



Philip Lai Qi Gong Association

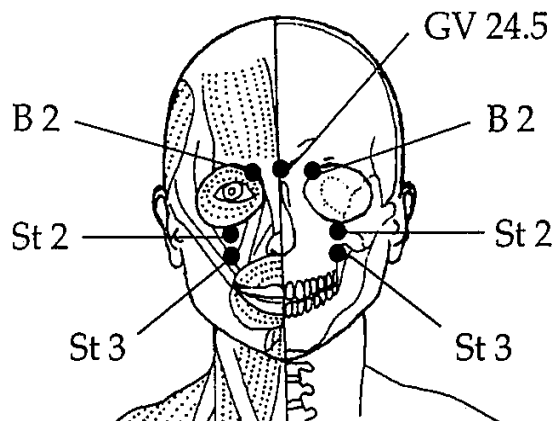
December Newsletter 2020

Many people are spending too much time watching TV and working on computers that cause eyestrain and eye problems during this pandemic. It can be uncomfortable and depressing if your eyes are constantly tired. This is because your eyes are one of the most sensitive organs in your body. Any interference with healthy functioning of your eyes can make you feel anxious, irritable and depressed. According to the National Eye Institute in the United States, the estimated annual economic burden of vision loss, eye diseases and vision disorders in the U.S. amounts to \$139 billion!!! (March 2014). These disorders include glaucoma, diabetic retinopathy and cataracts. We don't have to have serious eye disorders to be negatively impacted by poor eye health. Even simple long or short-sightedness, teary eyes or dry, gritty eyes can cause us worry and misery.

Here are some acupressure points to improve your eye issues.

You are also welcome to take Master Lai's training to improve your eyesight, eyestrain and eye problems through meditation, Eye exercise, Qigong exercise/ visualization and acupressure.

Potent Points for Relief of Eyestrain



Drilling Bamboo (Bladder 2)

Location: In the indentations of the eye sockets on either side of where the bridge of the nose meets the ridge of the eyebrows

Benefits: Relieves red and painful eyes, headaches, foggy vision and eye pressure

Four Whites (Stomach 2)

Location: One-half inch below the centre of the lower

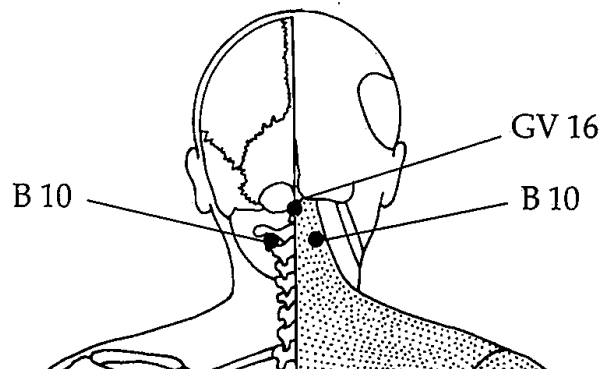
eye ridge in an indentation of the cheek

Benefits: Relieves burning and aching eyes, headaches, sinus pain and dry eyes

Facial Beauty (Stomach 3)

Location: at the bottom of the cheekbone directly below the pupil

Benefits: Relieves eye fatigue and pressure, head congestion and stuffy nose



Heavenly Pillar (Bladder 10)

Location: One-half inch below the base of the skull on the rosy muscles one-half inch outward from the spine

Benefits: Relieves stress, exhaustion, eyestrain and swollen eyes

Wind Mansion (Governing Vessel 16)

Location: In the centre of the back of the head in the large hollow under the base of the skull

Benefits: Aids the eyes, ears, nose and throat, relieves mental distress and headaches

Third Eye Point (Governing Vessel 24.5)

Location: Directly between the eyebrows, in the indentation where the bridge of the nose meets the forehead

Benefits: Relieves head ache, eyestrain and helps the pituitary gland

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