



## **MMA Vol. 11 How To Distinguish Good and Bad Things For Your Body**

Don't you wish there was a method to let you know whether what you eat or what you wear is good for your body or not?  
Plus easily?

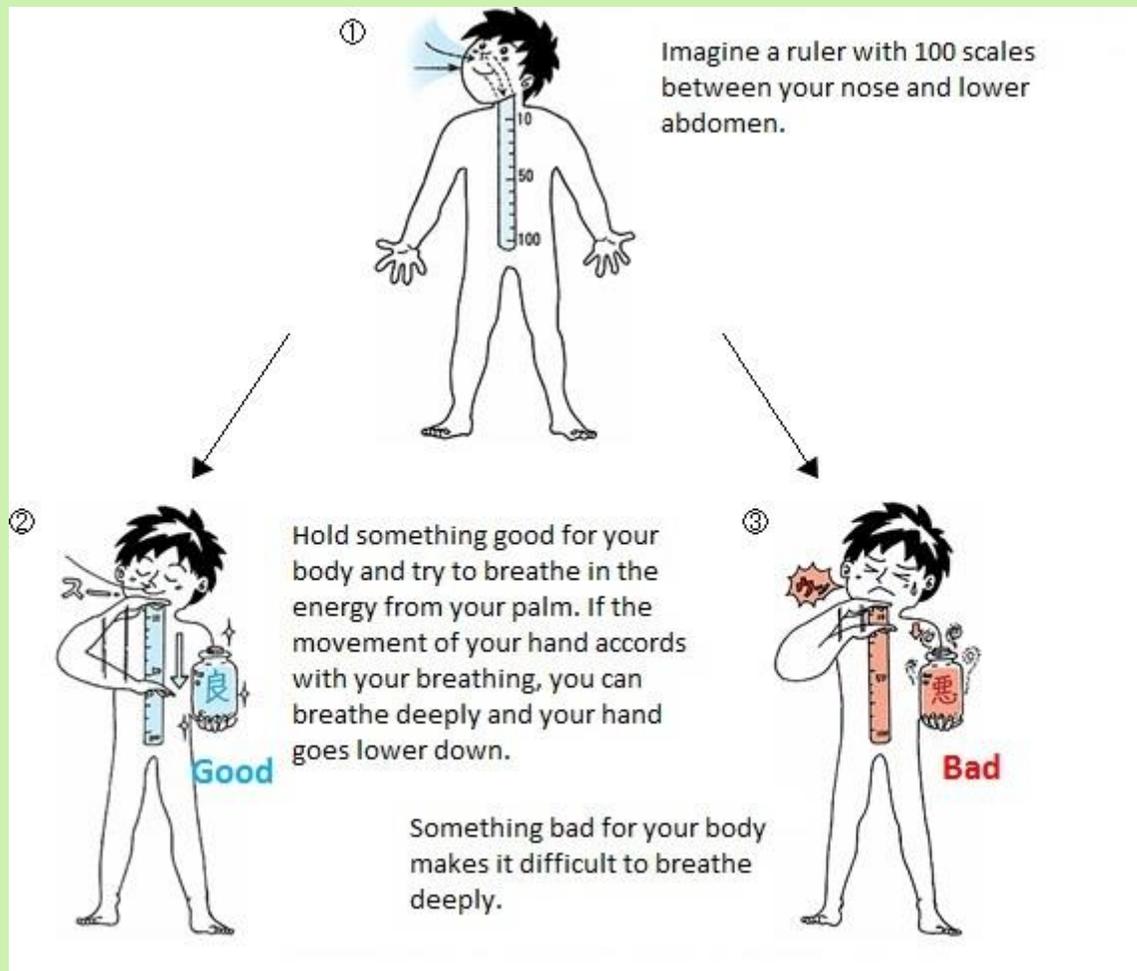
There is such a method!

In my acupuncture treatment, I stroke some acupuncture points with light touch and check the changes of the pulse, the abdomen and the shoulder muscle. Some people would think what I'm doing. But this is performed to judge which acupuncture points are good to treat your body condition. If the acupuncture point and the strength of the stroking is proper to your body, your pulse will get softer and slower, abdomen will get softer and smoother, and your shoulder muscle will get softer. Then I can choose those points to treat with needles. On the contrary, if the acupuncture point and the strength of the stroking is not proper to your body, your pulse, abdomen and muscle will have some tension.

What that means is your body reacts to such a small effect on your body regardless of your notice, and the pulse and the others can be used as detectors to know if your body likes the effect or not.

But using pulse as a detector is a little difficult and not so convenient, so I want to introduce a method using your breathing depth called **Breathing Measurement Method**. Breathing depth changes depending on good and bad effects on your body. For example, when you feel nervous, you cannot breathe deeply and feel like choking or inhaled air stopping in your chest, and when you are relaxed, you can breathe deeply to your abdomen.

By this method, you can distinguish if an object you want to check is good for your body or not. If the object is good for your body, your breathing becomes deeper. On the contrary, if it is not good for your body, your breathing becomes shallower.



Now let's try the Breathing Measurement Method (Refer to the above Chart).

1. Breathe slowly from your abdomen relaxing your back a few times.
2. Bring your hand to the level of your nose and breathe easily.
3. While you breathe in, the hand gradually goes down, and when you breathe sufficiently, make the hand come to the level of your lower abdomen, and while you breathe out, your hand goes up and when you breathe out completely, make your hand come to the level of your nose.
4. Repeat this movement imaging you can measure by the depth of your breathing.

5. Once you can measure your breathing depth with your hand, hold something obviously bad for your body or good for your body with your another hand, try the Breathing Measurement Method, imaging that you breathe in the energy of the object from your palm. If the object is bad for your body, your hand doesn't move much. That is, you cannot breathe deeply.
6. Once you get used to the method, you don't need to bring your hand to your nose. You can check just by the depth of your breathing.
7. Let's use the Breathing Measurement Method for various things to check if they are good or bad for your body. There is something you need to know. Even if what you check is good for your body, if the amount is too much, your breathing should be shallower. In that case, please try with smaller amount.

### **Let's Try With Various Things!**

Things Good for your body: organic brown rice, clean water, natural supplements leading to good results, etc.

Things Bad for your body: insecticide, cigarette, medicine with side effect, food with a lot of additives, dirty water