GUT HEALTH, TOXINS, & BODY BALANCE

The incredible complexity of the gut and its importance to our overall health is a topic of increasing research in the medical community. Gut health is closely linked to the presence of toxins in the digestive system. Toxins can disrupt the balance of gut bacteria, leading to fatigue, autoimmune challenges and other health issues. High levels of stress and the Western diet can also have harmful effects.

Gut and body balance is a state of harmony and equilibrium within the digestive system and its overall health. Achieving a healthy gut microbiome is possible by changing a diet and lifestyle. It is essential for good digestion, nutritional absorption, and the regulation of bodily functions, including mood and stress response.

Bio-Touch can help support good gut health and body balance as well as address any difficulties that may arise physically. While not a substitute for standard medical care, Bio-Touch is an effective complement to medical protocols. Family members and friends can help each other feel better using Bio-Touch, without being concerned about negative side effects.

This workbook includes the basic sets of points that you will need in order to address gut health and body balance. 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.

Published in the United States by
IFBM
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a nonprofit, tax exempt educational foundation
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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"



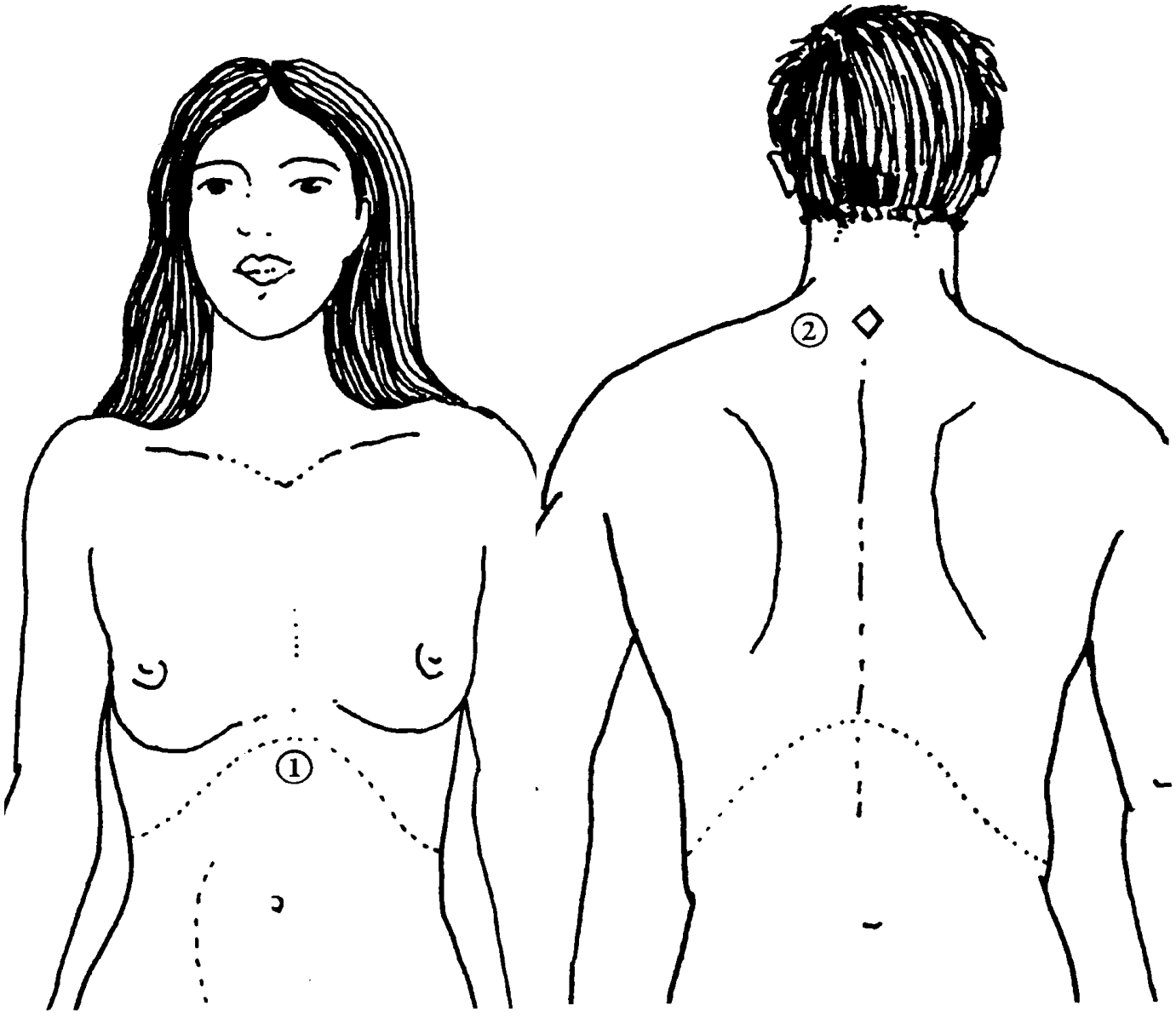
"Cross-fire"

- 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 *Shoulder* 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 ministration 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.

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The Greeting

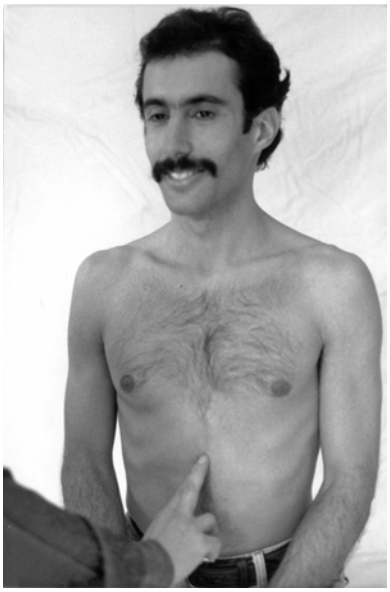
The *Greeting* is always performed at the *beginning* of each session, prior to addressing any other area of the body. It seems to establish a harmony between the associate and the recipient.



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



Point 2

- 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.

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.

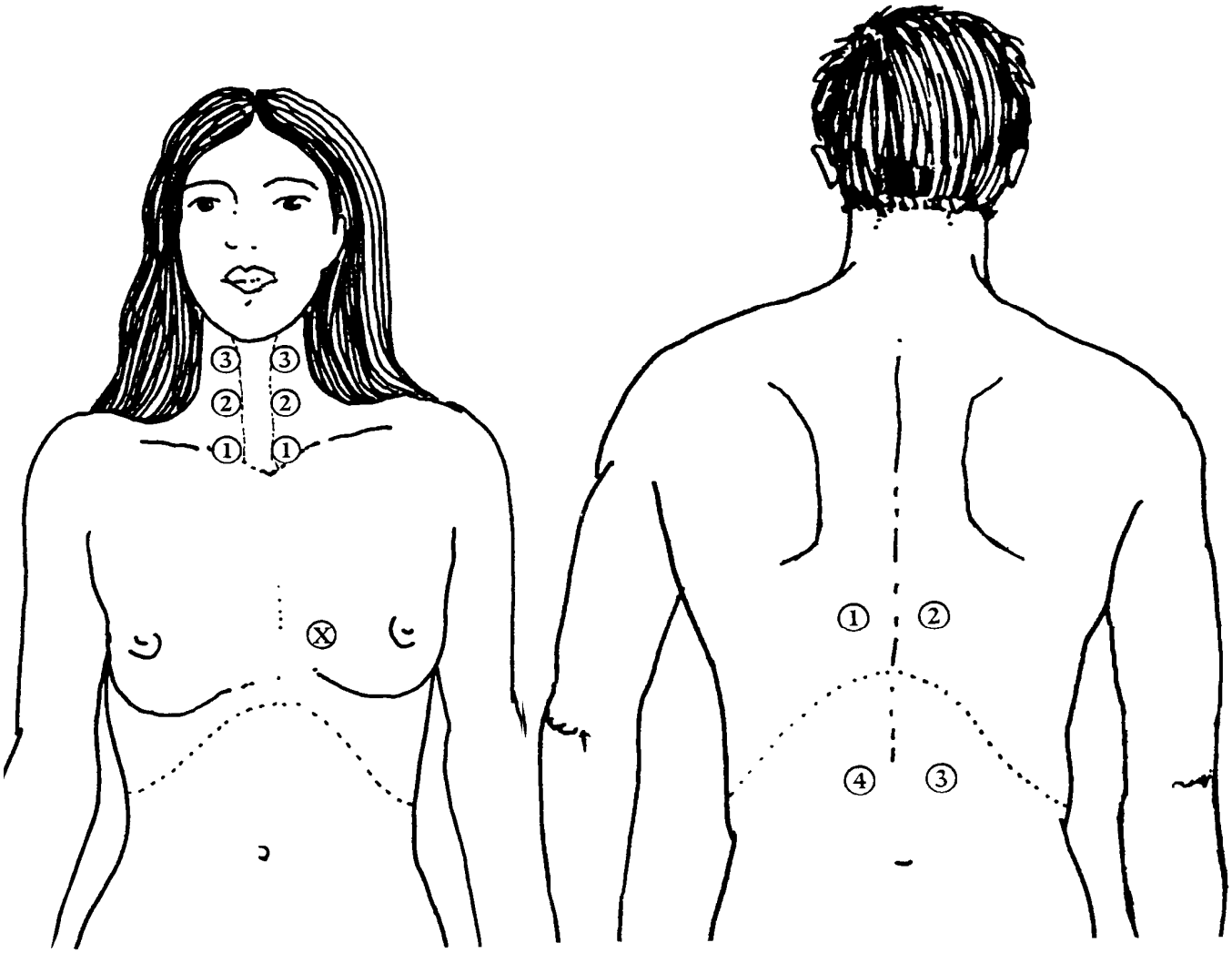
You are responsible for your actions. The procedures in this manual are employed to address the physical health and well being of the recipient. An associate is careful to assess their capacities and not interfere with the mind or attitude of the recipient. When confronted with any intractable problem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

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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.

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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.



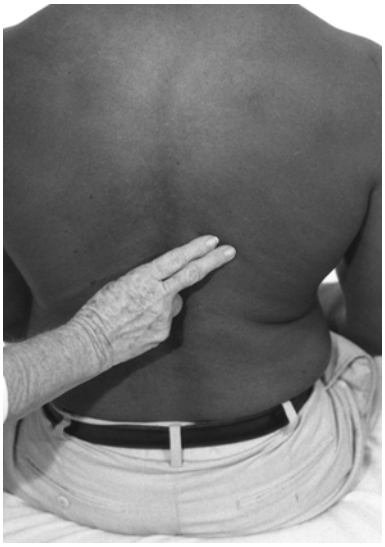
Step 2: Hold Point X

Step 2:

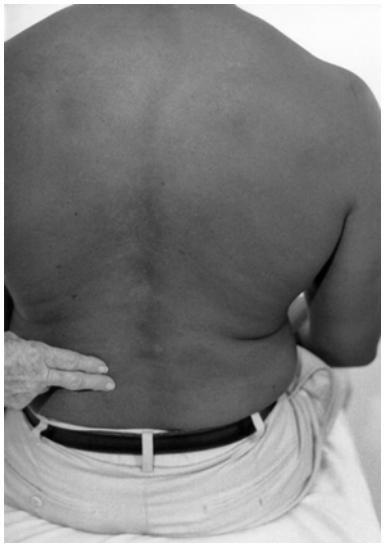
Hold "X" and in "Through-fire" touch points "1" through "3" on the back.

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 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.

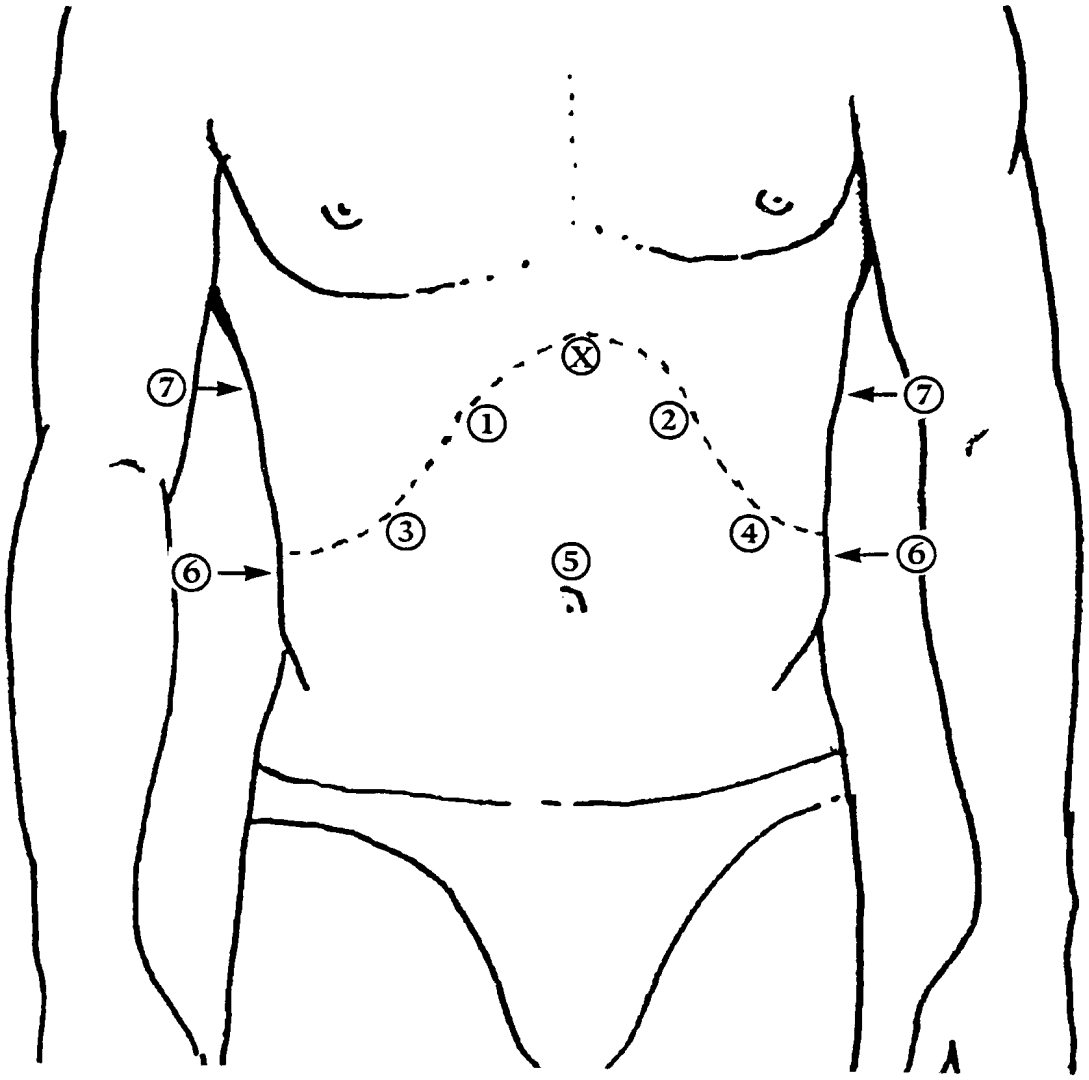
Point "4" is used in conjunction with the other *Metabolism* points when addressing blood sugar problems and is located across from point "3" on the left spine muscle.

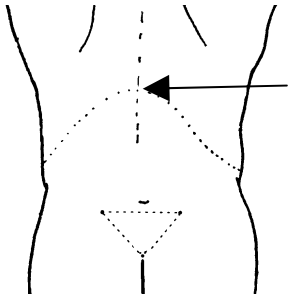
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Upper Abdomen

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".

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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".

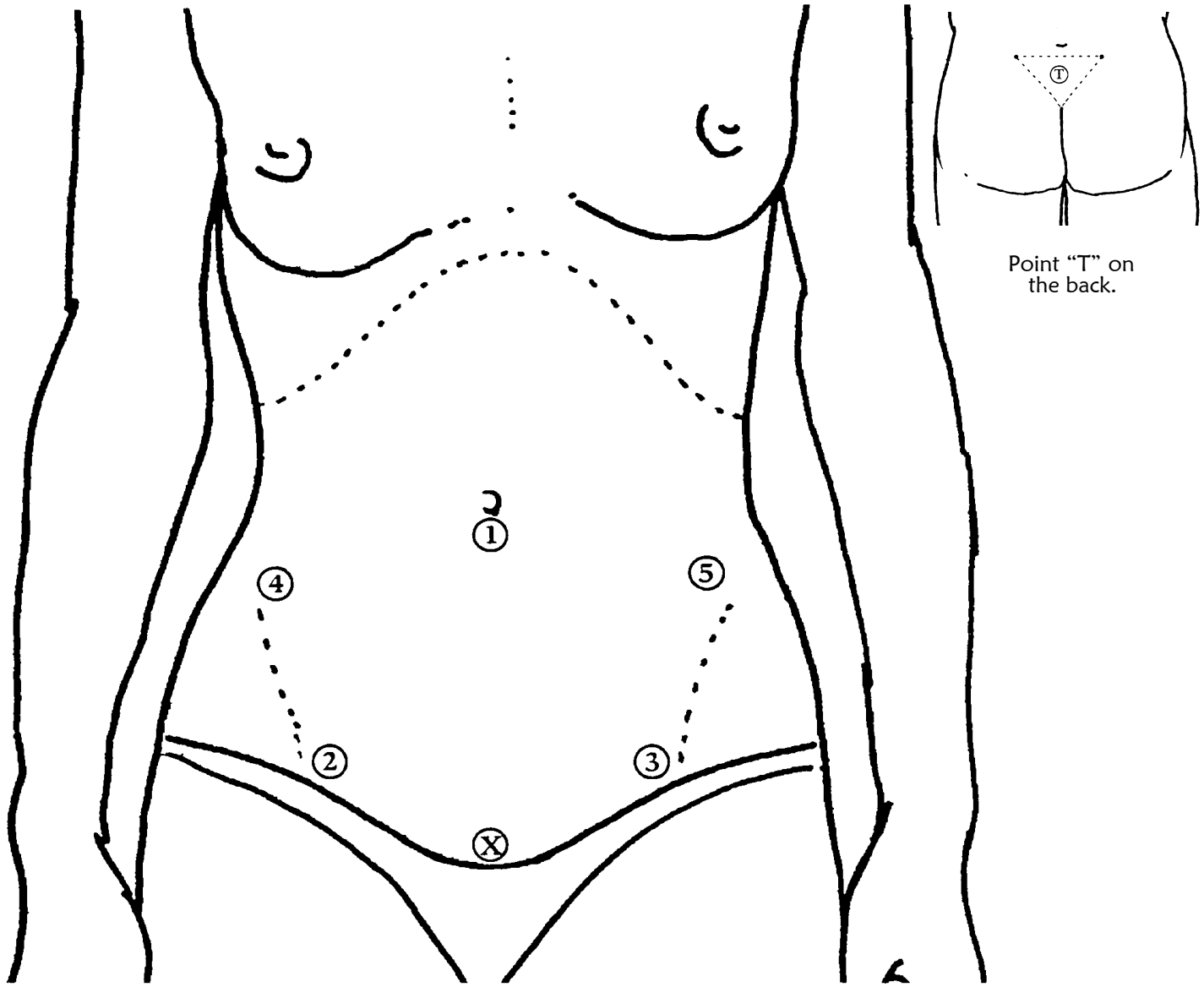
Points "6" are on each side of the body on a line running slightly above the navel. **Points "7"** are on each side of the body on a line running slightly below Hold point "X".

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

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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.



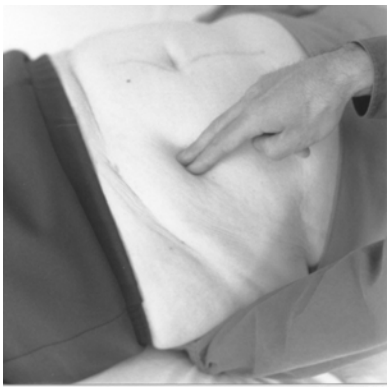
WORK FIRMLY.

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".

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Step 1: X and Point 2



Step 2: Hand underneath at T and Point 5



Step 3: Points 4 and 5

- **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.

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.

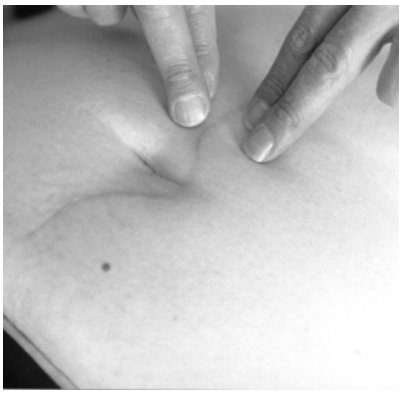
While performing this step, it is suggested that an associate sweep across any residual surgical scars and add enhancements where needed.

Step 3:

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

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Enhancements & Local Work



Working on a scar



"Through-fire" on the chest or ribs



Working on the jaw or face



- 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.

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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

"*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. 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:

JustTouch.com
(888) GREET-1-2 / 473-3812
(520) 751-7751
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Bio-Touch™



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Also, please forward this preview of our training manual to your friends and family, so they may have the opportunity to use Bio-Touch.