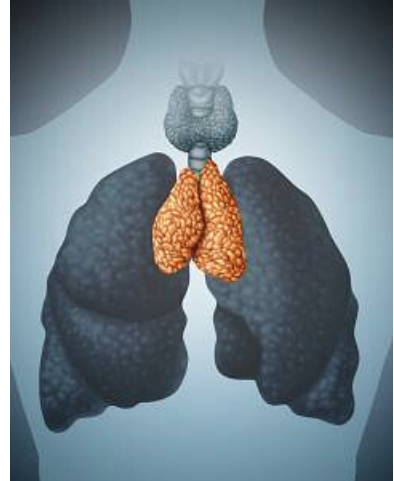


# THE THYMUS GLAND

Located in the middle of the chest behind the upper part of the breast bone, the thymus gland produces and secretes the hormone thymosin which is necessary to make white blood cells, also called T-helper cells, which are a type of lymphocyte. These cells are designed to fight disease and infection.

If the thymus does not work properly, we can end up with too few white blood cells to protect ourselves (called immunodeficiency ) or we can produce T-cells that attack our own body (called autoimmunity).

The thymus gland is known to be weakened in about 90% of humans. Signs of a weak thymus may include shortness of breath, a hoarse voice, and a cough that doesn't go away.



How to Energy Test Your Thymus Gland:

- Test the flow of your Aura (polarity) and correct it if needed. See the three videos below to learn how.
- Place your hand over your thymus gland and energy test.
- If it tests negative then you will need to strengthen the gland.

How to Strengthen Your Thymus Gland:

1. Keep tapping on your thymus gland while breathing slowly through your nose 3x.
2. Test again.
3. If the thymus still tests weak, repeat the tapping until it tests strong.

The word thymus is derived from the Greek word thymos which means “life force” or “breath.” Tapping the thymus gland is a helpful technique that will activate and boost your immune system to increase your strength and vitality.