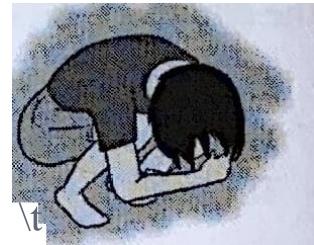


2: SQUATTING POSTURE

This is the oldest natural stretching exercise. It is also called "baby hugging," similar to the posture of a baby in its mother's womb.



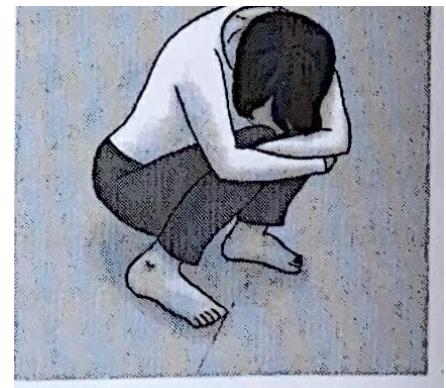
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It clears multiple meridians along the legs and feet, including the Liver, Spleen, Kidney, Stomach, Gall Bladder, and Urinary Bladder Meridians. It's a great stretch for:

- Heels
- Ankles
- Calves
- Knees
- Buttocks
- Waistlines

The bent knees, hips, and waist are a good massage for the internal organs as well.

Simply squat down on the ground for five to forty minutes.



Beginners may find it easier to squat with their feet spread apart. The level of difficulty increases when your feet are closer together. For best effects, try to squat as low as possible, put your feet together, lower your head, and hold your arms around your knees.

It is more difficult to squat with bare feet, but the effect is better. Chinese people used to do many things squatting down: they ate, chatted, and even held meetings in this posture, as can be spotted in many old movies.

Yet, influenced by waves of modernization, even squat toilets were replaced by seated ones. Passing stool in a squat is natural—it clears meridian blockages and massages the intestines and internal organs, contributing to a better bowel movement. The seated toilet may look graceful and comfortable, but it deprives us of natural massage and stretching. No wonder more and more people now have lower back and leg pain and find it difficult to squat down.

Benefits of Squatting Posture

Squatting Posture is a carpet-bombing exercise. Tendons that aren't fully stretched during Reclining Posture are targeted when squatting. It helps your:

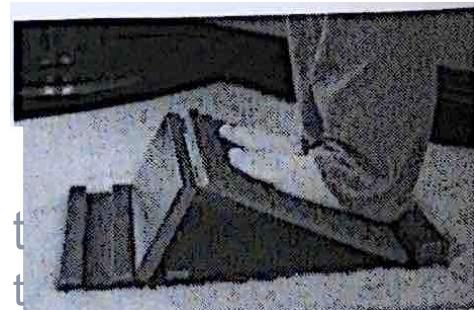
- Heels
- Ankles
- Calves
- Knees
- Hips
- Hip joints
- Tail bone
- Waist
- Back
- Chest
- Shoulders
- Neck

It also stimulates bowel movements, enhances *qi* and blood circulation, and clears all major meridians. Squatting Position also improves:

- Hemorrhoids
- Arthritis
- Diabetes
- Hypertension
- Constipation
- Gastroenteritis
- Heart disease
- Prostate disorders
- Gynecological disorders
- Lower back and leg pain

3:STANDING ON A BOARD POSTURE

- 1) Stand on a sloping, standing board with graded levels of difficulty.
- 2) Raise your toes, try to stand up straight, and keep your balance.
- 3) Hold your hands high above your head if possible. If necessary, you can also place them behind your back or let them hang down naturally
- 4) Stand in this posture for ten to sixty minutes.



In the beginning, you may feel pain and soreness. You might experience swelling.

If so, you can ease into the practice by tilting your hips back for balance. With practice, your hips will return to their natural position, and you will be able to stretch longer. Then you can increase the level

of difficulty. This *Lajin* posture stretches almost all your major tendons and meridians: including your calves, buttocks, waist, and kidneys-but especially along the soles, heels, ankles, and backs of your feet.

Benefits of Standing on a Board Posture

As you age, your legs will show signs of aging first.

Three *yin* and three *yang* meridians run along the feet and legs. These meridians are the most susceptible to cold and are blocked the earliest, and many toxins are deposited in the feet due to gravity.

Stretching on a *Lajin* stand board thoroughly cleans many acupoints on the feet and the calves, which can't be stretched well in other *Lajin* postures. It can help relieve:

- Foot pain
- Leg pain
- Waist pain
- Diabetes
- Hypertension
- Heart disease
- Prostate disorders
- Liver and kidney problems
- Strokes
- Cancer

The *Lajin* board is very small, and it takes very little space. It is a very convenient tool for health preservation, both at home and in the office. Some people stand on the board chatting, reading, watching TV, or even working on a computer.