

WHAT CAN ENERGY MEDICINE DO FOR ME?

While Energy Medicine does not diagnose or cure illnesses, it has been shown that working with the body's subtle energies can help to:

- Balance your Energies
- Reduce Pain
- Improve Your Energy
- Improve Chronic Conditions
- Improve Auto-Immune Disorders
- Sharpen Your Mind
- Improve Your Vision
- Reduce Stress and Anxiety
- Manage Weight
- Fight Depression
- Strengthen Immune System
- Improve Digestion
- Reduce Allergies
- Enhance Wellbeing
- Alleviate Insomnia
- Enhance Learning Skills
- Lessen Migraines
- Reduce Cancer Risk
- Much More

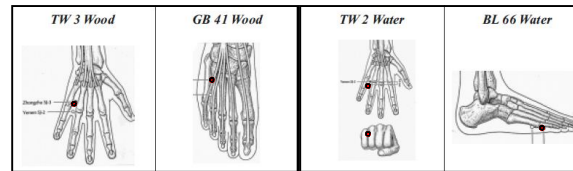
Energy Medicine is safe for all ages and can even be used on your pets.

Strengthen Triple Warmer

Emergency Use Only

Normally we do not strengthen Triple Warmer but in emergency situations such as asthma attacks, anaphylactic shock, or when someone appears to be "checking out" it may be the perfect thing to do.

Hold Triple Warmer 3 (Back of hand between pinkie and ring finger) with one hand while holding Gall Bladder 41 (Top of foot in line with 4th toe) on the same side of the body with the other hand. While holding these points give assurance to the person that everything will be okay. After 2 or 3 minutes switch to holding the same points on the other side of the body. Once both sides have been held you need to stop the strengthening by holding two other points. Triple Warmer 2 (between pinkie and ring finger knuckles) and Bladder 66 (Side of foot just above baby toe). Hold these points first on one side for 2 minutes and then hold the other side for two minutes.



Contact your local practitioner at

NRG4U

Energy for You

HEALING FOR THE 21ST CENTURY

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Energy for You

**TOOLS TO KEEP IN YOUR
BACK POCKET**
(CRISIS ENERGY INTERVENTIONS)

"Energy is the prime mover of all we see and know. You change the energy and your body has to respond."

Christiane Northrup, MD

Eden Energy Medicine can help:

- Boost your vitality and stamina
- Strengthen your immune system
- Relieve pain and common ailments
- Sharpen your mind and memory
- Keep yourself healthy and balanced with a simple daily energy routine

TOOLS TO KEEP IN YOUR BACK POCKET

Dizziness, Fainting, Hiccups - Press or tap the acupoint for Circulation-Sex 7 (in the center of the inside wrist crease between the palm and forearm) or have the person clap the heels of their hands together which also stimulates this point.

Seizures - Ensure person is on the floor or cannot fall to the floor. Place forefingers over closed eyelids with gentle pressure. This may stop the seizure.

If not, do a Hook-Up. Place middle finger of one hand in their navel and the middle finger of the other hand between their eyes (on the third eye point) and push in and pull up with both fingers. Hold for a minute or so. A Hook-Up may prevent a seizure if done as it's coming on.

Push in on the K1 points on the bottom of the feet in the center, just under the ball of the foot for a minute or two.

Hold the front and back of the head for a few minutes until you feel pulses on the forehead.

Asthma - Push hard into the fleshy area one inch above the inside corners of the bottom of the shoulder blade.

Flush Lung meridian by tracing from the right thumb up to the right shoulder once and from the right shoulder down to the thumb three times. Repeat on the left side or do them at the same time.

Place some salt on the tongue and drink a glass of water.

If there is great difficulty breathing then strengthen Triple Warmer - See back panel of this brochure.

Important Information

These energy techniques listed here are stop gap measures only. Before performing any of these techniques call or direct someone to call 911. These techniques should only be used once the person is removed from immediate harm and after CPR (if needed) while waiting for trained medical personnel to arrive.

These techniques have been demonstrated to help in the ways described for some people but they are NOT intended to replace qualified medical care. There is little research to verify the efficacy of these interventions. Serious injury or death may result from failure to seek medical attention in emergencies.

Anaphylactic Shock - Strengthen Triple Warmer
- See back panel of this brochure.

Once stabilized do a Hook-Up - See Seizures

Heart Issues - Hook-Up - See Seizures

Strengthen Heart meridian by running right hand from left armpit to tip of left pinkie several times. At the tip of the pinkie, squeeze and twist. Repeat on other side.

Hold one hand over heart and with the other, press deeply over top of pubic bone for 30 to 60 seconds to restore electrical energy and stimulate Penetrating flow.

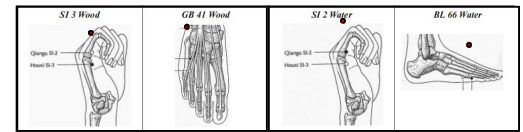
Strengthen Triple Warmer—see back panel of this brochure.

Once stable hold their front neurovascular points (forehead).

For erratic heartbeat or heart beating too strongly, strengthen Small Intestine meridian using acupoints for Small Intestine 3 (just below the pinkie knuckle on

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fist - the karate chop point) and Gall Bladder 41 (on top of foot in line with 4th toe). Hold for 2 or 3 minutes on each side of the body. Then stop the sedation by holding Small Intestine 1 (An inch closer to the tip of the pinkie) and Bladder 66 (Side of foot just above baby toe) for 2 minutes per side.



Pain - Read the Nrg4U brochure on pain. Here are a few simple techniques to help cope with pain.

Simply place your hand over the painful area.

Tap gently on the area of pain with your fingers or a hairbrush.

Encourage the person to breathe out the pain. Have them focus on the pain and imagine breathing it out as they exhale.

Make counterclockwise circles with your left hand (pretend they have a clock on their body) over the area of pain.

If you have a magnet available, hold the North side of the magnet against the pain (as not as it is not an open wound). The North side draws out the pain. Not sure which side is North? Pick either side. If more pain is experienced, flip the magnet over and try the other side. If you can find a way to attach the magnet to a string, you can also try spinning the magnet over the affected area.