

CHILDHOOD EAR INFECTIONS

Ear infections, known medically as otitis media or OM, are the most common cause of childhood medical visits. Over 80% of children will have at least one ear infection by the time they turn three.

An ear infection is an inflammation of the middle ear caused by bacteria or a virus that results in pus (infected fluid) building up behind the eardrum. This can be very painful, and children too young to complain verbally might tug at their ear, cry or be more fussy than usual, and/or have their sleep disrupted due to this condition. Pressure from the build-up of fluid can rupture the eardrum, which can cause fluid to drain from the ear, dizziness, nausea, and ringing or buzzing in the ears along with temporary mild hearing loss.

Sudden onset ear infections are the most common infection for which pediatricians prescribe antibiotics, however most children get better without antibiotic treatment. Studies show waiting to start antibiotics does not increase the likelihood of developing serious illness, so the doctor might prescribe over the counter medication for pain relief for the first two to three days to see if symptoms improve. Ear infections themselves are not contagious, but they often begin during or shortly after the child has had a virus like a cold or other upper respiratory illness, which can be transmitted to others.

The eustachian tubes (narrow tubes that lead to the middle ear and allow equal pressure to exist on each side of the eardrum) in children's ears are shorter, narrower, and more horizontal than in adults, and their adenoids (lymphatic system structures in the back of the throat) are larger and can interfere with the opening of their tubes. It is because of this that children are so prone to ear infections, especially from ages 2 to 4. Other risk factors include being male, bottle-feeding, secondhand smoke, and being in a group setting like daycare.

Some children have recurring infections. In this case a doctor may recommend placing small ventilation tubes in the eardrum to improve air flow and prevent fluid from backing up into the middle ear. The tubes are placed in surgery and generally stay in for 6 to 9 months. If placing tubes does not improve the rate of infection, the adenoids may also be surgically removed to help prevent infection from spreading to the eustachian tubes.

Bio-Touch is a powerful complement to traditional methods of treatment and can give parents an extra tool to help their child while they are dealing with this painful condition.

This workbook includes the basic sets of points that you will need to address hormone imbalance. It is best used with the entire training manual, which is available on our website.

The information presented in this workbook is for educational purposes only. Medical advice is neither offered nor implied. Please consult a healthcare professional for medical advice.

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IFBM
International Foundation of Bio-Magnetics
a nonprofit, tax exempt educational foundation
5634 East Pima Street
Tucson, Arizona 85712, U.S.A.
(520) 751-7751 • (888) 473-3812
International 001-520-751-7751

JustTouch.com

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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.

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”

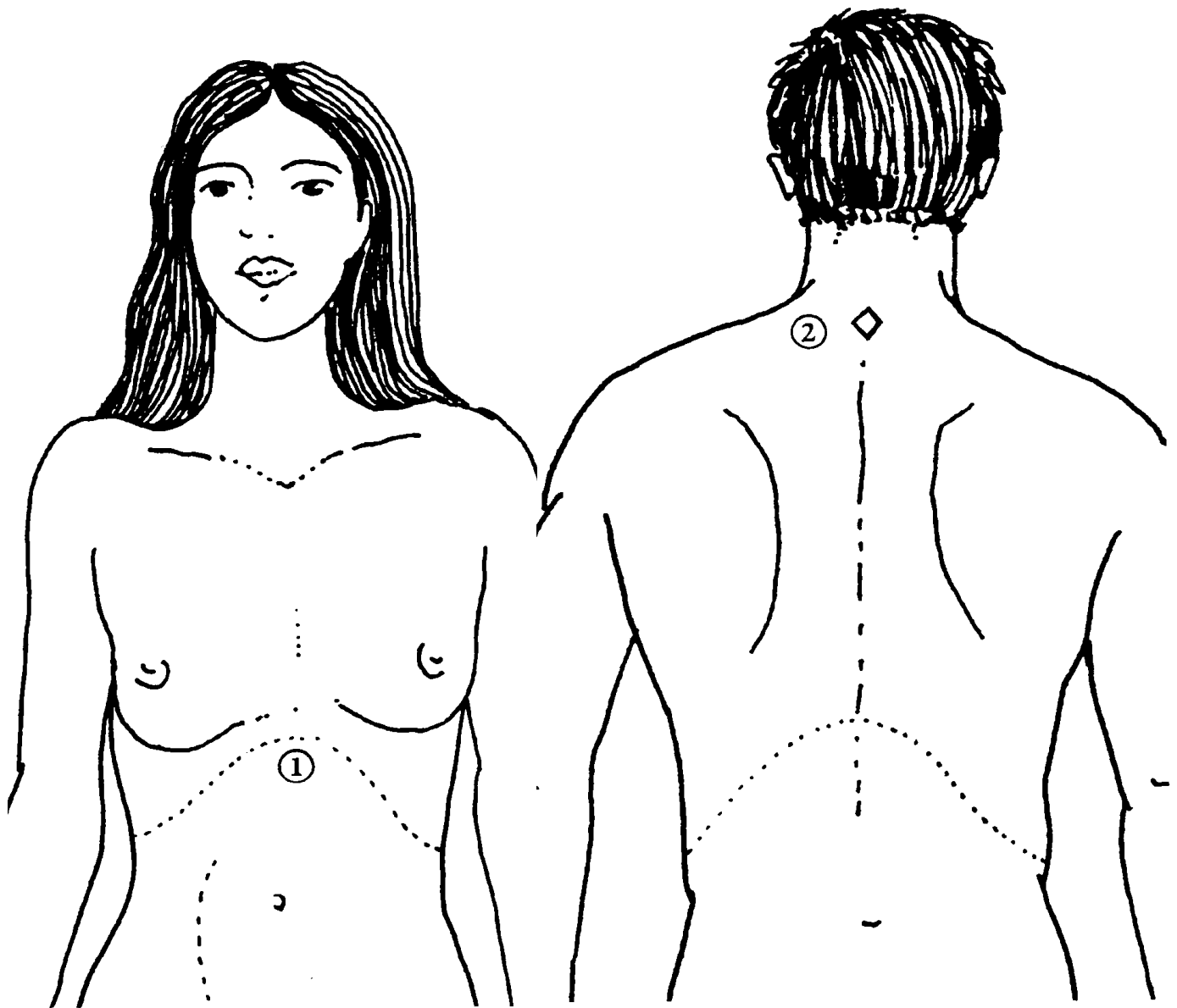


“Cross-fire”

- 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.

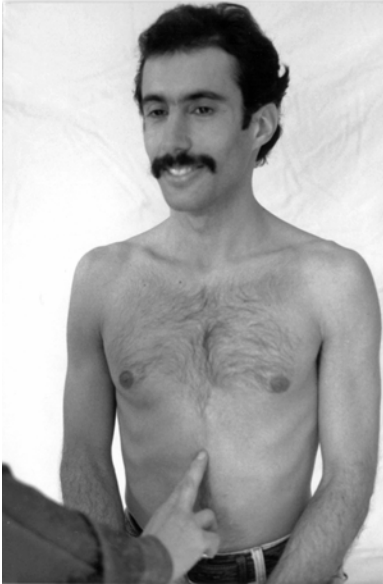
Touch point 1.

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

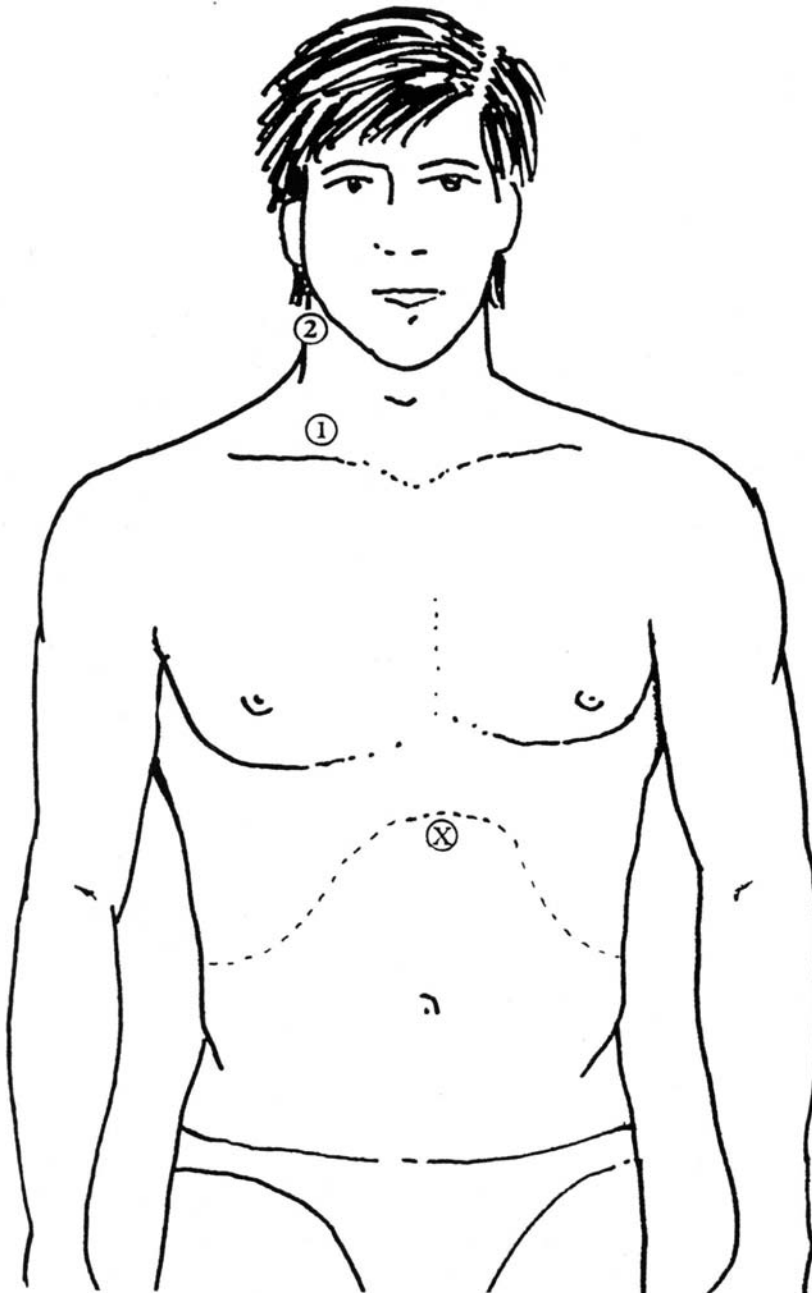
More than one associate may work simultaneously with a recipient once each associate has completed the *Greeting*. However, if someone who has not performed the *Greeting* touches the recipient or associate, simply perform the *Greeting* again and proceed with the session from where it was interrupted.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



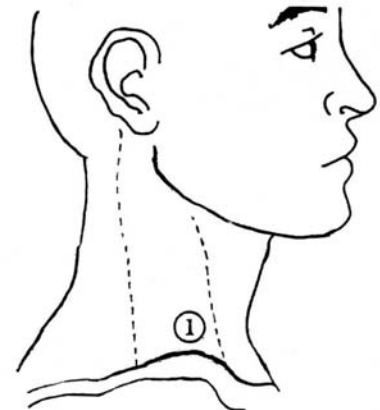
You are responsible for your actions. The procedures in this manual are employed to address the physical health and well being of the recipient. An associate is careful to assess their capacities and not interfere with the mind or attitude of the recipient. When confronted with any intractable problem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

Infection, Allergy & Poison

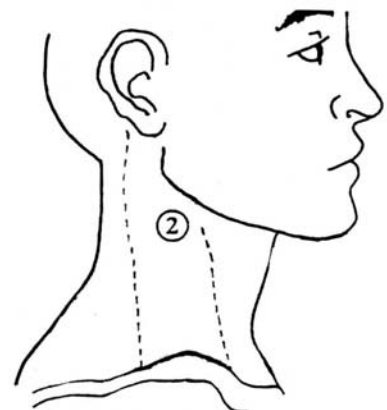
Note that these are three distinct sets of points. The **Infection** set may be used to address infections of any kind anywhere in the body including, but not limited to, colds, influenza, tooth infections, infections from cuts, lung infections, etc. The **Allergy** set may be used to address allergic 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.



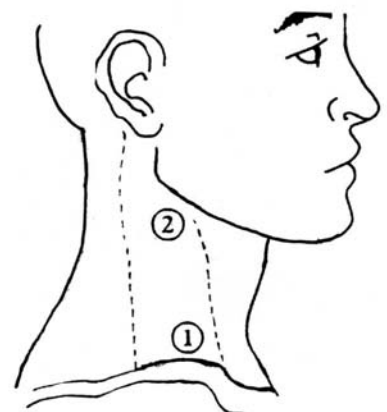
Infection: Hold "X" and touch point "1".
Allergy: Hold "X" and touch point "2".
Poison: Hold "X" and touch points "1" and "2".



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.



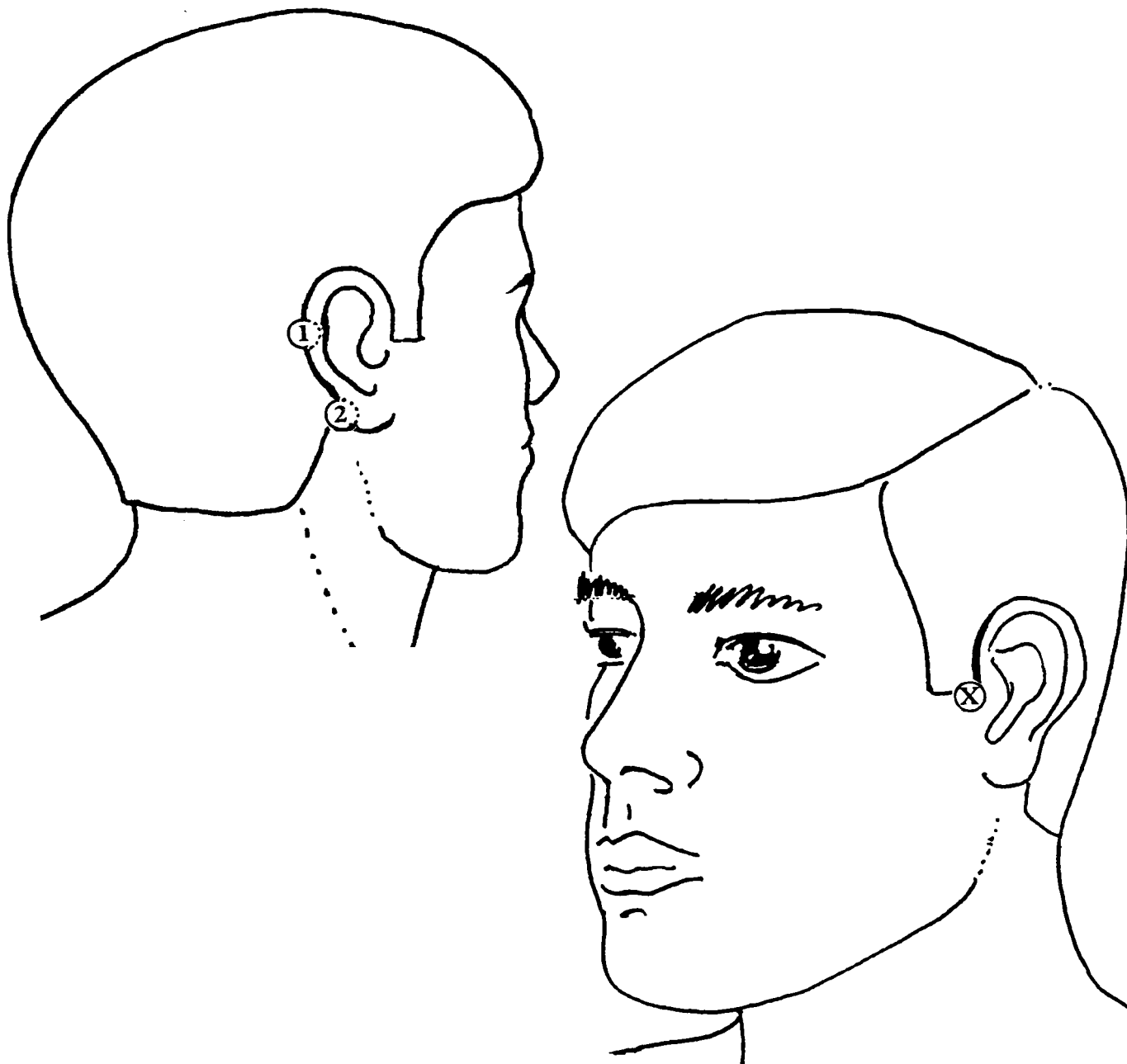
X and Point 2



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.

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.

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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

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. 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.

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:

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