

A Guide To Su Jok Therapy

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These are the following: Thumb – head and neck Chubby part of the palm (under the thumb) – chest/front part of the body/storage compartment The entire palm – abdominal region Middle and ring finger – legs Index and small finger – arms Back of the hand – back of the body

What is Sujok Therapy ? Benefits and Acupressure Points chart

Su jok can be used for treatment of each disease if you know where its focus is. Besides, the disease ' s nature is not important. You must know for sure which the diseased organ is, where the focus of the disease is. Then only, you can define correctly the correspondence zone and can stimulate the healing su jok points, which have appeared there.

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3.0 out of 5 stars The information is great but the overall quality is terrible. Su Jok is a fascinating field of therapy that brings the popular Reflexology method of treatment to a whole new level. It has many similarities with the Western Reflexology, which is also very popular in Korea. The author, Dr. Park Jae-Woo (recently deceased), has spent years ironing out some of the "kinks" in Reflexology, and Su Jok is the result of his research and hard work.

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A part of Onnuri medicine, Su Jok is a treatment system comprised of a variety of techniques that prevent and cure illness and restore health without any drugs. Our hands (“ su ” in Korean) and feet (“ jok ”) represent our entire body in miniature.

The Power of Su Jok Therapy | Goop

A Guide to Su JOK Therapy by Prof. Park Jae Woo Book + Free 5 Sujok Rings. Available from these sellers . DIRECTION OF USE - Massage one finger at a time by rolling ring up and down the finger 30-60 times. - Then, move on to next finger until you have completed both hands. Page 6/26.

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