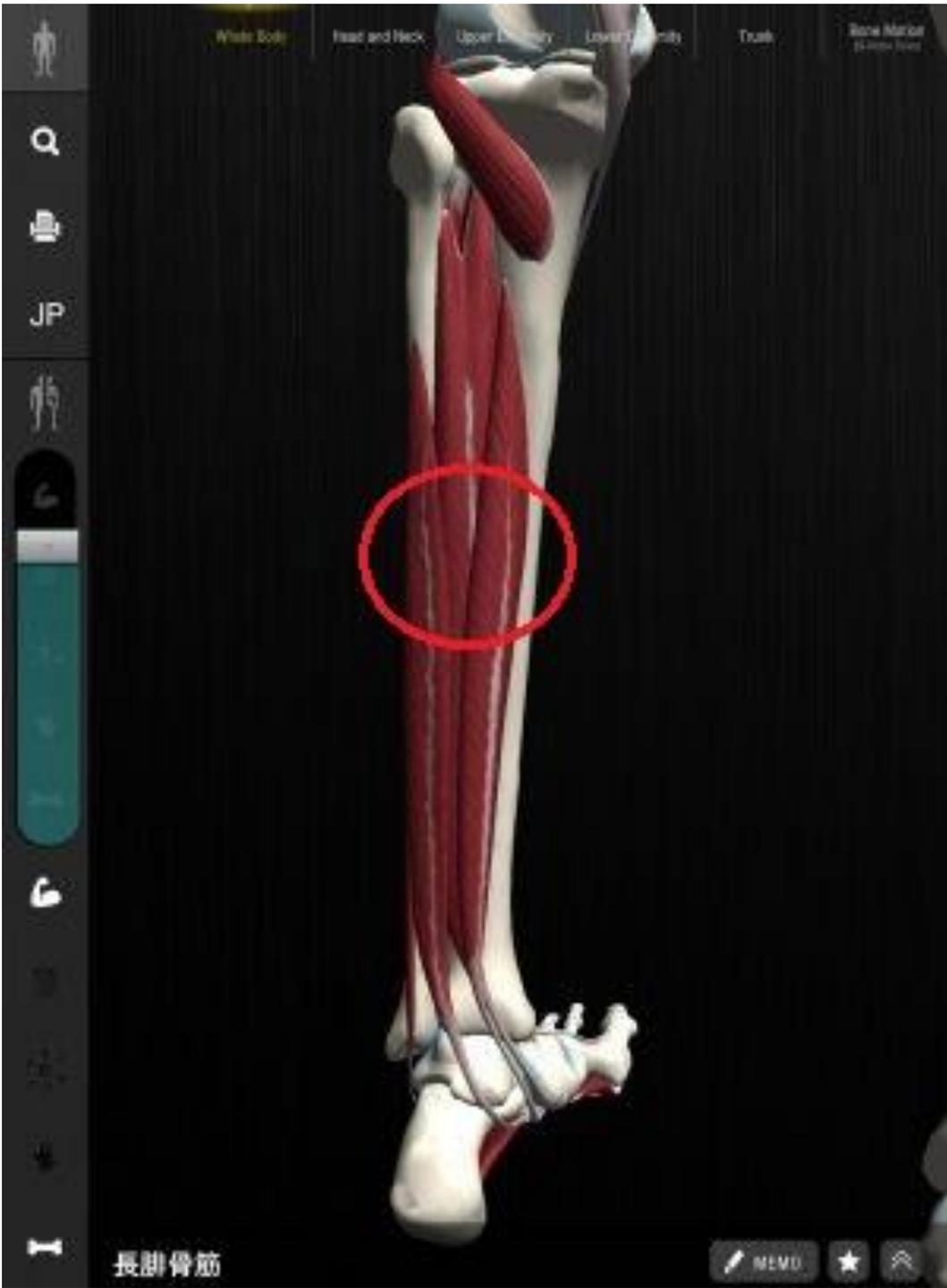




②ぎっくり腰

# ぎっくり腰

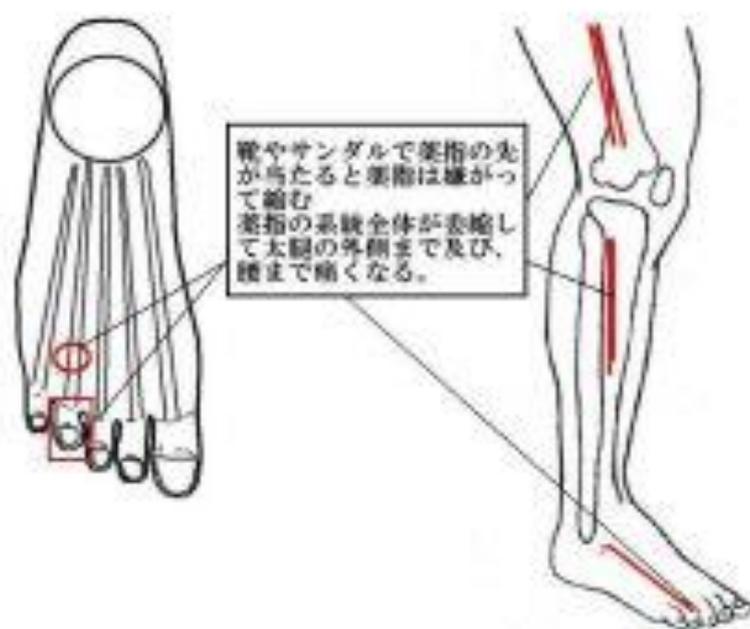
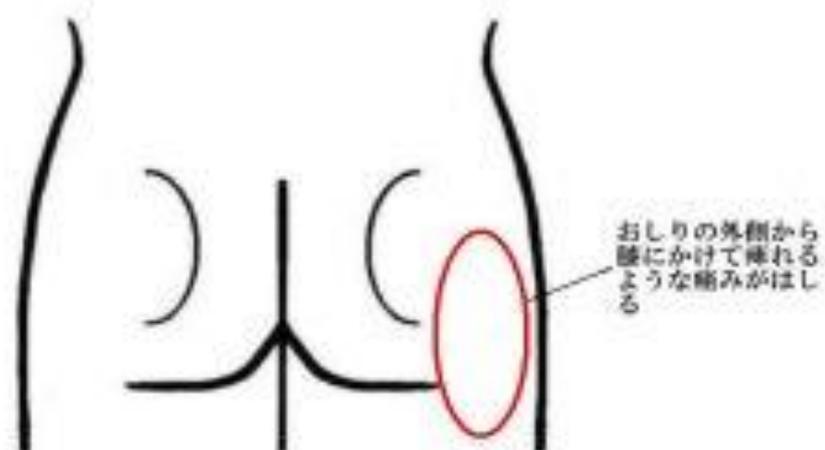






③最近、多い原因不明のおしりのしびれ：脊柱間狭窄症

お尻から膝にかけてのしびれ



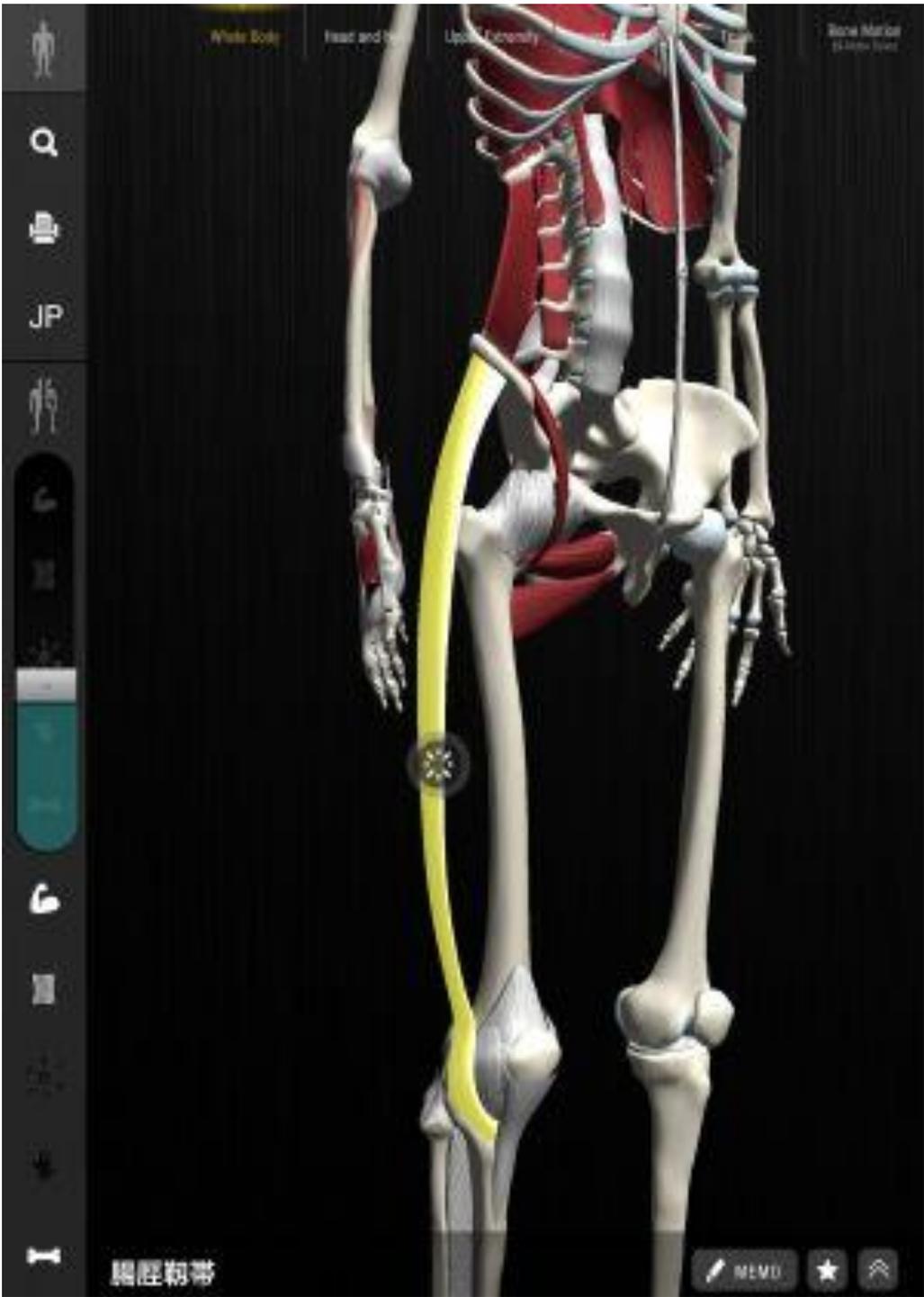








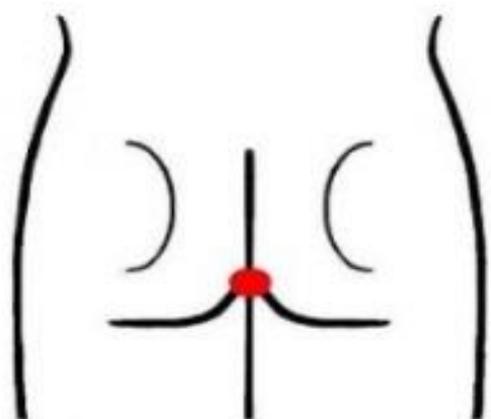




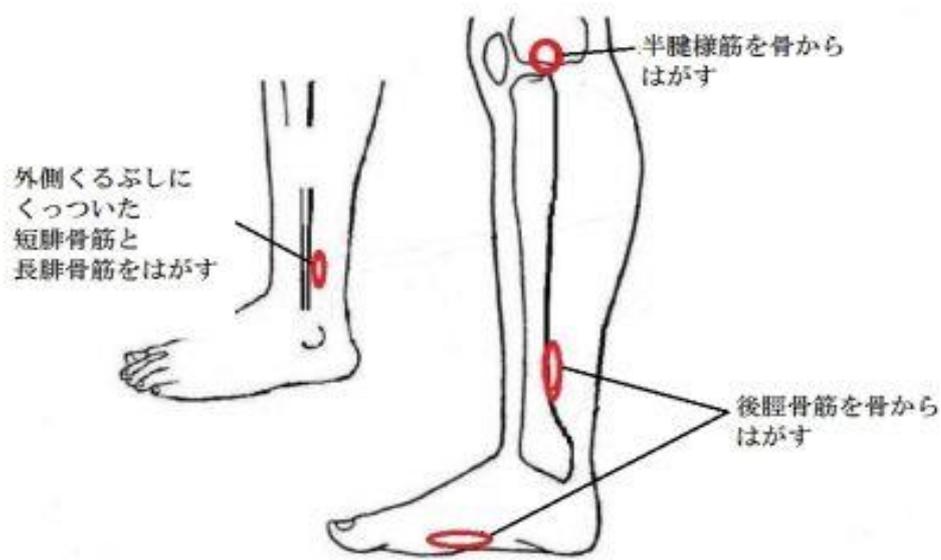


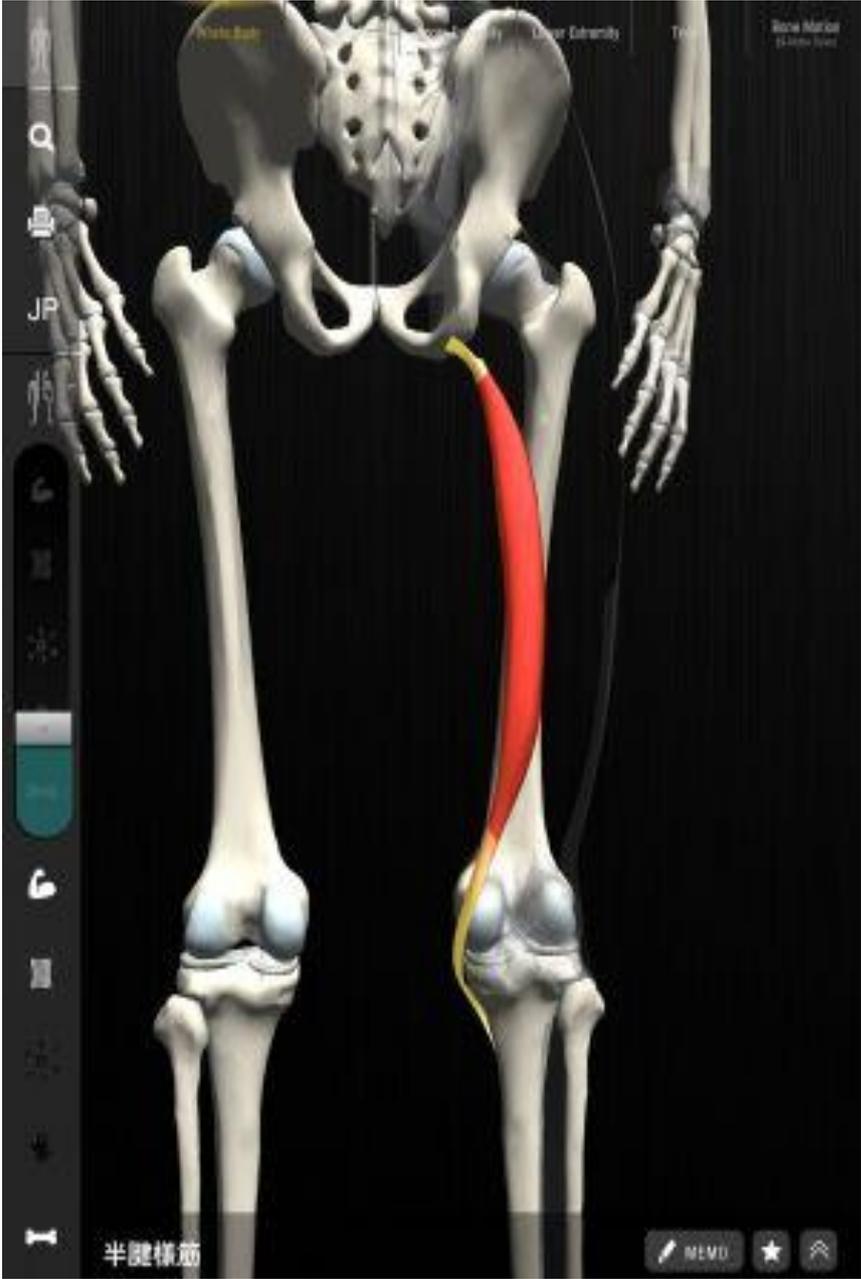
④尾骶骨の痛み

# 尾骶骨の痛み



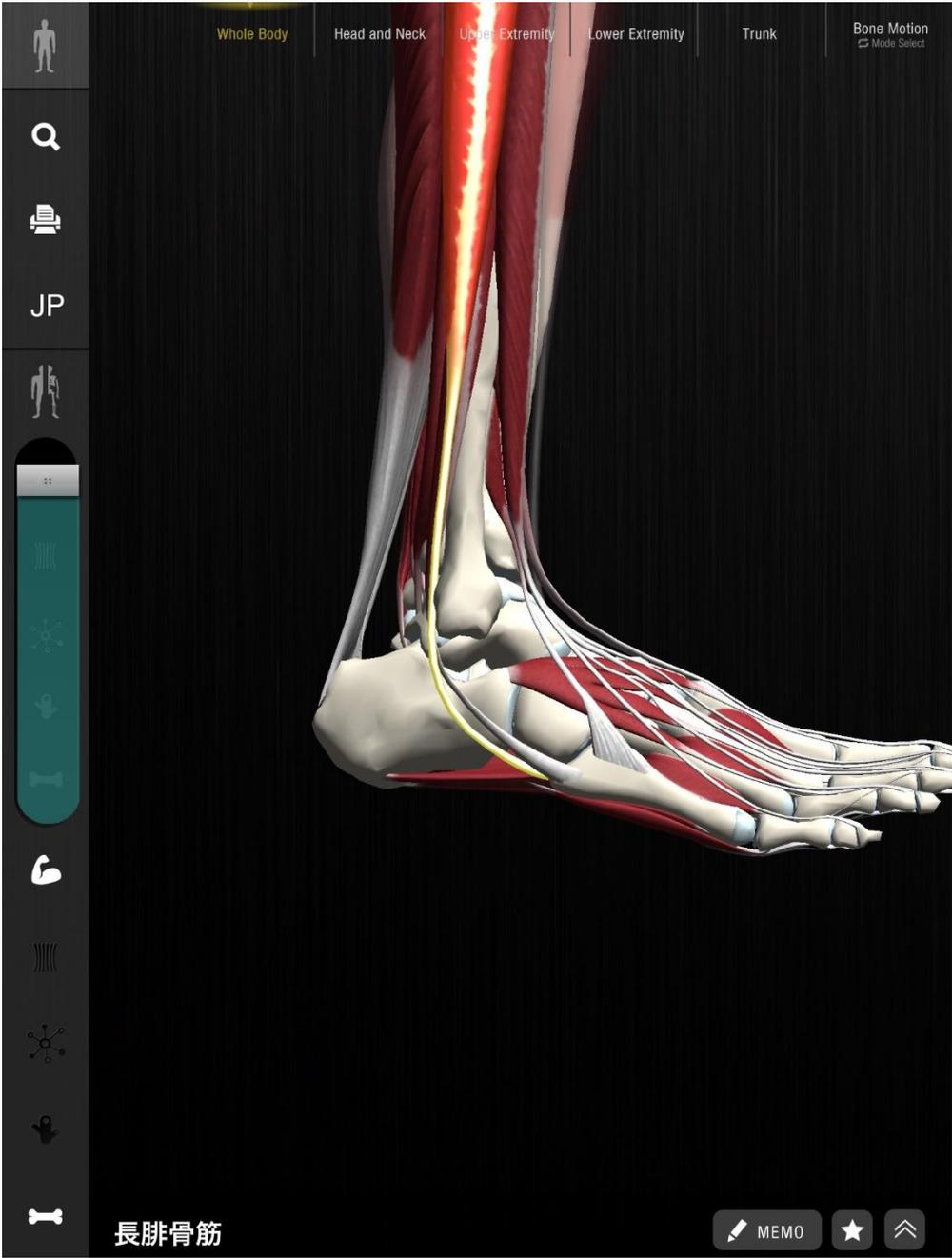
# 尾骶骨の痛み

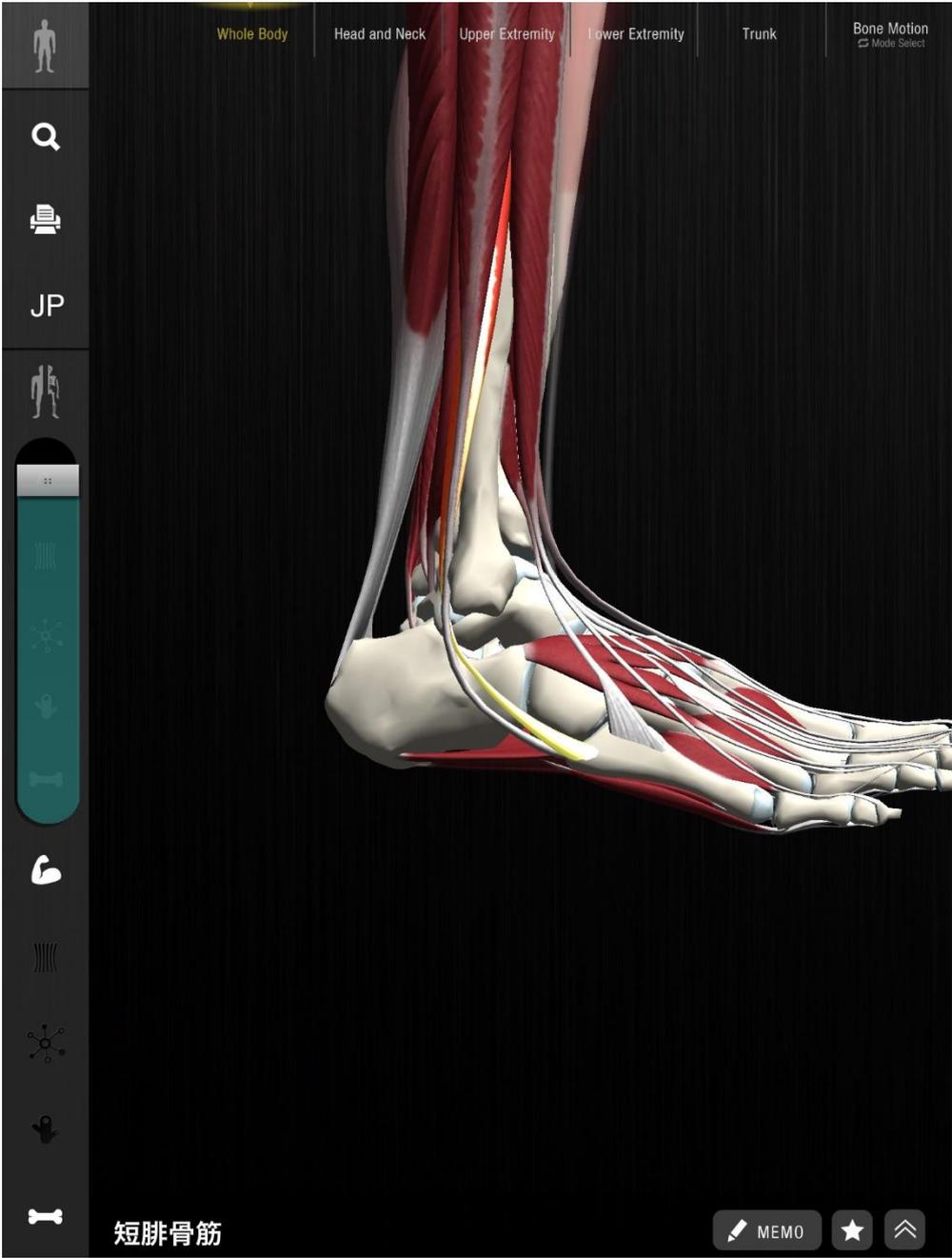


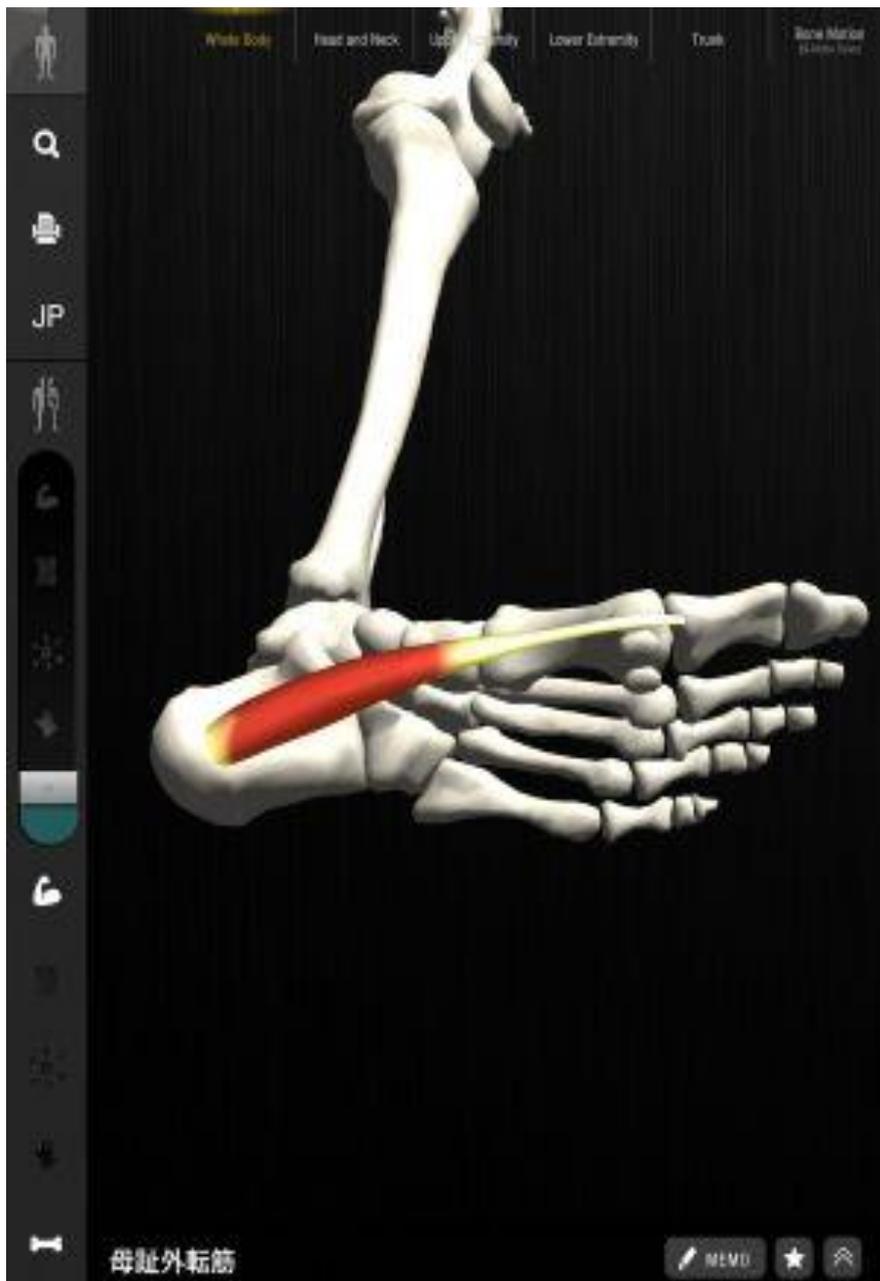


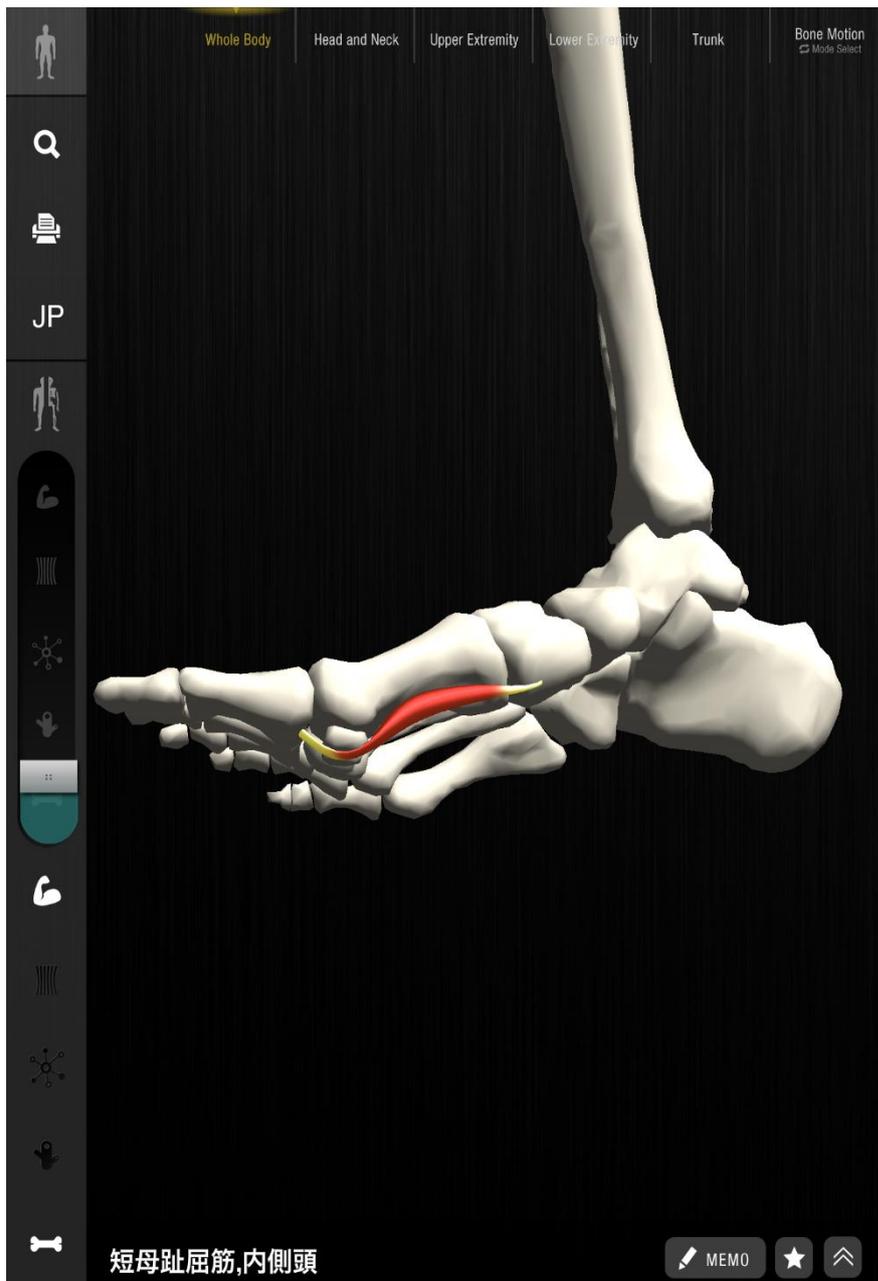








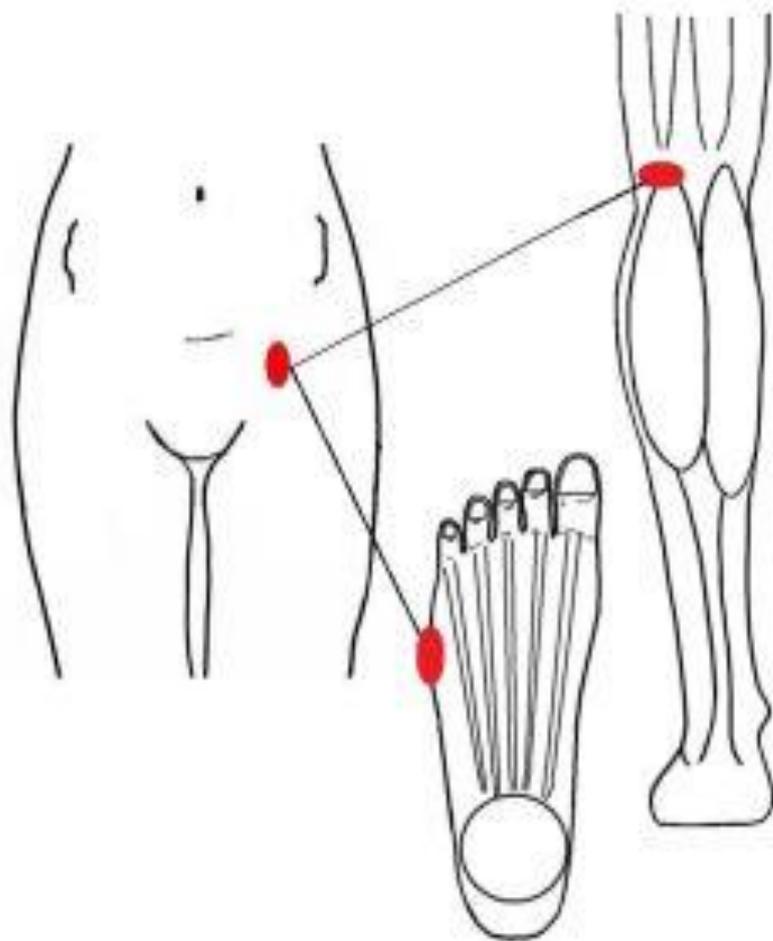


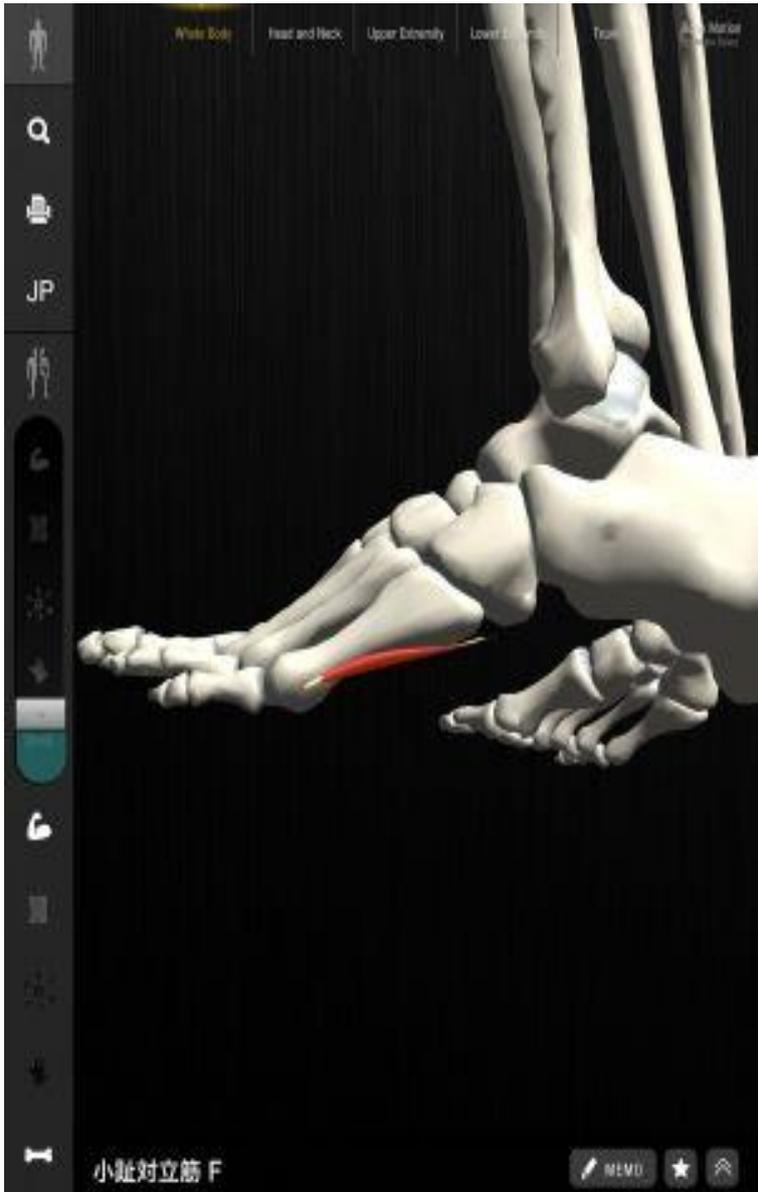


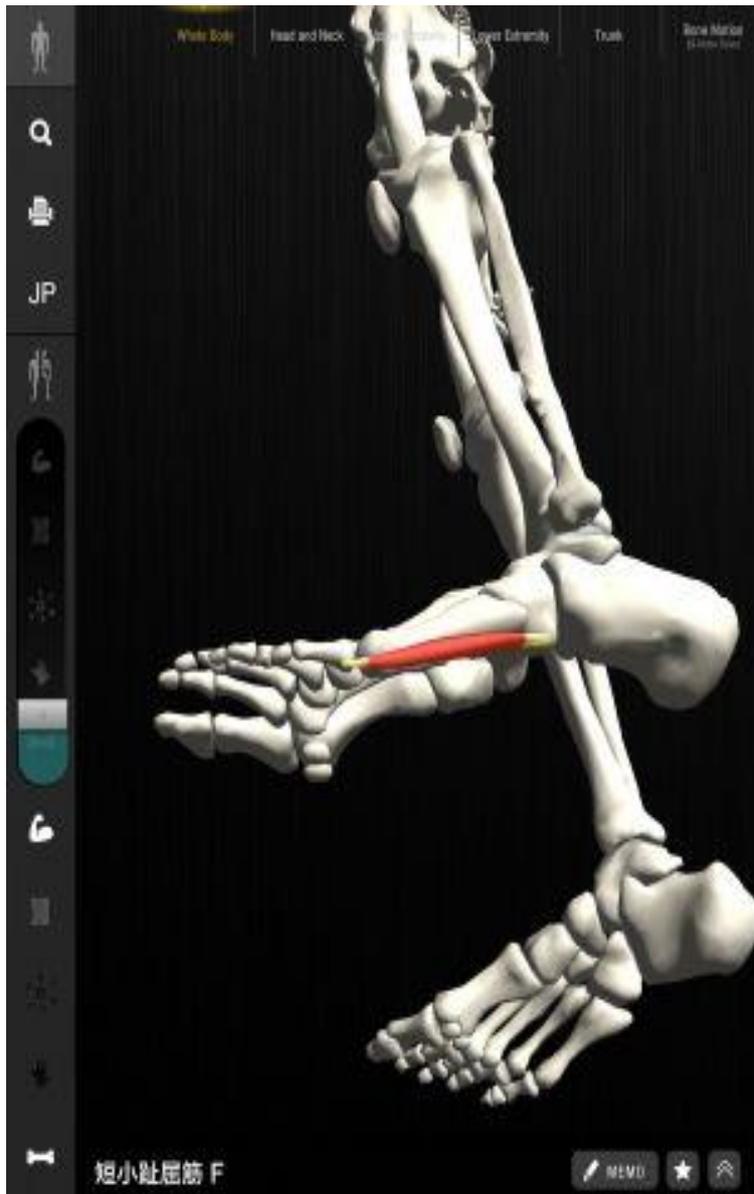
## 9<股関節の痛み解消法！>

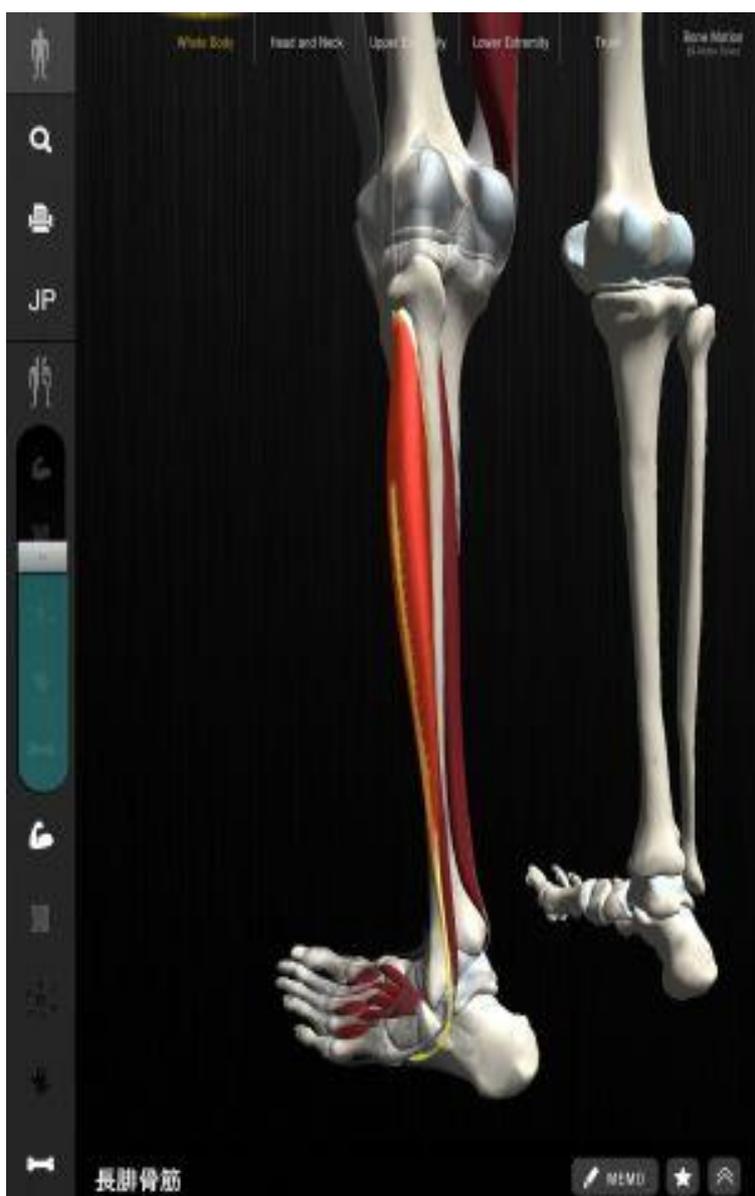
### ①股関節の痛み

# 股関節の痛み



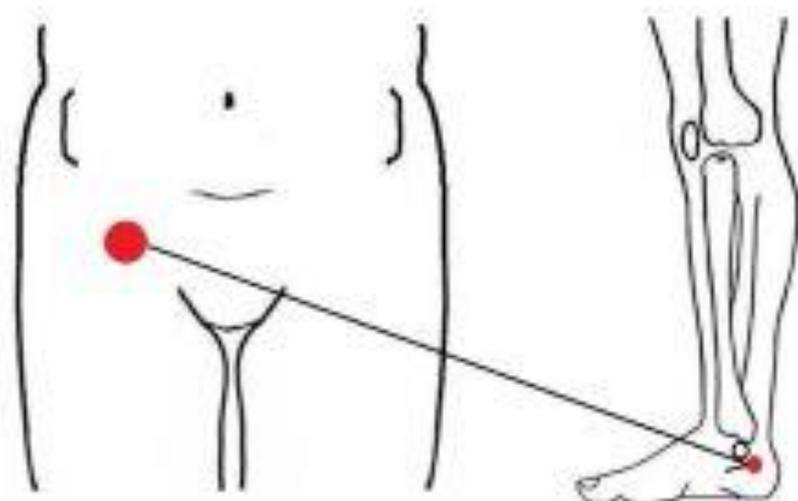






## ②股関節前側の痛み

股関節前側の痛み



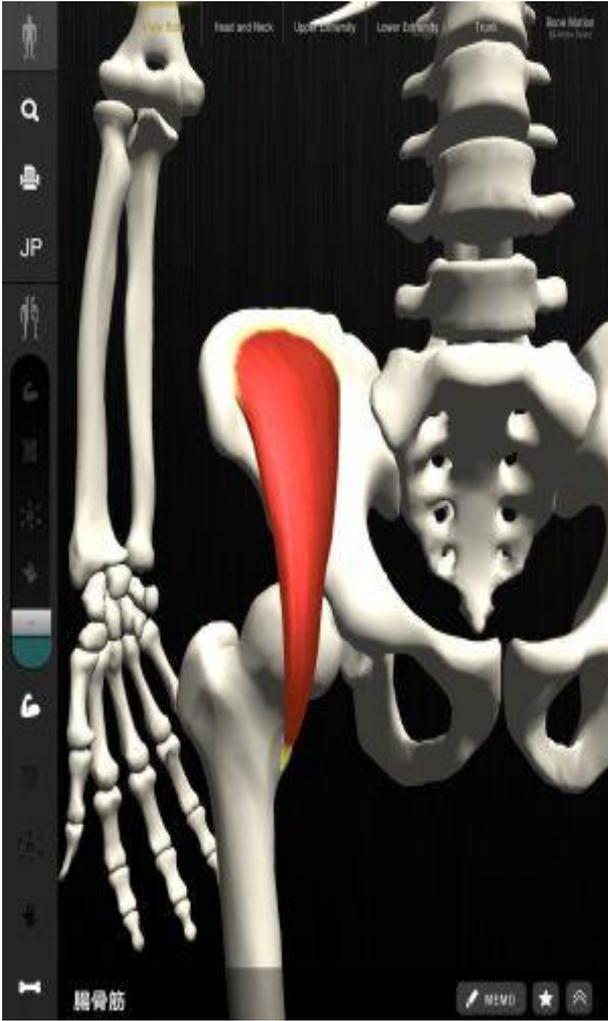




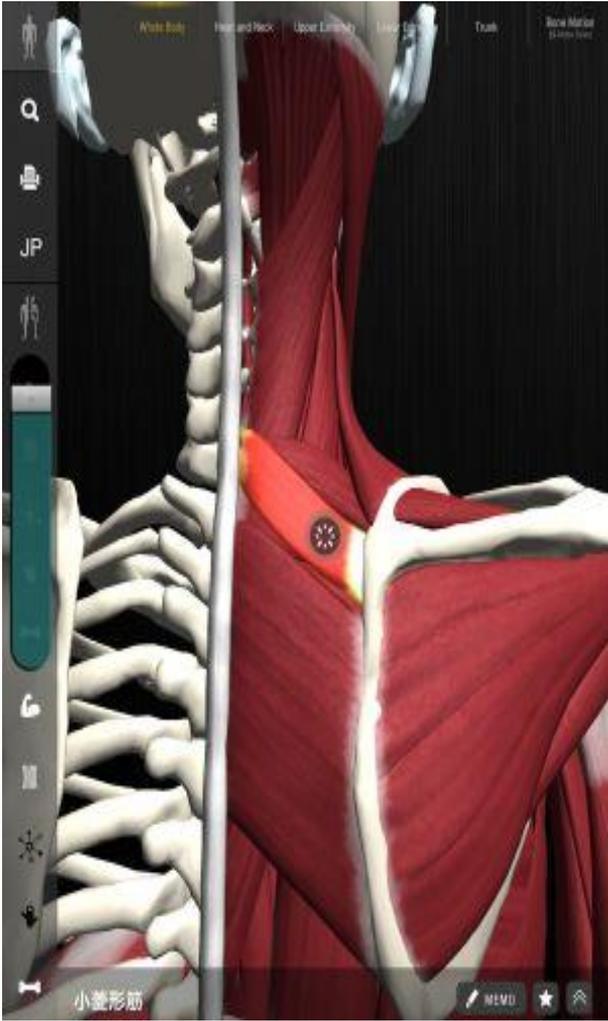


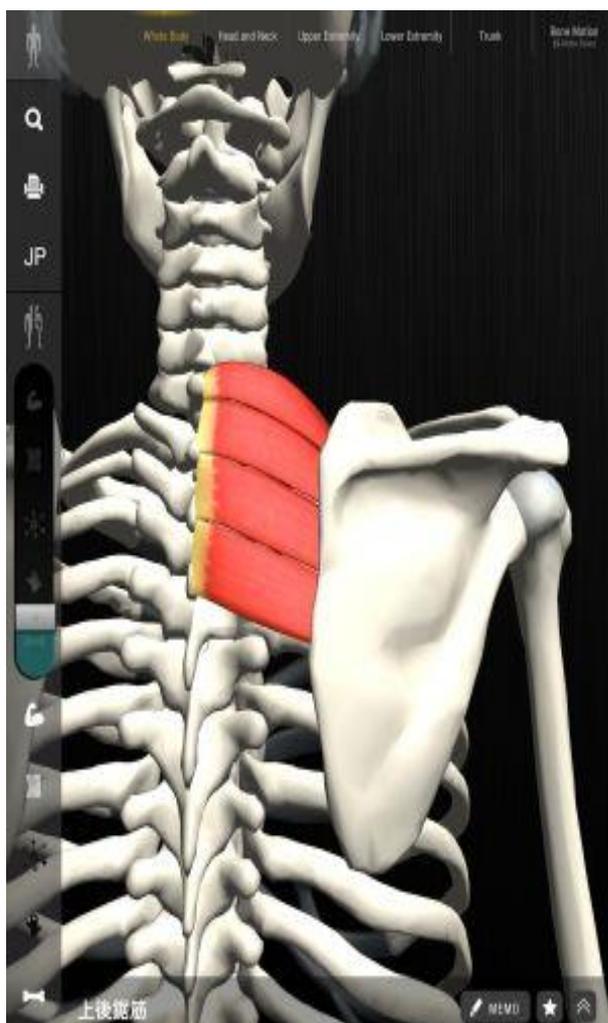
③歩いた時に股関節が痛む







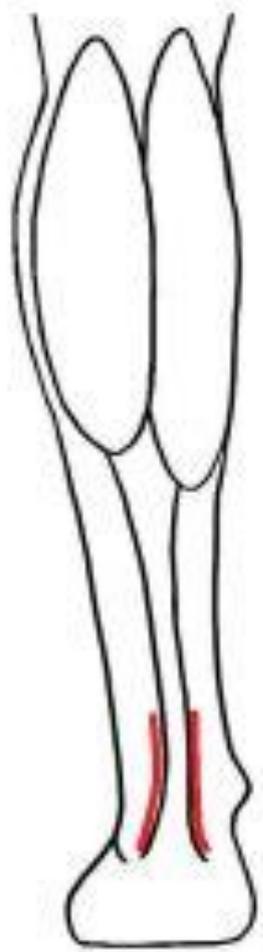




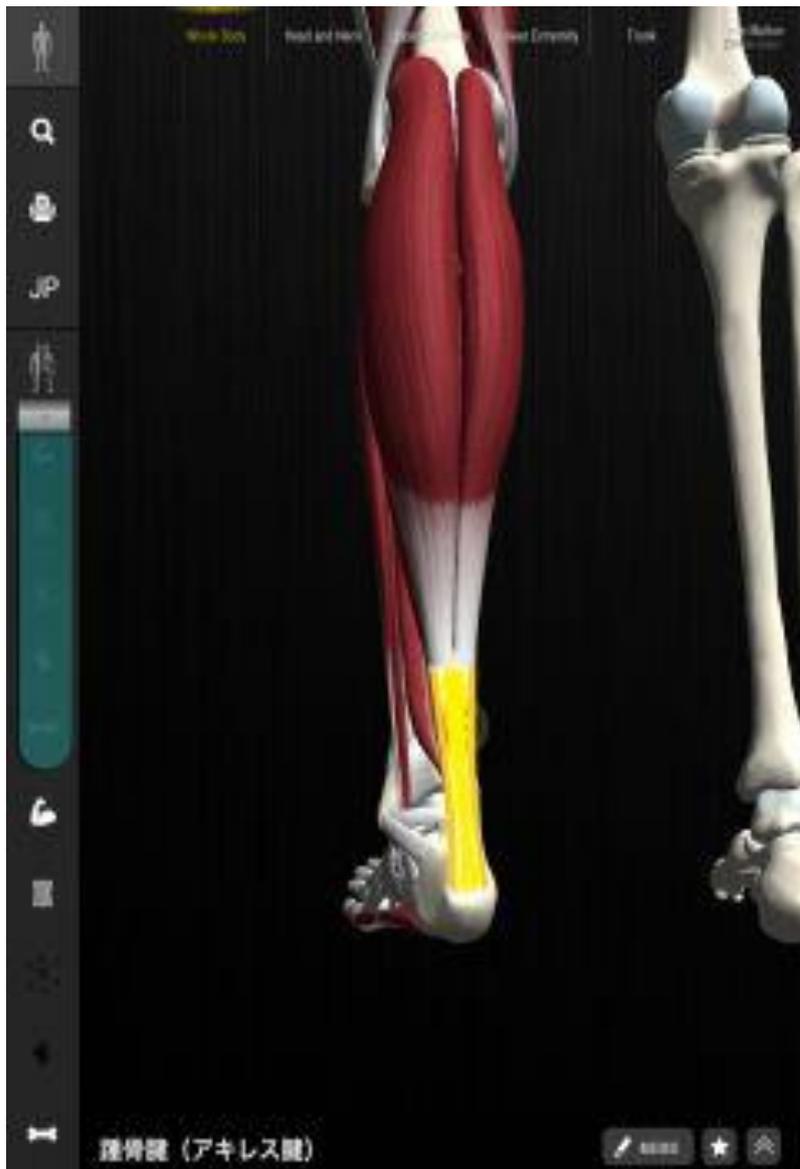
## 10 <膝の痛み解消法！>

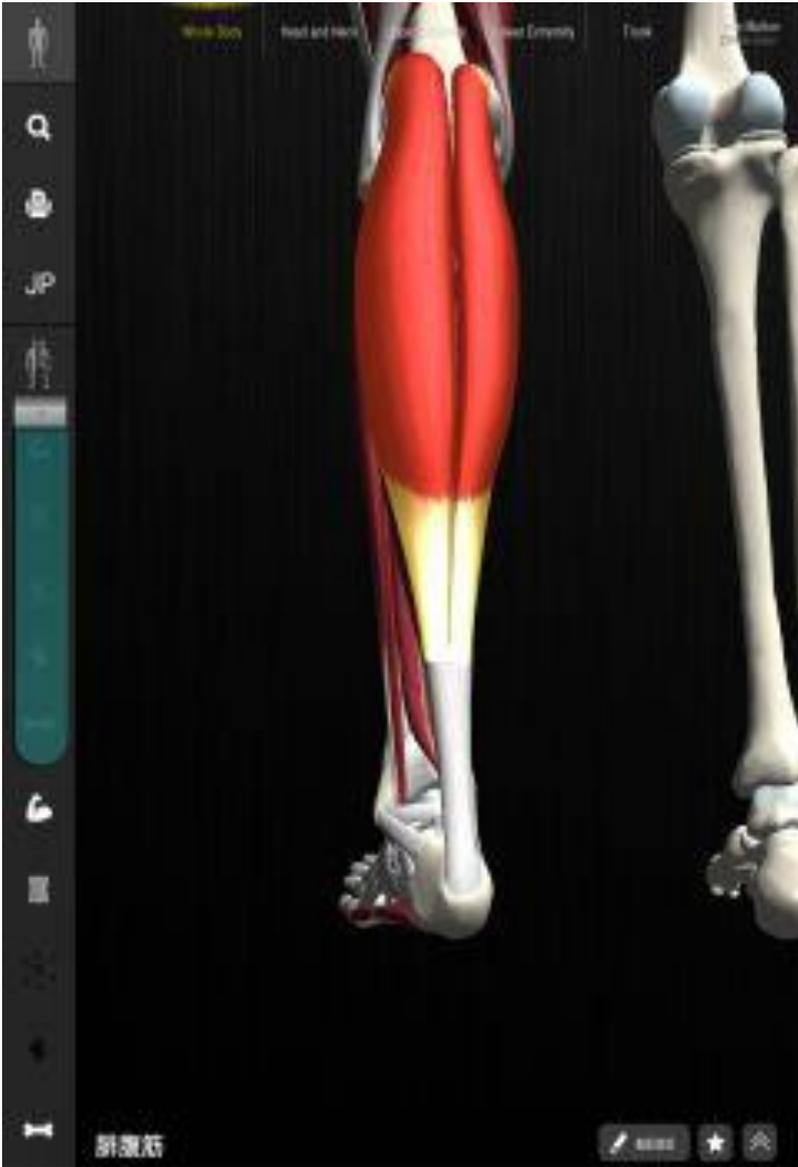
### ①一般的に多い膝痛

膝の痛み 1





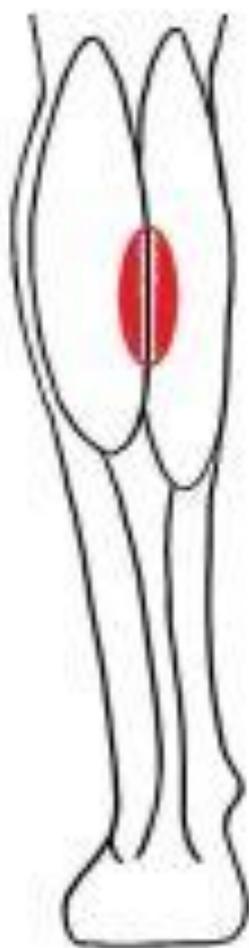


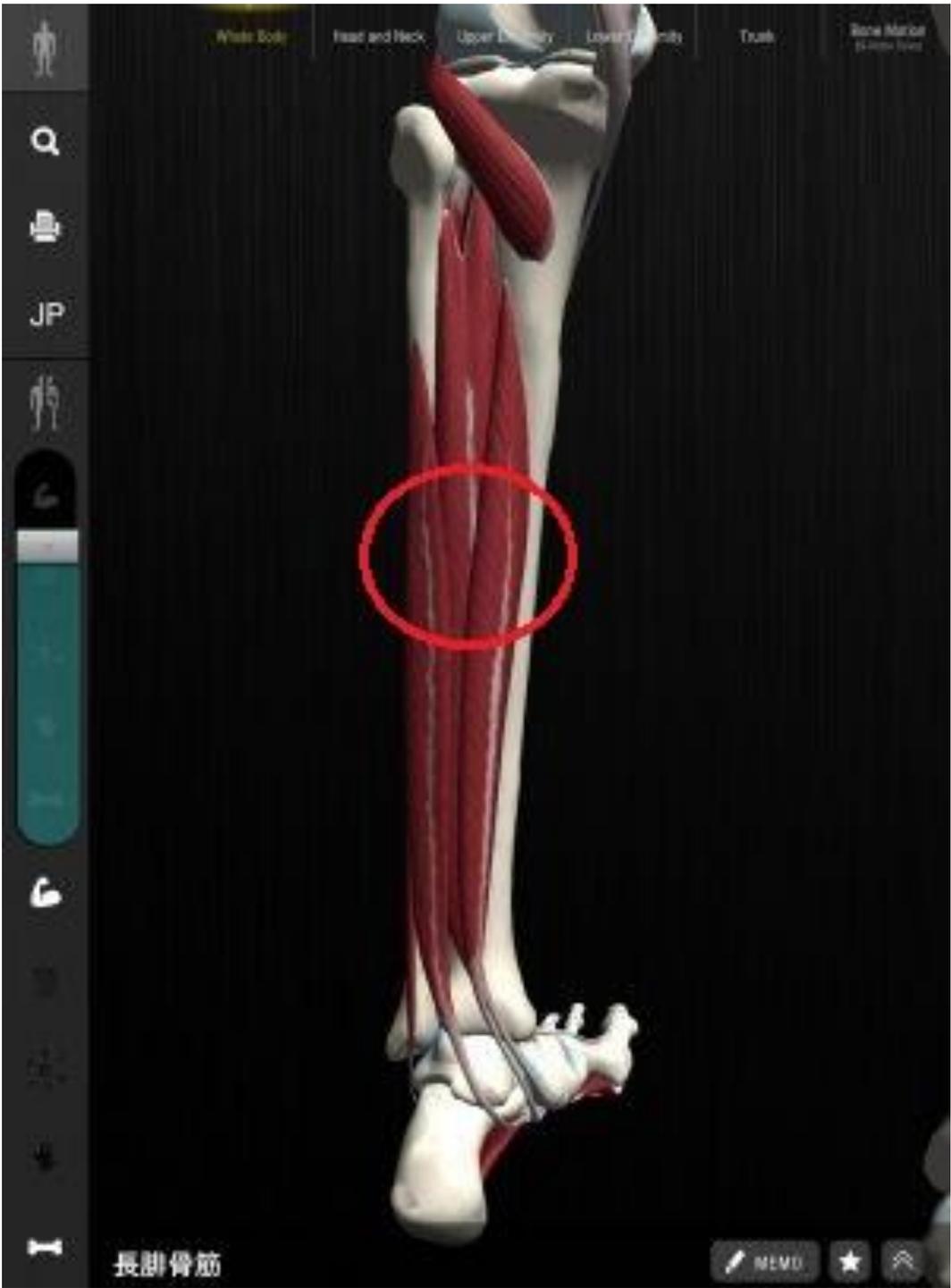




②一般的に多い膝痛

膝の痛み 2



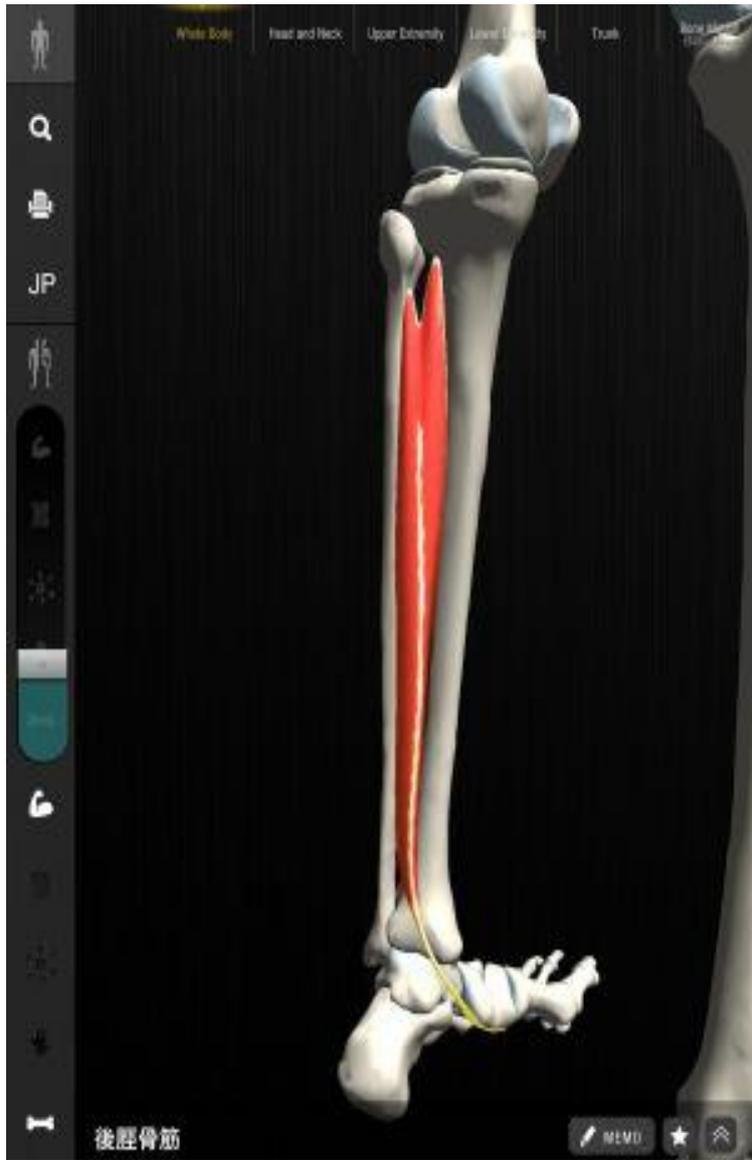


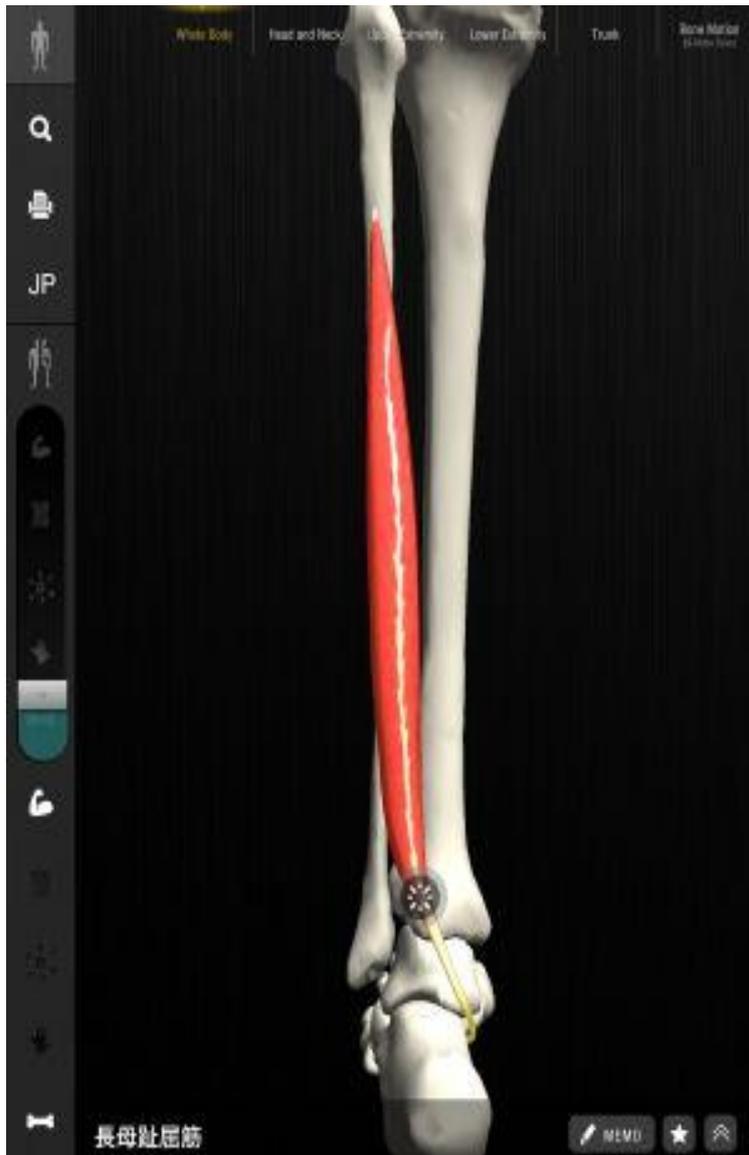




長趾屈筋

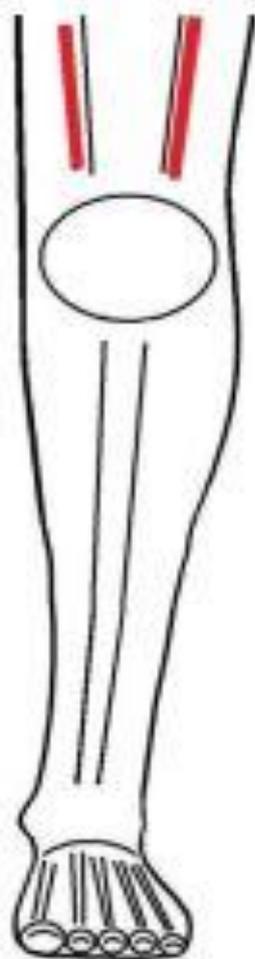
MEMO ★





③一般的に多い膝痛

膝の痛み 3



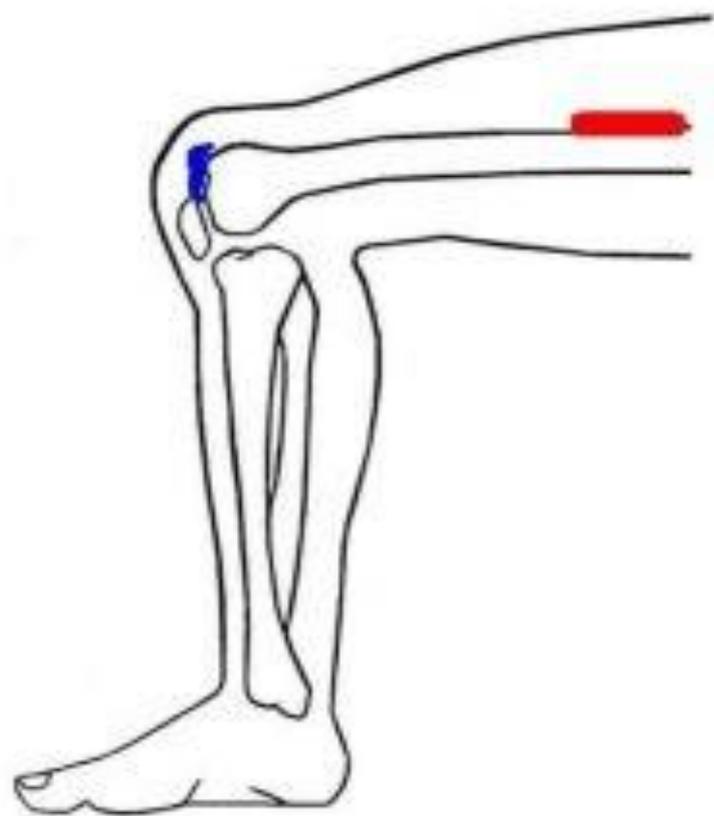




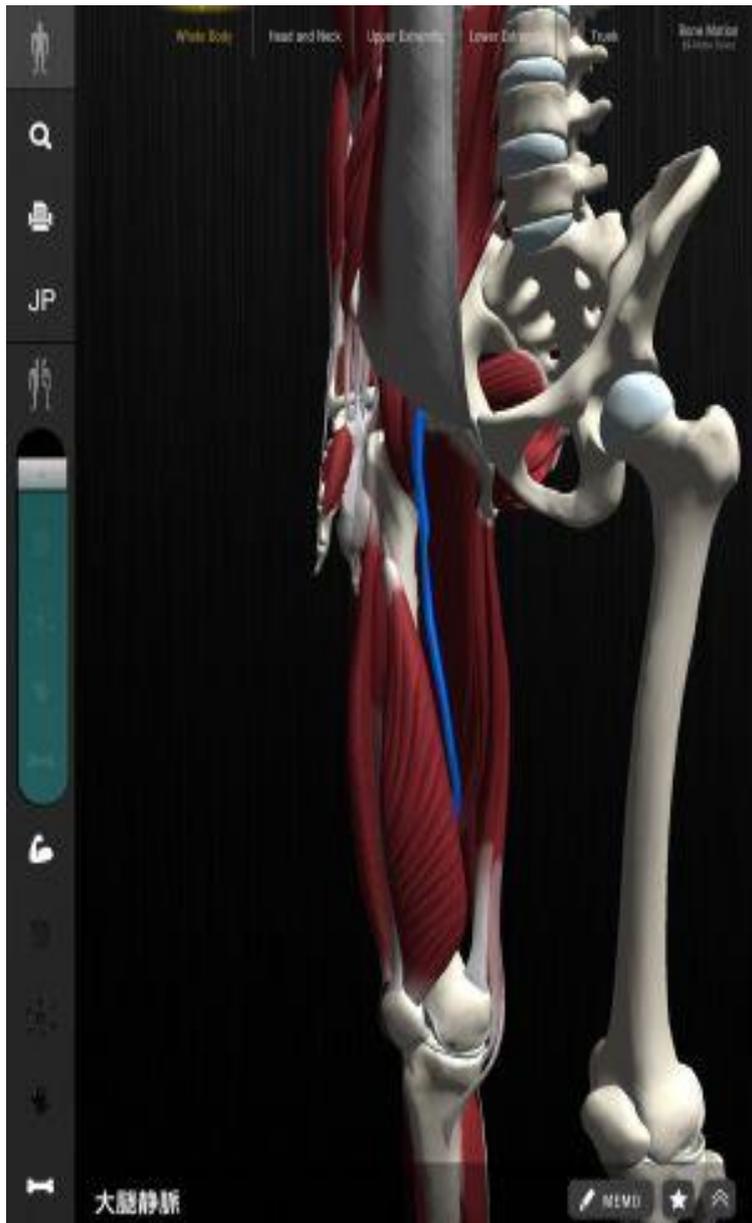


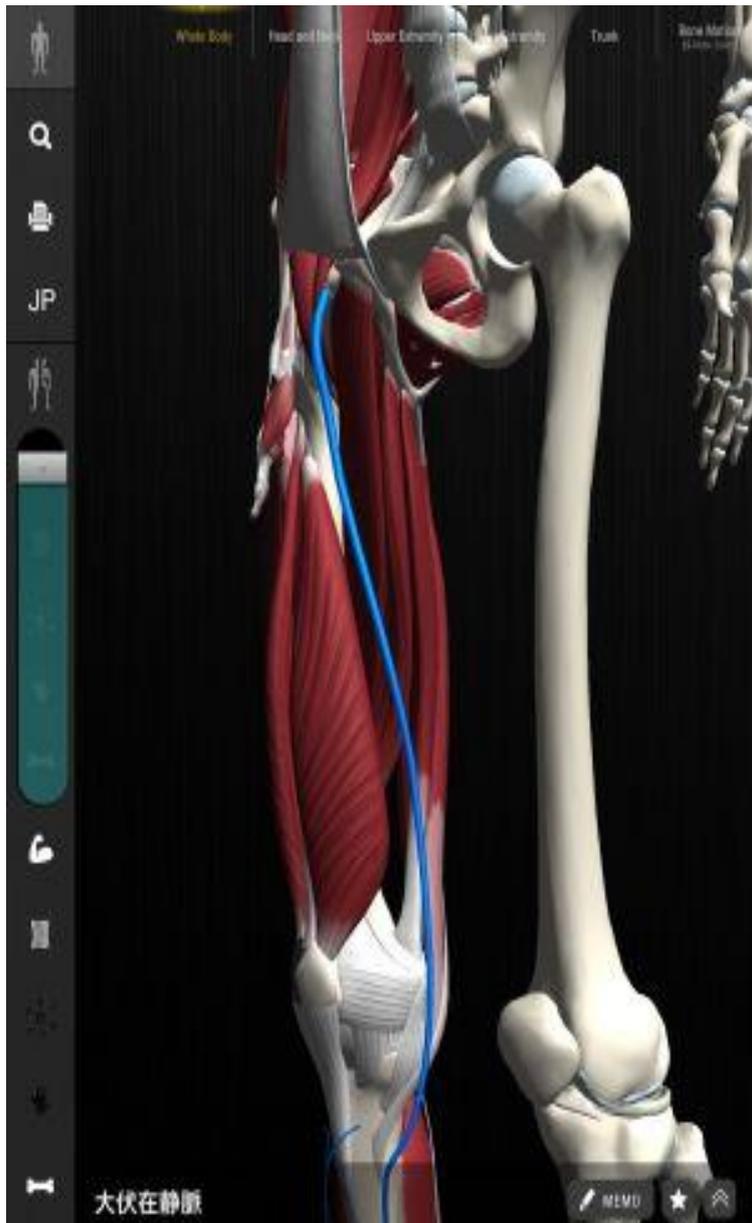
④膝に水が溜まる

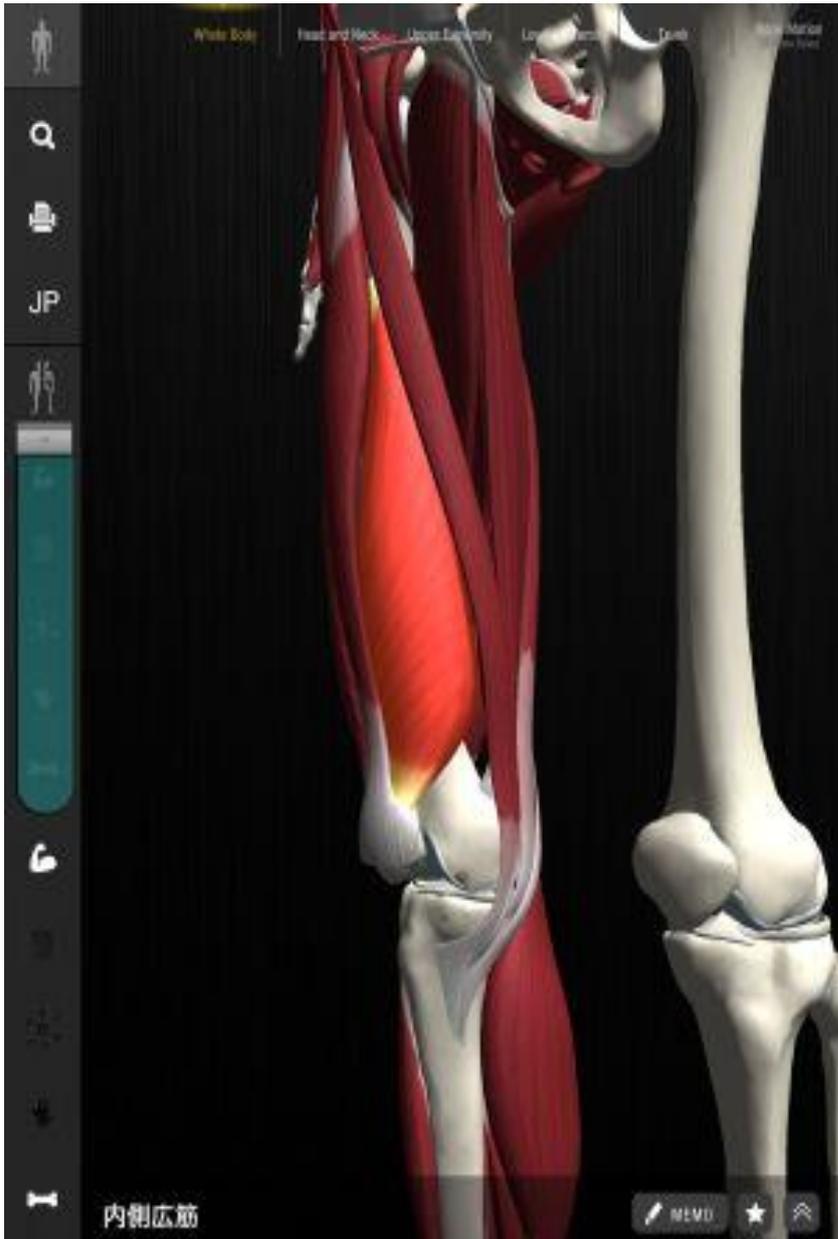
膝に水が溜まる

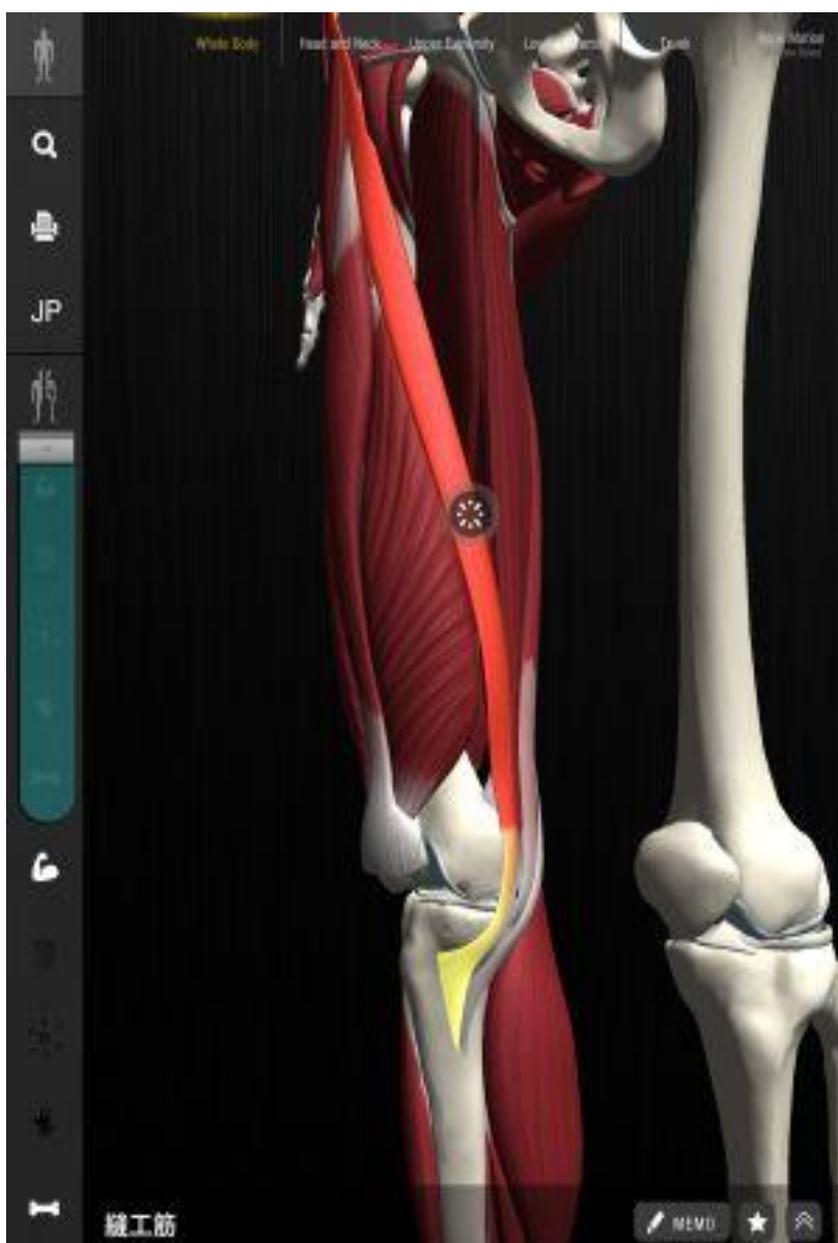








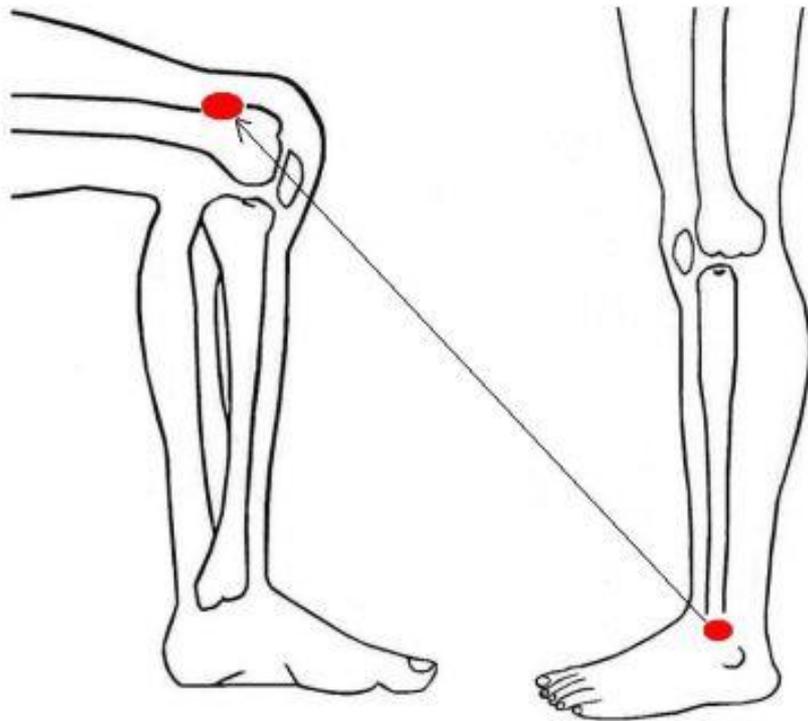




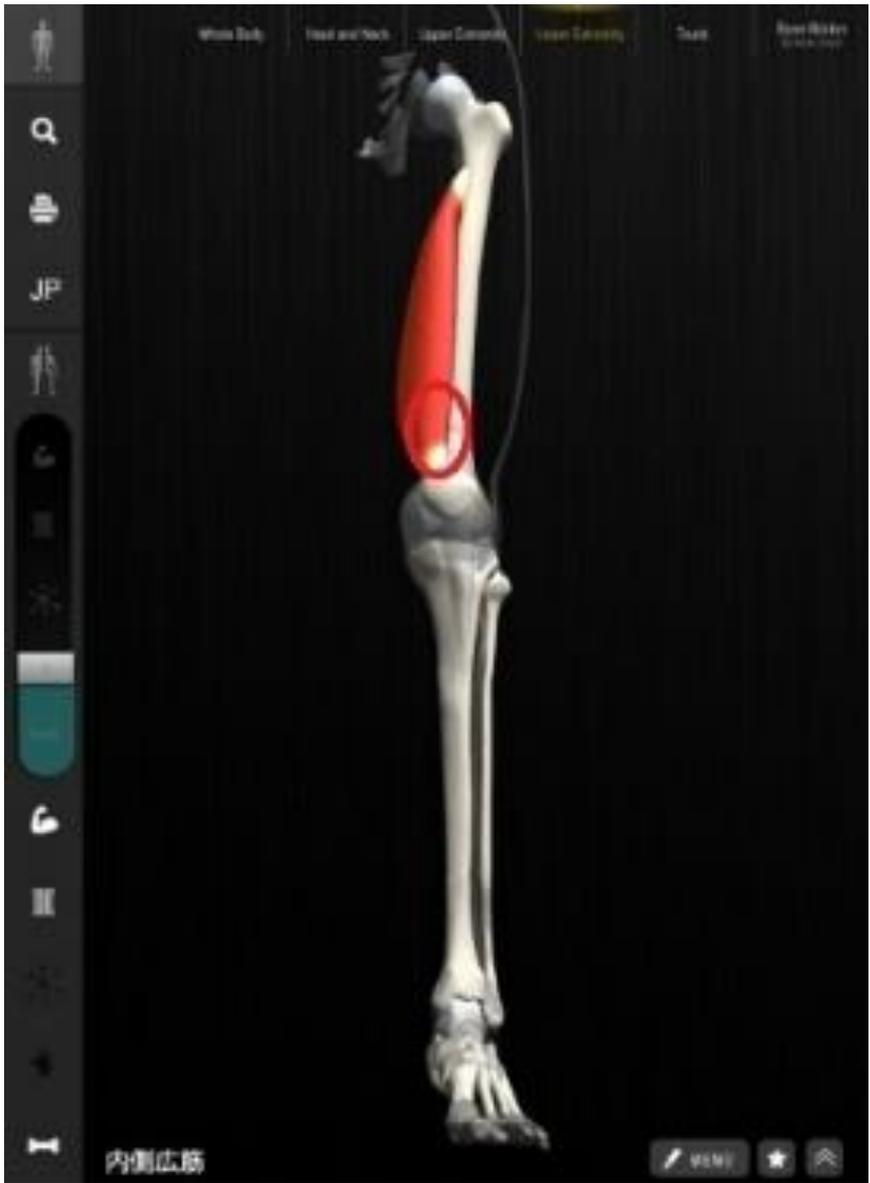
## 11<足首の痛み解消法！>

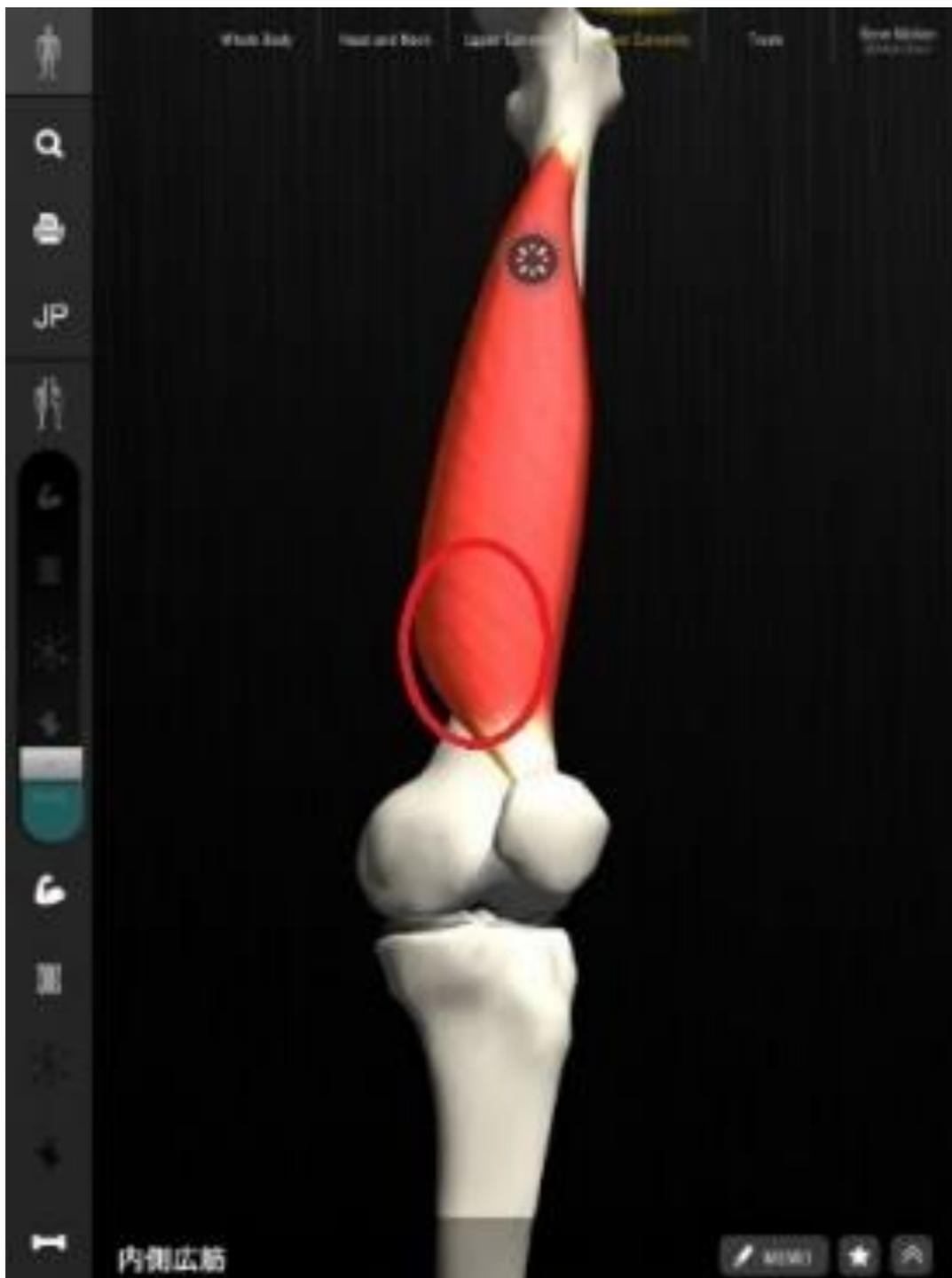
### ①アキレス腱の下の踵の痛み

外側の足首の痛み



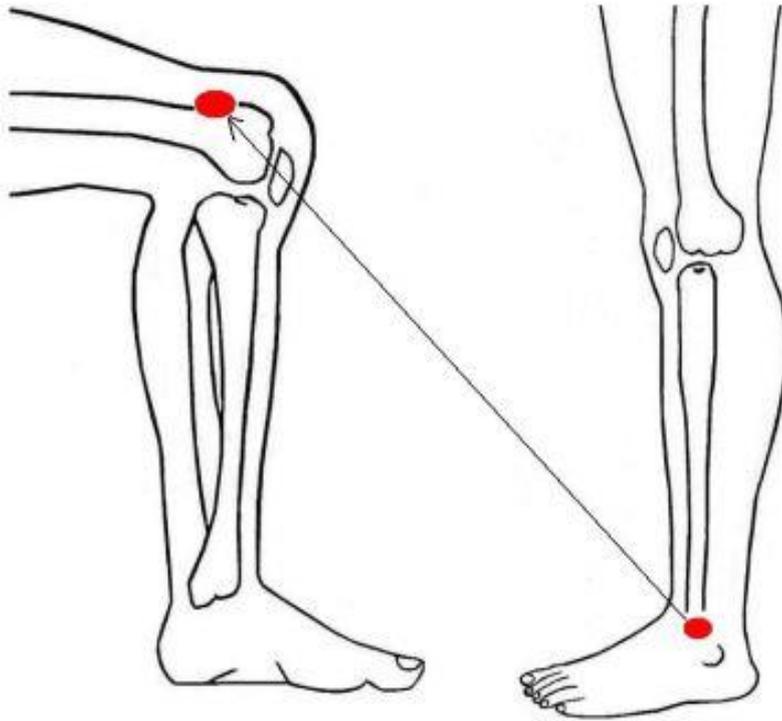




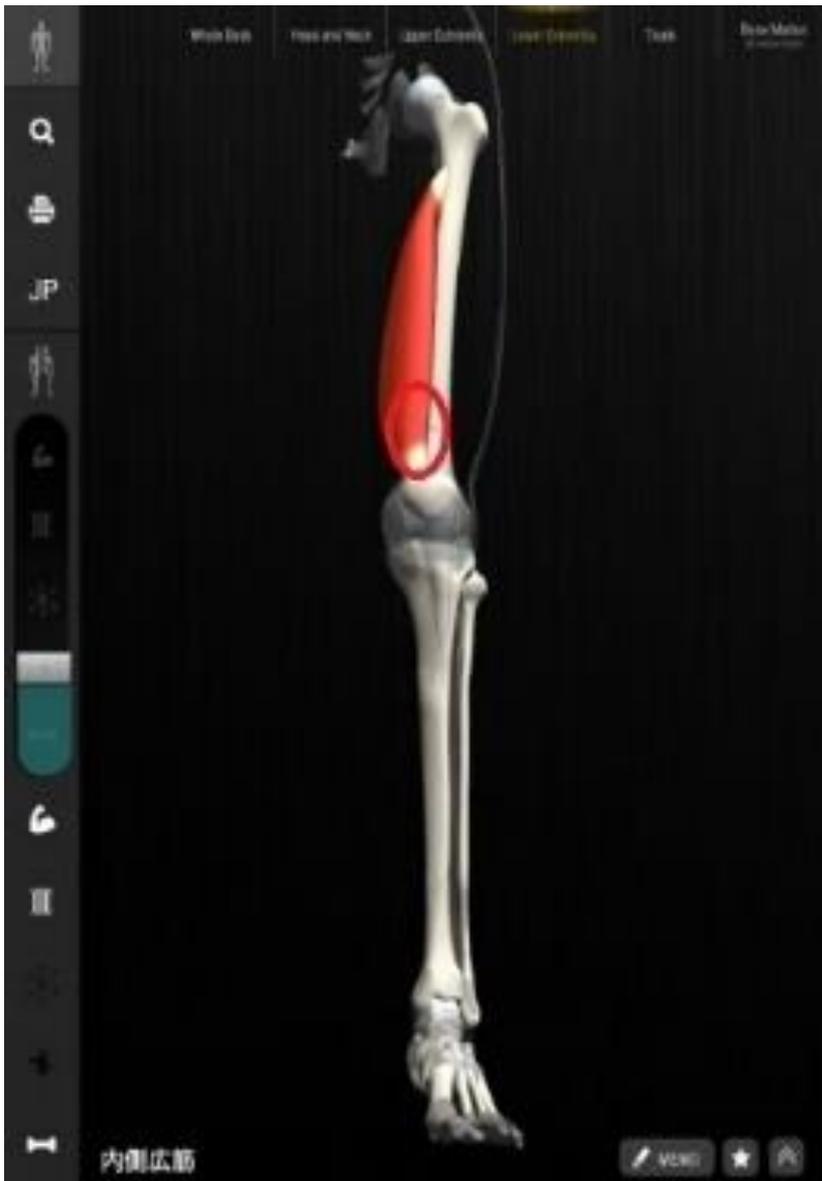


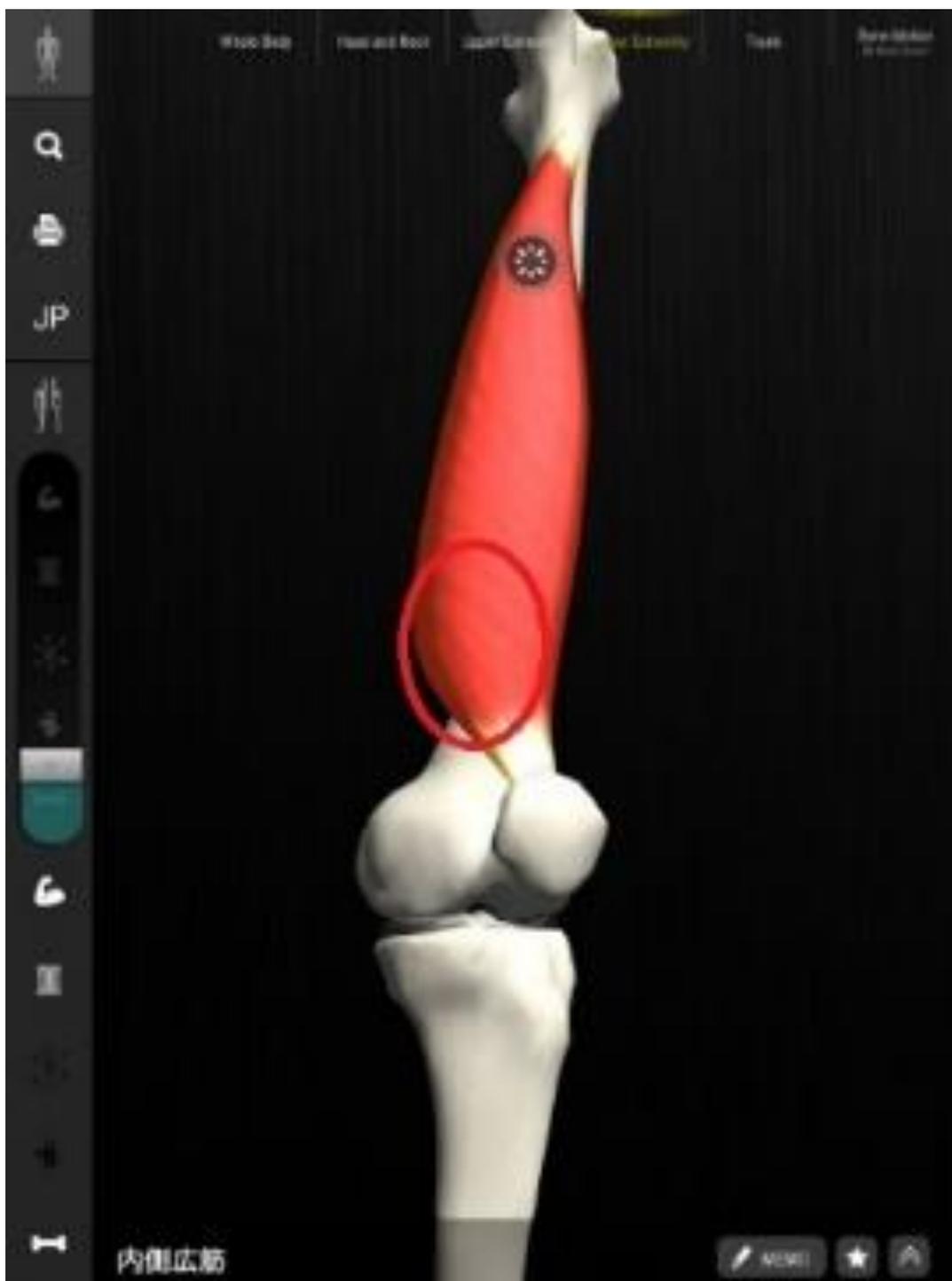
②外側の足首の痛み

外側の足首の痛み





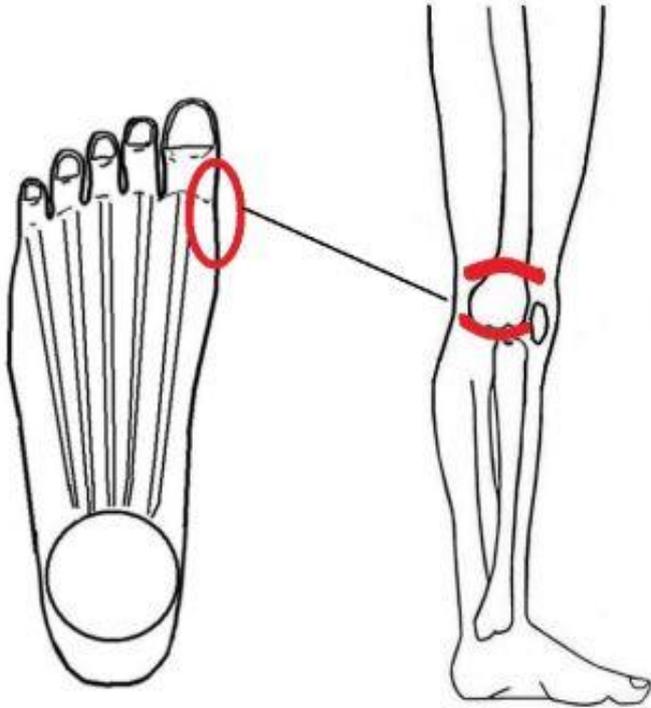




12<足・趾の痛み解消法！>

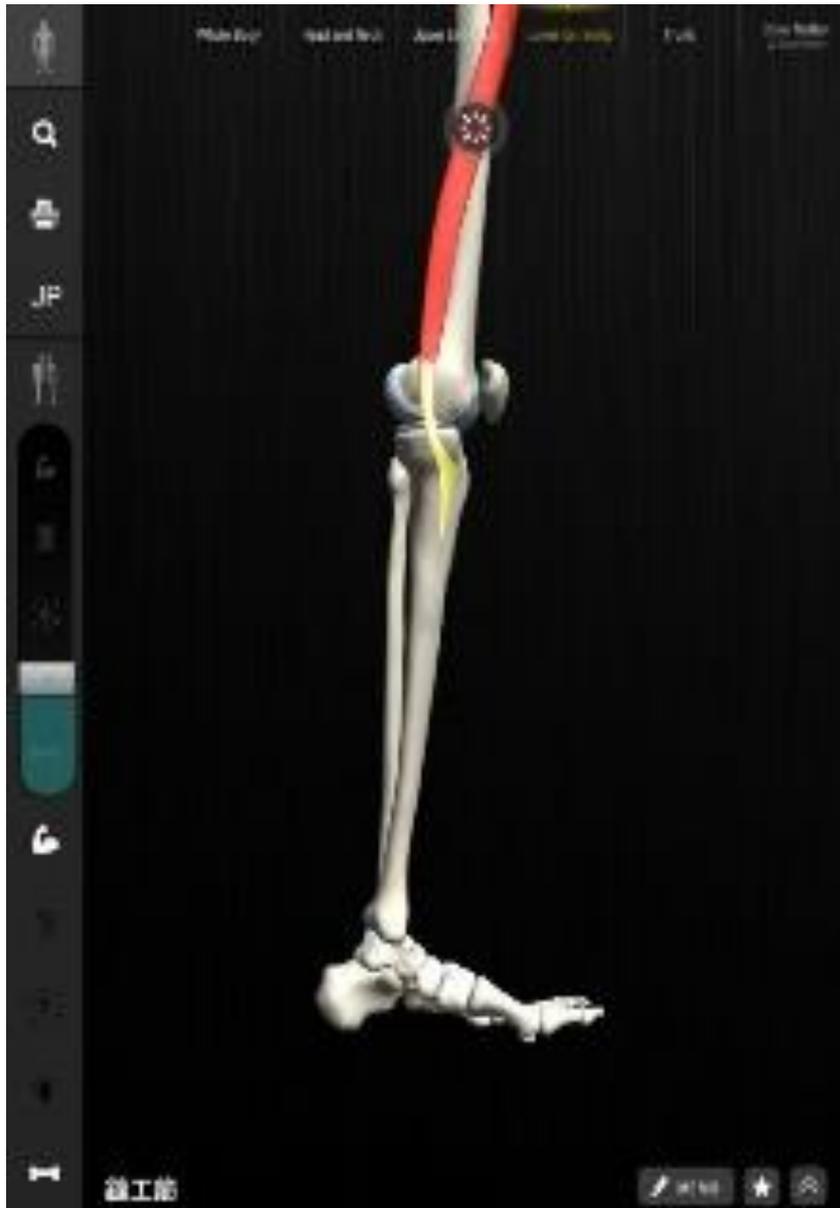
①外反母趾

外反母趾と膝関節症



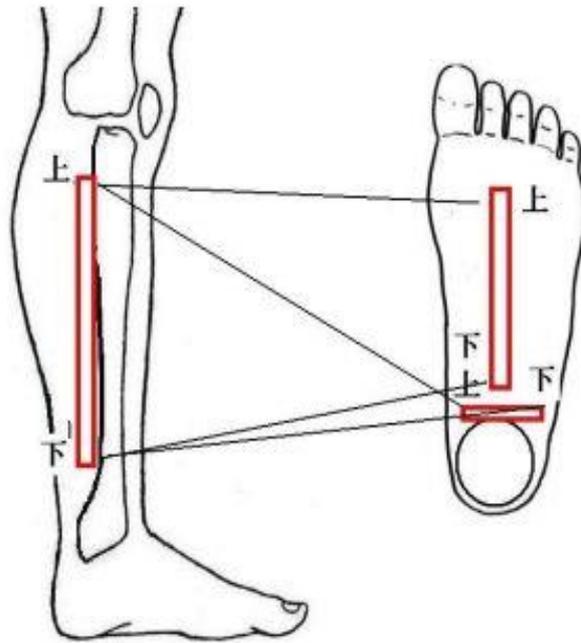






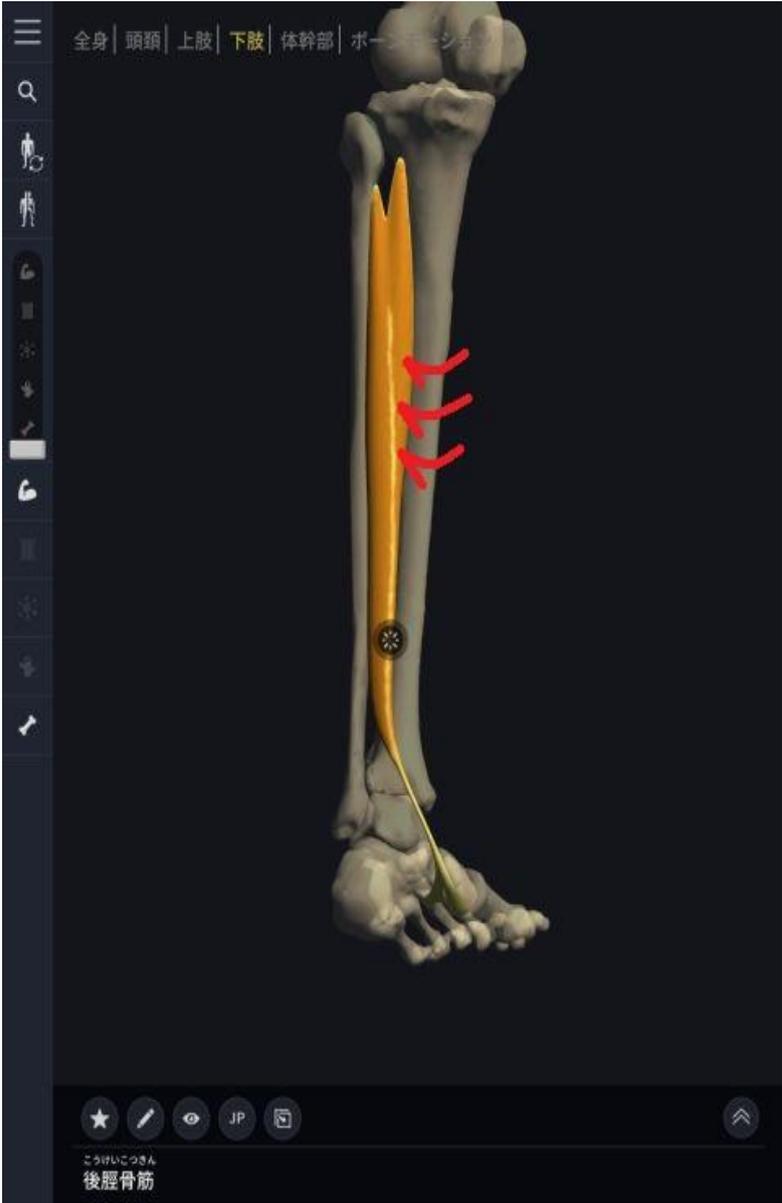
## ②足裏の痛み

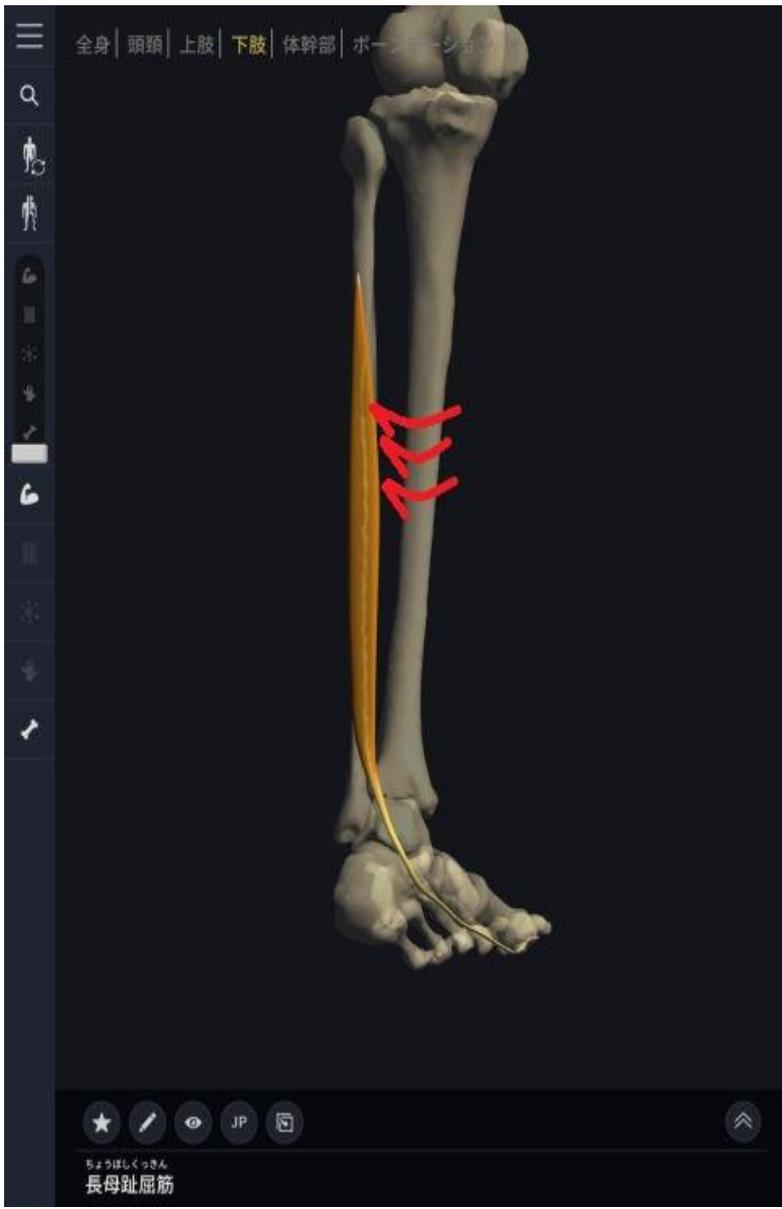
## 足裏の痛み

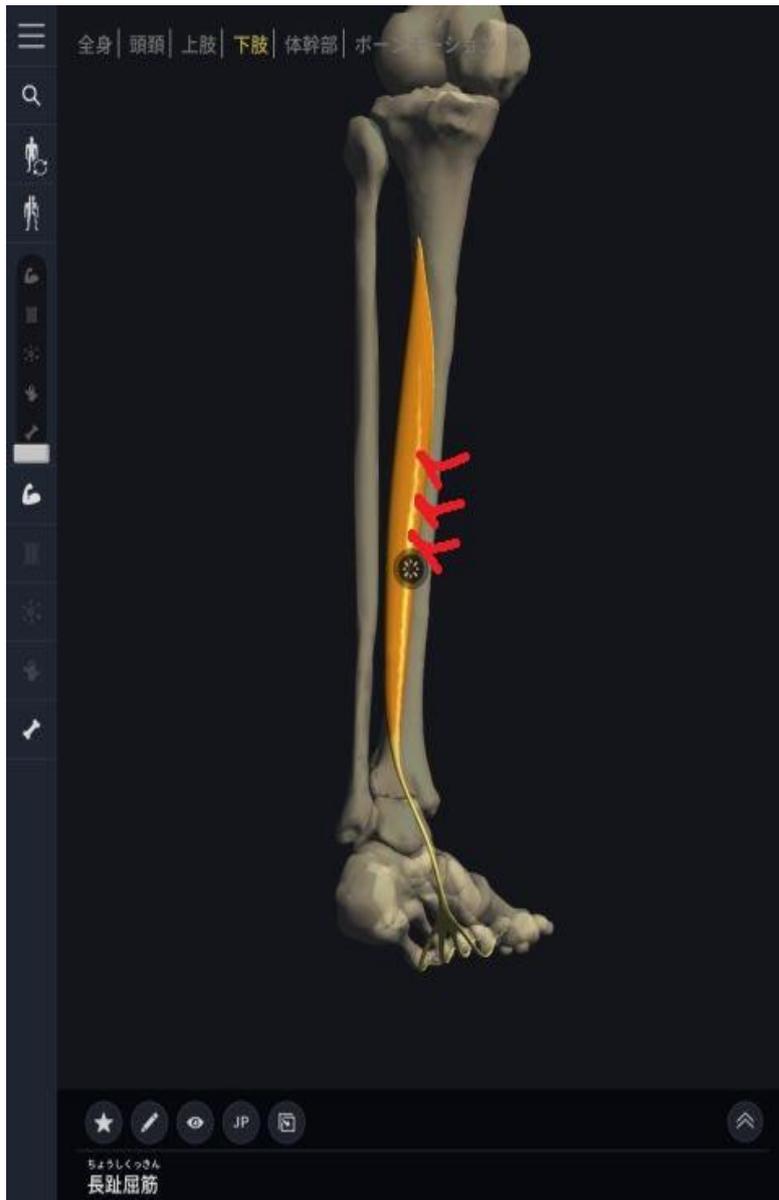


足の裏が、朝起きて、一歩目を踏み込んだ時に釘でも刺したかと思っ  
るくらいの痛みが走る  
2~3歩、歩くと痛みは軽くなるが、翌朝、また痛いだんだん痛みは  
激しくなって歩けなくなるくらいの痛みが増していく  
原因は膝からくるぶしにかけての骨際の滞り、  
ここをほぐすと痛みはなくなる



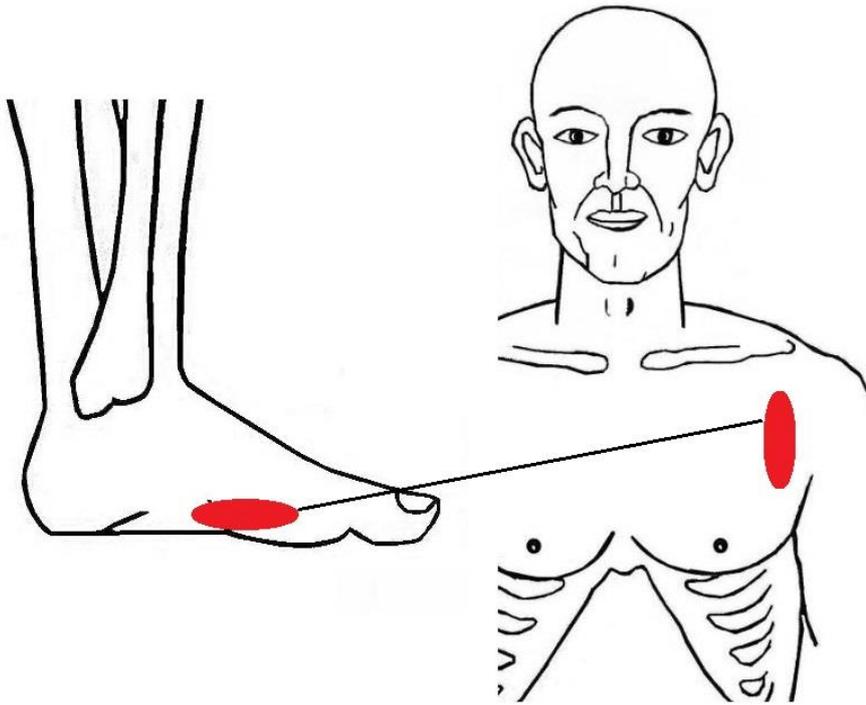






## 足裏の痛みⅡ

足裏の痛み





③モートン病

# モートン病





