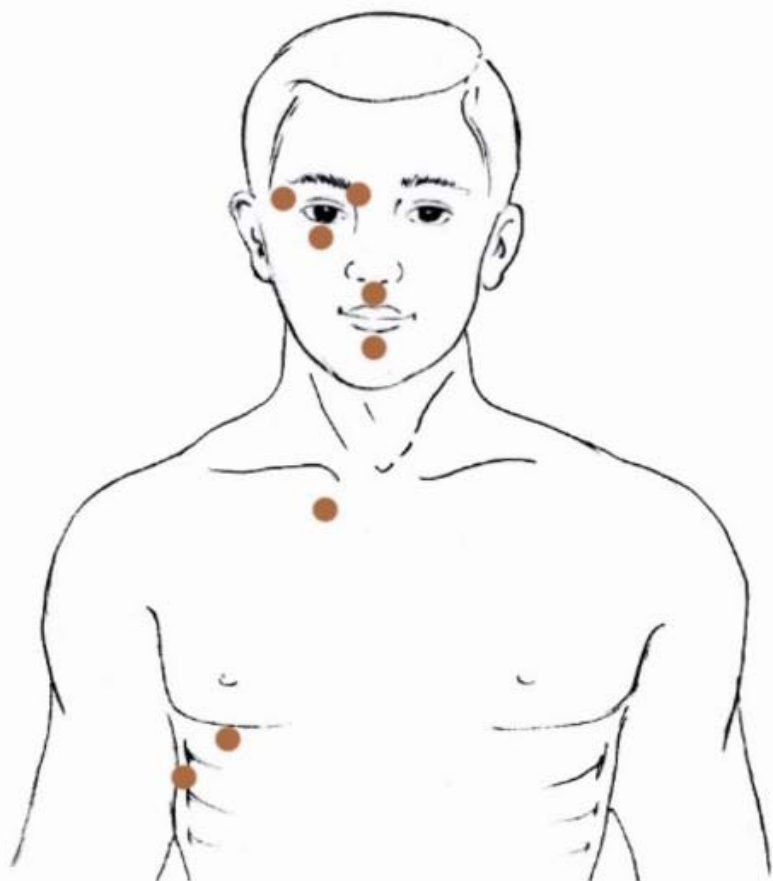


EFT Tapping Points – Basic Recipe



EB – Eyebrow

SE – Side of Eye

UE – Under Eye

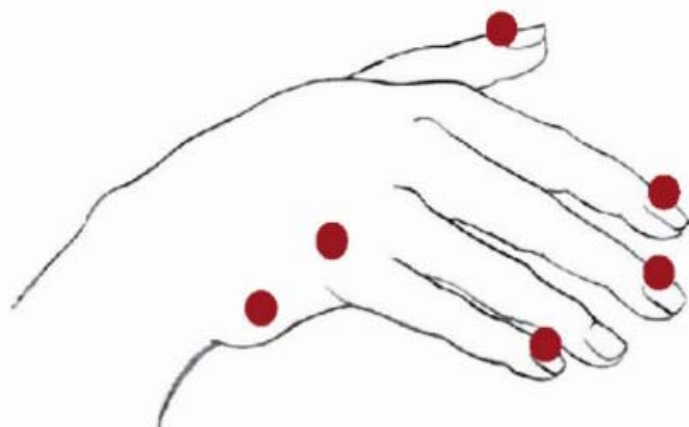
UN – Under Nose

CH – Chin

CB – Collarbone

(BN – Below Nipple)

UA – Underarm



KC – Karate Chop Point

TH – Thumb

IF – Index Finger

MF – Middle Finger

BF – Baby Finger

9 Gamut Point