THE SETUP

1. The setup begins by:
   - Wrapping around the hand with fingers extended to 10 (Karate Chop)
   - Placing fingers on the wrist

Bend your fingers: "Let me show you how it's done."

2. Deep in the hand, at the edge of the palm, in the middle

3. Press the key point on the hand:

CR

EB

SE

UE

UN

CH

CB

UA

4. Press for 5 minutes on each window:
   - Bend fingers on the wrist
   - Breathe in through the mouth

5. Repeat for a total of 5 minutes on each window:
   - Bend fingers on the wrist
   - Breathe in through the mouth

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