



Immune Lymph Booster for Self-Care

Right Side

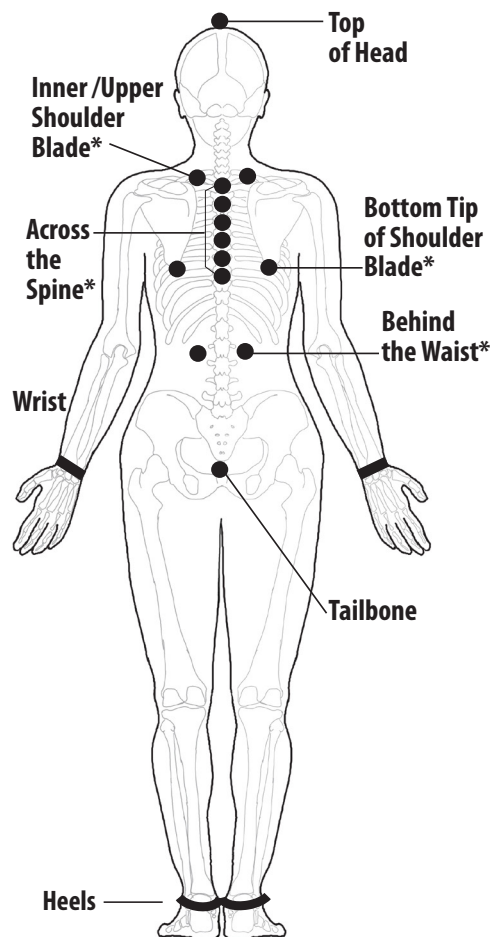
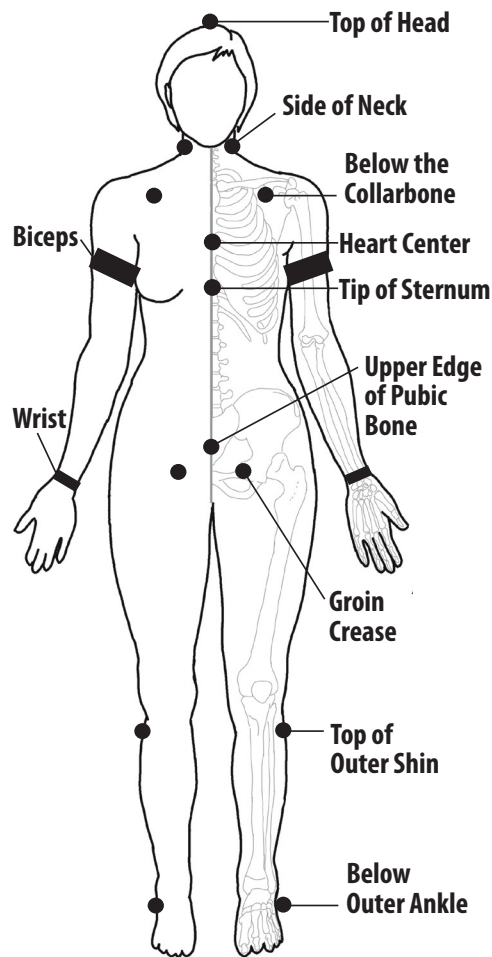
	Hand	Side of Body	Point Location/Action
1.	RH*	Left	Inner/Upper Corner of Shoulder Blade
2.	LH	Right	Palm over Upper Biceps
3.	LH	Right	Encircle the Wrist
4.	LH	Right	Clasp Middle Finger
5.	LH	Front	Tip of Sternum (bottom tip)
6.	LH	Left	Below the Collarbone
7.	LH	Left	Groin Crease
8.	RH*	Right	Behind the Waist (level with navel)
9.	LH	Left	Top of Outer Shin
10.	LH	Left	Below Outer Ankle
11.	LH	Left	Clasp Big Toe
12.	RH	Right	Side of Neck
13.	LH*	Right	Bottom Tip of Shoulder Blade

Left Side

	Hand	Side of Body	Point Location/Action
1.	LH*	Right	Inner/Upper Shoulder Blade
2.	RH	Left	Palm over Upper Biceps
3.	RH	Left	Encircle the Wrist
4.	RH	Left	Clasp Middle Finger
5.	RH	Front	Tip of Sternum (bottom tip)
6.	RH	Right	Below the Collarbone
7.	RH	Right	Groin Crease
8.	LH*	Left	Behind the Waist (level with navel)
9.	RH	Right	Top of Outer Shin
10.	RH	Right	Below Outer Ankle
11.	RH	Right	Clasp Big Toe
12.	LH	Left	Side of Neck
13.	RH*	Left	Bottom Tip of Shoulder Blade

Closing Sequence

	Hand	Side of Body	Point Location/Action
1.	RH*	Top	Top of Head
2.	LH	Front	Heart Center (center of chest)
3.	LH	Front	Tip of Sternum (bottom tip)
4.	LH	Front	Upper Edge of Pubic Bone
5.	LH	Back	Tailbone
6.	RH	L & R	Heels (one at a time)
7.	RH	Front	Tip of Sternum (bottom tip)
8.	LH*	Back	Across the spine, mid back to base of neck
9.	RH	Back	Tailbone
10.	LH	L&R	Behind the Waist (level with navel)
11.	RH	Front	Heart Center (center of chest)



Key: **BH**: Both Hands
Bold = Anchor Hand

LH: Left Hand
Balls* for Back Points

RH: Right Hand
* Adapt for Comfort