

**Another Emerson testimonial:  
The Stomach Flow for weight loss!**

*by Julianne Dow*

In a previous Main Central article, I wrote about Emerson’s miraculous tumor disappearance and bone spur disintegration after receiving Jin Shin Jyutsu sessions. At our yearly veterinarian check-up, Emerson weighed in at over 90 pounds.

Now he has a new project...his weight.

Our veterinarian said he needs to lose twenty pounds, so we put him on a diet and exercise regimen. The veterinarian predicted that he would lose a pound per week, and we scheduled another “weigh-in” in two weeks.

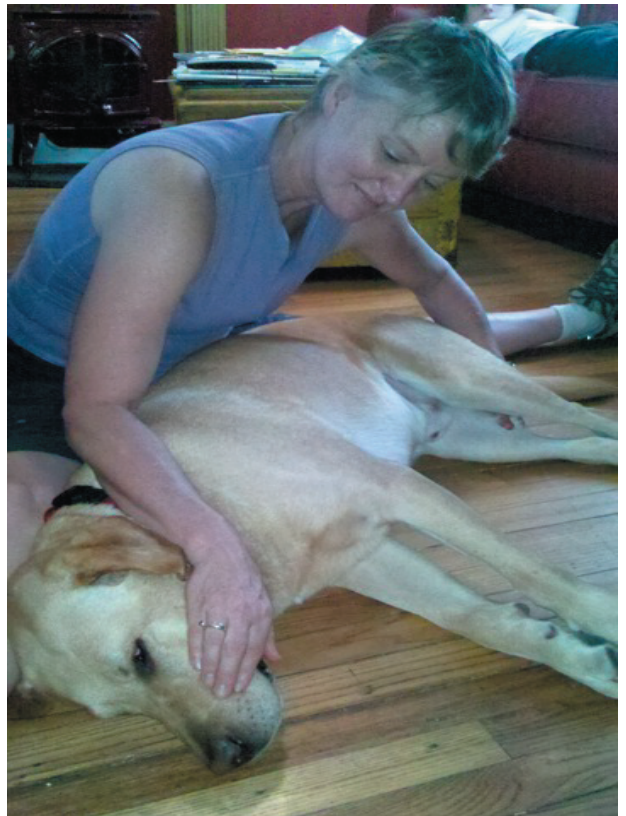
We started with the prescribed weight loss protocol right away (diet food and exercise), as well as a daily Stomach Flow. I could not remember if it was the left or right flow for losing weight, but I DID remember that Jed Schwartz, a Jin Shin Jyutsu teacher/practitioner, said: “It matters little which side you do for losing weight because it is all about harmonizing the appetite, whichever side you do.” Thank you, JSJ for being so flexible....

I decided to give Emerson a Left Stomach Flow as it goes through the right lower leg (R Hi 1/R Lo 8/3<sup>rd</sup> toe), which I thought would continue to support his releasing of what was left of the old bone spur. He received the same flow for nine days straight, and then I went on a yoga retreat. When I returned, he seemed to look thinner, or was it my imagination?

The two-week “weigh-in” appointment day had arrived. Emerson and I went into the veterinarian’s office with the assistant, and Emerson gingerly stepped up on the scale. Our vet entered the room and she asked, “So how much did he lose?” Her assistant exclaimed, “6.6 pounds!” My vet’s jaw dropped in amazement, and she said, “I can’t believe it!”

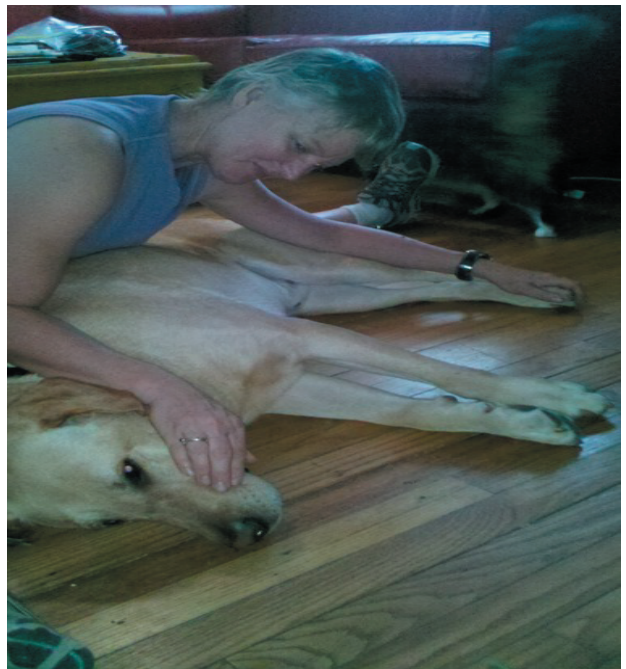
As we were leaving, the receptionist asked, “How did Emerson lose all that weight so fast? I have been trying to get my dachshund to lose two pounds with diet and exercise, and it is not working!” I think you know how I replied, “It must be the Jin Shin Jyutsu sessions!”

Jed ~~was~~ is right. Jin Shin Jyutsu is all about harmonizing what needs to be harmonized. Thank you, JSJ. ☺



*Above: Safety Energy Lock 21 and opposite hi 1 (5th step of Stomach Flow, Text 2, p. 15)*

*Below: Safety Energy Lock 21 and same side 3rd hind toe (last step)*



*Update: As of a few days ago, Emerson weighed in at 83.7 pounds. He has lost 12 pounds in 3 weeks. He has another 8.3 pounds to go for his optimal weight.*