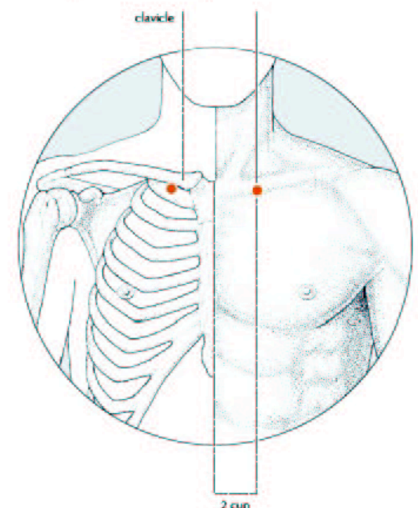
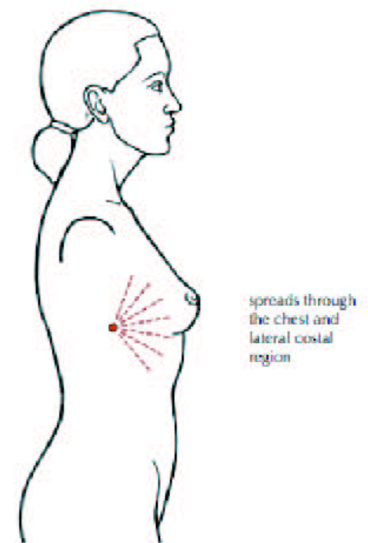




# Kinesiology Homework • Blood Chemistry Tapping

## How to do blood chemistry tapping

- Using 3 fingers find Spleen 21 point and Kidney 27 on the left side of the body.
- Spleen 21 (SP21) is found at the side of the rib cage under the arm, roughly in line with nipple level
- Kidney 27 (K27) just underneath the collar bone near the end next to the sternum
- Starting on the left side of the body, with firm pressure tap SP21 on one side and K27 at the same time. This should sound like a definitive 'thump'. Tap 10 times.
- Now move your hand over to K27 on the right side so you are tapping SP21 on the left, and K27 on the right. Tap 10 times.
- Change over to the right and tap SP21 and K27 on the same side 10 times.
- Switch over to K27 on the left and keep tapping SP21 on the right. Tap 10 times.
- You can do this 1-3 times a day
- Whilst you are tapping you may feel these points are very sore - this shows you have found the right spot.
- The soreness may increase at one point and then clear which shows you have shifted some congestion



## Benefits of Blood Chemistry Tapping

- Research showed 1200 biochemical changes in the blood from this tapping routine
- Has benefitted people who suffer with blood sugar imbalance, insulin resistance and hormonal imbalance
- Many people report feeling more alert and energetic after the tapping routine