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Chinese foot health has two characteristics: One is that anyone can practice any time, press the rubbing and percussion method is very easy to grasp, much time-consuming. The second is based on Chinese medicine theory and diagnosis and treatment based on scientific and operational specific methods are as follows:

First, tap foot

Every night before going to sleep with his fist hit the soles of the feet, can eliminate the day's fatigue by hitting the appropriate stimulation to the soles of the feet to promote the body's blood circulation, can be enhanced visceral functions, to restore energy percussion method is correct the soles of the feet as the center, radiation to the surrounding rhythmically carried out to a slight degree of pain is also sitting cross-legged on the bed or chair, feet on the other side of the leg's knee, it is easier to hit each foot knock about 100 times, respectively.

Second, legs shaking

Poor blood circulation, the phenomenon occurs visceral disorders, such as the emergence of symptoms of headache, loss of appetite and other simple sub stimulation can promote blood circulation foot lying in bed, shaking and then let your feet in the air like riding a bicycle to Rotate your feet as long as the last 5 to 6 minutes, blood circulation will be improved, this method also allows the inside of the calf muscles and knee extension, leg fatigue, eliminate cold winter for people who practice this at bedtime Law body will feel warm and help to improve sleep.

Third, walking barefoot

The biggest advantage of this method is to get the opportunity to exercise feet foot heart center is an important part of keeping the body balanced, in almost all healthy people have a strong heart feet soles of the feet when walking as far as possible to get exciting, you can try to walk pebble to five toes stick together, separate and free to exercise, walking barefoot is a big advantage, especially in the big toe and second toe clearance between the left, walking can become relaxed in order to enhance health, home shoes and socks as much as possible so that your feet should be freed from the implementation of barefoot walking.

Fourth, the foot bath light

Solarium is to enhance the body's natural health treatments known to have a second heart to accept the sole sun, you can get unexpected health effects of the sun's ultraviolet rays to stimulate the soles of the feet, can promote the body's metabolism, enhance the function of internal organs, so well built up Those who practice foot sunbathing people, summer is not easy to heat, cold all year round is not easy when the weather is fine, every day of direct sunlight in outdoor soles of the feet 20 to 30 minutes across the glass sun do not, because most of the ultraviolet rays will be absorbed by the glass .

Five feet of friction

Many patients complain that the doctor, because they were preoccupied, or irritability, often lying in bed awake, tossing and turning, his eyes open until dawn in fact, because the foot farthest from the heart, peripheral blood circulation, the feet are afraid cold, it tends to suffer from insomnia insomnia

can be friction between your feet close together, so that blood circulation flow until the feet are warm, they can sleep soundly in a short time is to sit on the bed, lift your feet, and then exert oneself with each other. If both hands have the same time the friction force is better as long as 20, feet will feel warm, sleep will come.

Six toes rub

Rubbing toes to enhance the role of memory you can hand to seize the legs of the great toe in a circular rubbing motion, rub a few times a day, every 2 to 3 minutes can also be hand in a circular motion to rub the outside of the small toe, as long as the class knead 5 minutes before going to sleep from time to time on the line because computing power is associated with the cerebellum, and cerebellum of the small toe reflex is, therefore rubbing the little toe also help enhance the computing capability.

Seven feet of press

Office desk work or sitting long people tend to form a hump to correct this position is the easiest way to stimulate the heel bend back the reason is due to support the weight of internal organs on both sides of the spine to stimulate the muscles to become weak only the muscles on both sides of the spine, to both sides of the back straight up the spine through the muscles of the bladder by stimulating the heel with the heel can be linked to correct stooped posture is strong with your fingers press the heel, until the pain stops.

Eight, one leg standing

Standing on one foot soles of the feet can play the role of exercise is very simple, is to use foot stand position, standing on tiptoe at first may not used, can be very painful and may even feel a little let double heel off the ground some, Hing Wah Street West was later used to feet stand on his toes, and finally the transition to Dianzhao toes of one foot standing on one leg stand, it can stand toe of his right foot first Dianzhao 1 to 2 minutes, then left to stand on tiptoe Dianzhao 1 to 2 minutes, repeated alternately, when the toes lose the best hands on the wall or fence, remember to pay attention to safety.

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