2-Minute Internal Exercise

Rub Your Stomach Away: Waa Piang

Did You Know...
... that you can rub your stomach away effortlessly using nothing but your hand -- for only 2 minutes a day?

This may sound hard to believe, but Dr. Stephen Chang, an M.D. and Ph.D. who's trained in both Western and Chinese medicine, states that this simple 2-minute internal exercise, which does not come from Western medicine, but rather from the wisdom of ancient Chinese sages -- has been used successfully as a self-healing
mechanism for over 6,000 years.

Whatever you do, don't confuse this internal exercise with the external exercises of the Western world, such as sit-ups, crunches and other movements that only firm up the underlying stomach muscles ... but do nothing to melt the fat surrounding those muscles.

According to Dr. Chang, losing weight is a simple matter of increasing the efficiency of the digestive system. If you've ever wondered why you fail to shed pounds even when you reduce your food and/or caloric intake -- the reason is because your digestive and eliminatory systems are not functioning efficiently.

The following 2-minute exercise works like a gentle colonic irrigation that helps speed up a sluggish digestive system (which usually carries at least 5 pounds of fecal matter within it), and this elimination of useless sludge has the effect of burning off excess fat. The exercise effectively metabolizes the fatty tissues around the stomach and intestines, and flushes them out of your body through blood, sweat, urine, and feces.

Here's how to do the stomach-rubbing exercise:

1) Lie flat on your back on your bed or on the floor. Take your top off or pull it up so that your abdominal area is bare.
2) Rub your hands together vigorously for about 15 seconds, or until they feel hot.
3) Place one of your hands directly on your belly button and begin to rub in small circles around your belly button, and gradually make the circles larger (as shown in the diagram). Use fairly firm but comfortable pressure and rub at a slow, even pace, approximately 1 circle per second.
4) Concentrate on the heat building up in, around and throughout your stomach.
5) Do about 40 to 50 circles, or for an approximate duration of 2 minutes or more.

Note:
It is important to keep the abdominal area warm while doing the exercise, especially during winter months when even heated indoor air tends to be cool.
For best results, do this routine twice a day for 2 minutes -- first thing in the morning (before breakfast) and just before you go to bed. Most people see noticeable results within 1 week of consistent practice.

According to Traditional Chinese Medicine (TCM), the stomach is the center of energy. Massaging the stomach in the manner described above therefore accomplishes more than just melting away adipose tissue (fat).

It also ...
* stimulates the abdominal organs
* helps speed up slow digestion and remedies constipation
* increases blood circulation in the abdominal area
* helps heal indigestion, nausea, diarrhea, vomiting and the adverse effects of overeating
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