

## Using Self-Help to Harmonize The Immune System

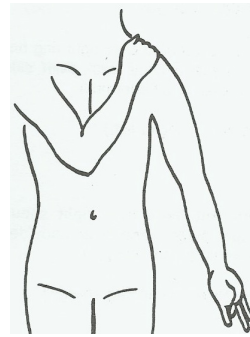
One of the results of a chemotherapy and/or radiation protocol utilized to combat the forward movement of cancer can be a weakened or suppressed immune system. Patients are often more susceptible to bacteria, viruses and infection and are cautioned to be careful of putting themselves in situations where they may be in contact with carriers of infection and disease.

Jin Shin Jyutsu Self-Help can assist in the strengthening of the immune system, particularly related to the lymphatic system and fatigue. By lightly placing your fingertips in the suggested holds, energetic pathways are opened and harmonized; improving the immune system response.

These holds can be used as a supplement to your routine of good nutrition, rest, and other suggestion/protocols offered by your physician. By taking time to learn and utilize these basic holds, you can help yourself and be an active participant in your care.

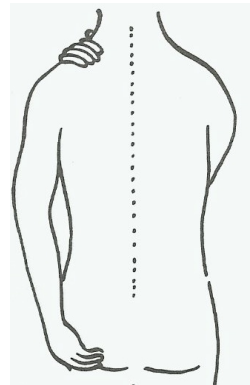
### How do I apply Self-Help?

- Relax, or if you are unable to relax, just be as you are.
- Stand, sit or lie down, whatever is most comfortable and convenient.
- Gently place fingertips, fingers or palm of the hand on the indicated location. Adjust if needed so placement feels comfortable. Holds may be reversed for opposite side of the body.
- Hold gently until you feel a gentle rhythmic pulse in both hands or a general feeling of relaxation. There is no need to squeeze, massage or rub.
- Deep and relaxed exhales and inhales can be of benefit while applying self-help. Exhale and unload all impurities. Inhale and receive the breath of life.
- Dropping your shoulders while bowing your head slightly relaxes the breath.
- There is no time limit for use of self-help. Daily application will increase the benefit.



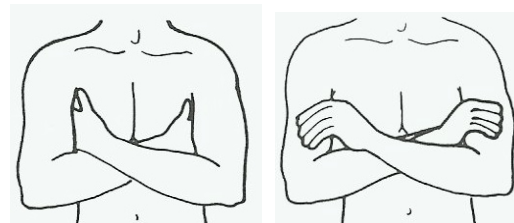
#### Shoulder & Ring Finger

Place one hand over opposite shoulder near neck. Place thumb on nailbed of the ring finger. You may choose to hold each finger in this way for further harmonizing of the immune system.



#### Shoulder & Sit-Bone Area

Place one hand over opposite shoulder near neck. Place other hand on sit bone where leg and “cheek” meet.



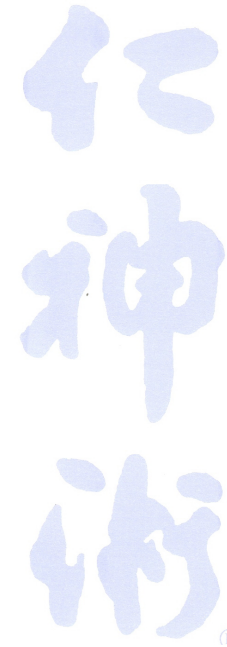
#### Crossed Arms

Cross arms right over left or left over right and place fingertips into armpit for a dynamic lymph opener. Arms may also be crossed with hand holding opposite upper arms or elbow area. There is no reversal for this hold.

**“Be where you are. Be not the critic. Be your own testimony”. – Mary Burmeister**

Jin Shin Jyutsu®  
Self-Help  
at Markey Cancer Center

Self-Help for the Immune System



To schedule a Jin Shin Jyutsu session at Markey Cancer Center  
talk to your physician or contact Jennifer Bradley  
jnbradley@uky.edu  
or  
859.323.1797



<http://ukhealthcare.uky.edu/Markey/jsj/>

The Jin Shin Jyutsu information provided is intended to compliment, not replace the advice of your own physician or other healthcare professional. Individuals are advised to seek medical attention commensurate with their specific needs.

Logos and graphics used with permission from Jin Shin Jyutsu, Inc.

"The truth is that within each of us lies the power to cast all misery aside and to KNOW complete Peace and Oneness - to be that beautiful creation of perfect Harmony - to truly KNOW (Help) MYSELF."

- Mary Burmeister