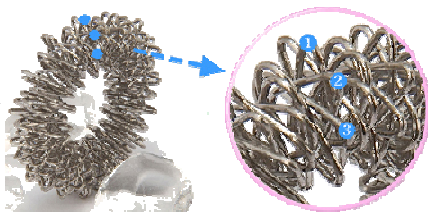


# The Chinese Medicine Acupressure Ring



## What are acupressure rings?

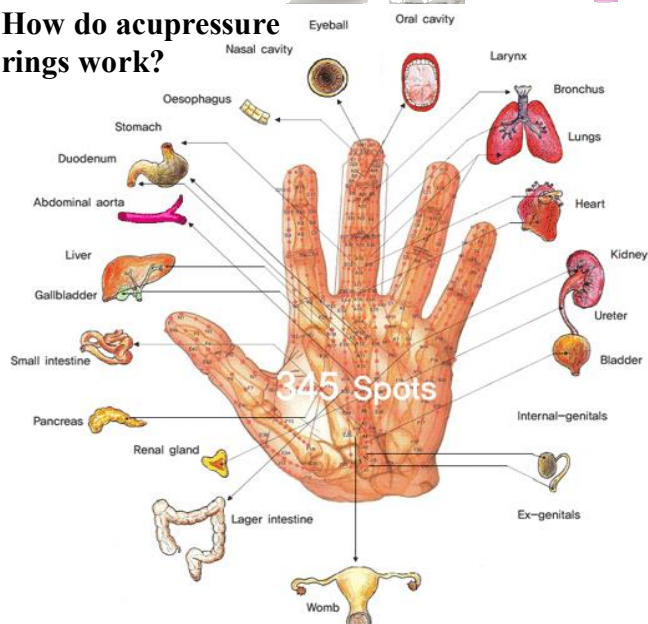
The Chinese Medicine Acupressure Ring also known as a Finger Massage Ring, Figit or by various other trade names is usually a durable stainless steel or copper wire shaped into triangular spikes bent in a circle. More often plain; they may be gold or silver plated to enhance their healing benefits.



come distracted; or you may naturally have some finger numbness. Then the use of a Chinese Medicine Acupressure Ring can help relieve fatigue, boost energy, strengthen the immune system and aid concentration.

The gentle massage action can improve circulation, hand and finger movement, and overall health. Relief from numbness, tingling, soreness, arthritis and rheumatism may be experienced.

## How do acupressure rings work?



By stimulating the acupressure points and reflexology zones on the hands and fingers, the internal organs and bodily functions are stimulated to bring the energetic functions of the organs and body into balance.

## Why use an acupressure ring?

Many times while you do things such as study, work on a computer, drive a car or are involved in intricate work, your fingers can get tired and your mind can be-

## When can you use an acupressure ring?

They are easy and discrete to use and can be used anytime, anyplace, for however long you like. For the maximum benefits at least 5 minutes each day is recommended. In the case of any pain or discomfort cease their use immediately and seek advice.

## How do you use an acupressure ring?



Place a ring over one finger and using the fingers of the other hand roll it up and down the finger.

Alternatively - place a ring over one finger and roll that finger across the palm of the other hand to massage the finger and palm simultaneously.



Finger rings can also be used in just the same way on the toes!



Chinese Medicine Acupressure Rings are available from your instructor or visit: [www.7StarsMA.com](http://www.7StarsMA.com)

\$4 each or 3 for \$10!