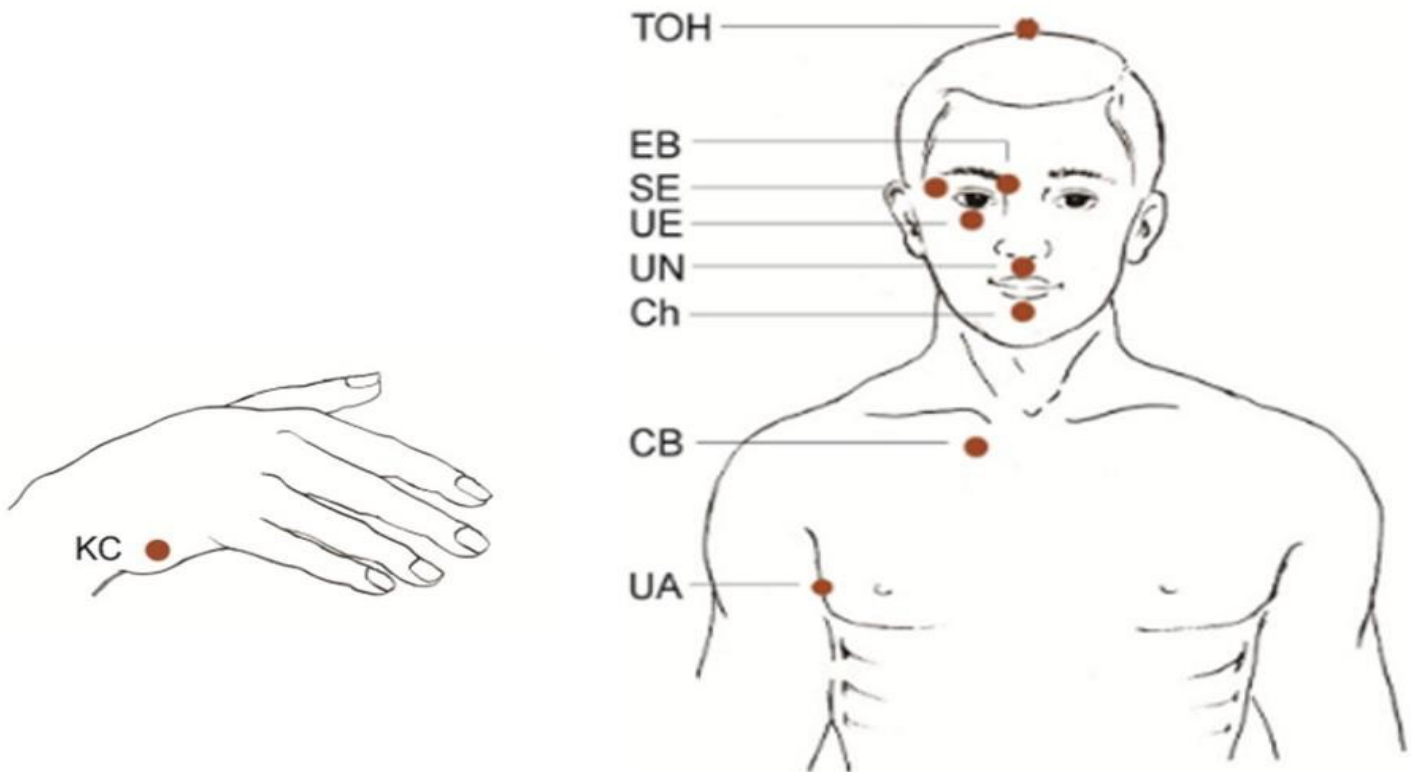


Mast Cell Nervous System Reboot Emotional Freedom Technique



1. Identify the issue (emotion, physical symptom, circumstance, worry, fear.)
2. Rate the issue on a scale from 1 to 10, with 1 the lowest and 10 the highest.
3. Form a sentence, "Even though I have this _____, I deeply and completely love and accept myself. Keep the sentence to the point."
4. Tap karate chop point and say your entire sentence out loud.
5. Tap the points on your face and torso and say just the first part of your sentence out loud, "Even though I have this _____."
6. End this round with the karate chop point and say your entire sentence out loud.
7. Take a deep breathe.
8. Take a drink of water.
9. Rate the issue again. What is the rating now on the scale of 1 to 10?
10. If it is improving, but the rating is still above a 3, repeat steps 1 through 9.
11. If it has not changed, question what the deeper issue may be.