

## FAQ- FREQUENTLY ASKED QUESTIONS

### 1. Is there a scientific basis to do-in?

The strongest scientific basis for do-in is that which supports TCM (Traditional Chinese Medicine). There are still many questions about the scientific validity for TCM and acupuncture.

### 2. Do you face a certain direction when doing do-in?

Face east or the rising sun. Early morning is the best. I advise people that more important than what direction or what time to do do-in is to just do it whenever you can.

### 3. What is the best position for doing do-in?

Do-in has been done in the seiza position, with legs folded such that you are sitting on the soles of your feet. This position would only apply for some parts of the massage sequence. For most people, sitting in a chair is the best for most of the massage sequence. It is still best to stand for the massage of the abdomen.

### 4. What is the origin of do-in?

Evidence suggests do-in originated in China in the Sui Dynasty as “do-in fa”.

### 5. Are there any adverse reactions that could result from do-in?

In general, if you practice do-in in a moderate way, there should be no bad effects. If you feel any pain when doing do-in, do not overstress yourself with the pain. Do not think that more pain is better. Rather, acknowledge the painful, tender area and work around it. Also excessively long episodes of do-in are not recommended. Especially one should not focus on just one spot on the body excessively without the supervision of a certified acupuncturist. If you are pregnant, see advice about pregnancy in “Resources” section of this website.