

## **Korean Hand Therapy 10 Finger Ring Massage**

These KHT Massage Rings will instantly and effectively massage the whole body through this powerful form of hand reflexology! The massage from these KHT Rings will push toxins and blockages out while increasing energy in the meridians to the extent that the brain, muscles and joints, and digestive tract are revitalized.

Important: It is important to hydrate as you move the lymph and thus toxins out. Drink 1-2 warm glasses of structured water before finger massage and drink 1-2 glasses again at end of finger massage. Add 3 drops of Ionic Sea Minerals to each glass.

**700 am or at awakening  
(& Repeat This Massage again at 1pm)  
Morning Finger Massage Rings**

Now,  
massage your fingers with the **silver** and **gold** rings  
to activate your lymph glands  
in this manner:

Start a timer for a 10 minute countdown,  
1 minute for each of your 10 fingers.

Note: For even greater effect, combine after KHT Ring Massage with 9 circular stimulating Lymph massages movements to each groin (1 min. ea.) and armpit lymph node (1 min. ea.) areas. These Rings are great to warmup before exercising! Follow with 30 minutes of aerobic running, walking, skipping, hopping, trotting, bicycling, swimming, dancing rowing, hiking, climbing, yoga, parkour, or any other activity you'd prefer for improved lymph flow, cellular oxygenation and energization. 30 minutes of aerobic exercise per day has been found to help ALL kinds of health conditions.

**Additional sets of KHT massage rings with KHT maps can be ordered through [paypal.com](https://www.paypal.com) 'send money' to address [timtoula@hotmail.com](mailto:timtoula@hotmail.com) for \$12.95.**

**Enjoy the best of health!**

**Tim Toula**

## KHT FINGER MASSAGE (RIGHT HAND)

1. **Start at RIGHT HAND THUMB.**

Insert **RIGHT HAND THUMB** into **SILVER RING**. Gently roll the **silver** ring up and down the thumb. Give special attention to painful areas breaking up any bumps, nodules, or hard areas, especially around finger joints. Only massage 1 minute! Then...

2. Go to **RIGHT HAND INDEX** Finger  
Insert Right **INDEX** Finger onto **GOLD RING**.  
Massage 1 minute.

3. Now go to **RIGHT HAND MIDDLE** Finger.  
Massage with **SILVER RING 1 minute**.

4. Now go to **RIGHT HAND RING** Finger.  
Massage with **GOLD RING 1 minute**.

5. **Finish with RIGHT HAND PINKIE** Finger.  
Massage with **SILVER RING 1 minute**.

**Then move to LEFT HAND.**



(The above picture is to illustrate which color ring for which finger. It is does NOT mean use rings on all 5 fingers at once, i.e., Use ONLY one ring per finger at a time.)

## **KHT FINGER MASSAGE (LEFT HAND)**

6. **Start at LEFT HAND THUMB.** Massage **THUMB** with **GOLD RING 1 minute.** Then...

7. Go to **LEFT HAND INDEX** Finger. Massage with **SILVER RING 1 minute.**

8. Now go to **LEFT HAND MIDDLE** finger. Massage with **GOLD RING 1 minute.**

9. Now go to **LEFT HAND RING** Finger. Massage with **SILVER RING 1 minute.**

10. Finish with **LEFT HAND PINKIE** Finger. Massage with **GOLD RING 1 minute.**



**715 am** Now drink second glass of water with 3 drops of Ionic Sea Mineral.

(This picture is to illustrate which color ring for which finger. It is does NOT mean use rings on all 5 fingers at once, i.e., Use ONLY one ring per finger at a time.)

**For quicker results: Repeat this massage again between 1-3 pm.**