

# EYESIGHT CONDITIONS

Eyesight and vision refer to a combination of different parts of the eye and brain that allow us to see. The lens, retina and optic nerve are all part of the eye that allow light and electrical signals to be transformed into images.

Vision can be affected by many different conditions, often because they interfere with the ability of light to pass from the eye to the brain. At least 2.2 billion people globally have vision impairment, and almost half of these cases have not been treated.

The leading causes of vision impairment around the world are refractive errors (when the eye doesn't bend light properly), glaucoma (increased fluid pressure in the eye), cataracts (clouding of the lens), diabetic retinopathy (damage to the blood vessels in the retina) and age-related macular degeneration (damage to the retina due to aging). Infection, injury to the eye, and developmental disorders (like amblyopia, or lazy eye) can also affect eyesight.

There are many ways to prevent vision loss, like getting regular eye exams, wearing eye protection in situations that could cause injury to the eyes, wearing sunglasses to slow down the aging process of the eyes, exercising regularly, eating a healthy diet, and not smoking, which can reduce the risk of developing diseases like cataracts and macular degeneration.

There are two different types of doctors who treat eye and vision problems: optometrists, who test for and treat vision problems, and ophthalmologists, medical doctors who treat eye problems and can perform eye surgery. In office exams like reading a chart to assess eyesight can help to diagnose refractive errors. Drops to dilate the eyes can help assess whether there is disease in the retina or optic nerve.

Refractive disorders like myopia (nearsightedness), presbyopia (loss of near vision with age), hyperopia (farsightedness) and astigmatism can be treated with corrective lenses like glasses and/or contact lenses or surgery. Other eye disorders may require eye drops, supplements, medication, laser treatments and/or surgery.

Bio-Touch has been shown to reduce stress and is a powerful complement to any other treatments prescribed by your doctor for eyesight and vision problems.

This workbook includes the basic sets of points that you will need in order to address symptoms of alcohol addiction. It is best used with the entire training manual which is available on our website.

The information presented in this workbook is for educational purposes only. Medical advice is neither offered nor implied. Please consult a healthcare professional for medical advice.

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International Foundation of Bio-Magnetics  
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5634 East Pima Street

Tucson, Arizona 85712, USA  
(520) 751-7751 • (888) 473-3812  
International 001-520-751-7751

**JustTouch.com**

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**Our Mission:** to teach Bio-Touch™ as a unique, natural approach to alleviate pain and stress, and support good health through all stages of life.

**Our Vision:** to encourage all people to take responsibility for their own healthcare, empower them to assist others and create a community of people worldwide dedicated to service, self-awareness and recognizing the equality of all humanity—thus forming a chain which shall go on indefinitely.

# What is Bio-Touch™?

Bio-Touch™ is a simple, hands-on healing technique that can be used to address all types of health concerns. Associates use the first two fingers of both hands to lightly touch specific points on the body. Over time, the combination of correct points and light touch seems to enhance the body's natural healing ability.

- **Bio-Touch™ is easy to learn – even children learn & practice effectively.**
- **Bio-Touch™ is a complement to any healthcare program.** It may safely and effectively be used in conjunction with any standard or alternative practices you and your family may be using.
- **Bio-Touch™ has no levels of ability – everyone is effective the first time they touch.** No special talent, training or knowledge is required. The first attempt made by anyone should be as effective as that performed by an associate with years of experience.
- **Bio-Touch™ requires no special preparation, belief or state of mind to be effective.** Everyone can assist in the healing process. No particular philosophy, spiritual predilection, religious belief, mental or emotional state is required of the associate or recipient to facilitate or experience results. Bio-Touch has been practiced under a variety of circumstances without jeopardizing its effectiveness.

## Practicing Bio-Touch™



- **Wash your hands before every session.**
- **One person touches another.**
- **Begin every session with the Greeting.**
- **Use the first 2 fingers of each hand.**
- **Touch on the skin.**
- **Use a butterfly-like, light touch.**
- **Touch each point for 6-8 seconds.**
- **Can be practiced anywhere.**
- **More than one practitioner may work simultaneously.**

This manual is designed to make learning Bio-Touch™ as easy as possible. The name of the set, a diagram with numbered and lettered points and a synopsis of each set is on the left-hand page. On the right-hand page is a detailed description of how to locate each point, as well as photographs of many of the points. It is beneficial to watch the points being practiced on the DVD in conjunction with reading the manual.

Before beginning a Bio-Touch session, an associate should wash their hands, as skin to skin contact is necessary. It is recommended that the recipient remove the clothing above the waist to

allow access to the sets of points, but it is not necessary to remove the brassiere. After performing the *Greeting*, simply apply the sets of points necessary for the conditions being addressed. For example, an allergic reaction may be addressed by applying the *Greeting*, *Allergy* and *Sinus* sets; for a cut, bruise, or injury, perform the *Greeting* and *Local Work* around the affected area. If points are touched exactly as described in this manual, effects should be noted. Eliminating any of these points may hinder desired effects. While learning, an associate may wish to find on themselves the indentations, bones and ridges used to describe the points. When working with a recipient, however, touching in the general area within an inch or so of the point indicated has proven beneficial when no specific point can be determined. Regardless of the condition being addressed, an associate is encouraged to apply as many or as few sets of points as guidance provides.



*Keep in mind that it is only through the marvelous capacity of the recipient's own body to heal itself that any procedure is effective. An associate only acts as an instrument to enhance the natural healing process. An associate who wishes to pursue the procedures outlined in this manual is inspired to relieve distress and to be of genuine service to humanity. Yet, if only one other person is helped, an associate will achieve an understanding of a greater purpose in life than may have otherwise been experienced.*

In any situation, ***“Just Touch!”***™

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# Terms Used In This Manual

An understanding of the terms used to describe the procedures outlined in this manual will aid an associate in learning to apply Bio-Touch™.



“Matching-fire”



“Through-fire”

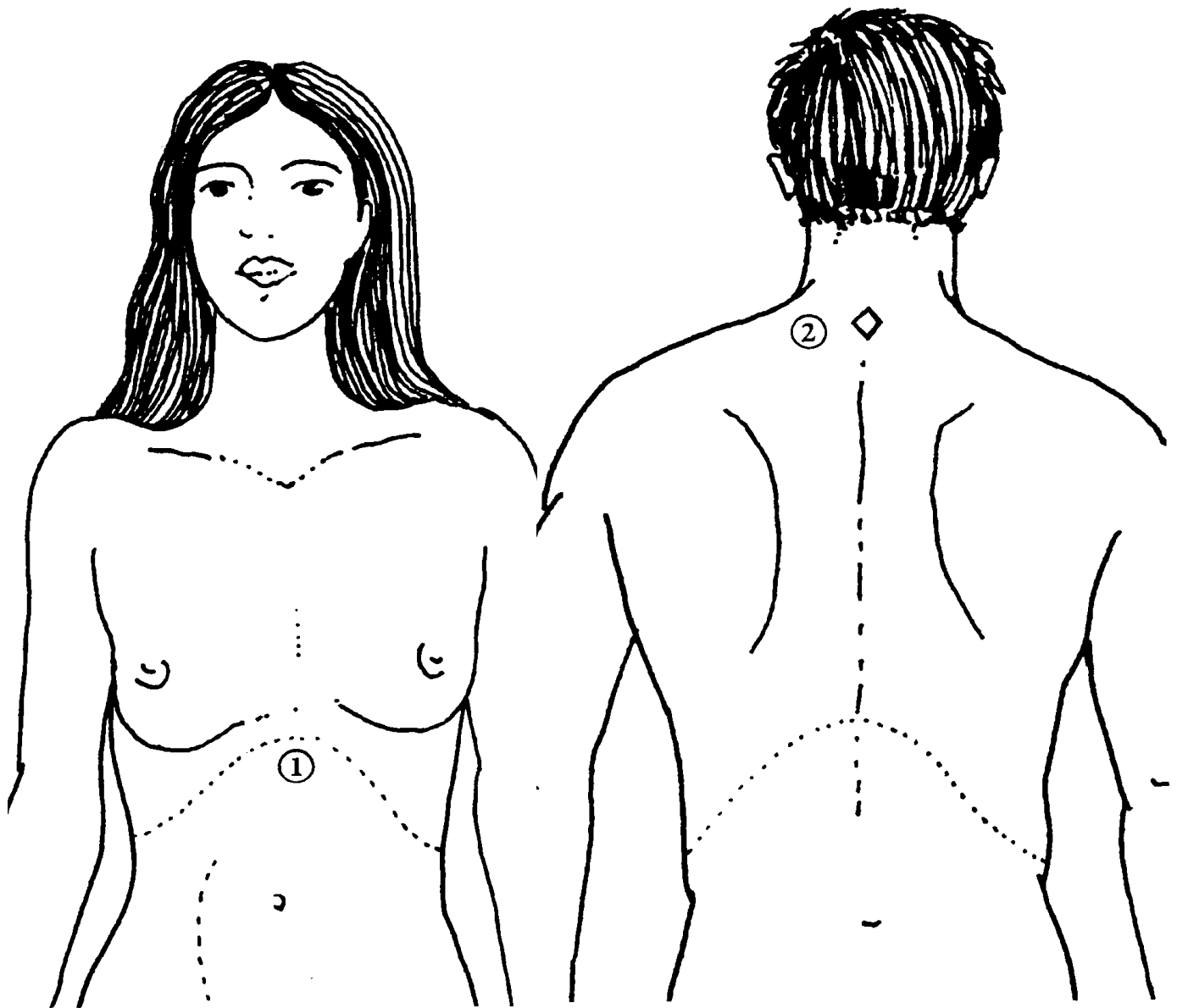


“Cross-fire”

- The **“Associate”** is the person who performs the procedures in this manual. The term “associate” is used as a matter of convenience; however the dictionary describes the role of one who is inspired to pursue this work as: (1) one often in company with another, implying intimacy or equality, (2) one having an interest in common with another.
- The **“Recipient”** is the beneficiary of the procedures outlined in this manual.
- A **“Hold Point”** is when the first two fingers of one hand are held in constant contact with the skin while the first two fingers of the other hand move to touch other points or to sweep.
- **“Matching-fire”** indicates the process of simultaneously touching points which are symmetrical in relation to a particular area of the body. Examples are found in the *Neck*, *Metabolism*, and *Abdomen* sets.
- **“Through-fire”** indicates touching points on opposite sides of the body, either from front to back or from side to side. Examples of this are found in the *Abdomen* sets.
- **“Cross-fire”** indicates holding a point on one side of the body while touching points diagonal to the hold point on the opposite side of the body. Examples of this may be found in the *Sinus* and *Ear* sets.
- **“Sweep”** refers to a slow and deliberate movement of the first two fingers across a particular area of the body while the fingers maintain continuous contact with the skin of the recipient, such as in the *Shoulders* set.
- **“Local work”, “enhancements”, and “extra work”** refer to using any combination of “Hold points”, “Sweeps”, “Matching-fire”, “Cross-fire” or “Through-fire” in an area of the body where there is no specific set of points described. See the section on *Enhancements & Local Work* on page 28 for more specific instructions.
- Each **“Set”** of points is composed of one or more **“Steps”**. Each Step follows a particular sequence of points to touch. Once the associate has become proficient in touching all the points of a set, it is not necessary to always touch the points in sequence, but it is necessary to touch all the points in a particular set. A ministration or **“Session”** is the coming together of an associate and recipient to practice Bio-Touch™.
- **“Miss-fire”** occurs when the hands touch each other or cross each other, or when a procedure as described in this manual is not clear and explicit. If the hands do cross or touch, simply move the hands apart and continue the procedure. There is no need to start the session over again.
- **Metric equivalents:** Measurements are described in inches throughout this manual. One inch equals approximately 2.5 centimeters.

# The Greeting

The *Greeting* is always performed at the *beginning* of each session, prior to addressing any other area of the body. It seems to establish a harmony between the associate and the recipient.



Use dominant hand to touch both points.

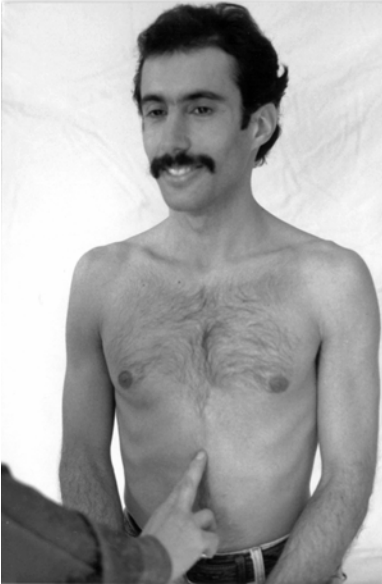
Touch point 1.

Then touch point 2.

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The *Greeting* is the only set of points which uses only one hand and the only set which indicates which hand the associate will use. The *Greeting* is performed with the *dominant* hand. If an associate is naturally right handed, use the first two fingers of the right hand to perform the *Greeting*. If left-handed, use the first two fingers of the left hand. If ambidextrous, pick one hand and use this for both points.



Point 1



- Wash your hands before every session.
- Begin every session with the *Greeting*.
- Use only ONE hand - your dominant hand - to perform the *Greeting*.
- Use the first 2 fingers.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

## Touch Point “1”

Point “1” is in the fleshy area just below the bottom of the breastbone, or sternum.

## Then touch Point “2”

Use the SAME fingers to touch Point “2”.

Point “2” is on the back approximately 1 to 1½ inches to the left of the big bone at the base of the neck. The big bone is shown as a ◇ on the drawing.



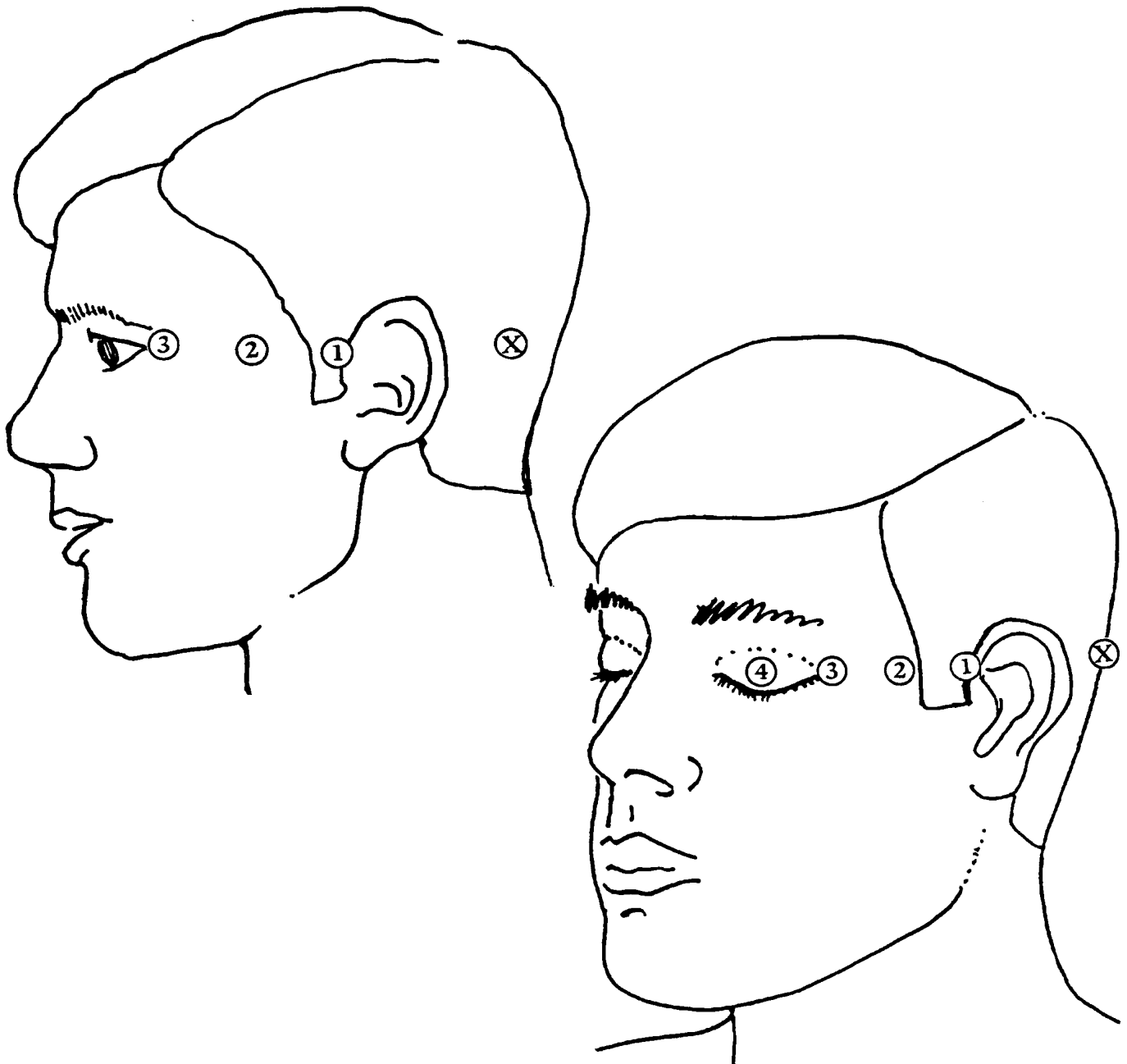
Point 2



*You are responsible for your actions. The procedures in this manual are employed to address the physical health and well being of the recipient. An associate is careful to assess their capacities and not interfere with the mind or attitude of the recipient. When confronted with any intractable problem beyond the scope of the associate, a competent specialist should be employed.*

# Eyes

The *Eyes* set may be used to address conditions of the eyes, such as cataracts, glaucoma, and poor eyesight.



Hold “X” and on the same side of the head, touch points “1” through “4”.  
Repeat on the opposite side of the head.





Hold Point X



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

Hold “X” and on the same side of the head, touch points “1” through “4”. Repeat on the opposite side of the head.

Begin this step on either side of the head.

**Hold point “X”** is the same as point “4” of the *Head* set. It is a definite valley or dent in the skull about  $\frac{1}{3}$  of the way down from the top of the ear and 1 to  $1\frac{1}{2}$  inches behind the back edge of the ear.

Another way to locate **Hold point “X”** is by placing the fingers in the indentation beside the neck muscle at the base of the skull, sliding the fingers up the back of the skull over a rise in the bone, to a very definite valley or dent.

**Points “1”, “2”, “3”, and “4”** are in a line on the SAME side of the head as “X”. **Point “1”** is just in front of where the ear meets the face. **Point “2”** is  $\frac{1}{2}$  way between point “1” and the outside corner of the eye. **Point “3”** is at the outside corner of the eye. To touch **Point “4”**, ask the recipient to close their eye and touch on the recipient's closed eyelid. Care should be taken, as this is a sensitive area.

Repeat this sequence on the other side of the head.



Hold Point X and Point 4



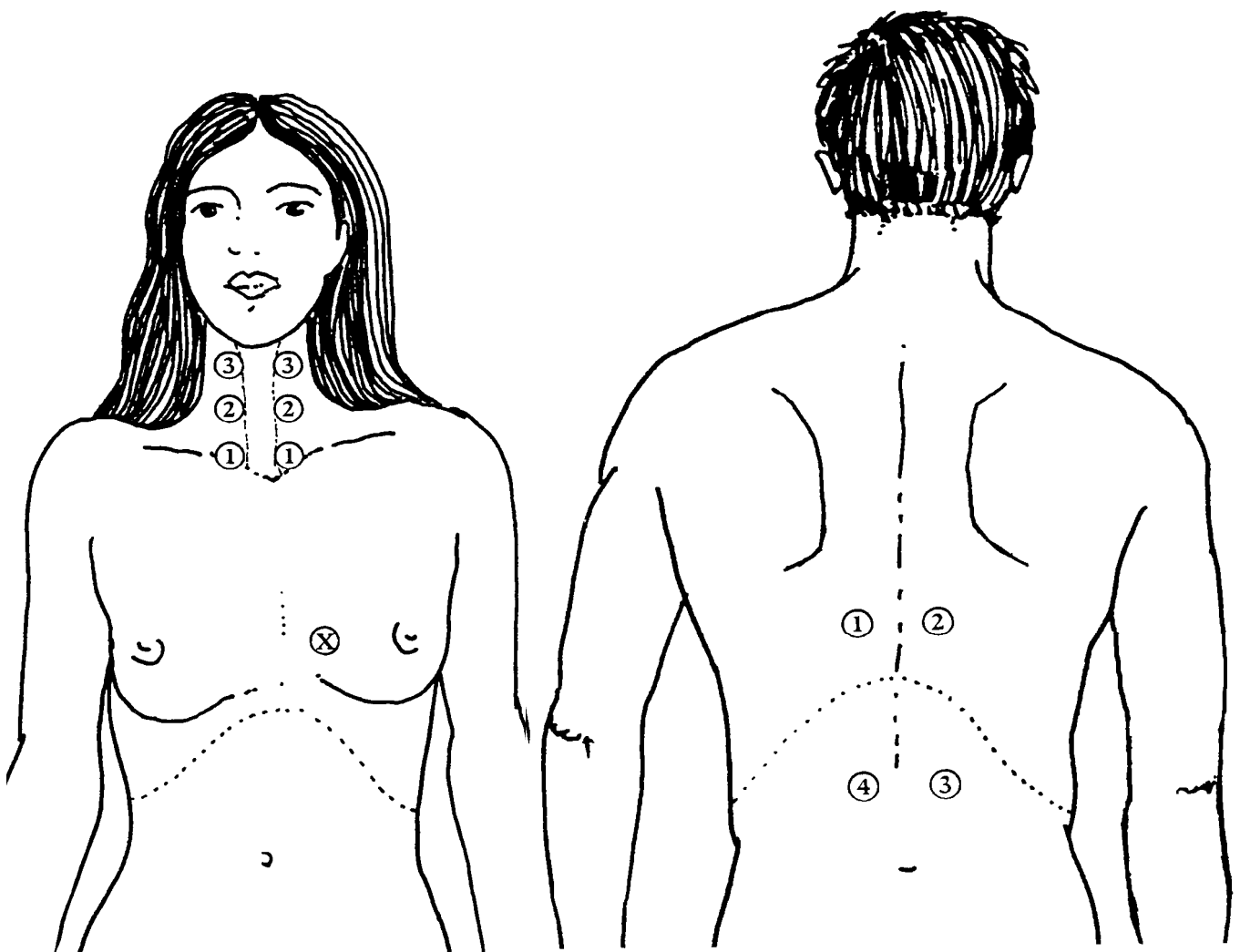
*An associate should never underestimate the capacity of the human body to adjust and heal itself!*

# Metabolism

The *Metabolism* set can be used to help the body assimilate what it needs and eliminate what it does not need. This may include such conditions as abnormal growths in the body, weight loss or gain, fluid retention, broken bones, arthritis, increasing tissue growth, etc. This set of points may also be used to address blood sugar problems.



*The natural healing processes of the body may begin to exert an influence on the body's need for insulin or other medications. Therefore, a recipient should be encouraged to work with their health care provider to keep abreast of their need for medications.*



**Step 1:** In “Matching-fire” touch points “1” and “1”, “2” and “2”, then “3” and “3”.

**Step 2:** Hold “X” and in “Through-fire” touch points “1” through “3” on the back.

Add point “4” to address blood sugar.

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Step 1: Points 2 and 2



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

## Step 1:

In “Matching-fire” touch points “1” and “1”, “2” and “2”, then “3” and “3”.

Points “1”, “2” and “3” are located along the large muscles on the front of the neck.

Points “1” are located above the collar bone in the soft indentation on both sides of the notch which is at the top of the breastbone. Points “2” are halfway up the neck in front of the large muscle. Points “3” are at the top of the neck in front of the large muscle.

The throat and neck are very sensitive for most individuals. Remember to touch very lightly and to be gentle.



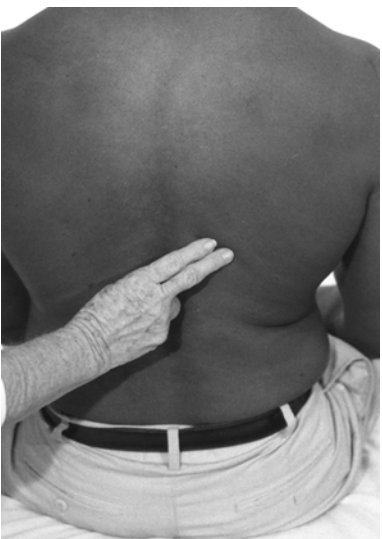
Step 2: Hold Point X

## Step 2:

Hold “X” and in “Through-fire” touch points “1” through “3” on the back.

Hold point “X” is on a line directly between where the nipples would be on a youth and 1 to 2 inches to the left of the breastbone. Another description of this point is  $\frac{1}{3}$  of the way up the breastbone from *Greeting* point “1”, and 1 to 2 inches to the left of the breastbone.

Points “1”, “2”, and “3” are located on the back around the “break-over” point. Remember from page 11 that the “break-over” point is where the bottom of the ribcage joins the spine, directly through the body from *Greeting* point “1”.



Step 2: Point 2



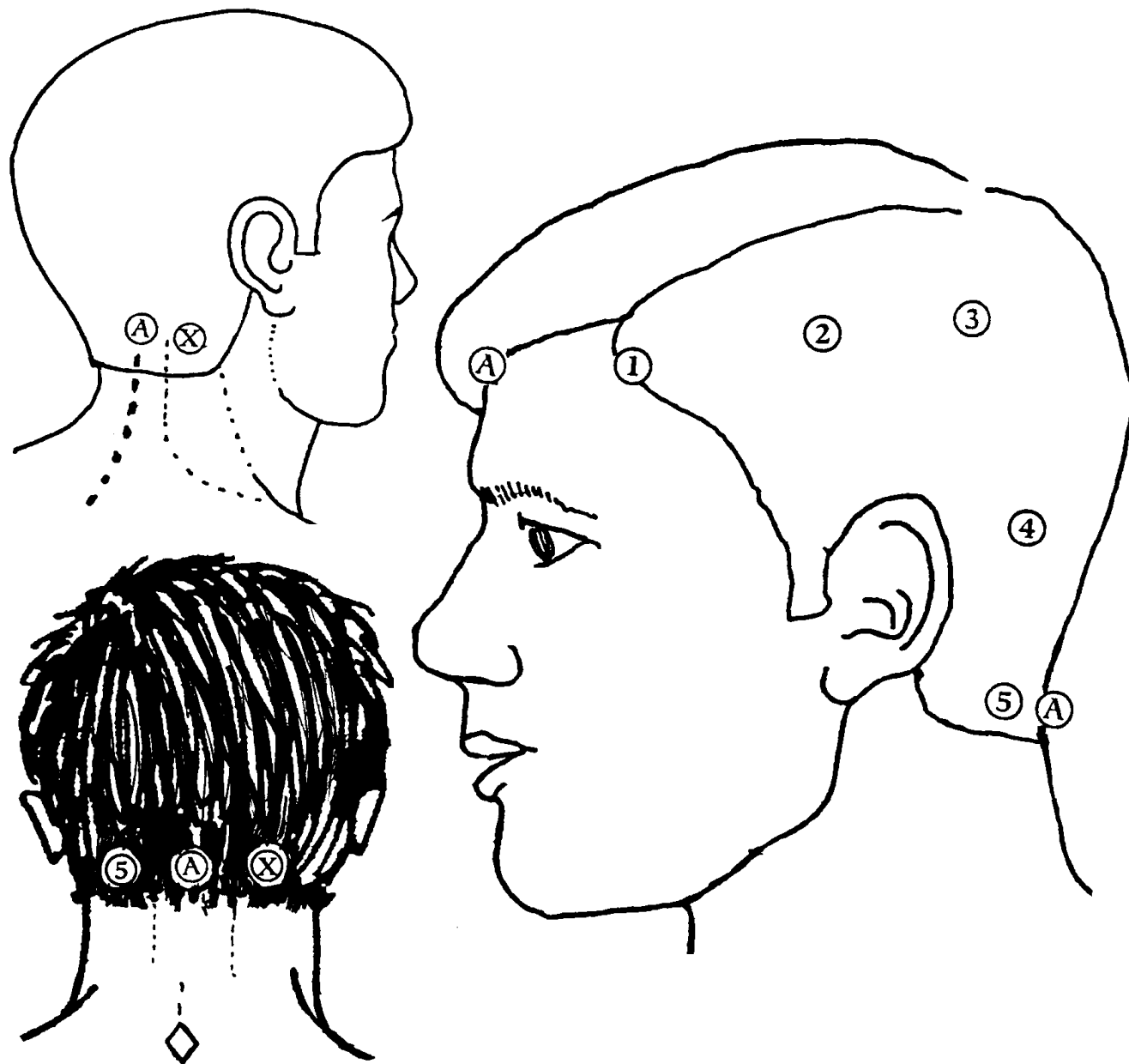
Step 2: Point 4

Point “1” is approximately 1 to 2 inches above the “break-over” point on the left spine muscle. Point “2” is directly across from “1” on the right spine muscle. Both points “1” and “2” are below the bottom of the shoulder blade. Point “3” is 2 to 3 inches below the “break-over” point on the right spine muscle.

Point “4” is used in conjunction with the other *Metabolism* points when addressing blood sugar problems and is located across from point “3” on the left spine muscle.

# Head

The *Head* set can be used to address conditions related to the brain. This might include conditions such as dementia, chemical imbalances, abnormal growths, hormone imbalances, stroke, etc.



**Step 1:** In “Through-fire” touch points “A” and “A”.

**Step 2:** Hold “X” and in “Cross-fire” touch points “1” through “5”. Reverse sides.

**Step 3:** In “Matching-fire” touch points “1” and “1”, “2” and “2”, “3” and “3”, “4” and “4”, then “5” and “5”.

**Step 4:** With the open palms, cover points “1” through “3” on both sides of the head.

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Step 1: Points A and A



Step 2: Hold Point X



Step 2: Point 1



Step 3: Points 3 and 3



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

## Step 1:

In “Through-fire” touch points “A” and “A”.

**Point “A”** on the back of the head is in the center of the neck at the base of the skull. This is the same as point “2” of the *Back* set. **Point “A”** on the front of the head is at the center of the forehead, where the forehead begins to curve to the crown.

## Step 2:

Hold “X” and in “Cross-fire” touch points “1” through “5”.  
Reverse sides.

Begin this step on either side of the head.

**Hold point “X”** is in the indentation beside the neck muscle at the base of the skull. It is the same as point “1” of the *Back* set.

**Points “1” through “5”** are on the OPPOSITE SIDE of the head from “X”.

**Points “1”, “2” and “3”** are on the ridge-line formed where the skull curves up toward the crown. **Point “1”** is on the ridge-line above the outside corner of the eye. **Point “2”** is on the ridge-line above the front of the ear. **Point “3”** is on the ridge-line above the back of the ear.

**Point “4”** is in an indentation approximately 1/3rd of the way down from the top of the ear and 1 to 1½ inches behind the back edge of the ear. Another way to locate **Point “4”** is by placing the fingers in the indentation beside the neck muscle at the base of the skull, sliding the fingers up the back of the skull over a rise in the bone, to a very definite valley or dent.

**Point “5”** is opposite Hold point “X” at the base of the skull.

Point “5” becomes the new Hold point as points “1” through “5” are touched on the opposite side of the head in “Cross-fire”.

## Step 3:

In “Matching-fire” touch points “1” and “1”, “2” and “2”, “3” and “3”, “4” and “4”, then “5” and “5”.

## Step 4:

With the open palms, cover points “1” through “3” on both sides of the head.

Remember not to touch the hands together.

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In any situation, remember to “Just Touch!”™

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## Services offered by IFBM

- Bio-Touch™ sessions on a donation basis
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- Classes for the entire family — at IFBM Centers or in your own community
- Online Courses
- Certification & Instructor programs
- Nursing CEUs
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- Speakers for meetings and conferences
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IFBM (the International Foundation of Bio-Magnetics) is a non-profit, tax exempt educational foundation. **Its Mission** is to teach Bio-Touch™, an application of the universal principle “Love thy Neighbor,” as a means to alleviate pain and stress, and support good health through all stages of life. **Its Vision** is to encourage all people to take responsibility for their own healthcare, empower them to assist others and create a community of people worldwide dedicated to service, self-awareness and recognizing the equality of all humanity—thus forming a chain which shall go on indefinitely. This purpose is achieved through the application and instruction of Bio-Touch™, the simple touch healing technique that is presented in this manual. IFBM is the sole provider of Bio-Touch™ educational materials and programs.

**Learn Bio-Touch™:** Educational programs are designed to teach lay people and professionals alike. Learn at home with the Manual & DVD Set or online at JustTouch.com. Training and certification are available at IFBM Centers or can be coordinated in your area.

**Bio-Touch™ Sessions:** Because health is an inherent right for all individuals, Bio-Touch™ sessions are offered at IFBM Centers solely on a donation basis. All staff members and administrators are volunteers offering their time as a service to others who wish to experience the benefits of Bio-Touch™. At IFBM Centers, Certified Practitioners make no recommendations concerning medication, diet, or life-style. As this technique is to be used in conjunction with any healthcare practice, all recipients are encouraged to pursue their own personal programs for healthcare. Independent practitioners may be contacted via the referral list at JustTouch.com.

**Bio-Touch™ Research:** Studies investigating the effects of Bio-Touch™ are on-going. Data is offered freely to the public and opportunities to participate as practitioners or as subjects may be available.

**Memberships & Charitable Giving:** Anyone interested in supporting the work of sharing Bio-Touch™ may become a member of IFBM. Supporting Members receive the quarterly newsletter *Just Touch News*, discounts on selected healthcare products and other related services. All donations made to IFBM are tax deductible according to the IRS code.

The goal of IFBM is to share the simplicity, integrity and effectiveness of Bio-Touch™ wherever possible and to support others in doing the same.. An associate is encouraged to share and apply the information provided in this manual and thereby help relieve the suffering of another human being. If there is any way IFBM can provide guidance or support towards this endeavor, please contact:

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