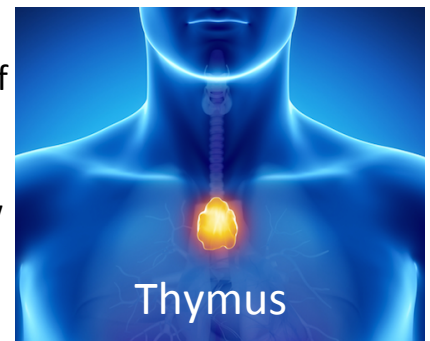


Hay Fever Emergency Tapping Points

Tap firmly but gently on the acupressure points on both sides, for a few minutes.

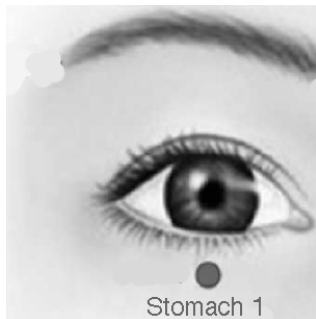
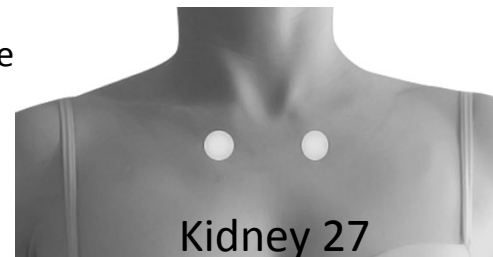
Firmly with the pads of your finger tips, tap anticlockwise around your thymus, for a few minutes.



With the 1st 2 fingers of each hand, gently tap on Bladder 1, at the same time on both sides of your nose. Then on BL 67 (the outside of the baby toe, as marked on the pic). Tap on both feet at the same time.



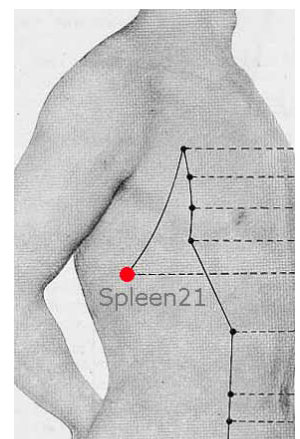
Then in the same way tap on Kidney 1 on both feet at the same time. If you are standing you can turn your feet in to access the point. Then tap on Kidney 27 on both sides of the body.



In the same way tap on Stomach 1 at the same time on both sides of the face. Then tap on ST 45 (again on the outer edge of the toenail, as depicted) at the same time on both feet.



Again, repeat the same action on SP1 (on the edge of the nailbed, as depicted), on both sides. Then SP21; with SP 21 you may find it easier to do one side and then the other side.



You might find it more effective if you say affirmations during this, some examples - I release my hay fever symptoms. I no longer have hay fever symptoms. My body is free from hay fever symptoms. Whatever resonates best with you.