

What miracle will come to the body when holding hands in these ways?

What miracle will come to the body when holding hands in these ways? Surely you will not imagine what will happen after applying them. Please consult TipsMake.com offline!

If you feel tired, tired after a long day of pressure on work, do not rush to take medicine or go to entertainment with unhealthy measures such as drinking alcohol, going to clubs . but try applying Great measures - **manual** or **Surya Mudra** . Surely you will not imagine what will happen after applying them!

1. 3 minimum things to do to have a healthy life
2. Look at the tongue guess: 13 signs not to be missed

Try observing your hand. What do you see? If your answer is only "my *hand* ", consult the therapist. According to research, therapeutic reflexes will tell you the positive points that provide energy for your body and mind.

On the Bright Side page you want to share with you the **wonderful things that will come to your body when you hold the middle finger** . And of course other fingers too. Try taking the following great measures and verify what miracles will happen to the body. Surely you will be completely surprised with their effectiveness!

Thumb



Thumb is responsible for anxiety and headaches . If you are experiencing a mental pain, gently stroke your thumb for 5 minutes. Therapists say this will help you **relieve pain** more effectively.

Index finger



The index finger controls muscle pain as well as feelings of frustration, fear and embarrassment. Studies at the University of Minnesota have shown that patients with back pain and muscle pain will feel better after a reflexive treatment cycle. Grab and swipe your index finger for 5 minutes.

Middle finger



Tighten your middle finger if you're **feeling frustrated, angry, or tired more than usual** . Studies show that such an exercise reduces blood pressure and helps you calm down.

Ring finger



Negative and sad emotions will disappear if you gently stroke your ring finger within 5 minutes. Don't forget to keep calm and watch your breath.

Little finger



The youngest finger is responsible for self-esteem, stress and panic . If you are inclined to lower your value, think about rubbing your little finger within 5 minutes. Try to think of something good while massage.

See also: 13 crescent-shaped health problems that are trying to alert you

Palm



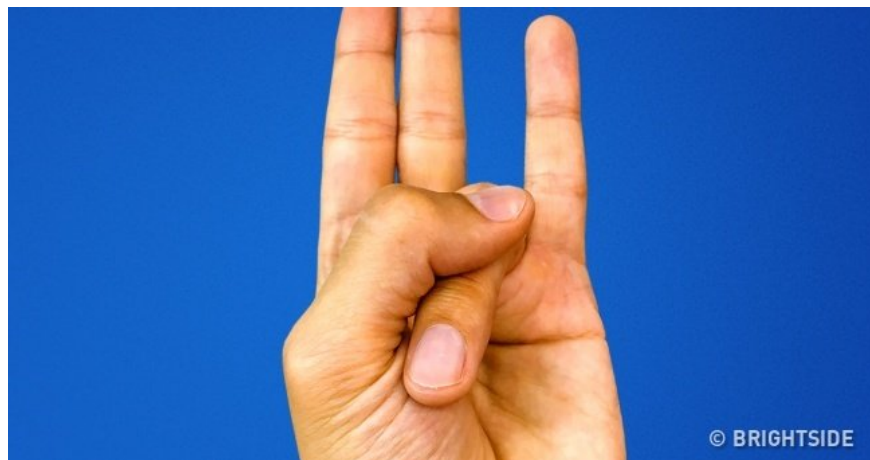
Press the fingers of this hand in the middle of the other palm. Massage in the combined circle to breathe deeply 3 times. Therapists say **the palm is the center of feeling and emotion** . Research has also shown that regular rubbing of the palm of your hand helps you avoid feeling of nausea, stress, diarrhea and constipation.

Press two palms together



This position is often used in meditation, to help you concentrate and organize your thoughts in a certain order. By squeezing the palms together, you can **improve blood circulation** .

Surya Mudra



Surya Mudra is an action to help you lose weight and get rid of stress. Besides, Surya Mudra also helps reduce cholesterol, stimulate digestive efficiency, treat hypothermia and improve anorexia. To do this, you just need to fold your little finger and use your thumb to press the second joint of the ring finger.

See also: 11 daily habits silently destroy health without you knowing

Having fun!

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