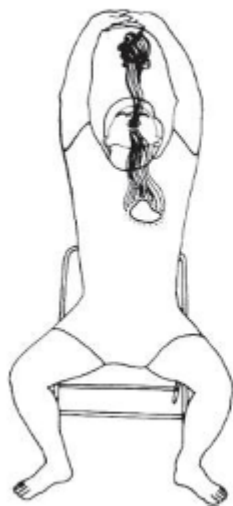


5 Organs' Healing Sounds 五脏的疗愈之音



Practice each healing sound at 12-50 repetitions, starts from low to mid-level volume for 3 times daily & advisable to practice all healing sounds daily for good health.

Heart's Healing Sound 心脏的疗愈之音

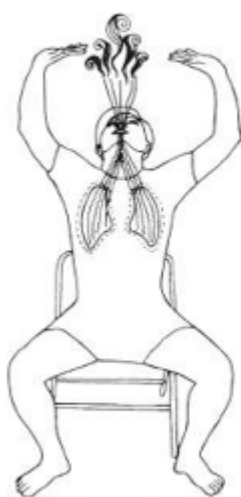


Hawwwwww
张开大口



Heart's Healing Sound: Hawwwwww.

Lungs' Healing Sound 肺脏的疗愈之音



Sssssss
把舌头卷在牙齿后面



Lungs' Healing Sound: Sssssss.

Spleen's Healing Sound 脾脏的疗愈之音



Whooooooo
以喉咙发出、喉音



Spleen's Healing Sound: Whooooooo.

Liver's Healing Sound 肝脏的疗愈之音



Shhhhhh
舌靠近腭



Liver's Healing Sound: Shhhhhh.



Kidneys' Healing Sound: Chooooooo.

Reference: [5Color Diet Theory](#)