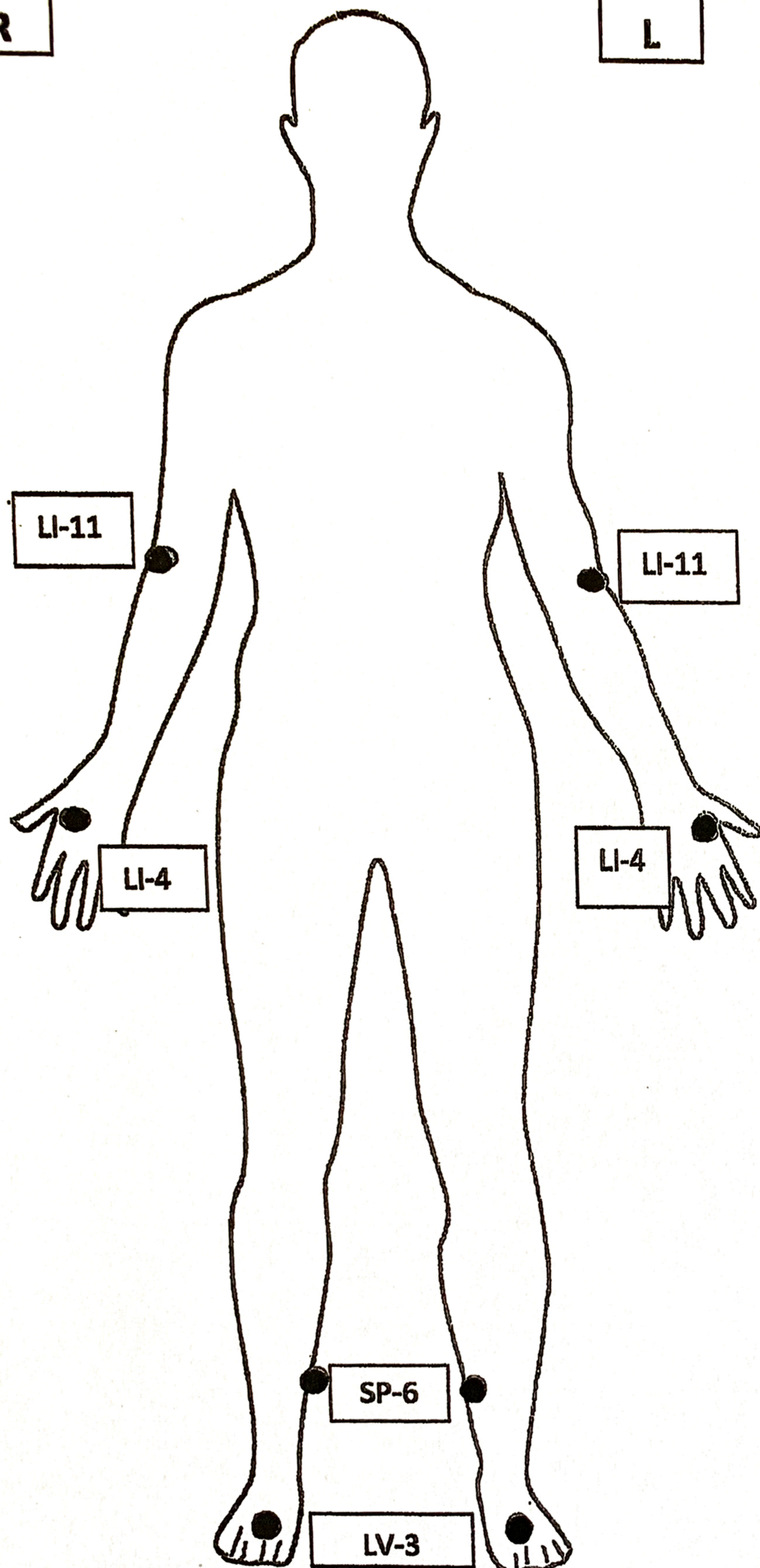


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NAET SELF TREATMENT



1- Touch the offending object (skin contact)

2- Have another person run their fingers down your back 3 times with fingers on either side of your spine.

3- Rub acupuncture points in this order while still maintaining skin to object contact:

* Right-Large Intestine (LI-4): between thumb and index finger

* Right- Large Intestine (LI-11): at the end of your elbow crease

* Left- LI-11

* Left- LI- 4

* Left- Spleen (SP-6): 1 hand width up from the highest point of your ankle bone, just posterior to the tibia bone

* Left-Liver (LV-3): between the big and second toe where the metatarsal bones meet

* Right- LV-3

* Right-SP-6

Other instructions:

* Rub each point for about 30 seconds

* Use enough pressure to illicit a minor pain response, don't overdo it

* Continue rubbing the points, repeating this pattern while being in contact with the object for 15 minutes

* When finished, AVOID, the object for 24 hours