

9

Self Massage

Techniques  
to

Support  
the Lungs

[www.kneadttotalwellness.com](http://www.kneadttotalwellness.com)

# Hi, I'm Dawn Encian

## Functional Nutritionist and Medical Massage Therapist

As a nutritionist, I support my patients and clients to improve respiratory health by healing the gut with nutrition and lifestyle changes. By optimizing digestion, respiratory health improves, inflammation decreases and energy increases. With massage, I work to alleviate acute and chronic pain and improve mobility and flexibility.



When we treat our bodies well through proper nourishment, exercise, sleep, and self care they will work well for us. Massage is not a luxury, it is a necessity and is the oldest form of healing on the planet. Don't deny your body the power of touch.



*When you can't seem to get relief with your cough or wheezing, try some of these techniques to help open up your diaphragm and chest. Most of these are best when utilized on a regular basis, not when you are in an exacerbated state. There are some additional ones if you have a partner who can help. Also, if you are not sensitive to essential oils, peppermint, eucalyptus, frankincense, and thyme are all great to help open up your chest when doing these techniques.*

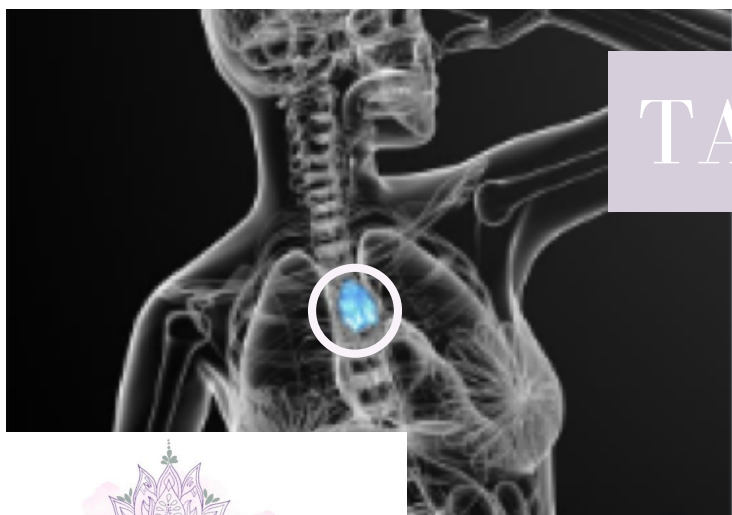
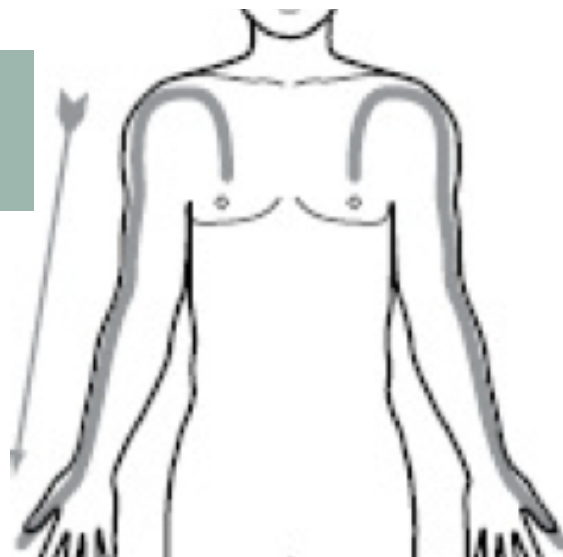


## CHEST TAPPING

*Take your right hand and place it on the left side of your chest, just above the breast. Follow your breath as you inhale and exhale. Begin to gently tap the left side of your chest, gently, with your hand in a soft fist. Tap around the entire left side of the torso and then repeat on the right. Be sure to include the sternum, ribs and collarbone.*

## TRACE LUNG MERIDIAN

*Meridians are the energy pathways in the body that all the acupuncture points are on. The first point is where the arm and shoulder meet and it follows down the inside of the arm and off the thumb. When you trace it, place your hand just above your breast slide it up to the shoulder and then down the arm and off the thumb. Try tracing it backwards as well. When you trace backwards, you will start at the thumb, trace up the arm, just over the top of the shoulder and then ending at the heart.*



## TAP THE THYMUS

*To help improve overall immune system function, place your fingertips in the top third of the main part of the sternum. Then you will "thump" here repeatedly. It is good to do this at least twice a day just to support your immune function and especially if you feel as though you are coming down with something or beginning to have breathing difficulties.*





## MASSAGE OR TAP STERNAL NOTCH

*Place your finger at top of the sternum and feel where it sinks in at the base of the neck. Press gently here - if you are in an exacerbated state, this area will be tender. You may also use essential oils such as Breathe, Breathe Deep, Eucalyptus, Red Thyme or Frankincense while doing this and inhale the fragrance to help open up your lungs more. Be sure to use a carrier oil if needed or if you have sensitive skin. Do this at least 30 times.*

## FOAM ROLLING BACK OR RIBS

*Foam rolling is an excellent way to loosen up super tight muscles that prevent the rib cage from fully expanding and allowing for a full breath. To start, use the foam roller to work into the muscles around the areas of restriction with the ribs and shoulder blade. Once the muscles are worked into well, the muscles around the rib cage will gradually relax allowing for easier breathing.*



## LUNG DRAINAGE

*Place fingertips on either side of the sternum about one inch over from the center of your chest where you begin to feel your ribs. Using firm pressure, massage with your fingertips alongside the sternum. Anywhere that it feels more tender than others, use a circular motion to massage the area more until the tenderness reduces. Be sure to check this area again each day to evaluate if the tenderness has reduced. Do this several times daily for one to two minutes each time.*







## MASSAGE CLAVICLE

*Massage around and on the clavicle in an outward motion from the center (near the center of your throat) and out to the end of the bone. Start on top of the clavicle. Then move to massaging on the clavicle and then finally below the clavicle. Do this 30 times for each part on both sides.*

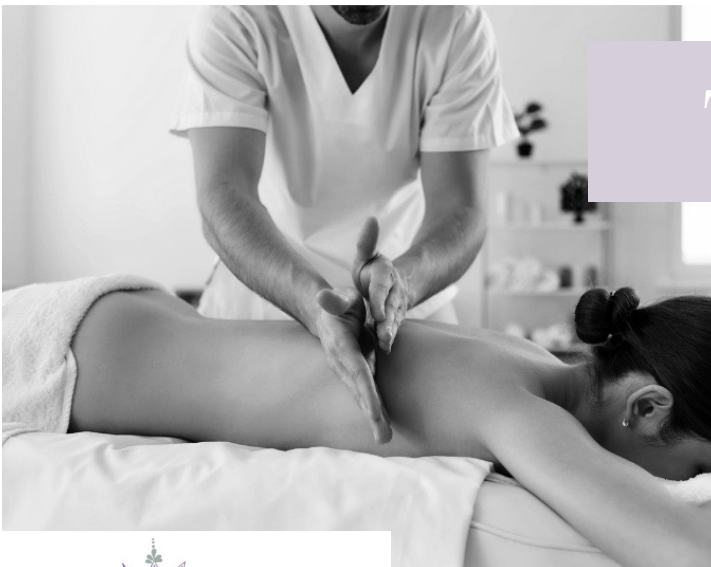
## FOOT REFLEXOLOGY

*The lung reflexes are located on the ball of the foot and on the top of the foot just opposite the ball. Apply pressure to both of these areas, massaging in a circular motion or using static pressure. If there are any sore or tender spots, spend extra time in those areas. Do this at least once a day and be sure to check the painful spots each session to determine if the area feels better to the touch.*



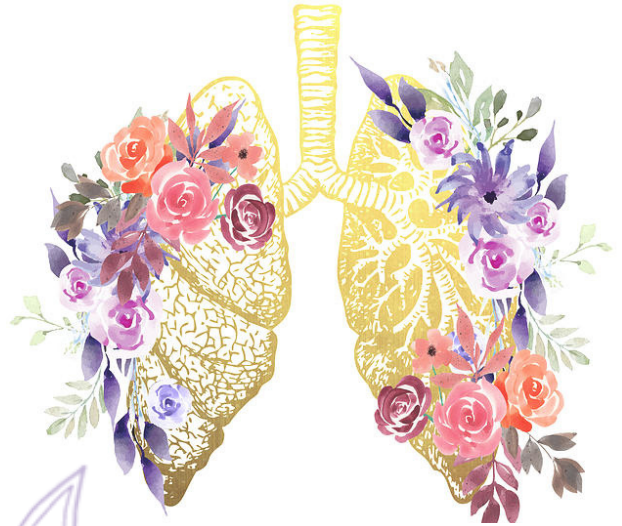
## TAPOTEMENT

*Typically you will need someone to help you with this; however, if you don't have some-one available, just reach the areas around as much of the ribcage and torso that you can. Gently tap from the base of the ribcage up to the shoulders and repeat this until you've reached all areas you can. If you have someone to help with your back, have them start at the base of the ribcage and tap up until they get to the shoulders. Be sure to get the part of the ribcage under the arms as well. I like to do this part side lying on so it allows any congestion to go towards the center line for easier exit. You can use a cupped or a karate chop hand.*



# What to do now?

Try each of these techniques for at least a week for each one. Evaluate which ones work best for you and begin to incorporate them on a consistent basis.



Add in breathing techniques, meditation, herbs, EFT (Emotional Freedom Technique), stress reduction methods, chiropractic, acupuncture, and find which combination works best FOR YOU to reduce or eliminate your symptoms.

And  
Breathe

For more personalized nutrition advice feel free to reach out and set up a Strategy Session at [www.kneadttotalwellness.com](http://www.kneadttotalwellness.com)

