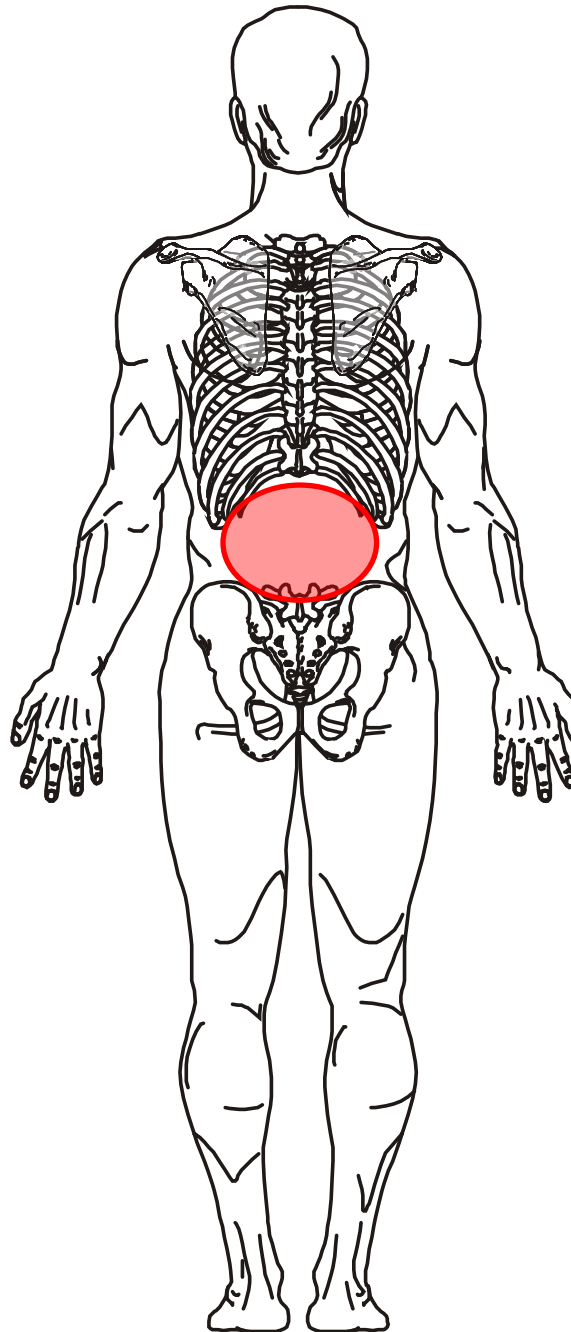


General Guidelines

To perform any NFP process you need to:

- Place each hand on 2 places, or “points”.
- All you need is to touch the points.
 - You don't need to put pressure on any point.
 - You can use the palm or back side of your hands.
- Hold your hands at the two points for at least 20 minutes.

Red Dots means your hands stay at that place throughout any NFP project.

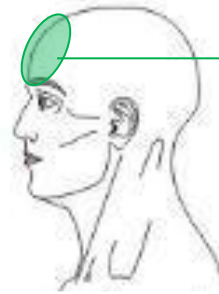


First Aid NFP guidelines:

- Put one hand on any “ouch” you have, on any place that has symptoms.
- Put the other hand on your lower back, the **Red Dot** shows the location.
- To locate the Red Dot point, put your thumb on the top of your hips, and go straight in to your spine.
- The spine will go through the middle of your hand.
- You will feel the bottom ribs just touching the top of your hand,
- You will feel the pelvis bones just touching the bottom of your hand.
- Follow the General Guidelines

Here is a protocol for **Elimination**.

This can be for physical, emotional, or even thinking issues.



1

A

Remember to follow the **General Guidelines** described on the other side.

Elimination NFP

A) Frontonasal (Limbic System)- One hand remains here throughout the project. Connect this point to all of the following places:

- 1) Frontal Bone
(Sometimes this can be done while also covering **point A**.)
- 2) Kidneys
Hand covers the bottom of the rib cage.
- 3) Mid-Chest
- 4) Ureters
- 5) Bladder
- 6) Urethra

#5 and 6 can be done at the same time. Have 2 fingers covering the pubic bone and the soft tissue above.

