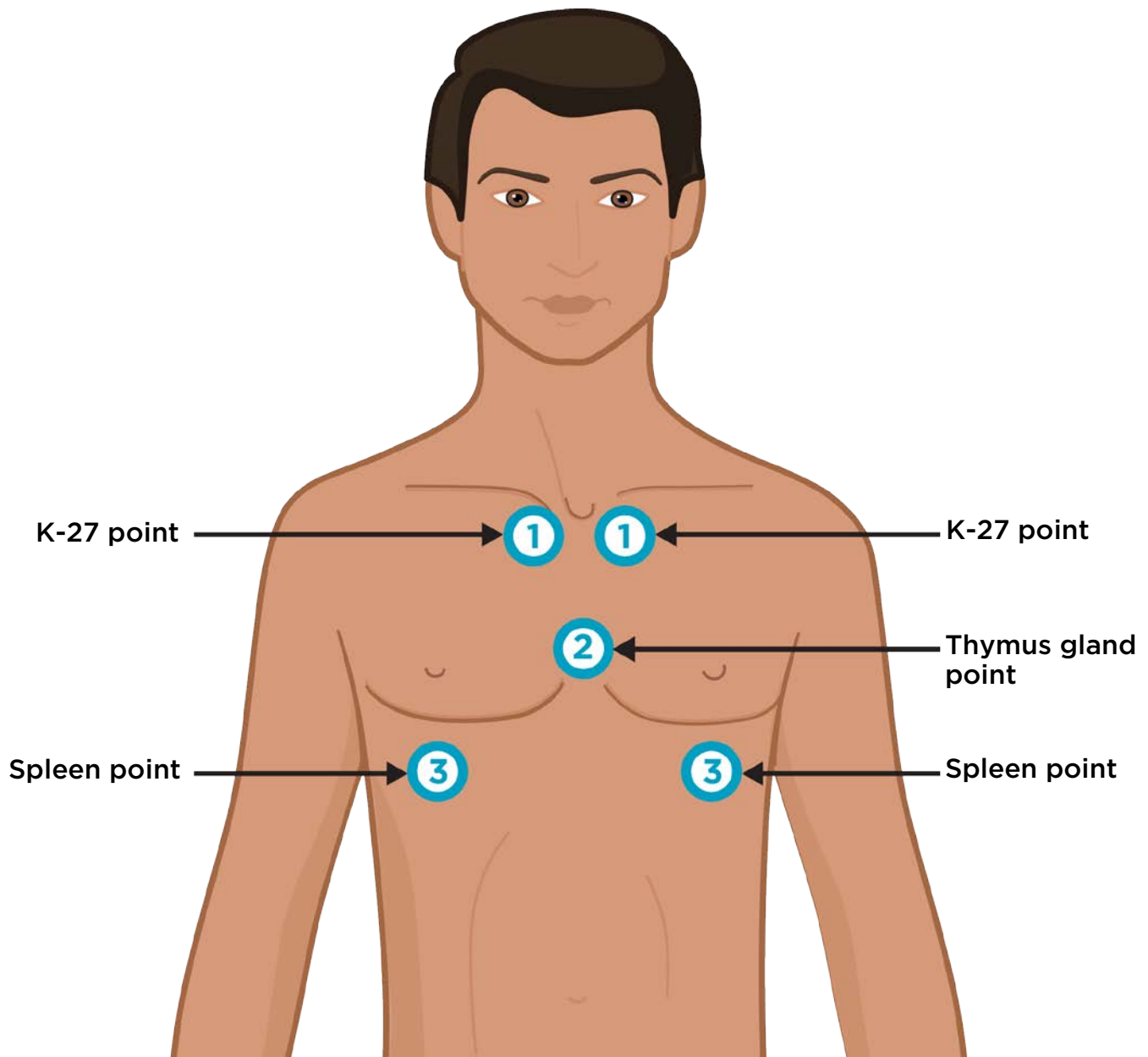


The Three Thumps

The three thumps is the process of tapping on 3 parts of the body that connect different parts called meridian points. Tapping on these points will restore your energy when you are tired and keep your immune system strong. Use this process each morning and anytime during the day that you need it.



To Learn More

- Adolescent Medicine
206-987-2028
- Ask your healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

1 K-27 Points

To find these points, place the pointer finger of each hand on your collarbone and move your hands toward each other until you reach the two inside corners of your collarbone. Drop straight down from these points to about an inch below your collarbone. For most people, there is a soft spot or dent there. Tap or massage these points for about 30 seconds while breathing in and out.

Variation

To help the energy cross over from right to left and left to right, cross your arms and tap the left collar bone with the right fist and the right collar bone with the left fist.

Benefits of tapping K-27 points

- Have more energy
- Feel more alert
- Increase focus if you are having difficulty concentrating

2 Thymus gland point

The thymus gland is in middle of the chest, centered below the K-27 points. This is also called the Tarzan spot.

Massage or tap on the center of your sternum (center of chest on breast bone) for about 30 seconds while breathing deeply in and out.

Benefits of tapping the thymus gland

- Stimulate your energy system
- Boost your immune system
- Increase your strength

3 Spleen points

Find the spleen points by moving your fingers down from your thymus, out to your nipples and straight down beneath your breasts/pectoral muscles. The spleen points are located directly below each breast.

Make fists and tap both points for about 20 seconds while breathing deeply in and out.

Benefits of tapping spleen points

- Lift your energy level
- Balance your blood sugar
- Strengthen your immune system