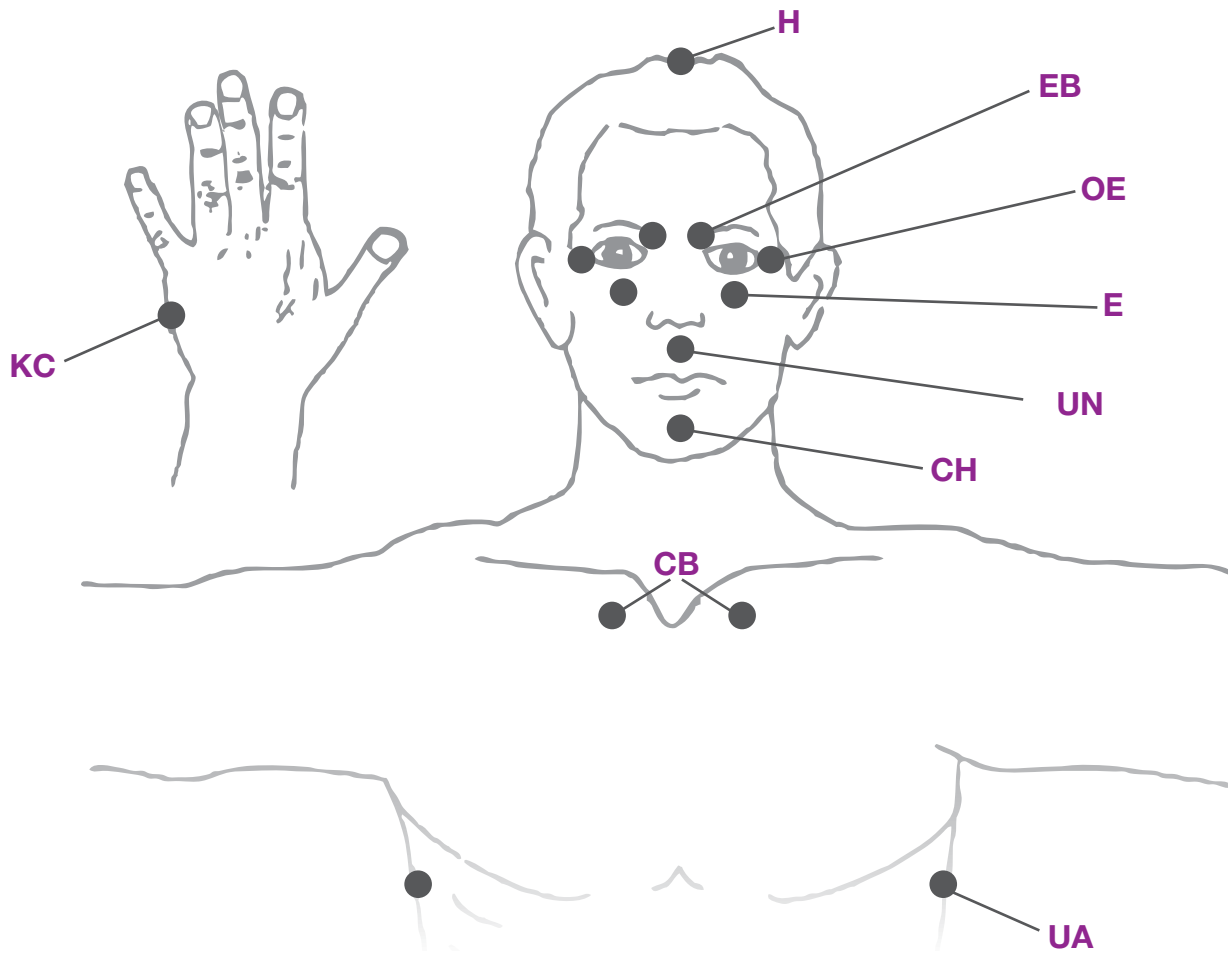


EFT TAPPING POINTS



KC (*Karate Chop*)

The fleshy part of the side of the hand between the pinky finger and the wrist.

EB (*Eyebrow*)

The end of the eyebrow closest to the nose.

OE (*Outside of the Eye*)

The side of the eye.

E (*Under the Eye*)

1" under the middle of the eye.

UN (*Under the Nose*)

Directly under the nose.

CH (*Chin*)

The small point in the center of the chin.

CB (*Collar Bone*)

1" to the left or right of the V in the collar bone.

UA (*Under the Arm*)

4" below the armpit (about level with the nipple.)

H (*Top of the Head*)

The crown of the head following a line between the tops of the ears.