

HERES HOW YOU ARE GOING TO CHANGE NOW WITH THE EFT POINTS TO TAP ON:

Using the fingertips of your index and middle finger of either hand, you tap approximately 5-7 times on each point.

Firmly but gently tap either side of the body as outlined below:

- 1. KC: The Karate Chop point (abbreviated KC).** This is located at the center of the fleshy part of the outside of your hand (either hand), between the top of the wrist and the base of the baby finger. Or the part of your hand you would use to deliver a karate chop.
- 2. EB: At the beginning of the eyebrow** just above and to one side of the nose.
- 3. SE: On the bone bordering the outside corner of the eye,** on the side of the eye.
- 4. UE: On the bone under an eye** about 1 inch below your pupil. Under the Eye.
- 5. UN: On the small area between the bottom of your nose and the top of your upper lip.** Under the Nose.
- 6. CH: Midway between the point of your chin and the bottom of your lower lip.** Even though it's not directly on the point of the chin, we call it the chin point because it's descriptive enough for people to understand easily.
- 7. CB: The junction where the sternum (breastbone), collarbone, and the first rib meet.** To locate it, first, place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is abbreviated CB for collarbone even though it's not on the collarbone (or clavicle) per se. It's at the beginning of the collarbone, and we call it the collarbone point because that's a lot easier to say than "the junction where the sternum (breastbone), collarbone and the first rib meet."
- 8. UA: On the side of the body,** at a point even with the nipple (for men) or in the middle of the bra strap (for women). It's about 4 inches below the armpit.
- 9. TOH: On the top of the head.** If you were to draw a line from one ear, over the head, to the other ear, and another line from your nose to the back of your neck, the TOH point is where those two lines would intersect.