LABOR & DELIVERY

While it takes nine months to grow a full-term baby, labor and delivery occurs in a matter of days or even hours. However, it's the process of labor and delivery that tends to occupy the minds of expectant parents the most.

Labor and delivery are divided into three stages:

1. The onset of labor which has 3 stages:
   a. early labor
   b. active labor
   c. transitional labor
2. Delivery of the baby
3. Delivery of the placenta

There are a variety of options for pain relief which include medications, nitrous oxide, and epidural.

Many women are seeking a nonmedical option of pain relief for labor and delivery, which include Lamaze, hydrotherapy and massage.

Bio-Touch can help to ease the pains of labor and delivery. 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 the pain of labor and delivery. 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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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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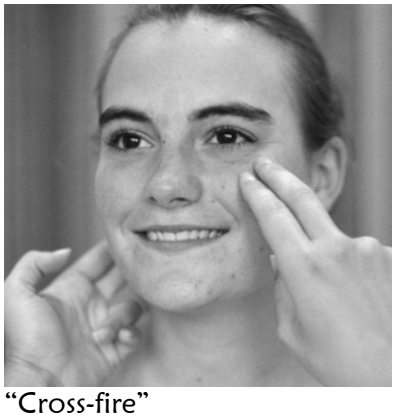
Terms Used In This Manual

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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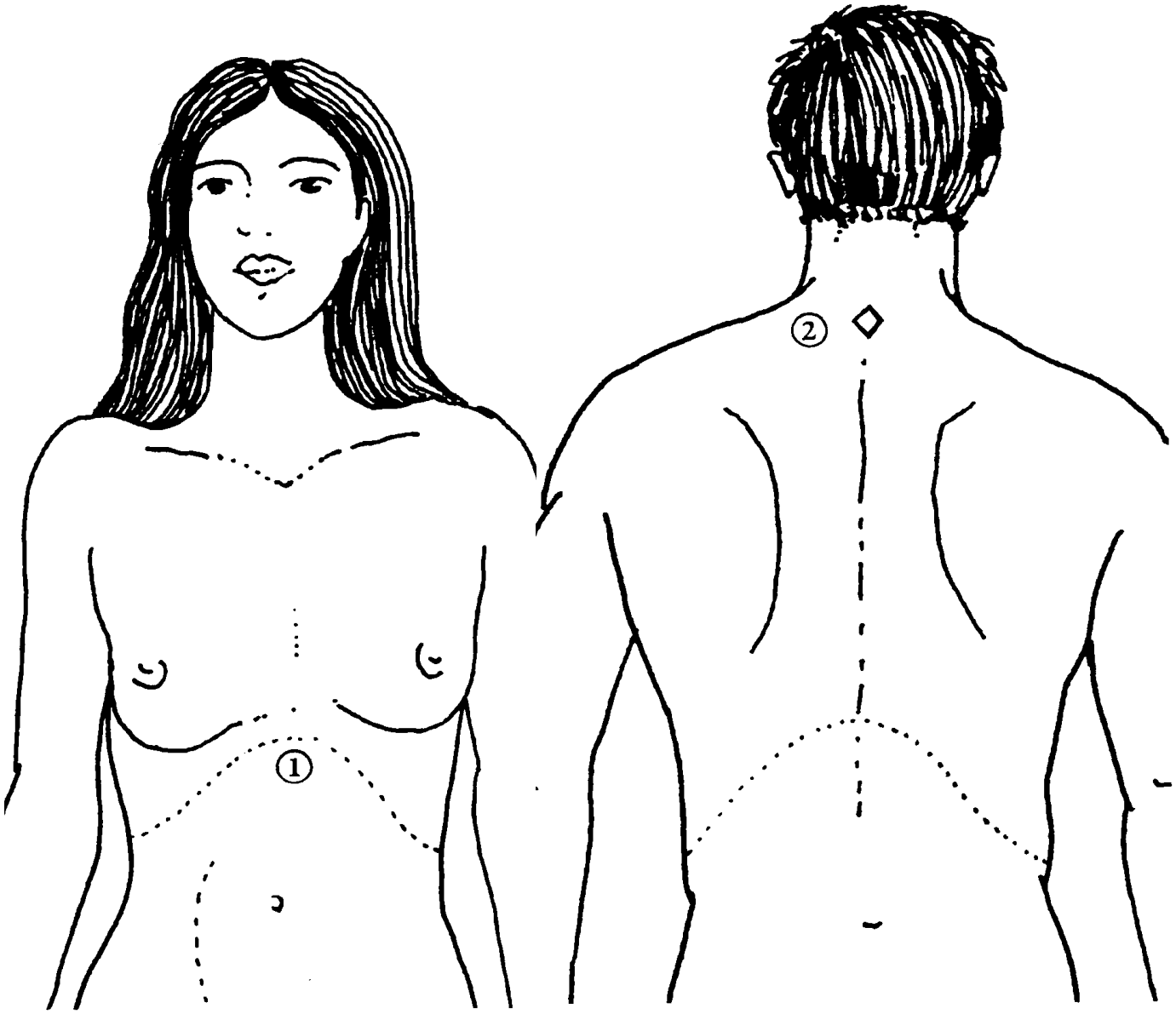
The Greeting

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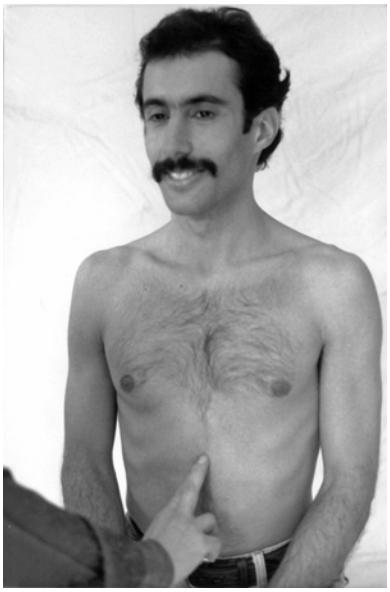
The *Greeting* is the only set of points which uses only one hand and the only set which indicates which hand the associate will use. The *Greeting* is performed with the *dominant* hand. If an associate is naturally right handed, use the first two fingers of the right hand to perform the *Greeting*.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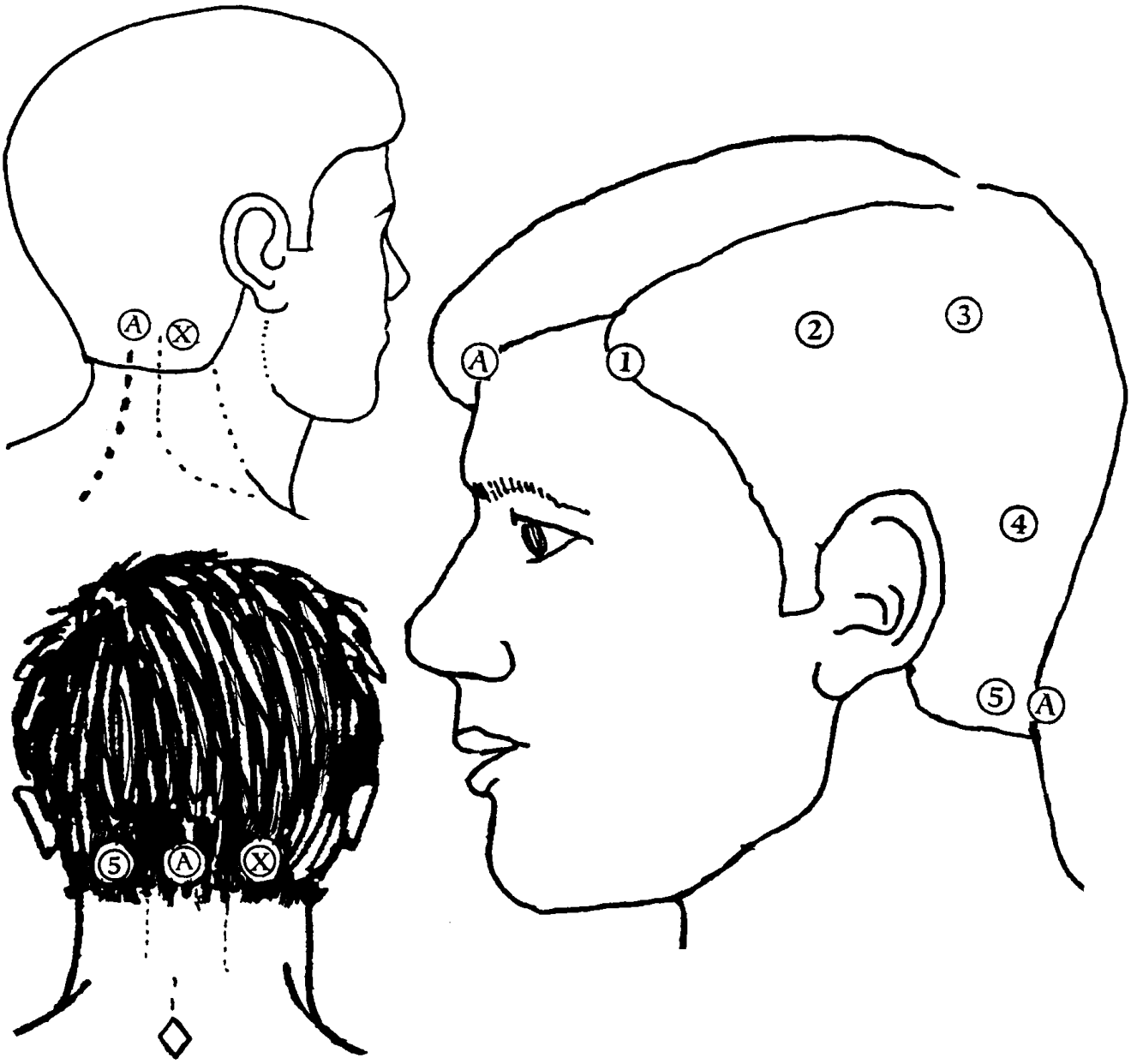
Head

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.

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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.

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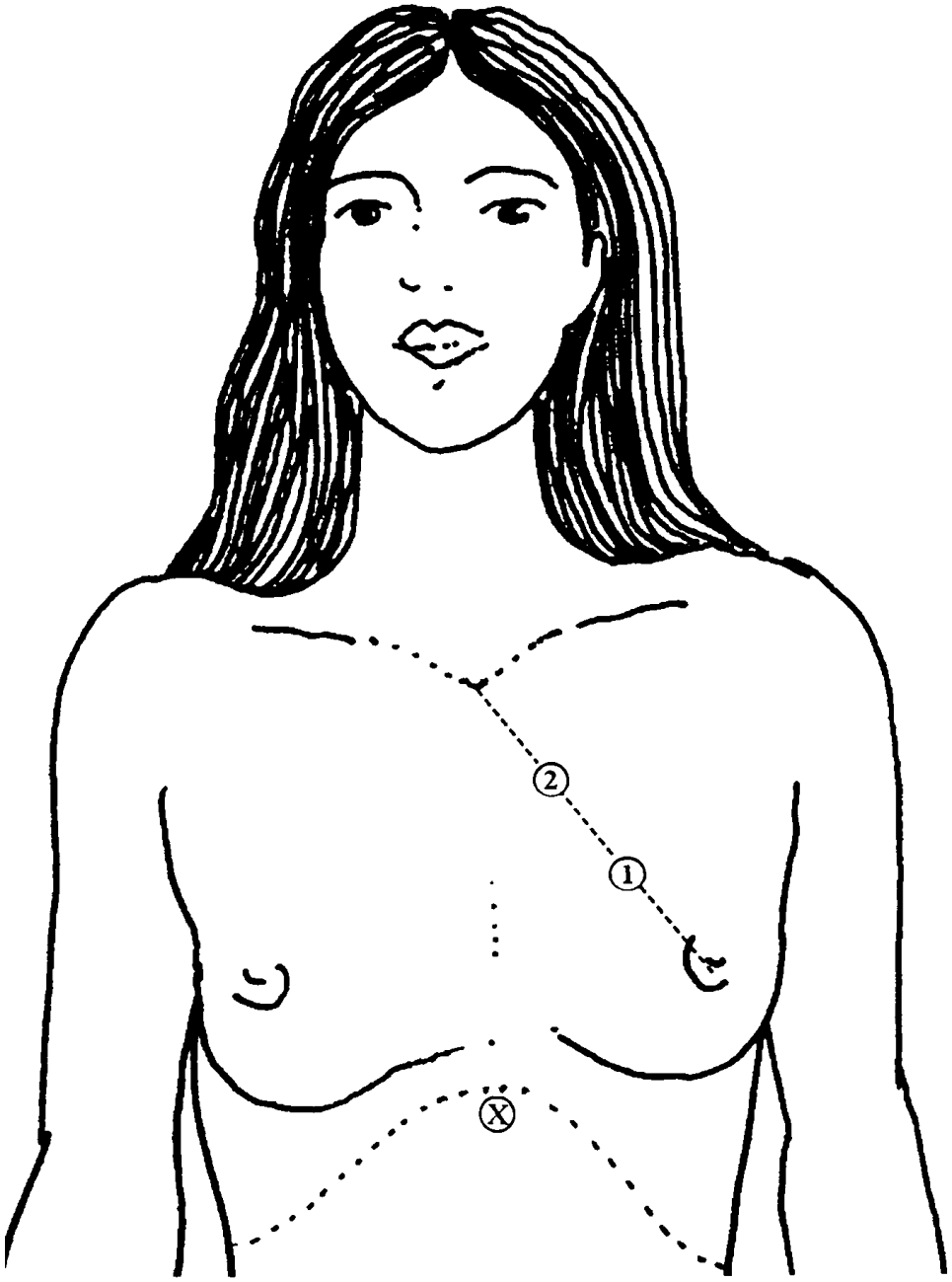
Stress, Anxiety & Shingles

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”.

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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.

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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.

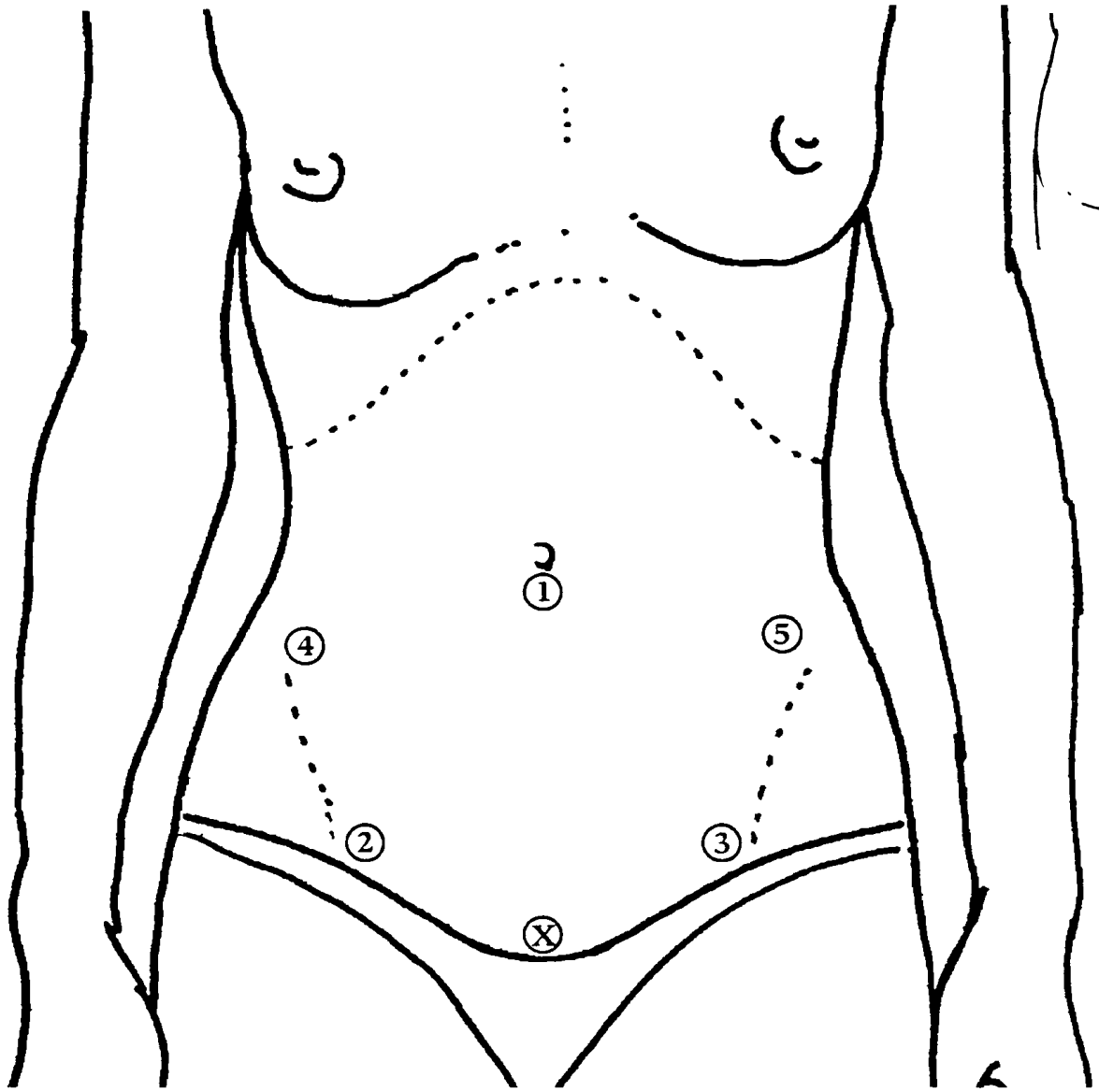
These methods may be **visual**, as in observing moles, changes in texture or color of the skin, or differences in the shape and curvature of the body; **audible**, such as noting breathing, tone of voice, or by listening to the recipient's health concerns; or **tactile**, such as perceiving tingling, 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.

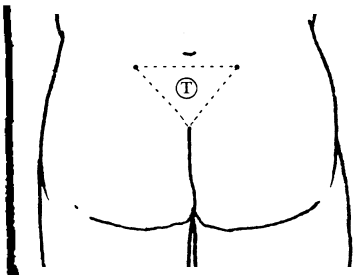
"Scanning" is another technique that employs the tactile sense. In scanning, the associate slowly moves one or both of the hands approximately one inch above the surface of the body. This is not a touch function. The associate is endeavoring to perceive a sensation, just as one might physically feel 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.

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.





Point "T" on the back.

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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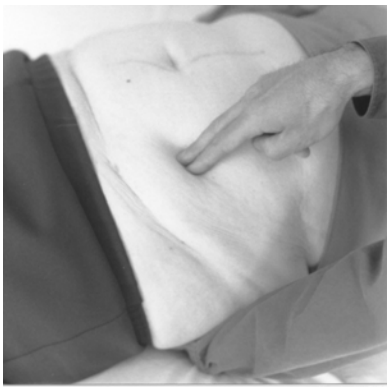
Step 1: X and Point 2



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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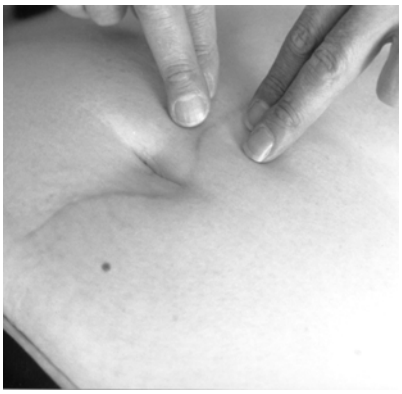
Enhancements & Local Work



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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- 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
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(520) 751-7751
International 001-520-751-7751

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We, at Bio-Touch, recognize that your birthright is to be healthy, happy and loved!

Thank you for reviewing & using this Bio-Touch workbook.

Right now, you have everything necessary to "start" a healing process with a friend or loved one. The Foundation is ready to help you learn more on how to apply Bio-Touch for all kinds of pains, stresses and symptoms of disease.

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Please contact us at office@justtouch.com for more information in how to pursue your learning or by setting up a class in your community.

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