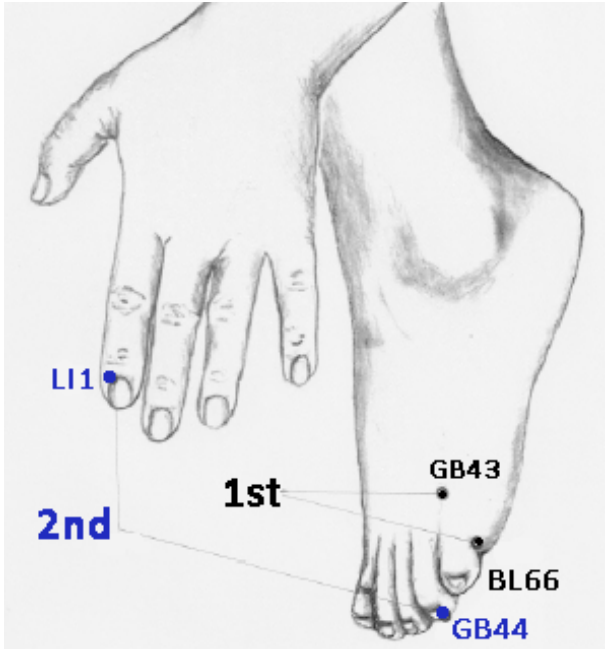
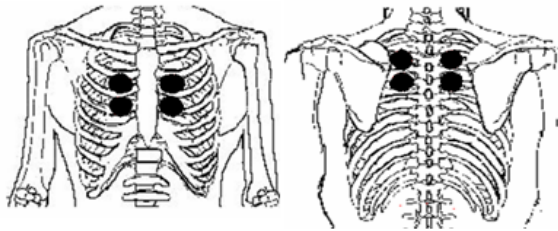


GALL BLADDER BALANCE



Hold the **1st set of points** & then the **2nd set of points** on the same side of the body. Then repeat on the other side. Sometimes you can feel a pulsing, if you do, wait for it to equalise on the 2 points before you move to the next set of points.

NL reflex points



Anterior
Soft spaces between 3rd/4th and 4th/5th ribs, next to the sternum

Posterior
Between T3-T4 and T4-T5, 2 cm to each side of spine

Massage the reflex points. Do as best as you can with the back point

NV reflex points

Anterior fontanel



With the pads of 3 finger tips hold the reflex point.

Meridian

Trace with 2-3 fingers from **GB1**, outer corner of eye, back, up & over the ear. Round the front of the head & back again, down the outside of the body to end on **GB44**, lateral tip of the 4th toe. Do this 6 times on both sides

