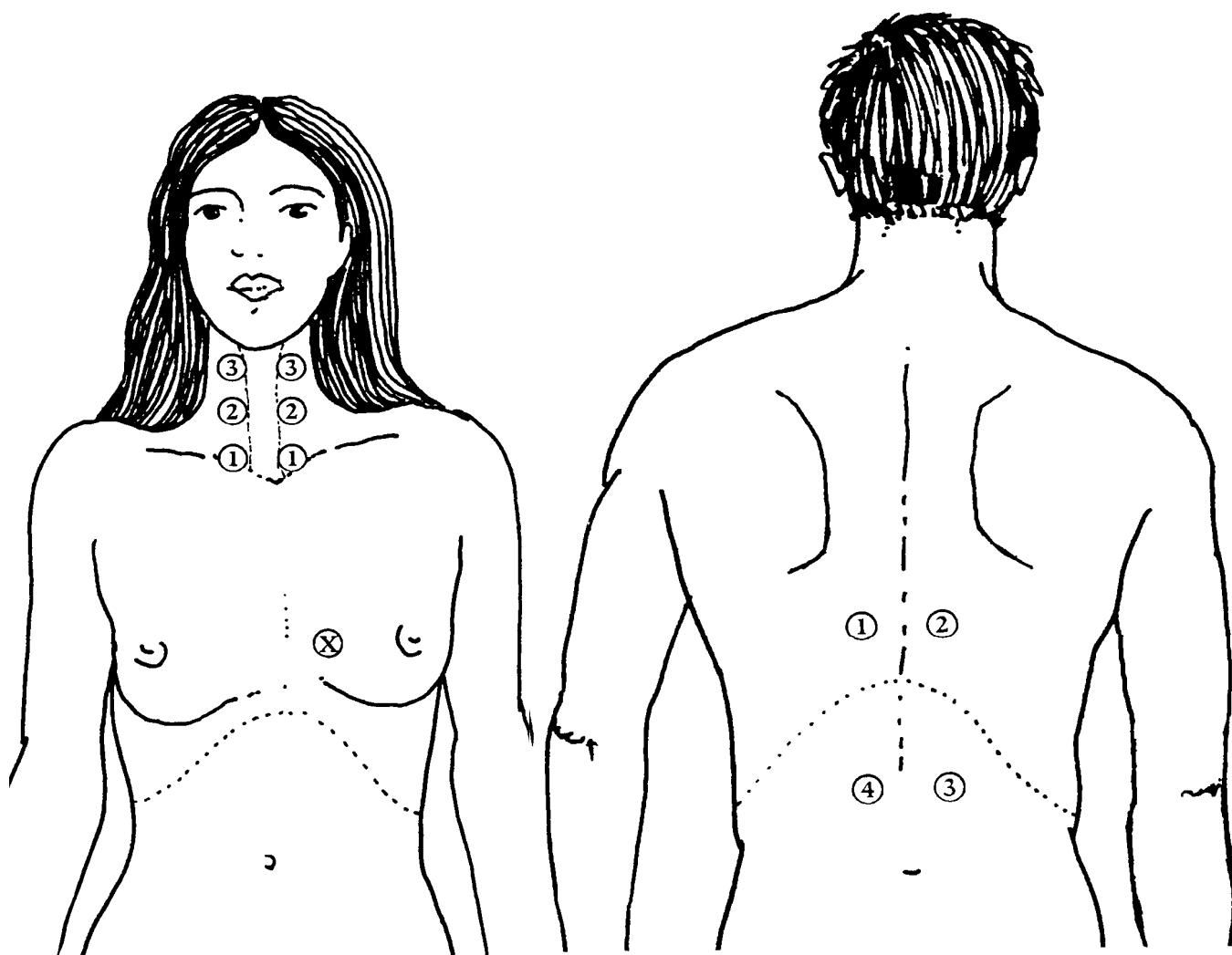


# Metabolism

The *Metabolism* set can be used to help the body assimilate what it needs and eliminate what it does not need. This may include such conditions as abnormal growths in the body, weight loss or gain, fluid retention, broken bones, arthritis, increasing tissue growth, etc. This set of points may also be used to address blood sugar problems.



*The natural healing processes of the body may begin to exert an influence on the body's need for insulin or other medications. Therefore, a recipient should be encouraged to work with their health care provider to keep abreast of their need for medications.*



**Step 1:** In “Matching-fire” touch points “1” and “1”, “2” and “2”, then “3” and “3”.

**Step 2:** Hold “X” and in “Through-fire” touch points “1” through “3” on the back.

Add point “4” to address blood sugar.