

Eustachi Balance



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Neuro-Training is not described as nor intended to be a medical process in any way.

Where necessary a referral to qualified practitioners is mandatory and any failure to do so is not the responsibility of the College or Neuro-Training Pty Ltd. If any participant has any difficulty with any Neuro-Training System, he/she is advised to stop and seek qualified advice. Where any participant ignores or refuses to seek such advice, any consequences are not the responsibility of the College of Neuro-Training Pty Ltd, and any of its representatives or employees.

The techniques we offer are for your own personal education and how you apply this information is your own responsibility. We conduct all training according to our duty of care and any other legal requirements placed upon public training. We hope you enjoy your experience with us and encourage active feedback from participants.

Contact us for your close

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Version 1.2023

Eustachian Balance



BALANCE OF THE EUSTACHIAN TUBE

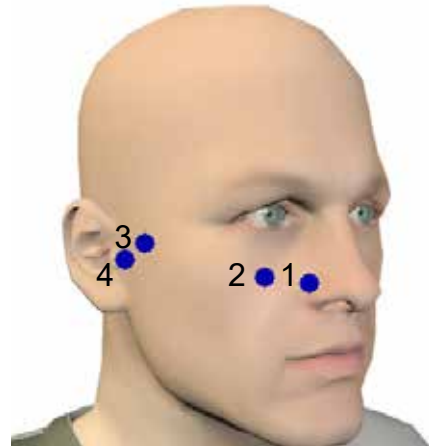
This little balance can be very supportive for all types of ear, nose or throat infections, including ear pain and other ear problems.

Sometimes it also helps when toothache affects the ears and it can even help with some sinus and eye problems.

Module 1

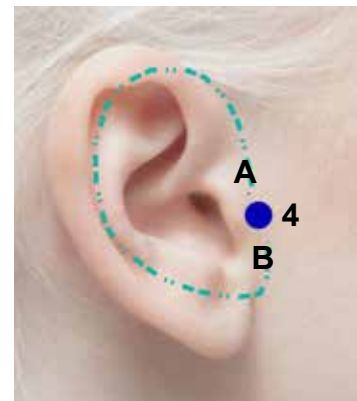
Rub Points

- 1.1. (LI 20),
- 1.2. (St 2),
- 1.3. (Gb 3),
- 1.4. (SI 19) in this order for 30 sec.



Massage from Point 4 around your ear (behind the ear).

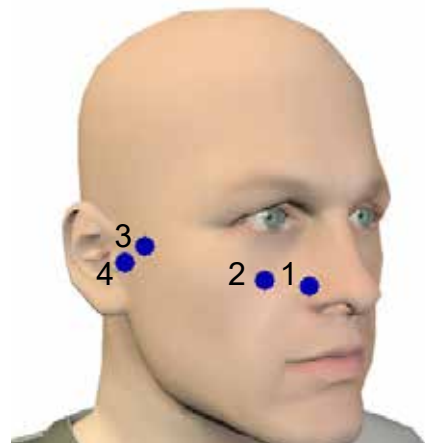
2. A. First start from A to B.
2. B. Repeat the same from B to A



Module 3:

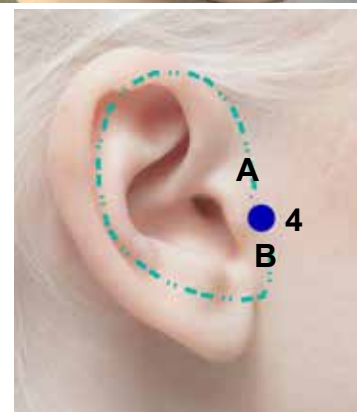
Rub Points

- 3.1. (LI 20),
- 3.2. (St 2),
- 3.3. (Gb 3),
- 3.4. (SI 19) in this order for 30 sec.



Massage from Point 4 around your ear (behind the ear).

4. A. First start from A to B.
4. B. Repeat the same from B to A



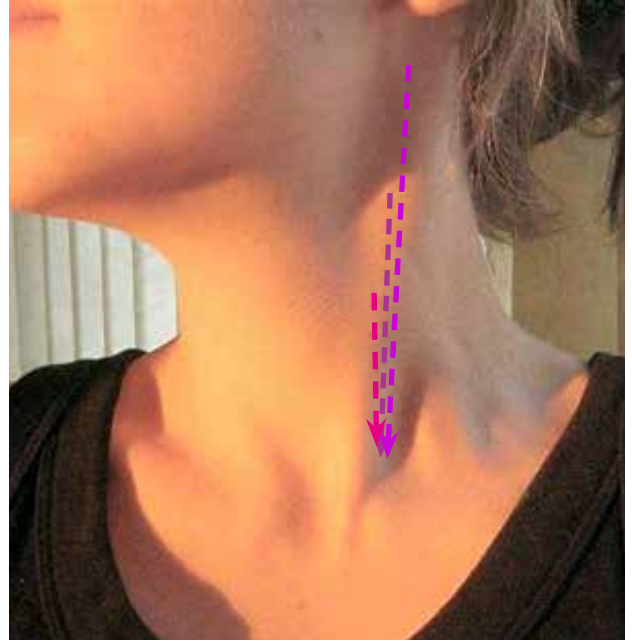
Module 5:

Massage in front of your Neckmuscles
(Sternocleidomastoideus) to the collarbone.

Repeat it and always start more up and massage it
towards the clavicle.

Then do the same on the other side.

Drinking plenty of water at the end of the process
can support this small balance.



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