



SUJOK IN EVERYDAY LIFE

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Research purpose. To present SuJok techniques in everyday life.

Keywords: acupressure, acupuncture, ailment, therapy

Research Methodology. Analysis of scientific literature.

Results / Findings. The word Sujok is a mix of two Korean words; 'Su' meaning hands and 'jok' meaning feet. According to SuJok therapy, the palm of the hand represents the human body, including organs, head, bones, and limbs. The “insect” system represents a body on each of the fingers. High temperature, bleeding and pain from headaches, broken bones, or blows can be eased or cured using simple SuJok therapy techniques like applying pressure, pinching, or holding seeds/ice cubes to the correct spot of the palm.

Originality / Practical implications. The presentation will showcase an alternative way to treat ailments like high temperature, bleeding, pain from headaches, broken bones, or blows using simple SuJok therapy techniques that anyone could recreate. Moreover, Sujok can be done with other therapies and it produces no side effects, so it is 100% safe so there is no need for any precautions to be taken during the treatment. Since the therapy is natural and curing only the natural forces in and around the body, it is also one of the safest therapies ever known.