



Early Morning Exercise - Five minutes

Bellows Breathing - One and a half minutes

Bellows Breathing loosens up and massages your internal organs. This is a very good exercise for first thing in the morning. Your organs have settled during the night and are not very active. Bellows breathing wakes them up.

Standing practice (sitting is also suitable if standing is an issue)

Exhale vigorously pushing your belly button as far back towards your spine as you can. Once you have reached that limit, use the diaphragm to lift up and push as high as you can. More air should exhale. Then let the diaphragm and your abdomen muscles relax and do a nice slow inhale. The abdomen should enlarge and be very relaxed.

Repeat nine times. Follow immediately with the

Kidney Jump Start - Three and a half minutes

Once you have got your internal organs massaged and awake, give the kidneys some special attention. This is a four-step exercise.

Step 1. Twist the torso. This puts gentle pressure on the kidneys. Hold the arms horizontally, about chest high with the fists facing each other. Begin inhaling. As you do, turn your torso to one side. As you turn, pull the shoulder blades together so the fists separate. Exhale slowly, turn your torso back to the center and let the fists come back to almost touching each other. Now twist the torso on the other side. A complete twist, left and right counts as one.

Repeat nine times.

Step 2. Massage the Kidneys. Use both hands to massage the kidneys. 30 seconds will do. Get around the sides too.

Step 3. Heat them up. Clap your hands together and then rub them vigorously until they heat up. Then use the palms of your hands to rub up and down on your kidneys to heat them up. 30 seconds should do it.

Step 4. Gentle knocking. Make a baby fist with the thumb inside your fingers. Bring the hands around to your back and with the backs of your hands knock gently nine times on your kidneys. Pause for a couple of seconds, Hit nine more times. Pause a couple of seconds and complete the set with another nine more knocks.

Good job!