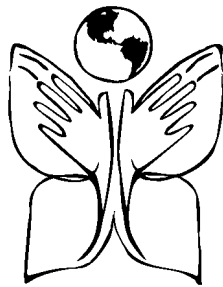


A Presentation of

# Bio-Touch™

previously known as  
Bio-Magnetic Touch Healing™



# “Just Touch”™

IFBM

International Foundation of Bio-Magnetics  
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Tucson, Arizona 85712, USA

(888) GREET-1-2 • (888) 473-3812

(520) 751-7751

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**Our Mission:** to teach Bio-Touch™, as a unique, natural approach to alleviate pain and stress, and support good health through all stages of life.

**Our Vision:** to encourage all people to take responsibility for their own healthcare, empower them to assist others and create a community of people worldwide dedicated to service, self-awareness and recognizing the equality of all humanity—thus forming a chain which shall go on indefinitely.

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*The information presented in this manual is for educational purposes only. Medical advice is neither offered nor implied. Consult a healthcare professional for medical advice.*



## The Dilemma

To laugh is to risk appearing a fool.  
To weep is to risk appearing sentimental.  
To reach out for another is to risk involvement.  
To expose feelings is to risk rejection.  
To place your dreams before the crowd is to risk ridicule.  
To love is to risk not being loved in return.  
To go forward in the face of overwhelming odds  
is to risk failure.

But risks must be taken.  
Because the greatest hazard in life  
is to risk nothing.  
The person who risks nothing  
does nothing, has nothing, is nothing.

He may avoid suffering and sorrow,  
but he cannot learn, feel, change, grow or love.

Chained by his certitudes, he is a slave.  
He has forfeited his freedom.

Only a person who takes risks is free.

Author unknown



“I dressed his wounds and God healed him.”

~Ambroise Paré, 16<sup>th</sup> Century Physician

**A**mbroise Paré was an illustrious French surgeon who lived during the 16th century and is considered the father of modern surgery. He was the first to describe his technical work in his native tongue, rather than in Latin, which allowed more people to understand and learn his techniques. His efforts to introduce previously exclusive information into the public domain have greatly contributed to improvements in the art of medicine in the subsequent centuries.

In the same spirit as Ambroise Paré’s efforts, Bio-Touch™, presented in this manual, is being shared simply and freely with all people because it is universal in application. Since

the procedures in this manual affect the body’s inherent, natural healing abilities and do not introduce any radical measures, they do no harm.

There is no attempt in the following pages to explain “why” these procedures work. The goal is only to teach an individual “how” to touch certain points which will help to facilitate the healing process, rather than to “do” something. With a simple intent to help one’s fellow human beings and proper instruction, assistance may be initiated by any individual. No special talent is required to be effective. Everyone, because of their inherent love and compassion for those who are suffering, can perform these methods without limitation. Everyone who is capable of understanding how to locate the few points described in this manual is qualified to participate in the healing process. The idea that the body’s healing abilities may be affected simply through touching, without recourse to religion, potions, social status or other agents, may seem absurd, but results are the criteria by which any method should be judged.

Many eminent physicians have speculated that the usual arbitrary distinction drawn between the body and the mind is not appropriate. The liver, when stimulated, secretes bile; the heart pumps blood; and the brain is the center of organization which correlates data and secretes thought. While each internal organ has a specific function, it does not act independently from other organs and systems. Also, many scientists have speculated that the body’s inherent healing abilities involve subtle emanations which, while not yet fully understood, are recognized as part of every living organism.

Any aspect of the body, when out of harmony, manifests a characteristic disorder which, in turn, involves other parts of the body that are dependent on its proper functioning. Thus arises the need for a system that addresses the body and possesses the capacity to encourage it toward healing itself and restoring harmony. This is the purpose of the procedures presented in this manual.

Bio-Touch™ is performed by person-to-person contact, and both the associate and the recipient may be surprised and pleased as their joint function begins to exhibit vigorous positive results. However, after having achieved the satisfaction of providing substantial benefit for a number of people, an associate may lose sight of practical limitations. Remember that the qualified professional has been trained to handle medical emergencies that are far beyond an individual’s ordinary capacities. Never discourage recipients from consulting with their healthcare professional.

This manual and the classes taught in conjunction with it are offered to encourage more people to participate in the healing process of family and friends by learning a simple and effective healing method. The instruction in this manual is only a beginning. Anybody who learns these procedures will be effective in relieving the distress of their fellow human beings. No special talent is required to be effective. Results may inspire an associate to touch other points in addition to the ones explained in this manual, which each associate is encouraged to follow.

In any situation, remember to *“Just Touch!”*™

# What is Bio-Touch™?

Bio-Touch™ is a simple, hands-on healing technique that can be used to address all types of health concerns. Associates use the first two fingers of both hands to lightly touch specific points on the body. Over time, the combination of correct points and light touch seems to enhance the body's natural healing ability.

- **Bio-Touch™ is easy to learn – even children learn & practice effectively.**
- **Bio-Touch™ is a complement to any healthcare program.** It may safely and effectively be used in conjunction with any standard or alternative practices you and your family may be using.
- **Bio-Touch™ has no levels of ability – everyone is effective the first time they touch.** No special talent, training or knowledge is required. The first attempt made by anyone should be as effective as that performed by an associate with years of experience.
- **Bio-Touch™ requires no special preparation, belief or state of mind to be effective.** Everyone can assist in the healing process. No particular philosophy, spiritual predilection, religious belief, mental or emotional state is required of the associate or recipient to facilitate or experience results. Bio-Touch has been practiced under a variety of circumstances without jeopardizing its effectiveness.

## Practicing Bio-Touch™



- **Wash your hands before every session.**
- **One person touches another.**
- **Begin every session with the Greeting.**
- **Use the first 2 fingers of each hand.**
- **Touch on the skin.**
- **Use a butterfly-like, light touch.**
- **Touch each point for 6-8 seconds.**
- **Can be practiced anywhere.**
- **More than one practitioner may work simultaneously.**

This manual is designed to make learning Bio-Touch™ as easy as possible. The name of the set, a diagram with numbered and lettered points and a synopsis of each set is on the left-hand page. On the right-hand page is a detailed description of how to locate each point, as well as photographs of many of the points. It is beneficial to watch the points being practiced on the DVD in conjunction with reading the manual.

Before beginning a Bio-Touch session, an associate should wash their hands, as skin to skin contact is necessary. It is recommended that the recipient remove the clothing above the waist to

allow access to the sets of points, but it is not necessary to remove the brassiere. After performing the *Greeting*, simply apply the sets of points necessary for the conditions being addressed. For example, an allergic reaction may be addressed by applying the *Greeting*, *Allergy* and *Sinus* sets; for a cut, bruise, or injury, perform the *Greeting* and *Local Work* around the affected area. If points are touched exactly as described in this manual, effects should be noted. Eliminating any of these points may hinder desired effects. While learning, an associate may wish to find on themselves the indentations, bones and ridges used to describe the points. When working with a recipient, however, touching in the general area within an inch or so of the point indicated has proven beneficial when no specific point can be determined. Regardless of the condition being addressed, an associate is encouraged to apply as many or as few sets of points as guidance provides.



*Keep in mind that it is only through the marvelous capacity of the recipient's own body to heal itself that any procedure is effective. An associate only acts as an instrument to enhance the natural healing process. An associate who wishes to pursue the procedures outlined in this manual is inspired to relieve distress and to be of genuine service to humanity. Yet, if only one other person is helped, an associate will achieve an understanding of a greater purpose in life than may have otherwise been experienced.*

In any situation, **“Just Touch!”™**

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# Terms Used In This Manual

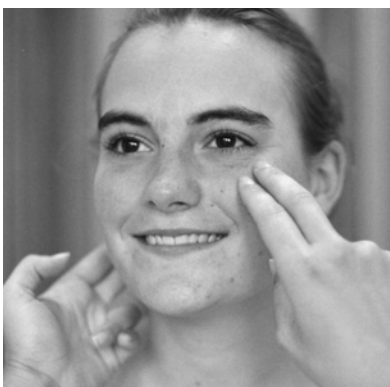
An understanding of the terms used to describe the procedures outlined in this manual will aid an associate in learning to apply Bio-Touch™.



“Matching-fire”



“Through-fire”

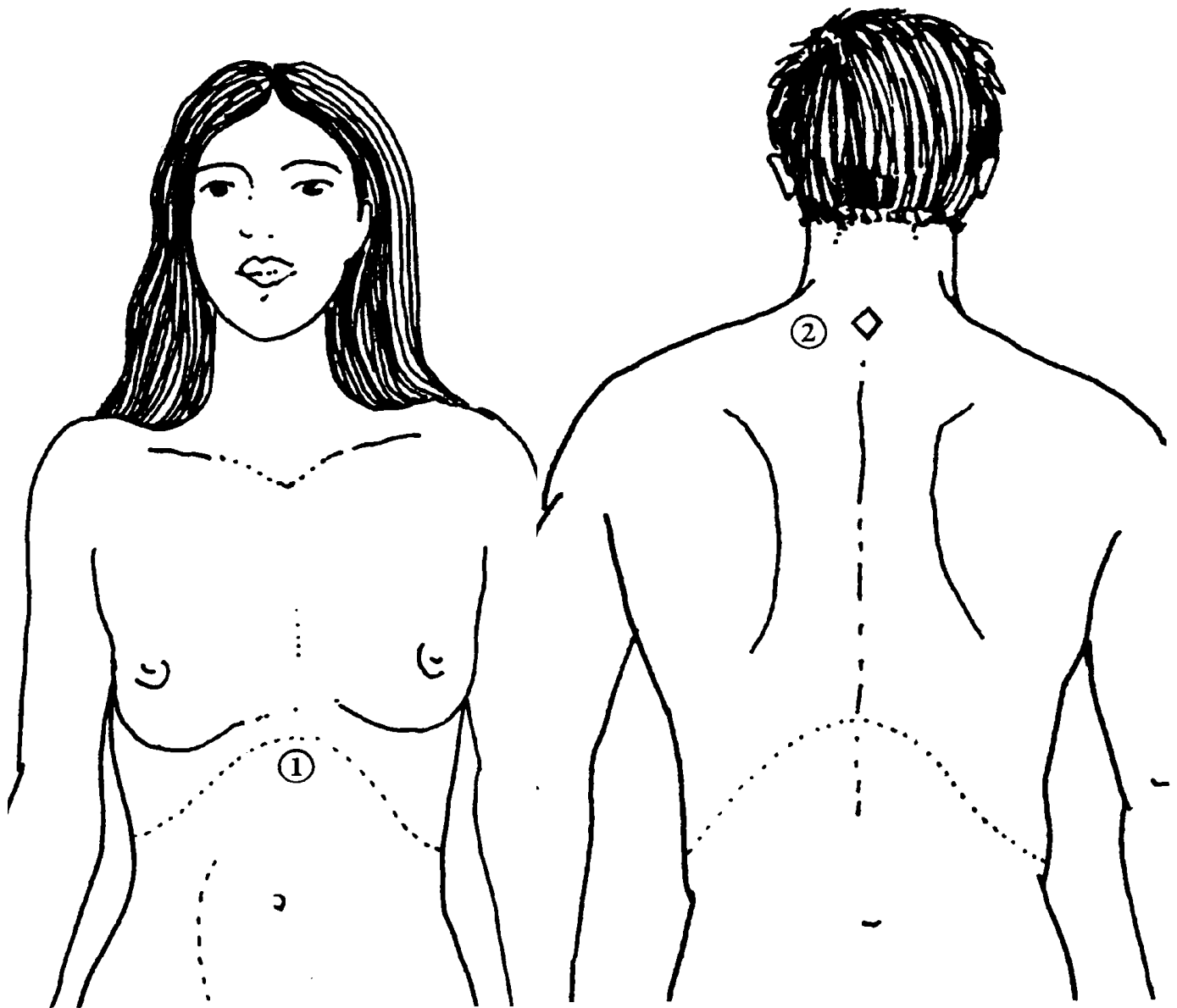


“Cross-fire”

- The **“Associate”** is the person who performs the procedures in this manual. The term “associate” is used as a matter of convenience; however the dictionary describes the role of one who is inspired to pursue this work as: (1) one often in company with another, implying intimacy or equality, (2) one having an interest in common with another.
- The **“Recipient”** is the beneficiary of the procedures outlined in this manual.
- A **“Hold Point”** is when the first two fingers of one hand are held in constant contact with the skin while the first two fingers of the other hand move to touch other points or to sweep.
- **“Matching-fire”** indicates the process of simultaneously touching points which are symmetrical in relation to a particular area of the body. Examples are found in the *Neck*, *Metabolism*, and *Abdomen* sets.
- **“Through-fire”** indicates touching points on opposite sides of the body, either from front to back or from side to side. Examples of this are found in the *Abdomen* sets.
- **“Cross-fire”** indicates holding a point on one side of the body while touching points diagonal to the hold point on the opposite side of the body. Examples of this may be found in the *Sinus* and *Ear* sets.
- **“Sweep”** refers to a slow and deliberate movement of the first two fingers across a particular area of the body while the fingers maintain continuous contact with the skin of the recipient, such as in the *Shoulders* set.
- **“Local work”, “enhancements”, and “extra work”** refer to using any combination of “Hold points”, “Sweeps”, “Matching-fire”, “Cross-fire” or “Through-fire” in an area of the body where there is no specific set of points described. See the section on *Enhancements & Local Work* on page 28 for more specific instructions.
- Each **“Set”** of points is composed of one or more **“Steps”**. Each Step follows a particular sequence of points to touch. Once the associate has become proficient in touching all the points of a set, it is not necessary to always touch the points in sequence, but it is necessary to touch all the points in a particular set. A ministrations or **“Session”** is the coming together of an associate and recipient to practice Bio-Touch™.
- **“Miss-fire”** occurs when the hands touch each other or cross each other, or when a procedure as described in this manual is not clear and explicit. If the hands do cross or touch, simply move the hands apart and continue the procedure. There is no need to start the session over again.
- **Metric equivalents:** Measurements are described in inches throughout this manual. One inch equals approximately 2.5 centimeters.

# The Greeting

The *Greeting* is always performed at the *beginning* of each session, prior to addressing any other area of the body. It seems to establish a harmony between the associate and the recipient.



Use dominant hand to touch both points.

Touch point 1.

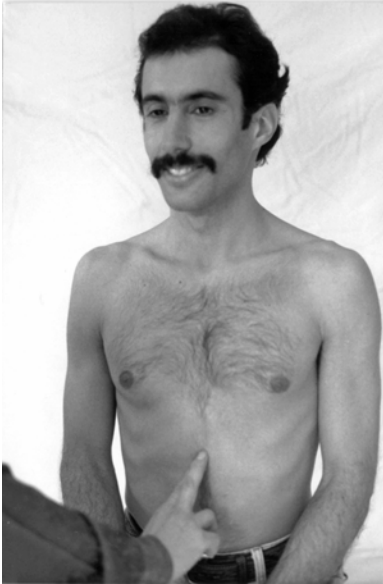
Then touch point 2.

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The *Greeting* is the only set of points which uses only one hand and the only set which indicates which hand the associate will use. The *Greeting* is performed with the *dominant* hand. If an associate is naturally right handed, use the first two fingers of the right hand to perform the *Greeting*. If left-handed, use the first two fingers of the left hand. If ambidextrous, pick one hand and use this for both points.



Point 1



- Wash your hands before every session.
- Begin every session with the *Greeting*.
- Use only ONE hand - your dominant hand - to perform the *Greeting*.
- Use the first 2 fingers.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

## Touch Point “1”

Point "1" is in the fleshy area just below the bottom of the breastbone, or sternum.

## Then touch Point “2”

Use the SAME fingers to touch Point “2”.

Point "2" is on the back approximately 1 to 1½ inches to the left of the big bone at the base of the neck. The big bone is shown as a ◇ on the drawing.



Point 2

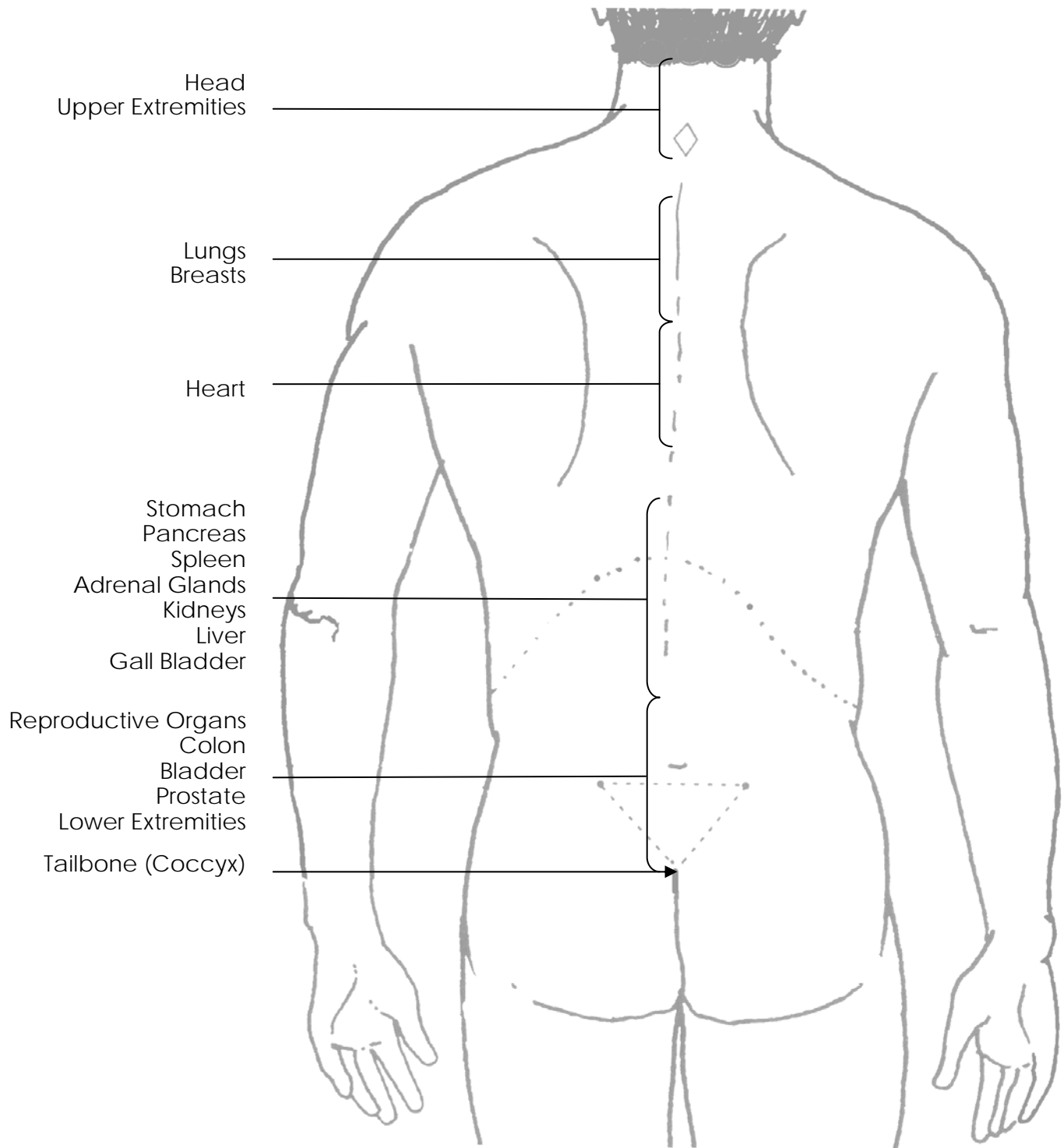
More than one associate may work simultaneously with a recipient once each associate has completed the *Greeting*. However, if someone who has not performed the *Greeting* touches the recipient or associate, simply perform the *Greeting* again and proceed with the session from where it was interrupted. Follow this same procedure for any other interruption, such as answering the telephone or doorbell.



*You are responsible for your actions. The procedures in this manual are employed to address the physical health and well being of the recipient. An associate is careful to assess their capacities and not interfere with the mind or attitude of the recipient. When confronted with any intractable problem beyond the scope of the associate, a competent specialist should be employed.*

# Back

The *Back* set may be used to address any specific conditions concerning the back, such as pain or injury, as well as disorders related to the central nervous system. Also, because of the nature of the nervous system, it may be worked in conjunction with addressing conditions in other areas of the body. For this reason it is important to understand the significance of the back and spinal column in relation to the application of Bio-Touch™.



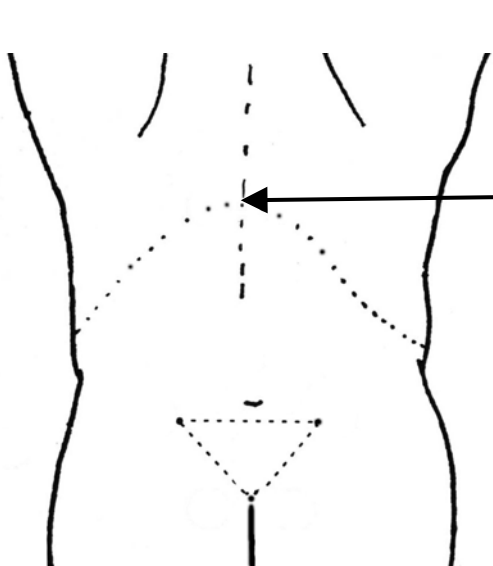
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The spinal column encloses the spinal cord, which, together with the brain comprise the central nervous system. From the spinal column nerves branch outward and downward conveying impulses between the central nervous system and other areas of the body. Because of this, the spine appears to be related to the source of many specific problems within the body. The adjacent diagram indicates the approximate location of nerve fibers related to specific organs and areas of the body. This information will help an associate locate areas on the spine to touch in order to address the nerves and pathways that relate to a particular problem within the body. For example: should the recipient have a heart condition, the area around the spine associated with the heart may be worked locally either by itself or in addition to addressing the entire back and spine.

The associate may wish to use different combinations of "Hold points", "Matching-fires", "Sweeps", and possibly "Through-fires" to address these areas more thoroughly. See the section on *Enhancements & Local Work* on page 28 for further information concerning this extra work. Of course, enhancements and local work may also be applied in any area of the back where the recipient is experiencing pain or discomfort. Therefore, it can be understood that the *Back* set is used to address specific conditions of the back and spine, and to address the source of the nerves that relate to other areas of the body.

An associate may also employ other methods to gather information which can provide direction in adding enhancements and local work. Subtle markings on the skin such as moles, changes in texture or discolorations may provide information about where an associate may apply extra work. One way to use this information is by merely touching around the area where the indications occur. Another way is to work locally around the area of the spine that corresponds to the indication. By remembering that the nerves branch outward and downward from the spine, an associate may locate the corresponding area of the spine simply by following the nerve pathways from the indication back to the spine. The subtle indications on the skin can be difficult to detect at first but, even when first learning, an associate can become proficient at noticing these signs. Additional observation methods are discussed in the section titled *Observation & Scanning* on page 27.



"Break-Over"



## The "Break-Over" point:

*Additional information that may be useful to the associate in considering the back is what has been termed here as the "break-over" point, or where the bottom of the ribcage joins the spine. This is indicated on the diagram by a line with an arrow drawn across the spinal column. Attention should be directed to the "break-over" point as a reference point in connection with the Back set.*

*There are two ways to find the "break-over" point. One way is by visually following the natural lines on the back which come around each side of the body and curve upward to where the bottom of the ribcage joins the spine. A second way to find the "break-over" point is by imagining a line straight through the body from Greeting point "1" to the back.*

(More *Back* on next page...)

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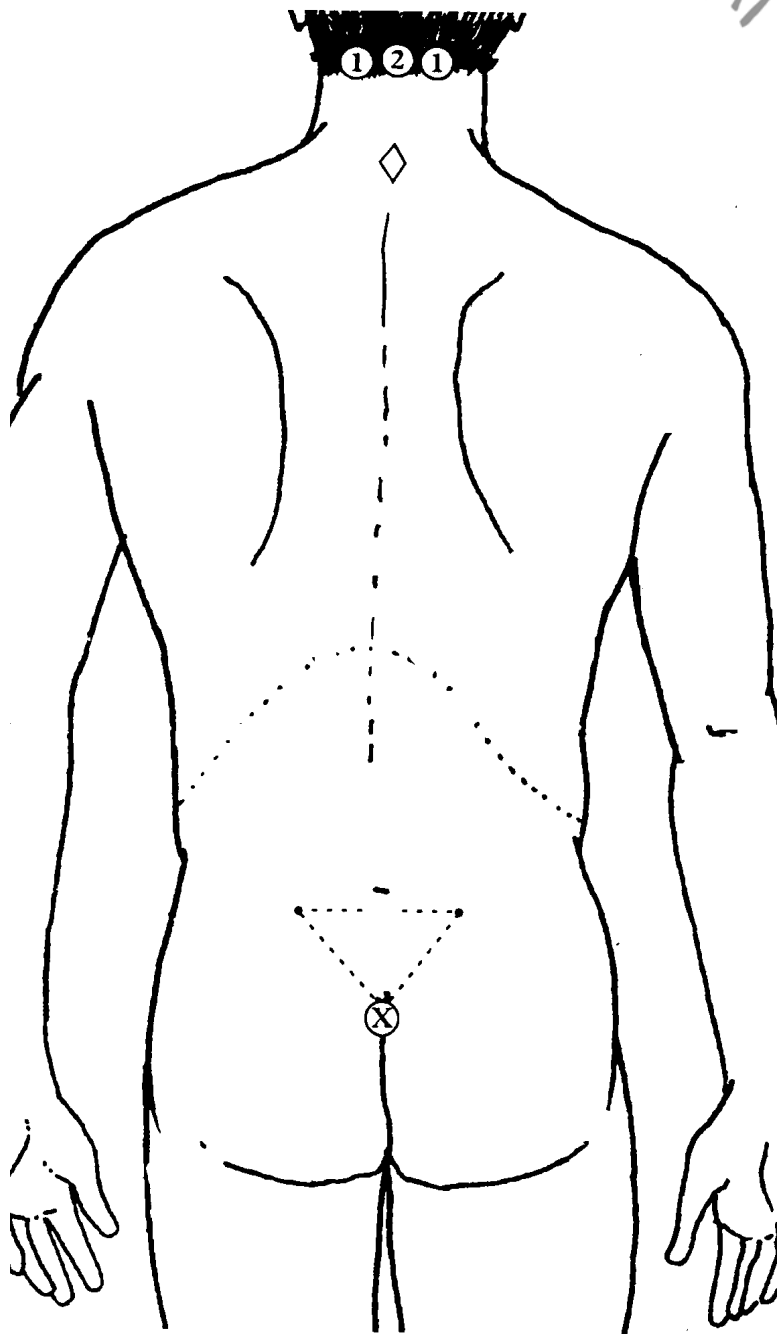
# Back continued

The *Back* is usually the last set to be worked in a session, although it is not mandatory to do so. Whenever possible the recipient should be made comfortable - lying on a couch or bed on their stomach, on their side, sitting upright, or standing - with the entire backbone accessible down to and including the tailbone.

**Note:** The Back has 5 steps...



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.



## Step 1:

Hold "X" and use the first two fingers and thumb of the other hand to touch points "1" and "1".

Hold point "X" is on the end of the tailbone, or *coccyx*.

Points "1" and "1" are in the indentations beside the neck muscles at the base of the skull. To touch these points, place the first two fingers on one side of the neck and the thumb on the other side of the neck as shown in the photo.



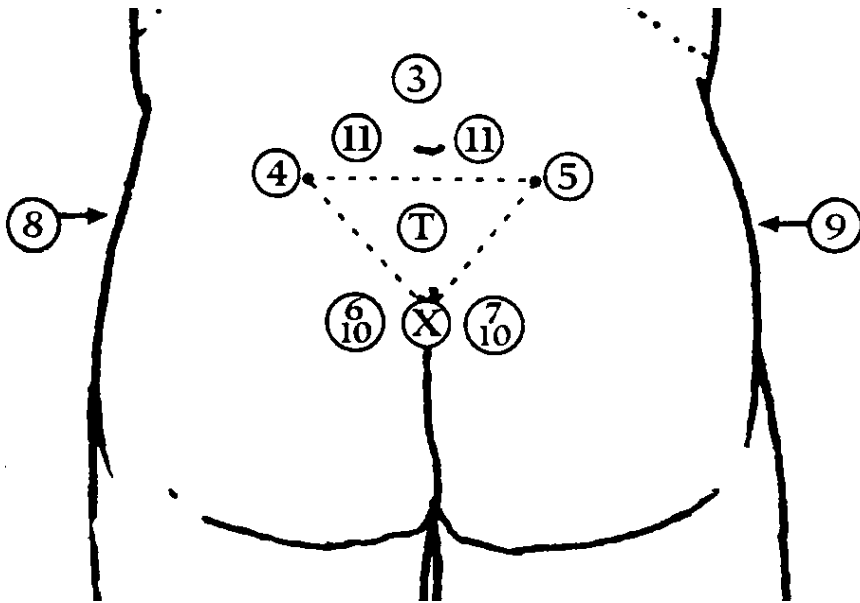
Step 1: X and Points 1 & 1

## Step 2:

Hold "X" and touch point "2".

Point "2" is at the center of the neck at the base of the skull.

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Step 3 involves touching points on the lower back around the sacrum region which may be identified by a triangle formed by dimples (located below the normal belt-line) and the tailbone. This area is shown on the diagram as a dotted triangle at the base of the spine. The dimples are indicated by bold dots adjacent to points "4" and "5" which, with "X" (or the "tailbone"), form the sacrum triangle.

### Step 3:

Hold "T" and touch points "3" through "9".

Hold point "T" is in the center of the triangle. Point "3" is on the spine above the triangle. Points "4" and "5" are outside the corners of the triangle, adjacent to the dimples. Points "6" and "7" are on either side of the tailbone. Points "8" and "9" are in line with point "T" and on the side of the hips.



Step 3: T and Point 4



Step 3: T and Point 9

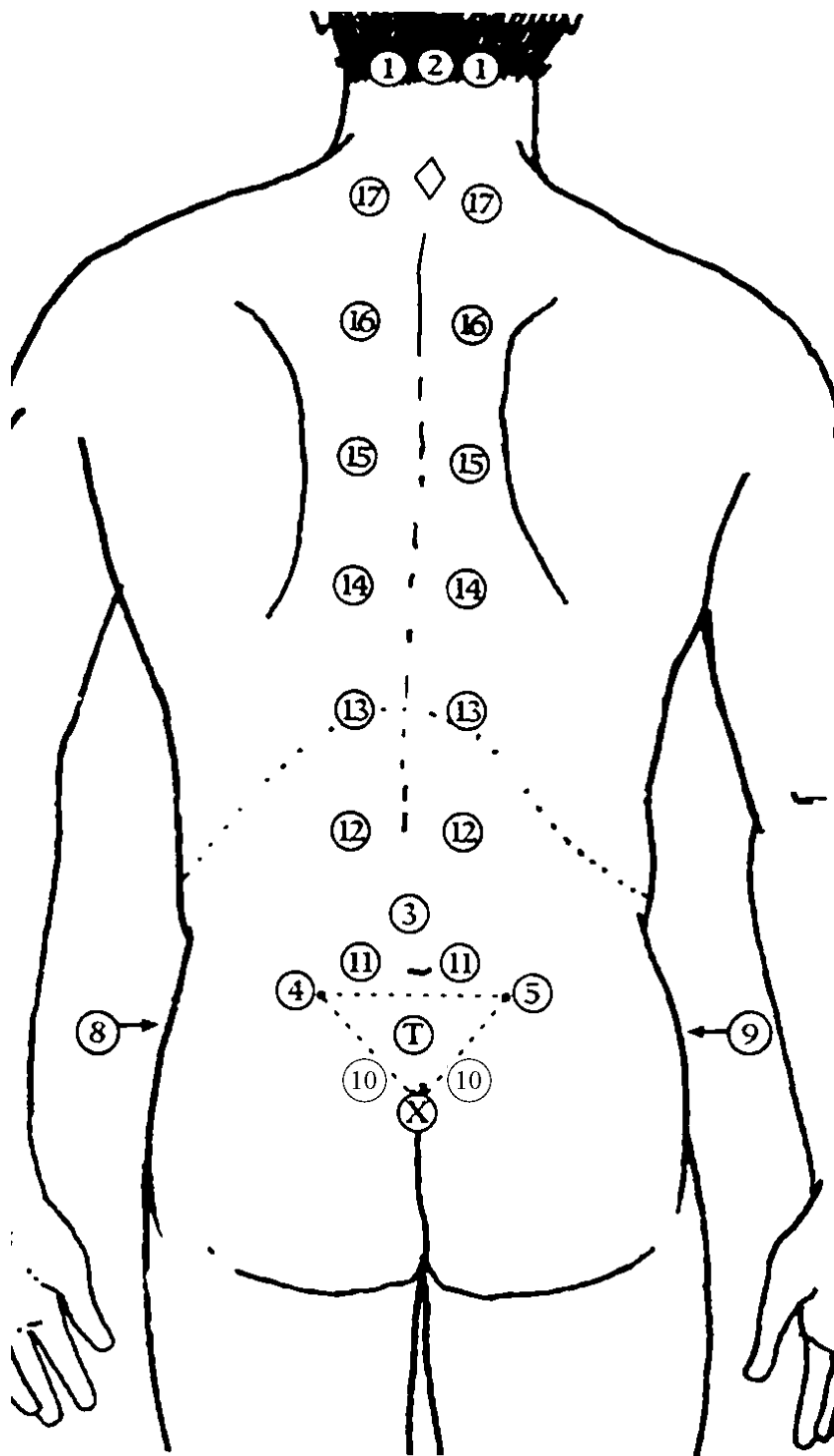
**This is a good time to perform enhancements and local work:**

After completing Step 3, an associate may perform enhancements and local work on and around specific areas of the spine. The information presented on page 11 of the *Back* set and on pages 28 & 29 should be sufficient to provide guidance in performing these enhancements.

(More *Back* on next page...)

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# Back continued



## Step 4:

In “Matching-fire” touch points “10” through “17”.

Points “10” and “10” are on both sides of the tailbone. Points “11” through “17” are on top of the large muscles on both sides of the spine, approximately every other vertebra. These points may be gauged by moving the fingers up the spine the same distance as the hands are apart. Points “17” are alongside the big bone at the base of the neck.

*Remember, to be effective, hold each point for 6-8 seconds.*



Step 4: Points 10 and 10

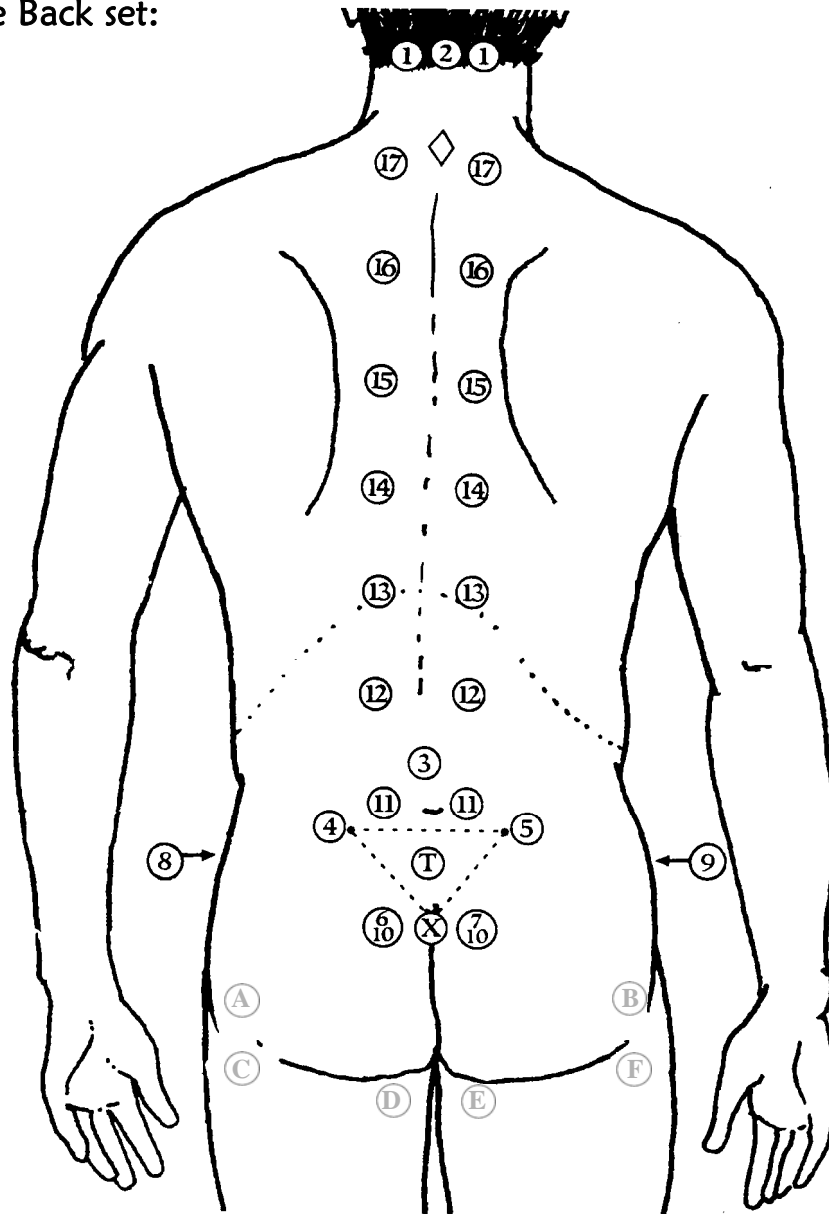
## Step 5:

From points “17”, sweep along the spine to points “10”, then curve outward to the hips.

*Slowly sweep down both sides of the spinal column along the top of the large muscles. At points “10” curve outward to the hips.*

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## Synopsis of the Back set:



**Step 1:** Hold “X” and use the first two fingers and thumb of the other hand to touch points “1” and “1”.

**Step 2:** Hold “X” and touch point “2”.

**Step 3:** Hold “T” and touch points “3” through “9”.

**Step 4:** In “Matching-fire” touch points “10” through “17”.

**Step 5:** From points “17”, sweep along the spine to points “10”, then curve outward to the hips.

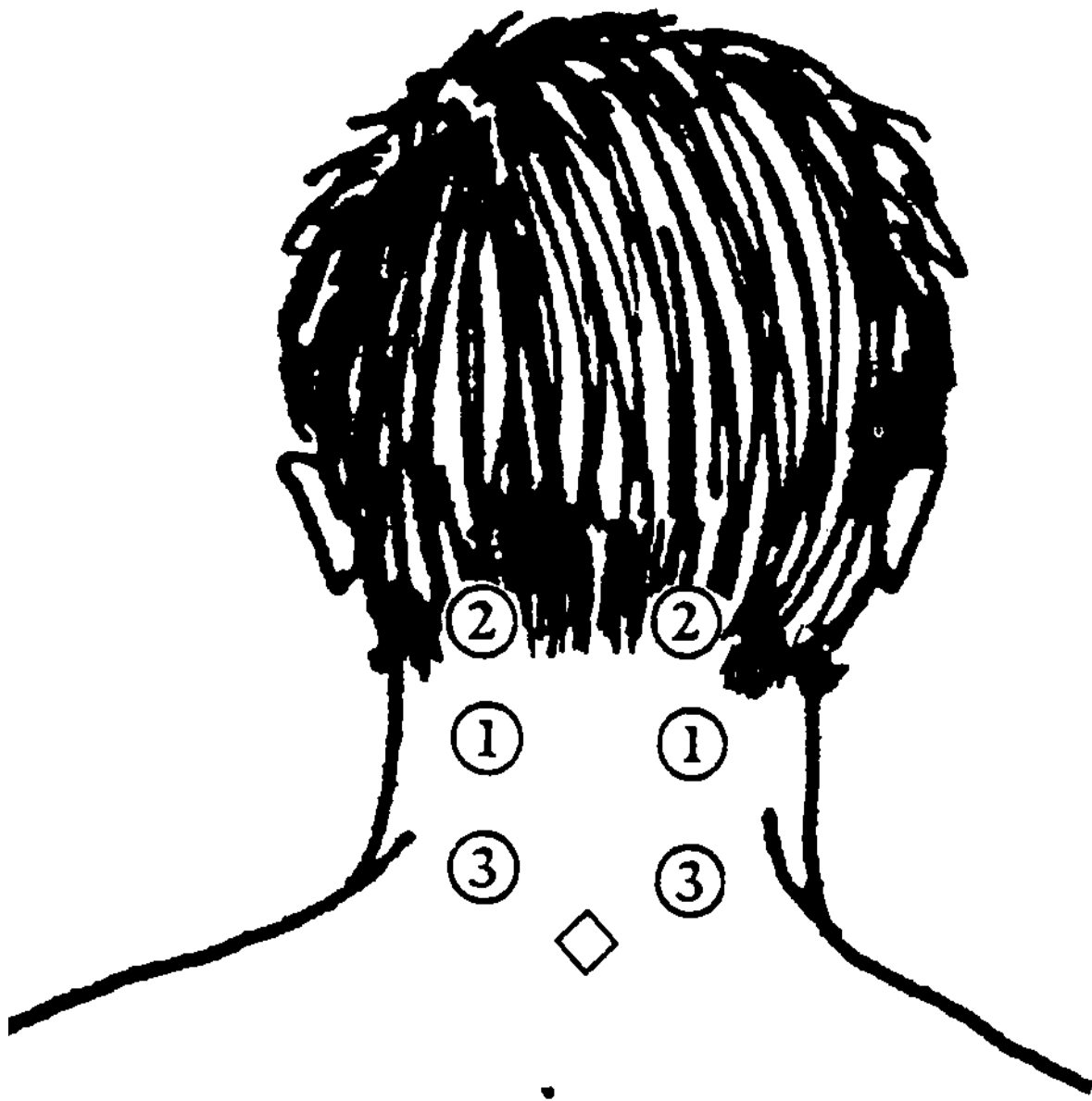


*Sciatica:* Hold “T”. Touch “A” and “B”. • *Pelvic Injury:* Hold “T”. Touch “C” through “F”.

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# Neck

The *Neck* set may be used to address most headaches, neck pains, soreness of the upper back, and problems in the upper extremities, such as arm and hand problems.



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



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Points 1 and 1



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

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

**Points “1”** are halfway down the neck on the side of the large muscles.

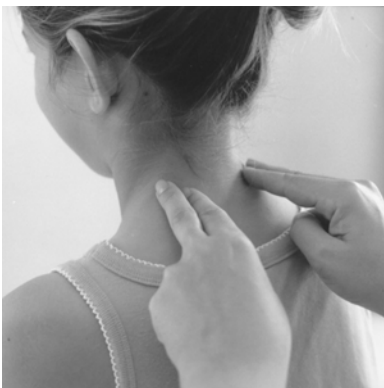
**Points “2”** are in the indentations beside the neck muscles at the base of the skull.

**Points “3”** are at the bottom of the neck on the side of the large muscles.

**These points may be touched repeatedly.**



Points 2 and 2



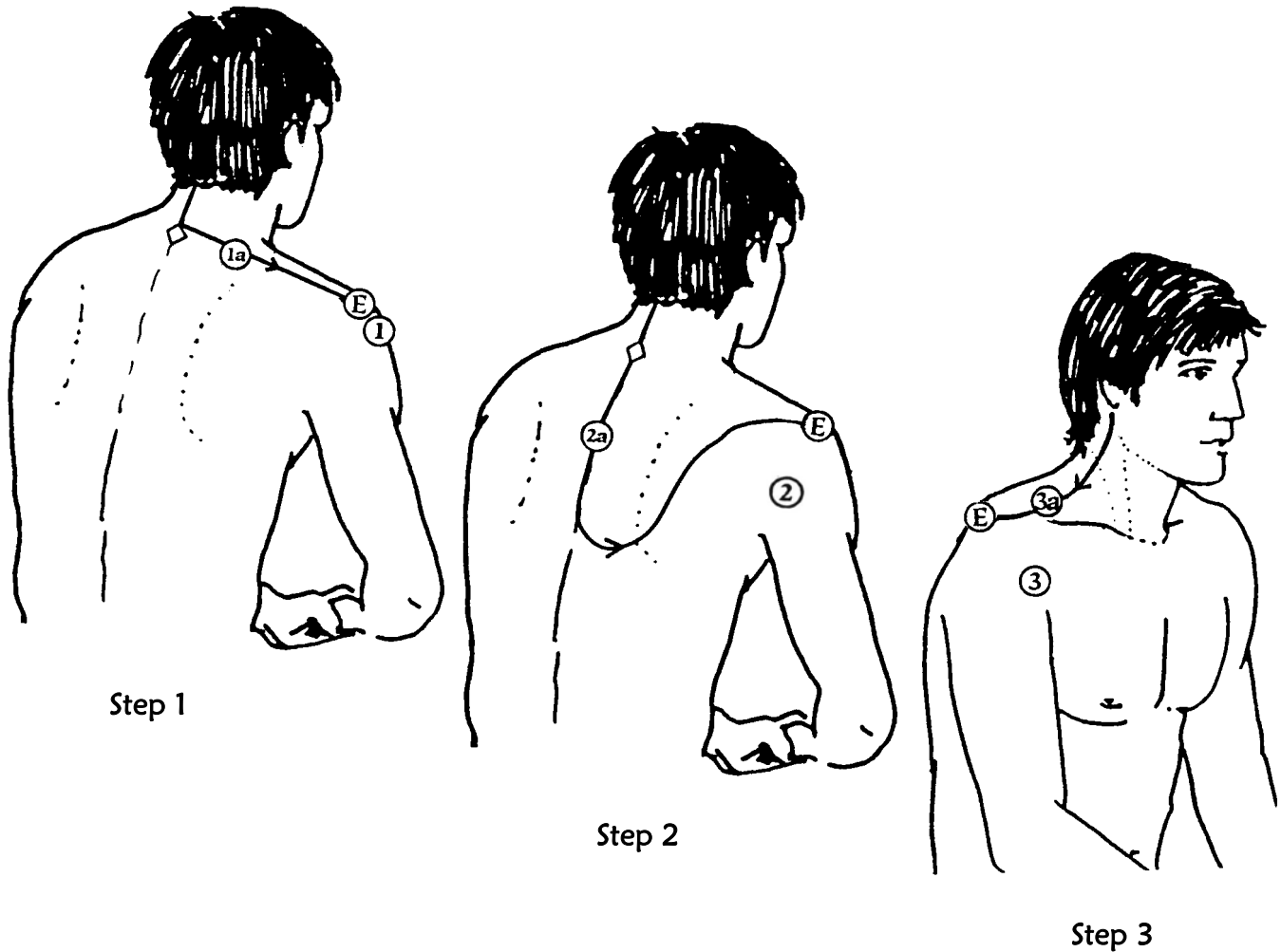
Points 3 and 3



*An associate should always proceed patiently and await the natural healing process to produce the results. The result of the procedures outlined in this manual is an “undoing” process which utilizes the recipient's biological processes to promote healing.*

# Shoulder

The *Shoulder* set may be used to address any conditions affecting the shoulders. Some possible conditions might include bursitis, dislocations, general pain, and arthritis. This set may also be used as a prelude to address difficulties in the upper extremities.



- Step 1:** Hold at “1” and sweep along line “1-a” to “E”.  
**Step 2:** Hold at “2” and sweep along line “2-a” to “E”.  
**Step 3:** Hold at “3” and sweep along line “3-a” to “E”.

Repeat on opposite shoulder.

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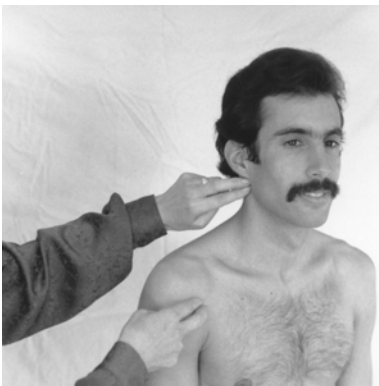
The *Shoulder* set is done in three distinct steps. Each step consists of a different “Hold point”, used in conjunction with a different “Sweep”, with each “Sweep” ending at a common point at the tip of the shoulder. Use care not to “Miss-fire” by touching the hands together or crossing the hands while performing this set. An associate may employ either hand as a “Hold” hand or a “Sweep” hand during this procedure. Experience has shown that switching hands does not impair results.



Step 1: Point 1 and the beginning of line 1-a.



Step 2: Point 2 and the beginning of line 2-a.



Step 3: Point 3 and the beginning of line 3-a.



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch the “Hold point” with one hand

## Step 1:

Hold at “1” and sweep along line “1-a” to “E”.

**Hold point “1”** is just below the tip of the shoulder.

**Line “1-a”** begins at the center of the neck at the base of the skull, continues down the neck to the top of the “big bone,” then turns and continues across the back of the muscle at the top of the shoulder and ends at “E” at the tip of the shoulder.

## Step 2:

Hold at “2” and sweep along line “2-a” to “E”.

**Hold point “2”** is located on the back of the shoulder at the soft area below the shoulder bone, directly above the armpit. A second way to find “2” is the point half-way between the top of the armpit and the top of the shoulder.

**Line “2-a”** begins at the center of the neck at the base of the skull, continues down the back directly on the spine to a point just above the bottom of the shoulder blade, then curves up and across the shoulder blade and ends at “E” at the tip of the shoulder.

## Step 3:

Hold at “3” and sweep along line “3-a” to “E”.

**Hold point “3”** is located on the front of the shoulder just below the shoulder bone, directly above the armpit. A second way to find “3” is the point half-way between the top of the armpit and the top of the shoulder.

**Line “3-a”** begins on the muscle behind and beneath the earlobe, continues down the neck, across the front of the muscle at the top of the shoulder and ends at “E” at the tip of the shoulder.

**Repeat on opposite shoulder.**

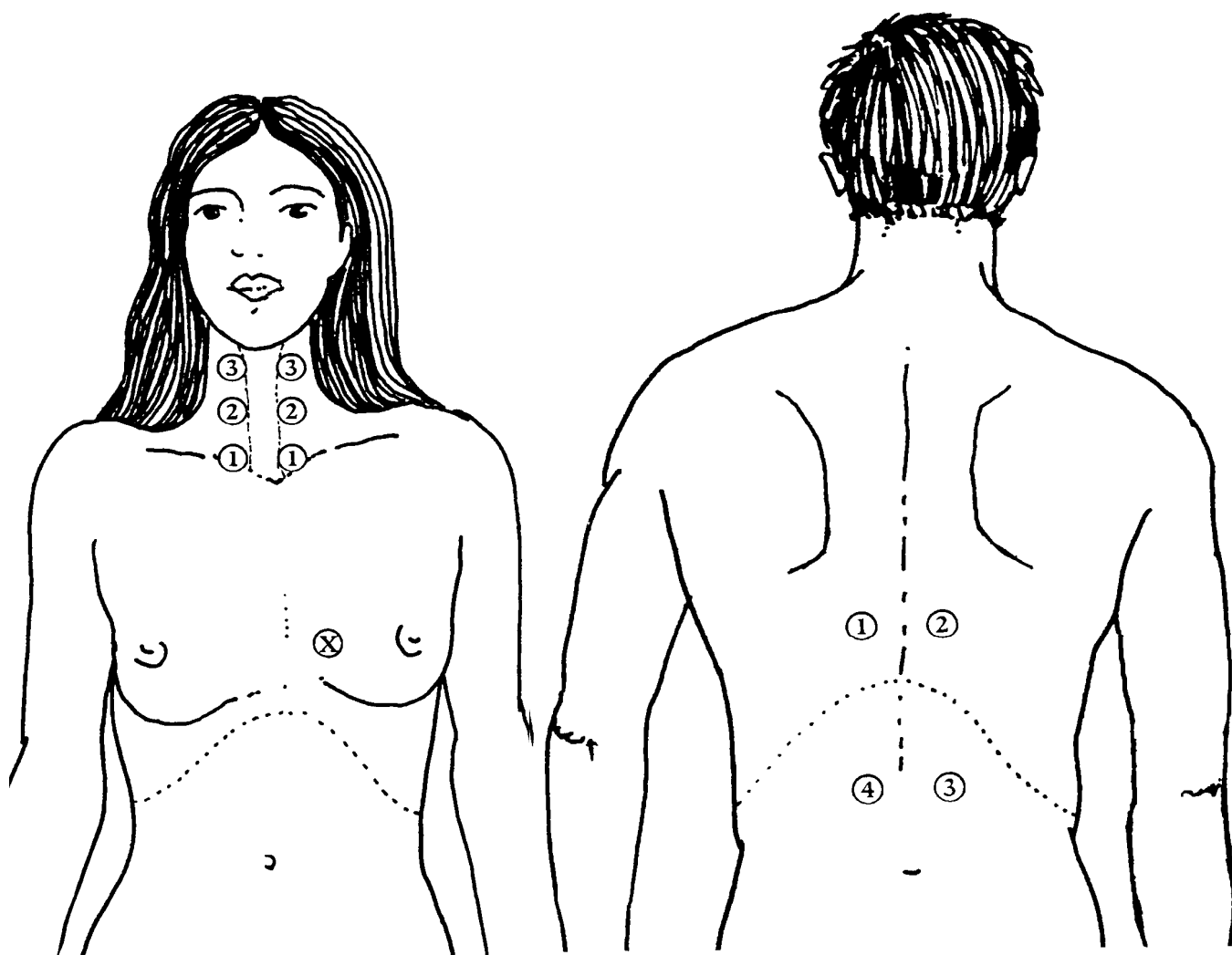
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# Metabolism

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.



Step 1: Points 2 and 2



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

## Step 1:

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

Points “1”, “2” and “3” are located along the large muscles on the front of the neck.

Points “1” are located above the collar bone in the soft indentation on both sides of the notch which is at the top of the breastbone. Points “2” are halfway up the neck in front of the large muscle. Points “3” are at the top of the neck in front of the large muscle.

The throat and neck are very sensitive for most individuals. Remember to touch very lightly and to be gentle.



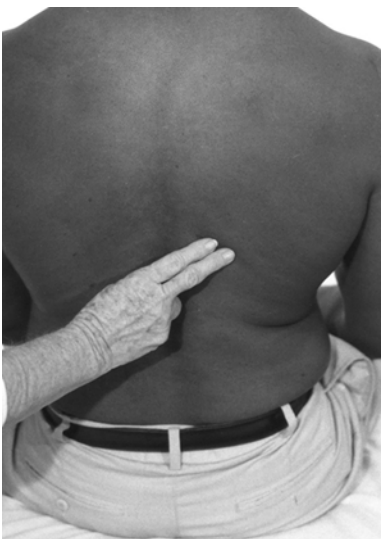
Step 2: Hold Point X

## Step 2:

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

Hold point “X” is on a line directly between where the nipples would be on a youth and 1 to 2 inches to the left of the breastbone. Another description of this point is  $\frac{1}{3}$  of the way up the breastbone from *Greeting* point “1”, and 1 to 2 inches to the left of the breastbone.

Points “1”, “2”, and “3” are located on the back around the “break-over” point. Remember from page 11 that the “break-over” point is where the bottom of the ribcage joins the spine, directly through the body from *Greeting* point “1”.



Step 2: Point 2



Step 2: Point 4

Point “1” is approximately 1 to 2 inches above the “break-over” point on the left spine muscle. Point “2” is directly across from “1” on the right spine muscle. Both points “1” and “2” are below the bottom of the shoulder blade. Point “3” is 2 to 3 inches below the “break-over” point on the right spine muscle.

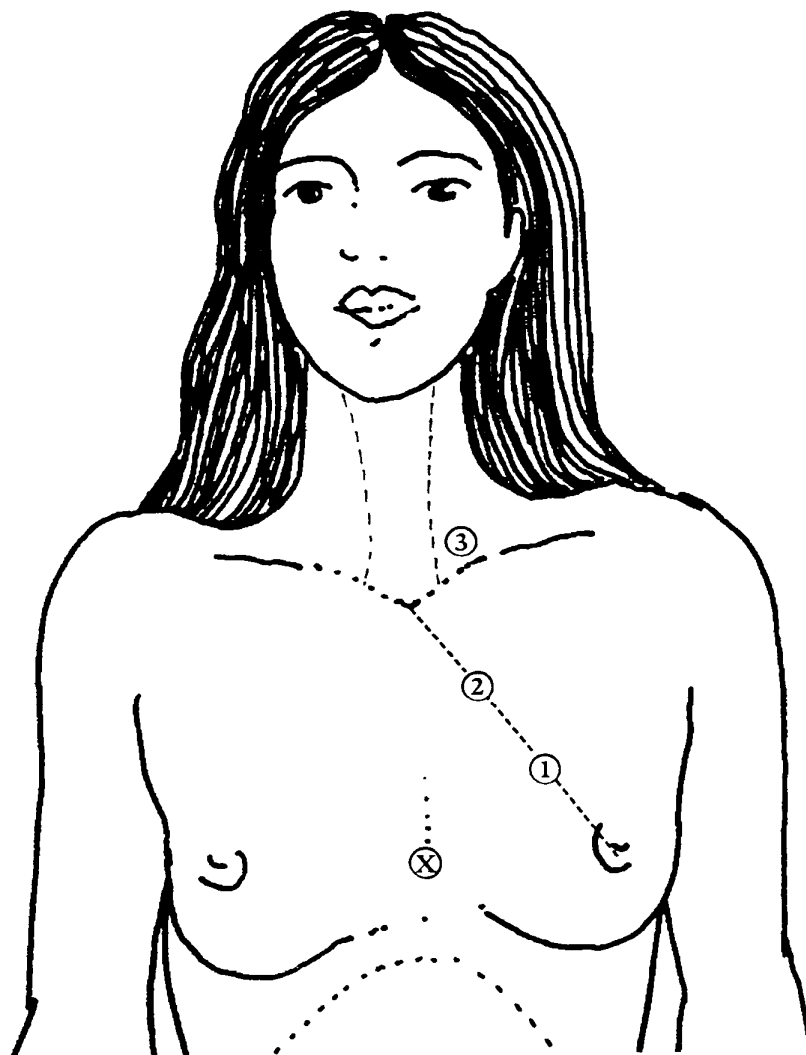
Point “4” is used in conjunction with the other *Metabolism* points when addressing blood sugar problems and is located across from point “3” on the left spine muscle.

# Heart, Veins, Blood Pressure & Circulation

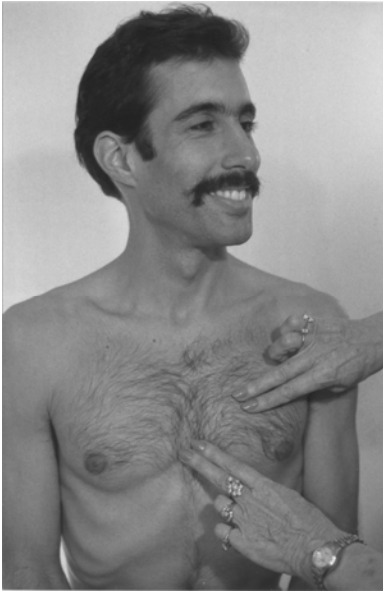
This set of points may be used to address any conditions relating to the heart, blood pressure, veins or circulation anywhere in the body. This may include, but is not limited to, arrhythmia, high or low blood pressure, poor circulation to the extremities, and varicose veins.



*It is important to observe that this procedure, while it may prove helpful, is not the proper recourse for an emergency or crisis situation. When an emergency exists, use emergency procedures. If the only thing you know is this procedure, it may be beneficial to perform it while waiting for trained emergency personnel to take over.*



To address the well-being of the heart: Hold “X” and touch points “1” and “2”.  
To address blood pressure and circulation: Add point “3” to points “1” and “2”.



X and Point 1



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

## To address the well-being of the heart: Hold “X” and touch points “1” and “2”.

Hold point “X” is on the breastbone above *Greeting* point “1” on a line directly between where the nipples would be on a youth. Another description of this point is on the breast bone,  $\frac{1}{3}$  of the way up the breast bone from *Greeting* point “1”.

Points “1” and “2” are on an imaginary line running from the notch at the top of the breastbone to a place on the left breast where the nipple would be on a youth. Divide this diagonal line into thirds. Point “1” is at the top of the first third. Point “2” is at the top of the second third. (See the dotted diagonal line on the diagram.)



X and Point 3

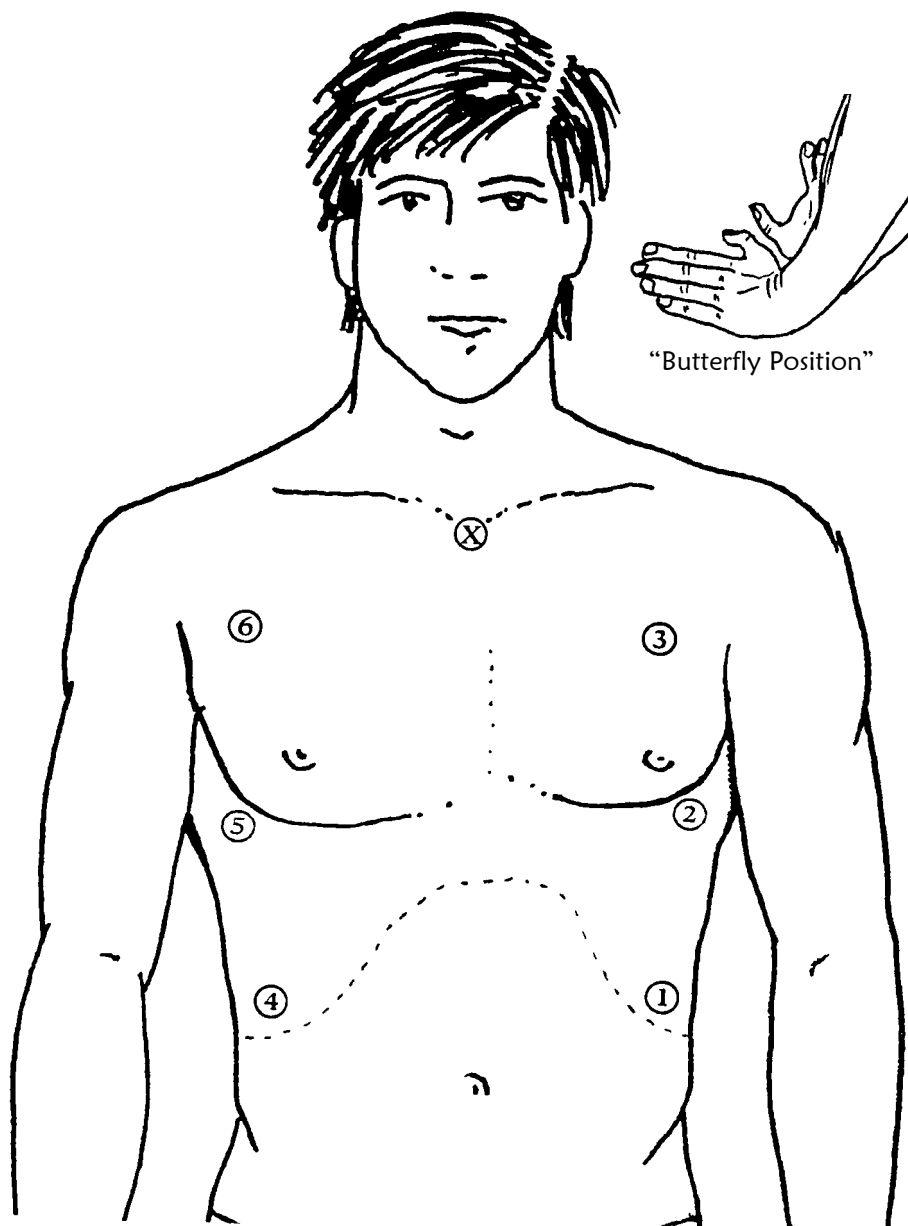
## To address blood pressure and circulation: Add point “3” to points “1” and “2”.

Point “3” is in the soft indentation just above the collar bone, above and to the left of the notch at the top of the breastbone. It is the same as point “1” of the *Metabolism* set.

In addition, an associate should endeavor to perform local work and enhancements using any combination of “Matching-fires”, “Through-fires”, “Sweeps” or “Hold points” in the area of the spine that relates to the heart. This area is in the upper part of the back between the shoulder blades as indicated on the diagram at the beginning of the *Back* set on page 10.

# Lungs

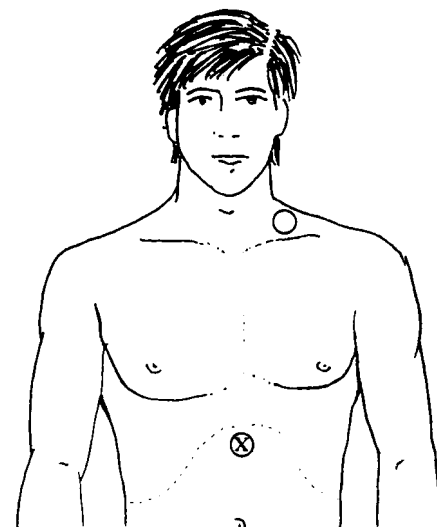
This set of points may be used to address any conditions affecting the lungs, including, but not limited to, asthma, bronchitis, emphysema, and pneumonia.



**Step 1:** Hold "X" and touch points "1" through "6".

**Step 2:** With hands in "butterfly position", cover points "1" and "4", "2" and "5", then "3" and "6" in "Matching-fire".

**Step 3:** In "Matching-fire" touch points "1" and "4", "2" and "5", then "3" and "6".



*The Oxygen Control point can be used to enhance the body's assimilation of oxygen from the atmosphere. This set of points may be combined with other procedures that are illustrated in this manual or may be used by itself. It is not necessary to apply this point in conjunction with the Lung set.*

**Hold "X" and touch the Oxygen Control point.**

*Hold point "X" is at Greeting point "1". The Oxygen Control point is in the triangle formed by the side of the neck, the collarbone and the top of the shoulder muscle only on the LEFT side of the body. This point may be touched repeatedly.*





Step 1: X and Point 6



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

## Step 1:

Hold "X" and touch points "1" through "6".

Hold point "X" is in the notch at the top of the breastbone.

Points "1" and "4" are on the ribcage where the ribs begin to curve to the side, and are not quite at the bottom of the ribs. Points "2" and "5" are on the ribcage where the ribs begin to curve to the side and are even with the bottom of the breast. The location of points "2" and "5" may vary according to the size of the breasts and the accessibility of the area. Points "3" and "6" are even with the top of the armpit and about 2 to 3 inches toward the center of the chest.

## Step 2:

With hands in "butterfly position", cover points "1" and "4", "2" and "5", then "3" and "6" in "Matching-fire".

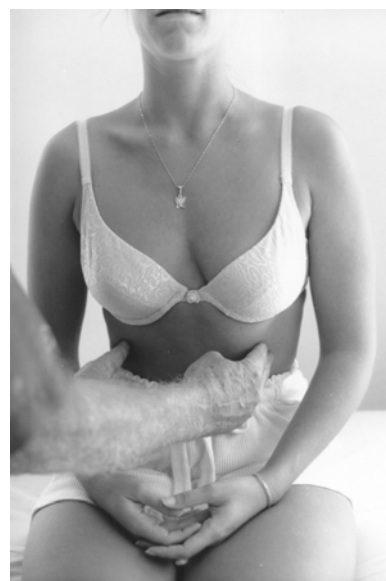
See *Lungs* diagram for "butterfly position" of hands. Without touching the hands together, bring the thumbs close together at the breastbone and, with the *entire surface* of each hand, wrap around and encase the ribs, covering points "1" and "4". Repeat the entire procedure to cover points "2" and "5". Then place the fingertips underneath the armpits and again wrap the hands around the ribcage covering points "3" and "6".



Step 2: Lung set lying down



Step 2: Covering Points 2 and 5



Step 3: Points 1 and 4

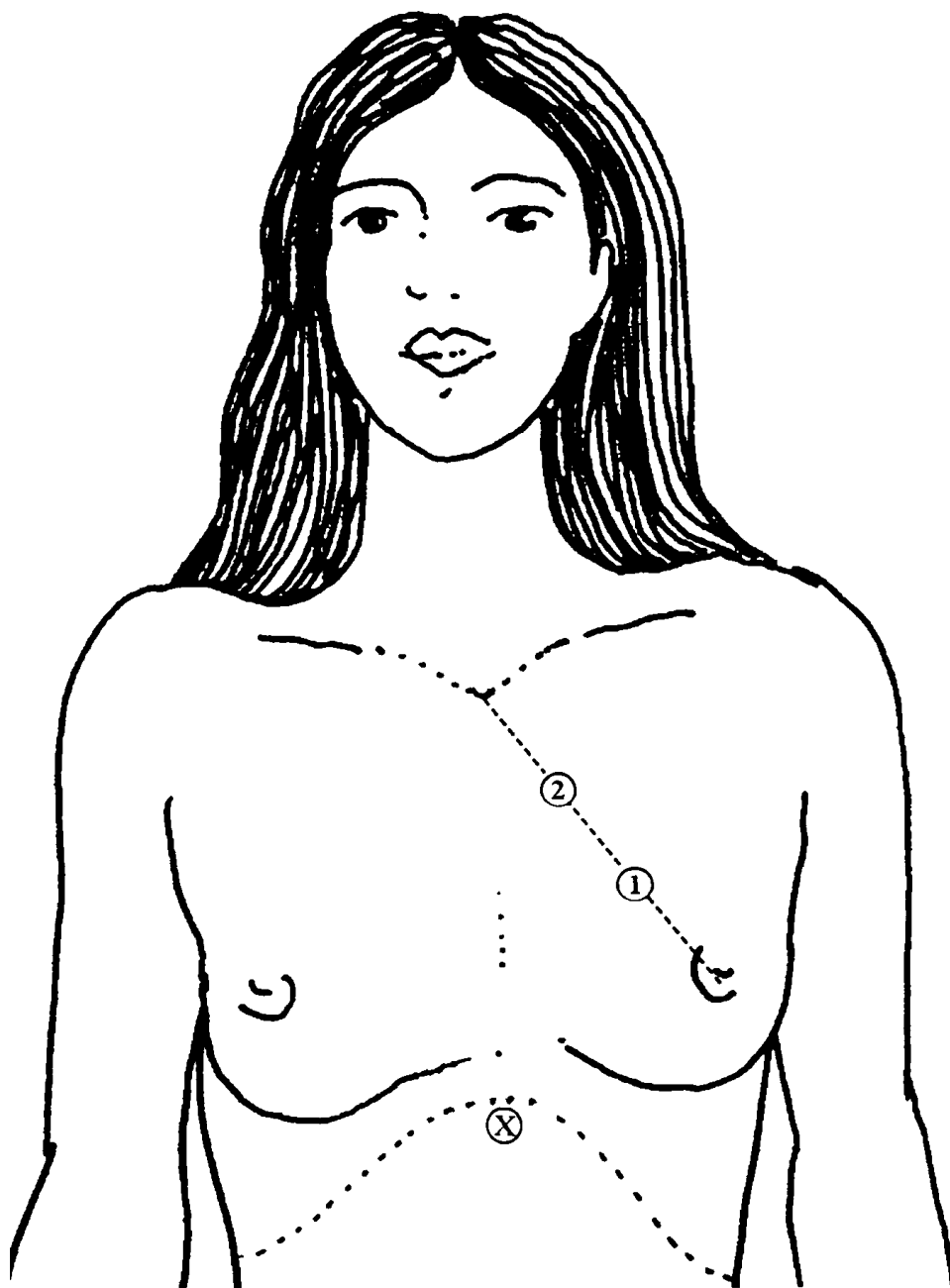
## Step 3:

In "Matching-fire" touch points "1" and "4", "2" and "5", then "3" and "6".

Also, remember to work locally and add enhancements along the spine in the area that relates to the lungs using different combinations of "Hold points", "Matching-fires", "Through-fires" and "Sweeps". This area is located in the upper part of the back and is indicated on the diagram at the beginning of the *Back* set on page 10.

# Stress, Anxiety & Shingles


This set may be used to address the physical manifestations of emotional or mental stress and anxiety. It may also be used to address related conditions, such as shingles, psoriasis, asthma, and rheumatoid arthritis.



Hold "X" and touch points "1" and "2".



X and Point 2

- 
- Use the first 2 fingers of each hand.
  - Touch on the skin.
  - Use a butterfly-like, light touch.
  - Touch each point for 6-8 seconds.

Hold “X” and touch points “1” and “2”.

Hold point “X” is in the fleshy area just below the bottom of the breastbone. It is the same point as *Greeting* point “1”.

Points “1” and “2” are the same as points “1” and “2” on the *Heart* diagram. They are on an imaginary line running from the notch at the top of the breastbone to a place on the left breast where the nipple would be on a youth. Divide this line into thirds. Point “1” is at the top of the first third. Point “2” is at the top of the second third. (See the dotted diagonal line on the diagram.)

This set may be touched repeatedly.

To address the local area on the skin where a rash has developed from psoriasis, shingles, or any other related skin conditions, an associate may perform any combination of “Hold points”, “Matching-fires”, “Through-fires”, or “Sweeps”. Also, it may be beneficial to sweep from the back following the nerve pathways to the local out-break. See the section on *Enhancements & Local Work* on the following page for further details.

► [Click here to watch video](#)

## Observation & Scanning

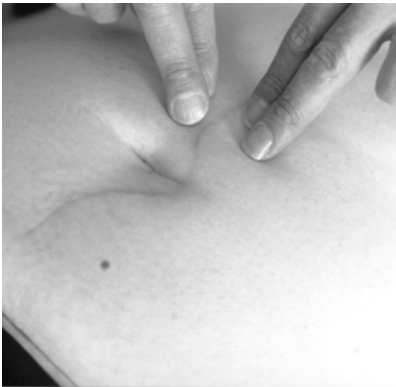
As was discussed earlier in the description of the *Back* set, an associate may utilize different elements of sensory perception, such as observation and scanning to help determine where to add enhancements or local work to aid in the healing process of a recipient.

These methods may be **visual**, as in observing moles, changes in texture or color of the skin, or differences in the shape and curvature of the body; **audible**, such as noting breathing, tone of voice, or by listening to the recipient’s health concerns; or **tactile**, such as perceiving tingling, heat, cold, stickiness or a dragging sensation while touching points or sweeping across the skin. These indications may help the associate determine where to add enhancements or to practice local work.

“Scanning” is another technique that employs the tactile sense. In scanning, the associate slowly moves one or both of the hands approximately one inch above the surface of the body. This is not a touch function. The associate is endeavoring to perceive a sensation, just as one might physically feel the mechanical heat of a hot piece of metal by holding the hand near it. The perception, being subjective, may be exhibited in a number of different ways. It may manifest as a slight tingle, or as a warm or cold feeling. It may not be expressed in any manner that can be described in words, but nevertheless may feel quite real to the associate. Many successful associates have worked for years without experiencing results from scanning, so don’t be discouraged if you don’t “feel” anything immediately, or even at all.

Results from observation and scanning come from much practice as an associate learns to detect variations in the texture of the skin or perceived differences in the temperature of the skin on various parts of the body of the recipient. Practicing observation and scanning techniques enables an associate to receive guidance to help promote the healing process.

# Enhancements & Local Work



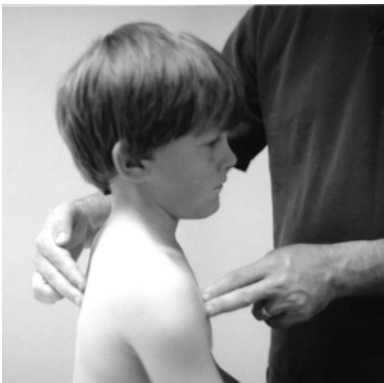
Working on a scar



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

Enhancements and local work may be performed on any area of the body where extra attention is indicated through the presence of disease, pain, infection, rashes, broken bones, cuts, unusual growths, arthritis pain, or indications obtained through scanning and observation as discussed on the previous page. The area may be touched using various combinations of "Through-fire", "Matching-fire", "Cross-fire", "Hold points", or "Sweeps". An associate may also "Sweep" across any affected area or down the arm or leg of the recipient.

An associate may also address a local problem by holding the fingers of one hand on the affected area and with the other hand sweeping to or from the corresponding area on the spine, following along the outward and downward path of the nerves as they branch away from the spinal column. The diagram on page 10 indicates the approximate location of the areas along the spine that relate to specific organs and areas of the body. Feel free to simply touch whatever points guidance provides to help with each individual problem.

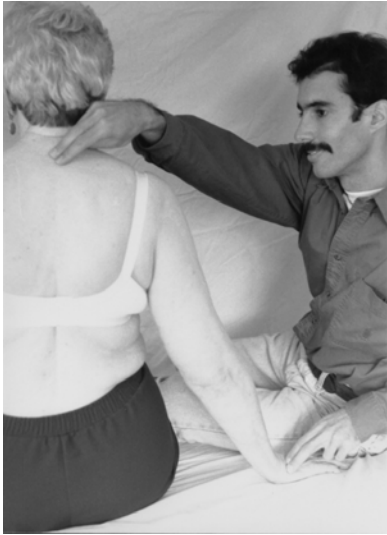


"Through-fire" on the chest or ribs



Working on the jaw or face

# Addressing the Extremities



Touching the “big bone” and the problem area

Difficulty in the extremities may be addressed simply by applying local work to the problem area. For example: for a knee, foot or hand problem, simply touch around the affected area using various combinations of “Through-fire”, “Matching-fire”, “Cross-fire”, “Hold points”, or “Sweeps”. This same principle applies to *any* condition of the extremities.

It is also beneficial to address the source of the nerves along the spine that relate to the extremities, simultaneously touching that source and the problem area or by sweeping to or from the affected area to the related area on the spine. This can be done by holding on the corresponding area of the spine, such as the “T” point on the *Back set* for the lower extremities or the “big bone” at the base of the neck for the upper extremities, and at the same time touching the affected area with the other hand. An associate may then proceed with local work in or around the affected area.



Working a hand or wrist



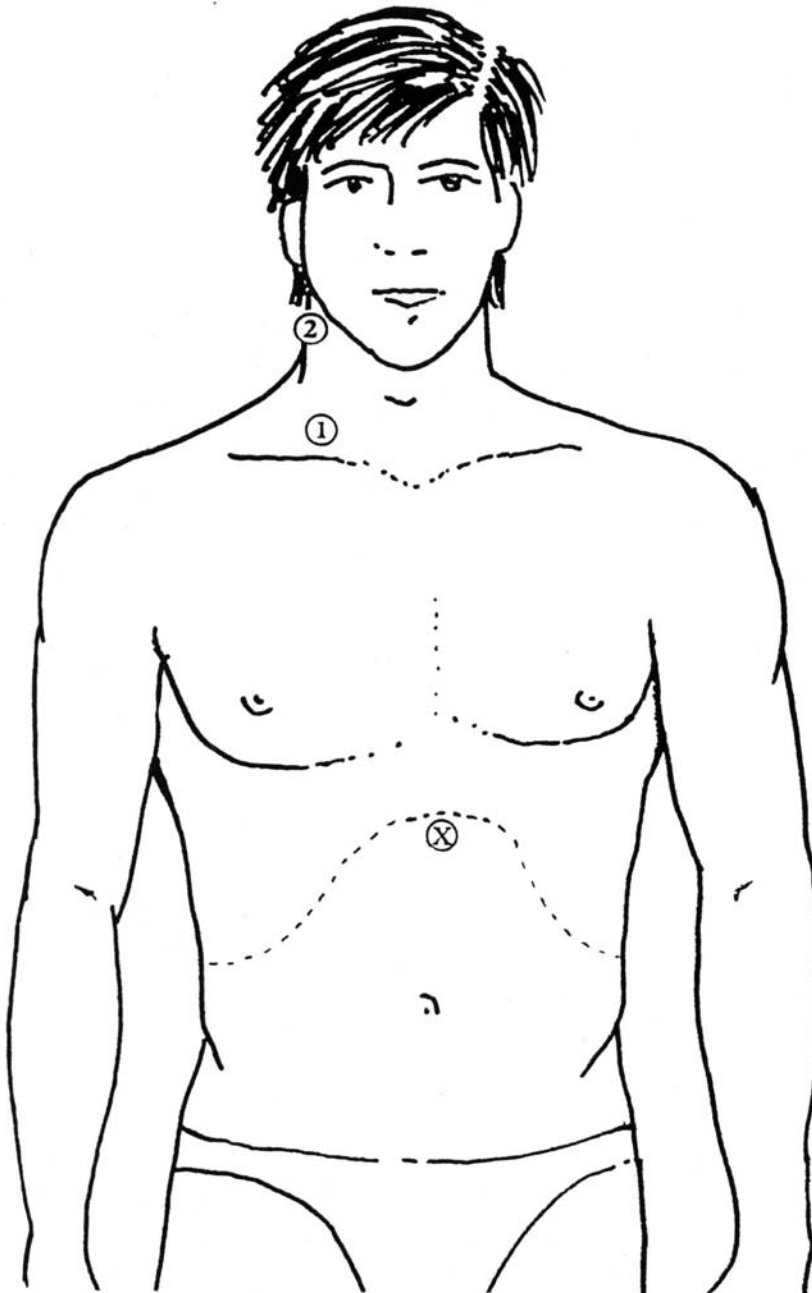
Working an ankle or foot



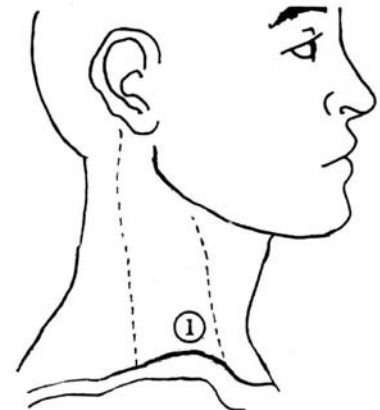
Touching “T” and the problem area

# Infection, Allergy & Poison

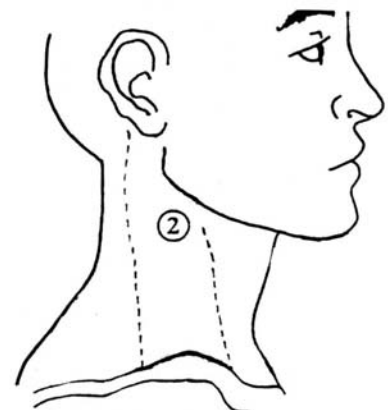
Note that these are three distinct sets of points. The **Infection** set may be used to address infections of any kind anywhere in the body including, but not limited to, colds, influenza, tooth infections, infections from cuts, lung infections, etc. The **Allergy** set may be used to address allergic reactions to airborne allergens, foods, cosmetics, animal dander, etc. The **Poison** set may be used to address poisonous reactions that the body may produce from foods, chemicals, pollutants, insect bites, etc.



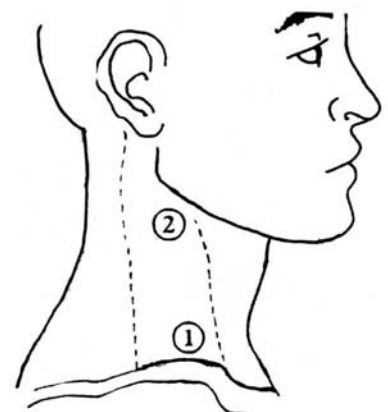
**Infection:** Hold "X" and touch point "1".  
**Allergy:** Hold "X" and touch point "2".  
**Poison:** Hold "X" and touch points "1" and "2".



**Infection**



**Allergy**



**Poison**



X and Point 1



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

The points in these instructions are used to perform three distinct sets: Infection, Allergy and Poison.

Hold point “X” is the same for each set of points and is the same as *Greeting* point “1” which is in the fleshy area just below the base of the breastbone, or sternum.

### Infection:

Hold “X” and touch point “1”.

Point “1” is at the base of the large muscle on the right side of the neck. This point is slightly above and behind *Metabolism* point “1”.

Point “1” may be touched repeatedly.

### Allergy:

Hold “X” and touch point “2”.

Point “2” is on the right side of the neck, directly behind *Metabolism* point “3” on top of the large muscle.

Point “2” may be touched repeatedly.

### Poison:

Hold “X” and touch points “1” and “2”.

Point “1” is at the base of the large muscle on the right side of the neck. This point is slightly above and behind *Metabolism* point “1”.

Point “2” is on the right side of the neck, directly behind *Metabolism* point “3” on top of the large muscle.

This set may be touched repeatedly.



X and Point 2



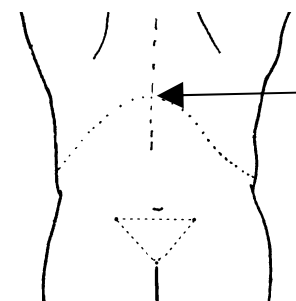
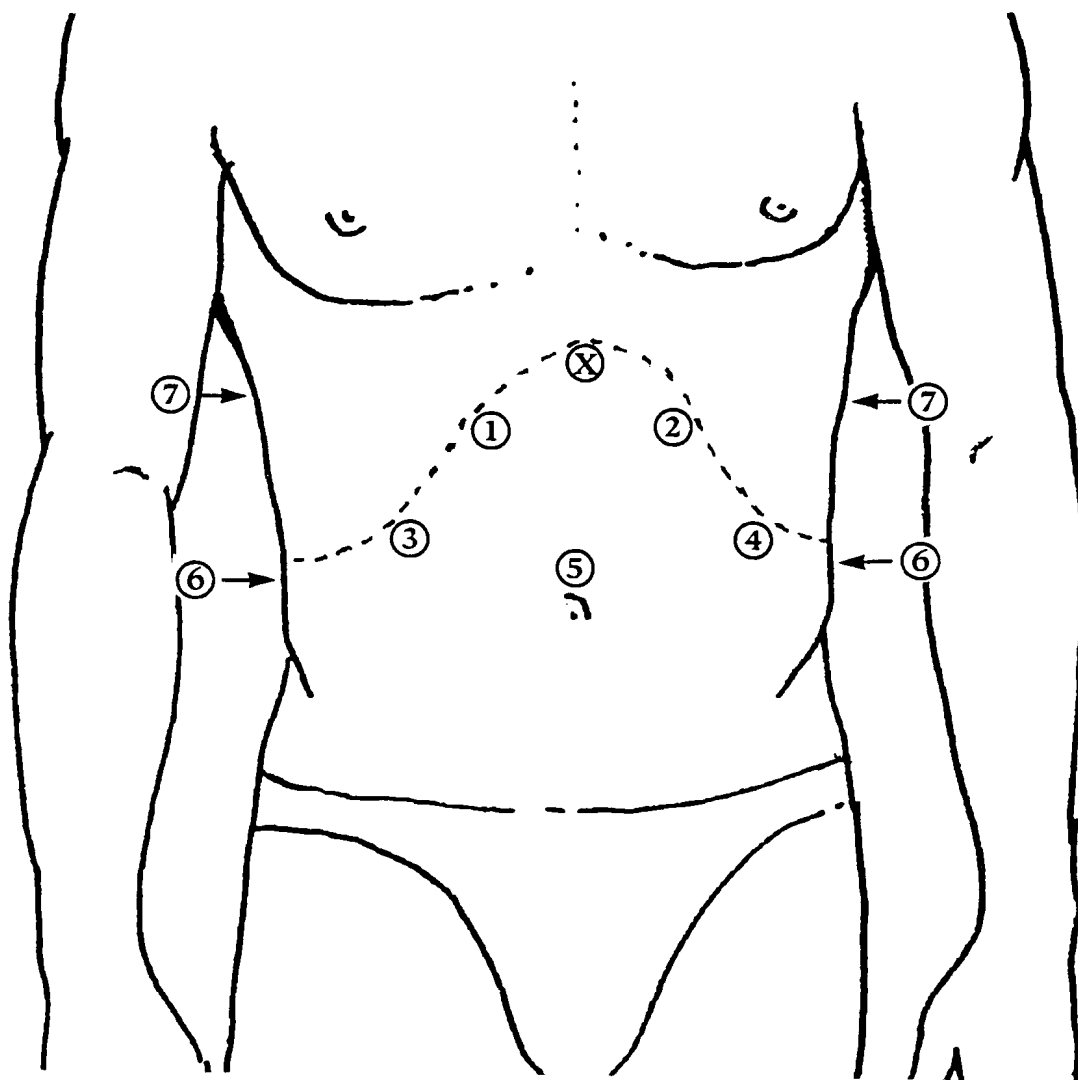
*An associate should exercise some judgment when confronted with infection, allergy, and poison problems. These frequently involve crisis situations in which medical or emergency attention is essential. For example, when someone has ingested a poisonous substance that is obviously beyond the natural capacity of the body to assimilate or manage, a medical specialist should be promptly employed.*

# Upper Abdomen

This set of points may be used to address any organs or conditions that are located between the bottom of the breast bone and the navel. This may include conditions of the stomach, liver, spleen, kidneys, intestines, gall bladder, etc.



*Almost any treatment involving the digestive organs may bring up the question of dietary habits. An associate, unless licensed to do so, should never prescribe a diet, supplements or medicines of any kind. There is much resource material available for the earnest seeker who wishes to pursue a personal course of action in conjunction with a healthcare specialist.*



"Break-Over"

**Step 1:** Hold "X" and touch points "1" through "5".

**Step 2:** Hold on the back at the "break-over" point and in "Through-fire" touch points "1" through "5" and "X".

**Step 3:** In "Through-fire" touch points "6" and "6", then "7" and "7".

**Step 4:** In "Matching-fire" touch points "1" and "2", "3" and "4", then "X" and "5".



# Bio-Touch™



Step 1: X and Point 4



Step 2: Hand underneath at break-over point and Point 2



Step 3: Points 7 and 7



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

Generally, this set is performed while the recipient is lying on their back.

**Step 1:**  
Hold “X” and touch points “1” through “5”.

Hold point “X” is in the fleshy area just below the bottom of the breast bone. This is the same as *Greeting* point “1”. Points “1” and “2” are in the soft tissue just inside the ribs, where the ribs begin to curve outward. Points “3” and “4” are in the soft tissue just inside the ribs, where the ribs begin to curve around to the side. Point “5” is just above the navel.

**Step 2:**  
Hold on the back at the “break-over” point and in “Through-fire” touch points “1” through “5” and “X”.

The “break-over” point is on the spine where the bottom of the ribs join the spine, directly through the body from Hold point “X”. With the palm open and flat, gently slide the hand under the recipient and hold the first two fingers on the “break-over” point.

Touch points “1” through “5” with the other hand.

While performing this step, it is suggested that an associate sweep across any residual surgical scars and add enhancements where needed.

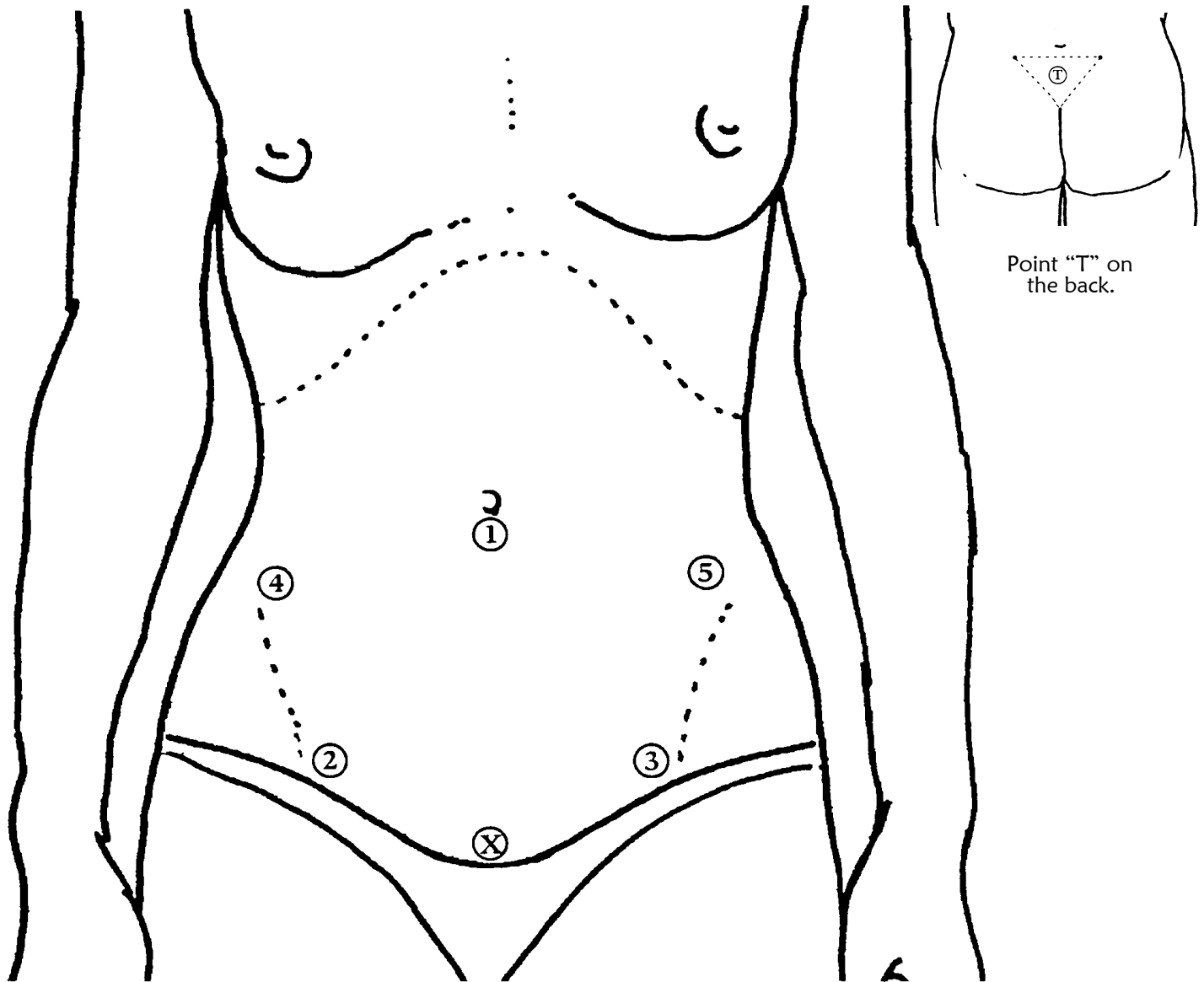
**Step 3:**  
In “Through-fire” touch points “6” and “6” then “7” and “7”.

Points “6” are on each side of the body on a line running slightly above the navel. Points “7” are on each side of the body on a line running slightly below Hold point “X”.

**Step 4:**  
In “Matching-fire” touch points “1” and “2”, “3” and “4”, then “X” and “5”.

# Lower Abdomen

This set of points may be used to address any conditions or organs which are located between the navel and the pubic bone. This might include conditions of the reproductive organs, the colon, the bladder, hernias, etc.



**WORK FIRMLY.**

**Step 1:** Hold “X” and touch points “1” through “5”.

**Step 2:** Hold on the back at point “T” and in “Through-fire” touch points “1” through “5” and “X”.

**Step 3:** In “Matching-fire” touch points “1” and “X”, “2” and “3”, then “4” and “5”.



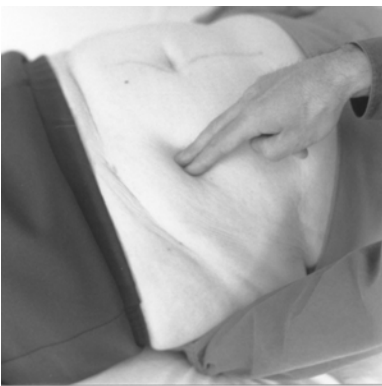
Step 1: X and Point 2



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a firm touch on this set only.
- Touch each point for 6-8 seconds.

When working on the lower abdomen, press firmly on all points except Hold point “X”. Care should be exercised so there is no discomfort to the recipient.

Generally, this set is performed while the recipient is lying on their back. The points to be touched are in the fleshy area to the inside of the pelvic bone.



Step 2: Hand underneath at T and Point 5

## WORK FIRMLY.

### Step 1:

Hold “X” and touch points “1” through “5”.

Hold point “X” is on the pubic bone. Do not press firmly on this point.

Point “1” is located just below the navel. Points “2” and “3” are in the soft tissue to the inside of the pelvic bone, low on the abdomen. Points “4” and “5” are in the soft tissue just inside the high point of the hip bone.

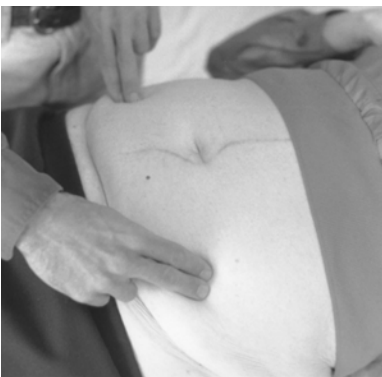
### Step 2:

Hold on the back at point “T” and in “Through-fire”, touch points “1” through “5” and “X”.

Hold point “T” is on the lower back in the center of the sacrum triangle. It is the same as point “T” of the *Back* set. With the palm open and flat, gently slide the hand under the recipient and hold the first two fingers on the lower back at “T”.

Touch points “1” through “5” and “X” with the other hand.

While performing this step, it is suggested that an associate sweep across any residual surgical scars and add enhancements where needed.



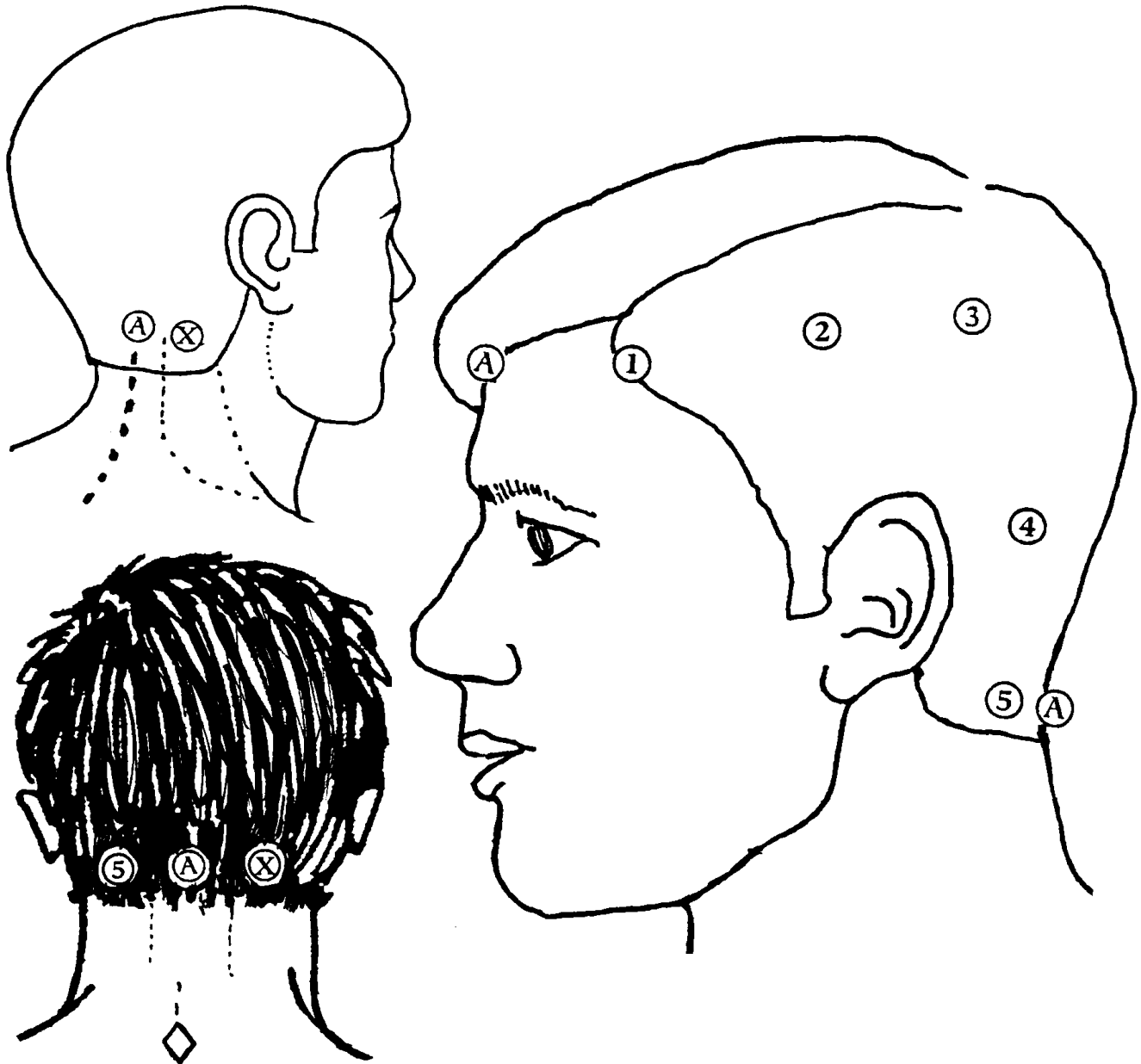
Step 3: Points 4 and 5

### Step 3:

In “Matching-fire” touch points “1” and “X”, “2” and “3”, then “4” and “5”.

# Head

The *Head* set can be used to address conditions related to the brain. This might include conditions such as dementia, chemical imbalances, abnormal growths, hormone imbalances, stroke, etc.



**Step 1:** In “Through-fire” touch points “A” and “A”.

**Step 2:** Hold “X” and in “Cross-fire” touch points “1” through “5”. Reverse sides.

**Step 3:** In “Matching-fire” touch points “1” and “1”, “2” and “2”, “3” and “3”, “4” and “4”, then “5” and “5”.

**Step 4:** With the open palms, cover points “1” through “3” on both sides of the head.

# Bio-Touch™



Step 1: Points A and A



Step 2: Hold Point X



Step 2: Point 1



Step 3: Points 3 and 3



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

## Step 1:

In “Through-fire” touch points “A” and “A”.

**Point “A”** on the back of the head is in the center of the neck at the base of the skull. This is the same as point “2” of the *Back* set. **Point “A”** on the front of the head is at the center of the forehead, where the forehead begins to curve to the crown.

## Step 2:

Hold “X” and in “Cross-fire” touch points “1” through “5”.  
Reverse sides.

Begin this step on either side of the head.

**Hold point “X”** is in the indentation beside the neck muscle at the base of the skull. It is the same as point “1” of the *Back* set.

**Points “1”** through “5” are on the OPPOSITE SIDE of the head from “X”.

**Points “1”**, “2” and “3” are on the ridge-line formed where the skull curves up toward the crown. **Point “1”** is on the ridge-line above the outside corner of the eye. **Point “2”** is on the ridge-line above the front of the ear. **Point “3”** is on the ridge-line above the back of the ear.

**Point “4”** is in an indentation approximately 1/3rd of the way down from the top of the ear and 1 to 1½ inches behind the back edge of the ear. Another way to locate **Point “4”** is by placing the fingers in the indentation beside the neck muscle at the base of the skull, sliding the fingers up the back of the skull over a rise in the bone, to a very definite valley or dent.

**Point “5”** is opposite Hold point “X” at the base of the skull.

Point “5” becomes the new Hold point as points “1” through “5” are touched on the opposite side of the head in “Cross-fire”.

## Step 3:

In “Matching-fire” touch points “1” and “1”, “2” and “2”, “3” and “3”, “4” and “4”, then “5” and “5”.

## Step 4:

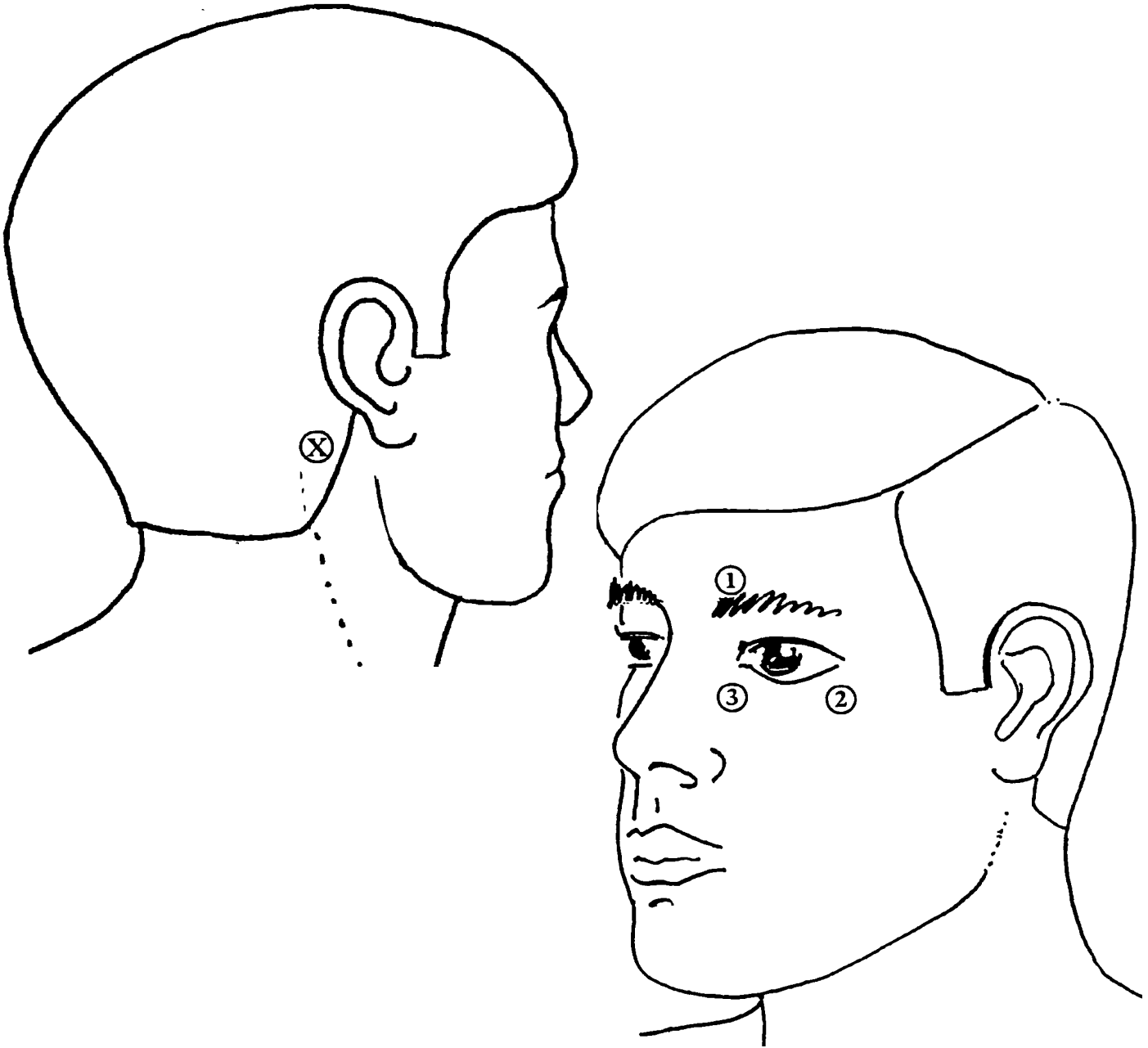
With the open palms, cover points “1” through “3” on both sides of the head.

Remember not to touch the hands together.

► [Click here to watch video](#)

# Sinus

The *Sinus* set may be used to address any conditions of the sinuses such as colds, sinusitis, and allergy-related problems.



**Step 1:** Hold “X” and in “Cross-fire” touch points “1” through “3”. Reverse sides.

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

# Bio-Touch™



Hold Point X



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

## Step 1:

Hold “X” and in “Cross-fire” touch points “1” through “3”. Reverse sides.

Begin this step on either side of the head.

**Hold point “X”** can be found by following the bone directly behind the ear down to its tip at the bottom of the skull and sliding the fingers back slightly to a subtle, flat area just behind the tip of this bone.

**Points “1”** through **“3”** are on the OPPOSITE SIDE of the head from Hold point “X”. **Point “1”** is just above the eyebrow where the brow and nose meet. **Point “2”** is the most prominent point of the cheekbone below the outside corner of the eye. **Point “3”** is below the inside corner of the eye where the nose and the cheek meet.

Find Hold point “X” on the OPPOSITE SIDE of the head and in “Cross-fire” touch points “1” through “3”.



Step 1: X and Point 2

## Step 2:

In “Matching-fire” touch points “1” and “1”, “2” and “2”, “3” and “3” then “X” and “X”.

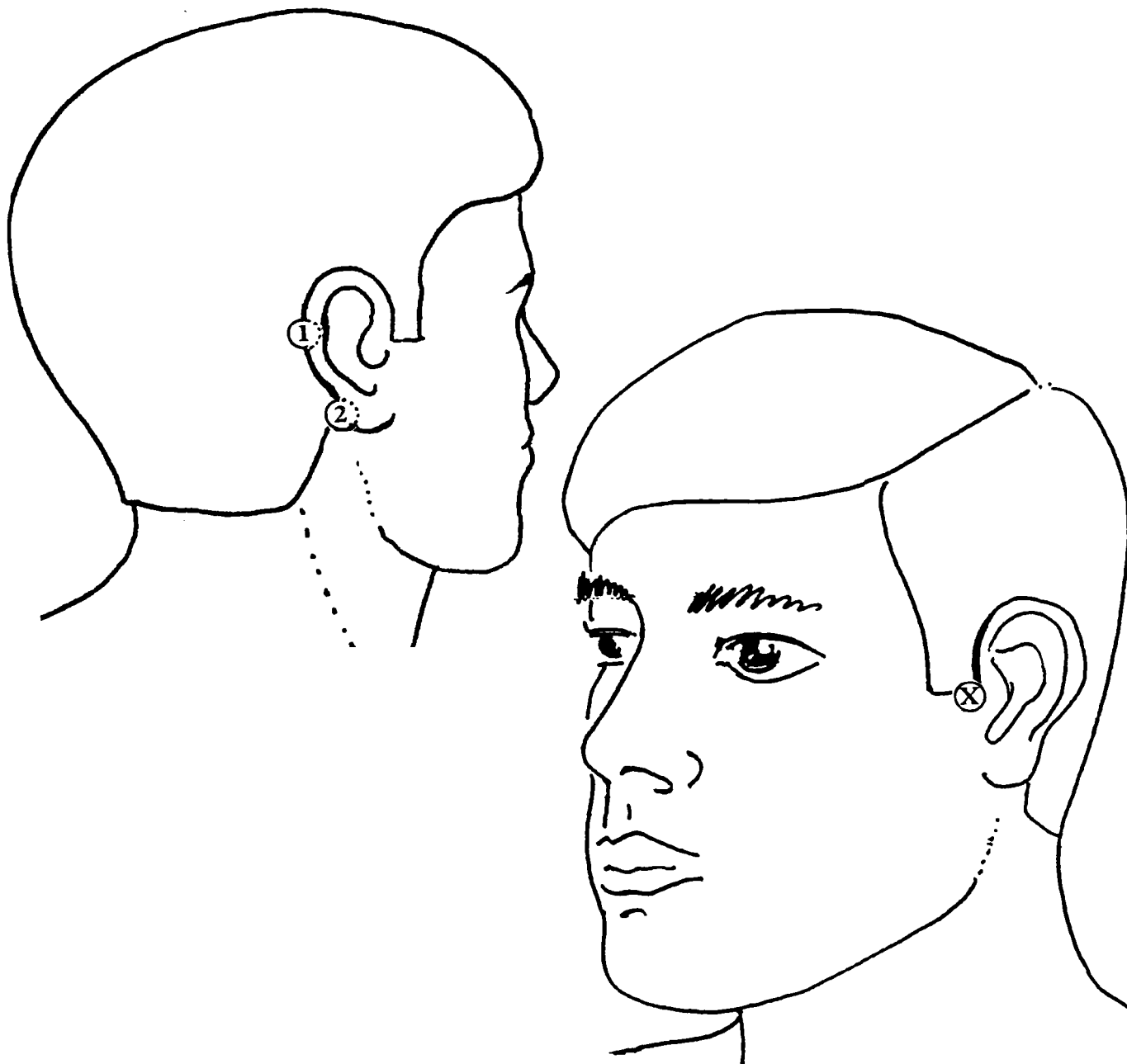
While performing this step, be sure to not touch the hands together.



Step 2: Points 3 and 3

# Ears

This set of points can be used for any conditions of the ears including infections, hearing loss, vertigo, and tinnitus.



**Step 1:** Hold “X” and in “Cross-fire” touch points “1” and “2”. Reverse sides.

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





Step 1: Hold Point X



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

## Step 1:

Hold “X” and in “Cross-fire” touch points “1” and “2”.

Reverse sides.

Begin this step on either side of the head.

**Hold point “X”** is just in front of the flap at the opening of the ear.

**Points “1”** and **“2”** are on the OPPOSITE SIDE of the head from Hold point “X”. **Point “1”** is in the indentation in the bone behind the ear, about 1/3 of the way down from the top of the ear. Adjust the fingers to be snug against the ear. **Point “2”** is in the indentation at the bottom of the ear directly behind the jawbone. Again, adjust the fingers so they are snug against the ear.

Find Hold point “X” on the opposite side of the head and in “Cross-fire” touch points “1” and “2”.



Step 1: Point 1

## Step 2:

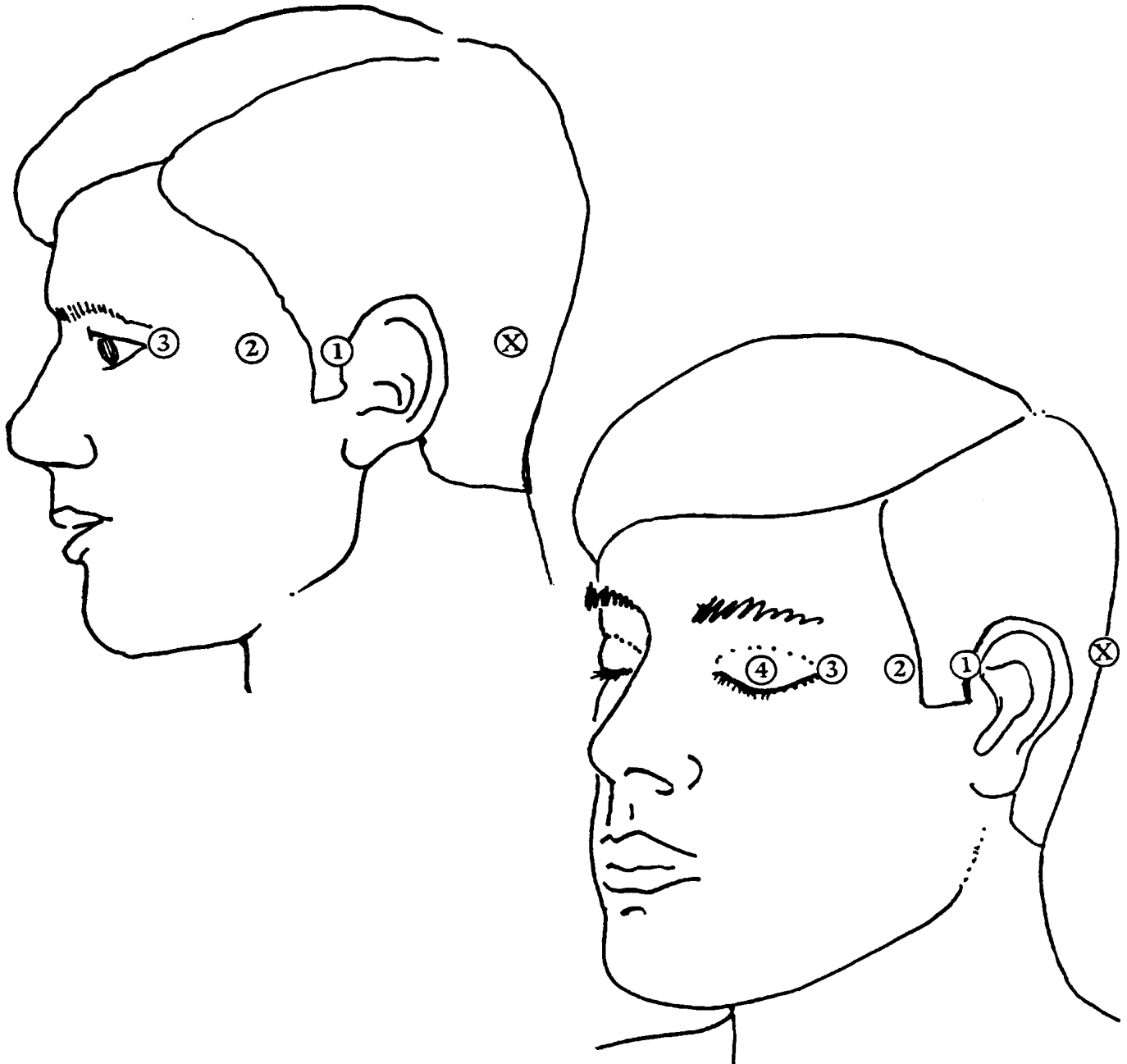
In “Matching-fire” touch points “1” and “1”, “2” and “2”, then “X” and “X”.



*The techniques outlined in this manual are not a form of faith healing. While an associate should be cognizant of limitations in connection with crisis situations where the attention of a competent physician is required, the stimulation of the body's own natural healing abilities may often facilitate normal healing as well as prevent what might otherwise become a crisis situation.*

# Eyes

The *Eyes* set may be used to address conditions of the eyes, such as cataracts, glaucoma, and poor eyesight.



Hold "X" and on the same side of the head, touch points "1" through "4".  
Repeat on the opposite side of the head.

# Bio-Touch™



Hold Point X



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

Hold “X” and on the same side of the head, touch points “1” through “4”. Repeat on the opposite side of the head.

Begin this step on either side of the head.

**Hold point “X”** is the same as point “4” of the *Head* set. It is a definite valley or dent in the skull about  $\frac{1}{3}$  of the way down from the top of the ear and 1 to  $1\frac{1}{2}$  inches behind the back edge of the ear.

Another way to locate **Hold point “X”** is by placing the fingers in the indentation beside the neck muscle at the base of the skull, sliding the fingers up the back of the skull over a rise in the bone, to a very definite valley or dent.

**Points “1”, “2”, “3”, and “4”** are in a line on the SAME side of the head as “X”. **Point “1”** is just in front of where the ear meets the face. **Point “2”** is  $\frac{1}{2}$  way between point “1” and the outside corner of the eye. **Point “3”** is at the outside corner of the eye. To touch **Point “4”**, ask the recipient to close their eye and touch on the recipient's closed eyelid. Care should be taken, as this is a sensitive area.



Hold Point X and Point 4

Repeat this sequence on the other side of the head.



*An associate should never underestimate the capacity of the human body to adjust and heal itself!*

# Suggestions for Addressing Specific Conditions

► [Click here to watch video](#)

Listed here are some common as well as serious conditions that an associate might encounter and the minimal areas to work for each. REMEMBER that each person is an individual and other areas may require attention specific to each recipient's needs. These are only suggestions to assist an associate in aiding another fellow human. Observation, scanning, and guidance will help an associate to pursue other necessary points for a more complete application.

ADD/ADHD.....	head, metabolism, stress
AIDS/HIV.....	head, infection, metabolism, lower abdomen, lower back
Alzheimer's/dementia.....	head, metabolism
Angina pectoris.....	heart, upper back
Appendicitis.....	lower abdomen
Arm problems.....	neck, shoulders, local
Arthritis.....	metabolism, local
Asthma.....	stress, lungs
Blood pressure.....	heart, upper back
Broken bones.....	metabolism, local
Bunions, corns, heel spurs.....	sacrum, metabolism, local
Bronchitis.....	infection, lungs
Cancer.....	metabolism, local
Carpal tunnel syndrome.....	neck, shoulders, local
Cerebral Palsy.....	head, metabolism, back, local
Chemical Sensitivities.....	metabolism, poison
Cholesterol.....	metabolism
Chronic Fatigue Syndrome.....	metabolism, infection, sweeps from spine to liver
Colds and flu.....	infection, sinus
Colitis and constipation.....	upper and lower abdomen, lower back
Cysts.....	metabolism, local
Cystic fibrosis.....	lungs, metabolism, local
Depression.....	head, metabolism
Diabetes.....	metabolism with point 4
Diverticulitis/Diverticulosis.....	upper and lower abdomen, lower back
Emphysema.....	lungs, upper back along spine
Fibromyalgia.....	stress, head, metabolism, back, local
Fingers/Hands.....	neck, local
Foot problems.....	sacrum, local
Glaucoma/Cataracts.....	metabolism, eyes
Hemorrhoids.....	lower abdomen, sacrum, tailbone
Hernia.....	lower abdomen, sacrum
Herniated disc.....	local work on back, metabolism
Hiatal Hernia.....	upper abdomen, break-over point
Hormone imbalances (men & women).....	head, metabolism, lower abdomen, lower back
Incontinence.....	lower abdomen, low back
Indigestion.....	upper abdomen, break-over point
Infertility.....	lower abdomen, sacrum (on men work tailbone)

Knee and leg problems.....	lower back, local
Leukemia .....	metabolism, break-over point (repeatedly)
Lupus.....	metabolism, infection, local
Menopause.....	head, metabolism, lower abdomen, lower back
Menstrual problems .....	lower back, lower abdomen
Migraine headaches .....	neck, local
Miscarriage (prevention & help after) .....	lower back, lower abdomen
Multiple sclerosis.....	metabolism, entire back, neck, head
Nervous stomach .....	stress, upper abdomen
PMS.....	head, metabolism, lower abdomen, lower back
Parkinson's Disease.....	neck (repeatedly), head
Pneumonia .....	infection, metabolism, lungs
Pregnancy.....	lower abdomen, lower back
Prostate .....	lower abdomen, lower back, sacrum, tailbone
Psoriasis .....	stress, local
Scleroderma.....	stress, metabolism, local
Scoliosis .....	entire back and local areas
Sea sickness & air sickness. ....	ears
Shingles.....	stress, local
Stroke .....	head, neck, local
TMJ.....	neck, local
Tinnitus .....	ears
Tumors.....	metabolism, local
Ulcers. ....	upper abdomen, stress
Urinary tract .....	lower abdomen, lower back
Varicose veins .....	heart, metabolism, sacrum, local on veins
Vertigo .....	ears
Warts/Moles. ....	metabolism, local

## Frequency of Application

Some recipients experiencing beneficial results desire constant care and treatment from an associate. Once a procedure has been completed, it is advisable to let the body have time to “cycle” before another session is performed. A minimum of six or seven hours is indicated. The frequency of application is up to the judgment and experience of the associate -- and should always be in agreement with the recipient. It has been found, however, that once or twice a week is generally sufficient.

The result of the procedures presented in this manual is an “undoing” process that uses the recipient's inherent biological abilities to promote healing. Therefore, all results will be unique to each individual. It has been found that the expression of any process is really dependent upon the biological response to the healing techniques. Consistency and diligence on the part of the recipient and the associate is often necessary for effects to be noted. This technique is not considered to be a “one-time” cure all. Many chronic problems and emergencies require consistent effort over time.

Many have wondered if one can become “dependent” on Bio-Touch™. Just like other maintenance and preventative practices, Bio-Touch™ can only be beneficial to cope with the many diseases, pollutants, stresses and other hazards of our world.

# Further Reading

The following are a few references for those interested in research about the health effects of touch, bio-magnetic, and other subtle energies on the human body. This list is by no means comprehensive, and it does not reflect the views of IFBM. Neither is it provided as an “explanation” of Bio-Touch™ and its effects.

## Bio-Touch and Touch:

- Awakening Athena: Resilience, Restoration, and Rejuvenation for Women*..... Kenna Stephenson, MD  
\* **Bio-Touch Research:** “Chapter 7: The Power of Touch”
- The Rainbow in Your Hands*. .... Albert Roy Davis & Walter C. Rawls Jr.
- Touch: The Human Significance of the Skin*.....Ashley Montague

## Bio-Magnetic and Other Subtle Energies:

- Ancient Mysteries, Modern Visions*. .... Phillip S. Callahan
- Biological Transmutation* ..... C. L. Kevran
- The Body Electric*. .... Robert O. Becker, M.D. Gary Seldon
- Cross Currents* ..... Robert O. Becker, M.D.
- The Magnetic Effect*. .... Albert Roy Davis & Walter C. Rawls Jr.
- Magnetic Therapy* ..... Abbot George Burke
- Magnetism and Its Effects on the Living System*. .... Albert Roy Davis & Walter C. Rawls Jr.
- Vibrational Medicine*. ....R. Gerber, MD

## Resources:

- Avoiding the Cosmic 2x4*.....Rita Louise, PhD
- Subtle Energies Magazine* ..... published by  
International Society for the Study  
of Subtle Energies and Energy Medicine  
356 Goldco Circle, Golden CO 80401  
Website: [issseem.org](http://issseem.org)



The procedures described in this manual are not intended to supplant or invade any other medical, biological or spiritual system.

As an associate learns the value of human beings caring for one another and seriously engages in the process of healing, he or she may, on achieving marvelous and beneficial results, be inspired to speculate on various aspects of the human condition. The associate may begin to conceive that the usual arbitrary distinction drawn between the body and the mind extends to a harmony with the spiritual aspect of the human trinity.

Anyone may become an effective instrument in the process of healing but should recognize the danger of the ordinary opinions enforced on society. Associates are responsible not only for their actions, but for any advice offered a recipient. The associate must temper judgment, be circumspect in opinions and suppress the ego!

Know thyself! Every human being is the vehicle of his own destiny. Each is free to venture into some elegant area of thought and peer with yearning trepidation into the obscure shadows. Those who refrain from this liberty will live an ordinary life, be conditioned by ordinary thoughts, exhibit doubts that have ordinarily been postulated by others. Such people are a part of the ordinary problems seeking ordinary solutions. It is the ordinary role for the ordinary man and is clearly the most comfortable for ordinary peace of mind. The ordinary provides no favorable climate for progress.

For those who seek the summit to glimpse the mighty possibilities of The Absolute, there is no such comfort. Once having crossed the Rubicon, one may not retreat with impunity; but continue to gaze with exquisite anxiety upon the alluring abyss, endeavor to grasp the untouchable and penetrate the vastness of the unknowable. Paradise may be the sublime experience discovered when one is lost in a limitless extension of infinity. It is an incredible challenge.

The manifestation of creation is extraordinary!

# IFBM a nonprofit, tax-exempt educational foundation



## Services offered by IFBM

- Bio-Touch™ sessions on a donation basis
- At-home learning with the Bio-Touch™ Manual & DVD Set
- Classes for the entire family — at IFBM Centers or in your own community
- Online Courses
- Certification & Instructor programs
- Nursing CEUs
- Volunteer opportunities
- Healthcare products at member discounts
- Speakers for meetings and conferences
- A growing network of practitioners
- Charitable giving opportunities
- Research Program

**“Just Touch!”™**

IFBM (the International Foundation of Bio-Magnetics) is a non-profit, tax exempt educational foundation. **Its Mission** is to teach Bio-Touch™, an application of the universal principle “Love thy Neighbor,” as a means to alleviate pain and stress, and support good health through all stages of life. **Its Vision** is to encourage all people to take responsibility for their own healthcare, empower them to assist others and create a community of people worldwide dedicated to service, self-awareness and recognizing the equality of all humanity—thus forming a chain which shall go on indefinitely. This purpose is achieved through the application and instruction of Bio-Touch™, the simple touch healing technique that is presented in this manual. IFBM is the sole provider of Bio-Touch™ educational materials and programs.

**Learn Bio-Touch™:** Educational programs are designed to teach lay people and professionals alike. Learn at home with the Manual & DVD Set or online at [JustTouch.com](http://JustTouch.com). Training and certification are available at IFBM Centers or can be coordinated in your area.

**Bio-Touch™ Sessions:** Because health is an inherent right for all individuals, Bio-Touch™ sessions are offered at IFBM Centers solely on a donation basis. All staff members and administrators are volunteers offering their time as a service to others who wish to experience the benefits of Bio-Touch™. At IFBM Centers, Certified Practitioners make no recommendations concerning medication, diet, or life-style. As this technique is to be used in conjunction with any healthcare practice, all recipients are encouraged to pursue their own personal programs for healthcare. Independent practitioners may be contacted via the referral list at [JustTouch.com](http://JustTouch.com).

**Bio-Touch™ Research:** Studies investigating the effects of Bio-Touch™ are on-going. Data is offered freely to the public and opportunities to participate as practitioners or as subjects may be available.

**Memberships & Charitable Giving:** Anyone interested in supporting the work of sharing Bio-Touch™ may become a member of IFBM. Supporting Members receive the quarterly newsletter *Just Touch News*, discounts on selected healthcare products and other related services. All donations made to IFBM are tax deductible according to the IRS code.

The goal of IFBM is to share the simplicity, integrity and effectiveness of Bio-Touch™ wherever possible and to support others in doing the same.. An associate is encouraged to share and apply the information provided in this manual and thereby help relieve the suffering of another human being. If there is any way IFBM can provide guidance or support towards this endeavor, please contact:

**JustTouch.com**  
**(888) GREET-1-2 / 473-3812**  
**(520) 751-7751**  
International 001-520-751-7751

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