

DDS Hip massage

It is more important for a woman to take care of her buttocks than her kidneys!

Many people pay attention to our faces every day, but forget to take care of their buttocks. Shoulder and neck is not good, you know, it will affect color, sleep, memory, and so on because it is an important crossroads for the human body to connect the brain, similarly, the buttocks are also an important crossroads for us to connect the spine and legs, as long as he is clogged up, there will be something wrong with the whole body!



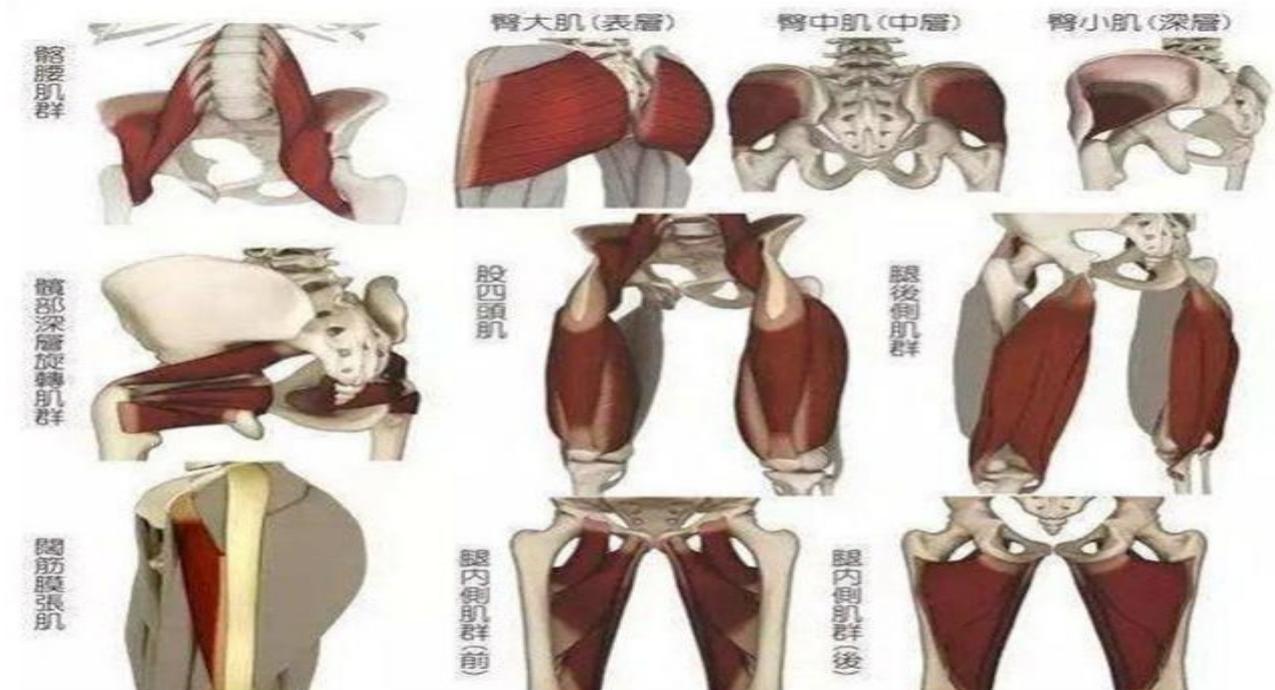
Good maintenance of the buttocks, six meridian in this smooth operation, on the contrary, meridian qi and blood operation is blocked here!The buttocks are located in the middle of the human body, are the starting point of the human body Du meridian, the foundation of the two columns, the manager of the three internal organs, the key hub of meridians, qi, blood, and smooth transportation, the general switch of the six meridna, and the bridge connecting the upper scorched qi and blood and the lower scorched qi and blood of the human body.

3.irculatory system:

Cold hands and feet paralysis, varicose veins, poor qi and blood, poor metabolism;

4 .Muscle system:

Fatigue, relaxation, easy acid swelling and atrophy, hard mass, inflexible activity;



5. Nervous system:

Sciatica, hip lateral pain, foot pain, and even radioactive pain, knee joint, ankle, joint, lumbar vertebrae and other swelling or discomfort;

6. Meridian system:

Four branches paralysis, low back pain, sexless, cramp, abnormal detoxification function, irritability, emotional moodiness, dark complexion, easy to fatigue;



7. The influence on the proportion of human body shape:

The waist of buttocks and legs is easy to cause local excessive floating meat, excessive water accumulation is easy to produce eczema, body deformation, slow metabolism, the proportion of human body does not meet the standard proportion of health and beauty;



The buttocks are unobstructed and the whole body is relaxed.

Women resist aging from hip maintenance!

Many women do not hesitate to spend a lot of money to take care of their skin in order to keep their looks young. In fact, the source of aging is in the pelvis, the pelvic cavity is the

starting point of life, in charge of the root of female hormones, because of women's physiological characteristics and reproductive process resulting in its environment becomes worse, when the age increases, hormone levels drop, the symptoms of aging will begin to appear, so anti-aging needs to start with hip maintenance.



1. Exercise buttocks

Regular exercise can effectively benefit the fitness of the buttocks, especially for sedentary people, the process of exercise can improve the blood circulation of the lower body, and can also enhance the toughness of hip muscles, in which high legs, climbing stairs, cushion toes, walking and other methods are good choices.



2. DDS Hip massage

Often massage the buttocks, not only can effectively relieve the tight muscles of the buttocks, adjust the blocked nerves to relax, but also an excellent way to relieve fatigue, but also conducive to the fitness of the gluteal muscles, regulate the blood circulation and metabolism of the buttocks, promote toxin excretion out of the body, and reduce the accumulation of too much fat in the buttocks.



DDS Hip massage for 1 time: feel hot, local warm.

DDS Hip massage for 1 time: feel better, the skin is more ruddy, people are more energetic.

DDS Hip massage for 1 time: others will see in you the health and vitality that ordinary people do not have.

DDS Hip massage for 1 time: younger than their peers, 5 to 10 years old.



Ten women nine cold, cold physique is equal to myoma physique!

The key to DDS Hip massage is to stick to it!

Note: because the individual physique is different, the conditioning effect will be different!

This technology only does the auxiliary conditioning function!

This article refer to “Home of therapy”