FROZEN SHOULDERS

The shoulder is one of the most complex and mobile areas of the body. It is made up of bones, muscles, joints, tendons, ligaments, and connective tissue that work together to provide a wide range of movement. Frozen shoulder, also known as adhesive capsulitis, occurs when the tissues surrounding the shoulder joint become painful and stiff, making movement increasingly difficult.

Symptoms may begin gradually and can range from mild discomfort to significant pain and restricted movement. A person may experience aching or sharp pain in the shoulder, stiffness, difficulty raising or rotating the arm, and challenges with everyday activities such as reaching overhead, dressing, bathing, or sleeping comfortably. Frozen shoulder commonly develops through stages, with pain and stiffness sometimes increasing before gradually improving.

Treatment may include rest, gentle movement, stretching, physical therapy, medications for pain or inflammation, or other medical interventions when appropriate. Because shoulder pain and restricted movement can have many causes, persistent or severe symptoms should be evaluated by a qualified healthcare professional.

Bio-Touch may be used as a complementary approach to help support comfort and relaxation for people experiencing the discomfort and limitations associated with frozen shoulder. While Bio-Touch is not a substitute for standard medical care or physical therapy, it can be used alongside appropriate medical protocols. Family members and friends can learn to use Bio-Touch with one another as a simple, gentle form of supportive touch.

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"



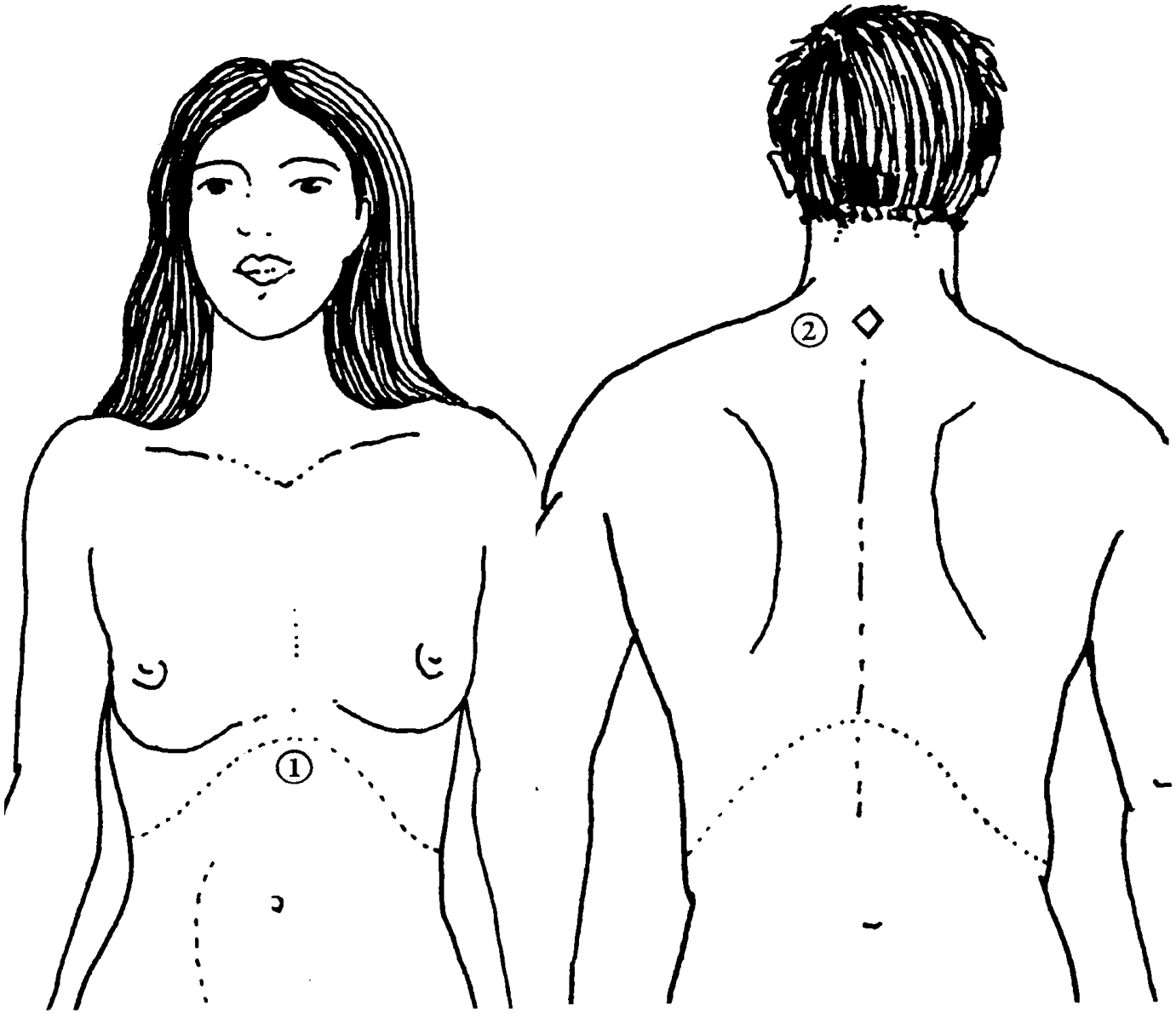
"Cross-fire"

- 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

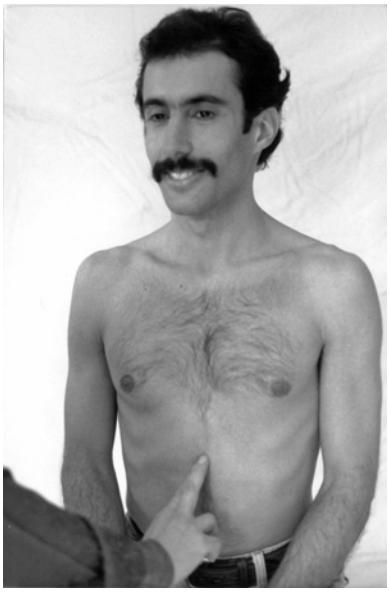
The *Greeting* is always performed at the *beginning* of each session, prior to addressing any other area of the body. It seems to establish a harmony between the associate and the recipient.



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.

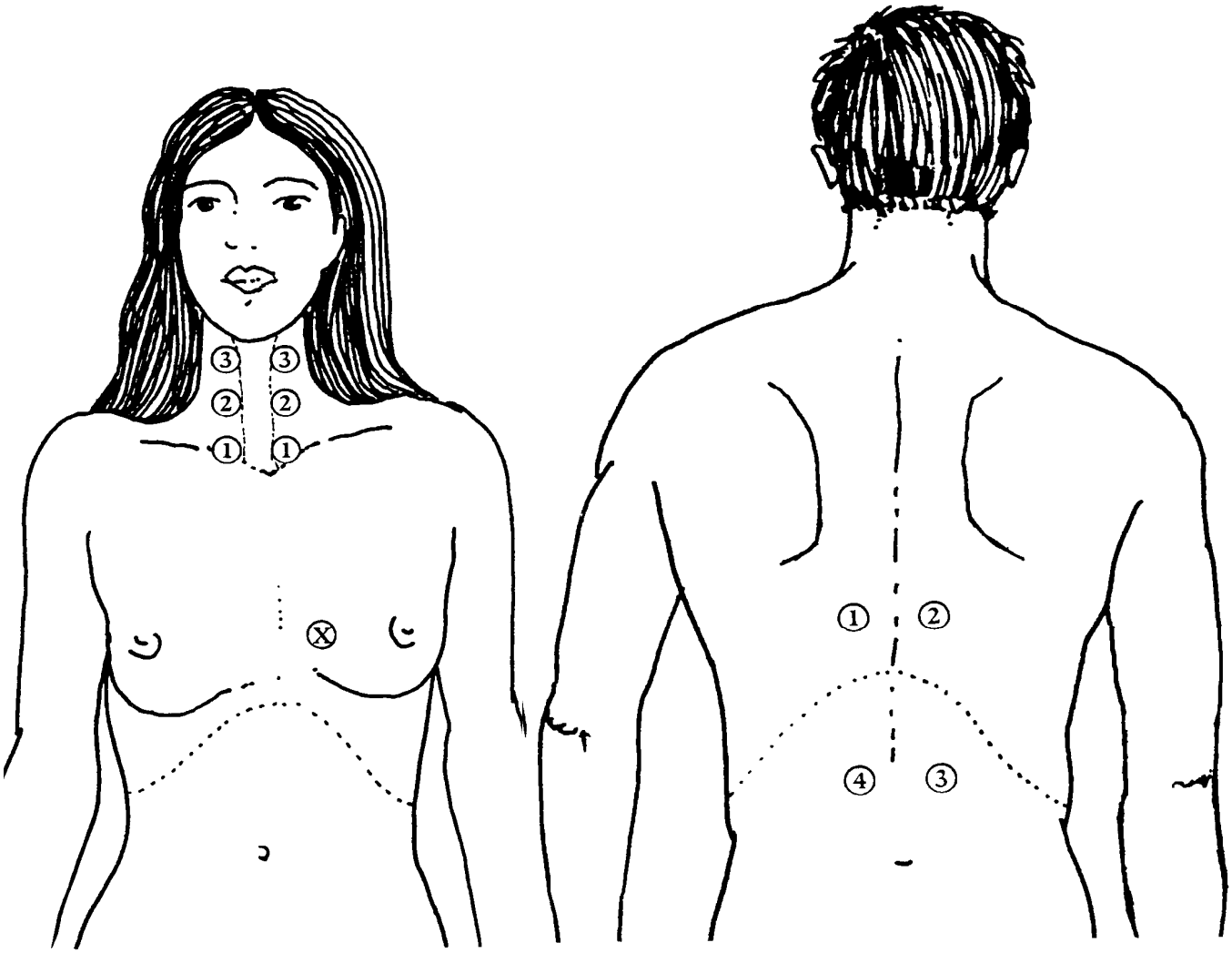
You are responsible for your actions. The procedures in this manual are employed to address the physical health and well being of the recipient. An associate is careful to assess their capacities and not interfere with the mind or attitude of the recipient. When confronted with any intractable problem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

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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.



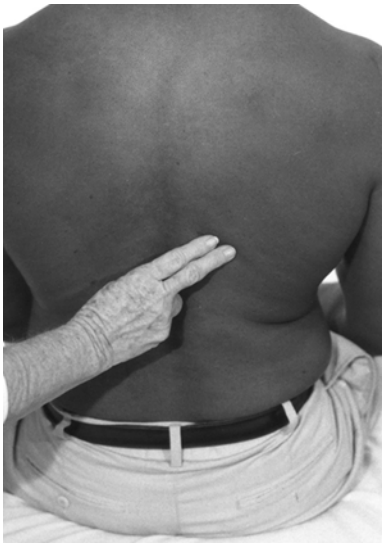
Step 2: Hold Point X

Step 2:

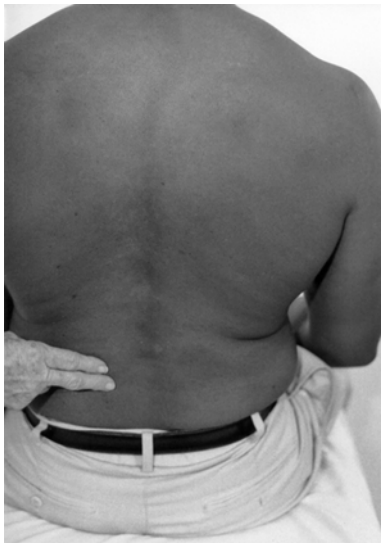
Hold "X" and in "Through-fire" touch points "1" through "3" on the back.

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

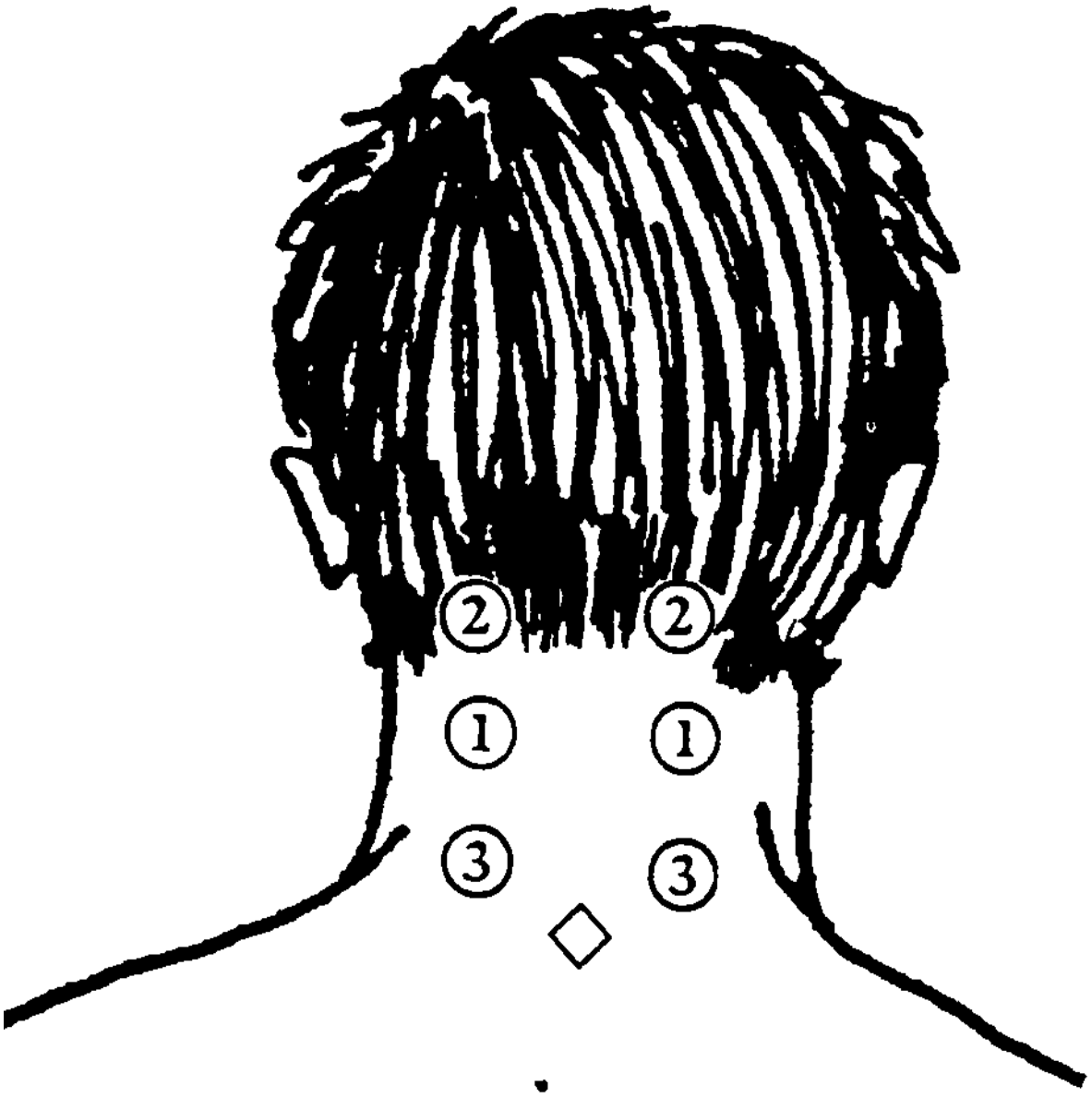
Point "1" is approximately 1 to 2 inches above the "break-over" point on the left spine muscle. **Point "2"** is directly across from "1" on the right spine muscle. Both points "1" and "2" are below the bottom of the shoulder blade. **Point "3"** is 2 to 3 inches below the "break-over" point on the right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

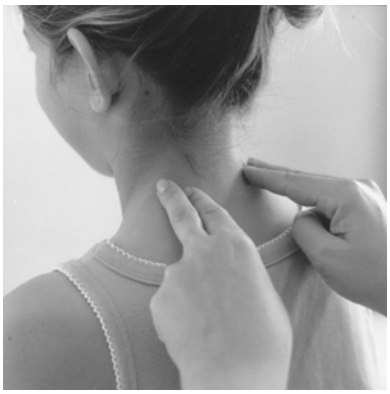
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Points 1 and 1



Points 2 and 2



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.

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.

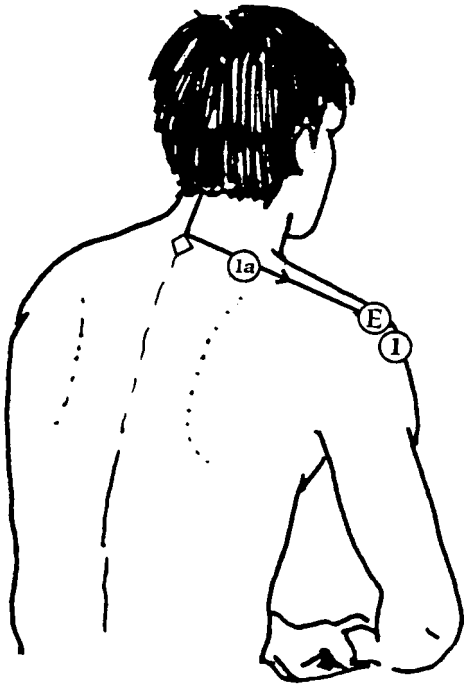
These points may be touched repeatedly.

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.

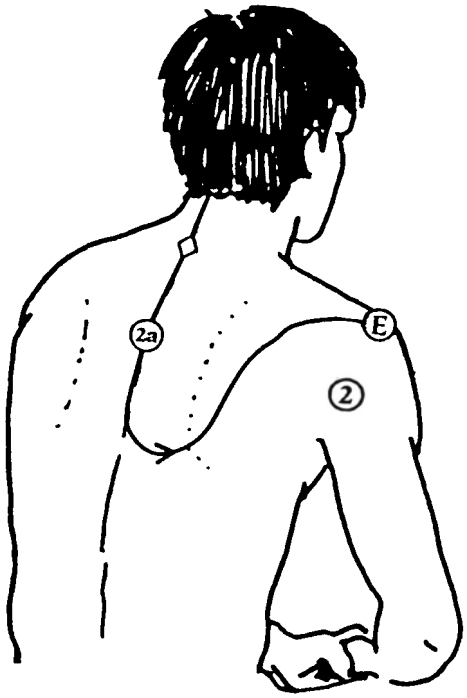
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Shoulder

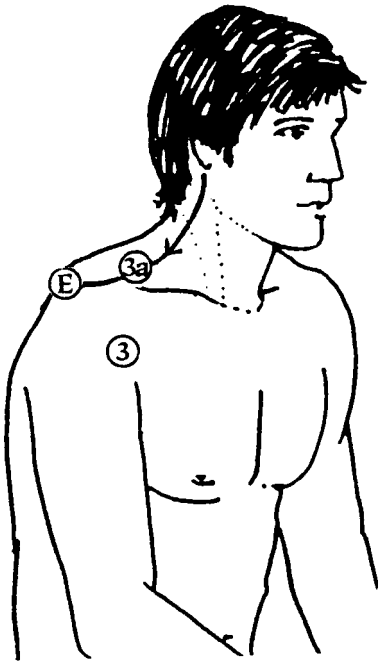
The *Shoulder* set may be used to address any conditions affecting the shoulders. Some possible conditions might include bursitis, dislocations, general pain, and arthritis. This set may also be used as a prelude to address difficulties in the upper extremities.



Step 1



Step 2



Step 3

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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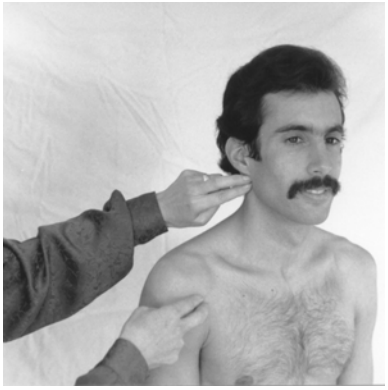
The *Shoulder* set is done in three distinct steps. Each step consists of a different "Hold point", used in conjunction with a different "Sweep", with each "Sweep" ending at a common point at the tip of the shoulder. Use care not to "Miss-fire" by touching the hands together or crossing the hands while 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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"*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:

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Bio-Touch™



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You may also contact us at office@justtouch.com for more information in how to pursue your learning online 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 too may have the opportunity to use Bio-Touch.