



Just Touch

*Training for the In-Home Caregiver
Caring for Caregivers with Bio-Touch*



OVERVIEW & PURPOSE

Caring for Caregivers and Bio-Touch Healing have collaborated to offer you this practical training. Both Foundations are 501(c)(3), non-profit, tax-exempt organizations. Bio-Touch Healing was established in 1989, and Caring for Caregivers launched in 2022. Our collective efforts in developing this training are based on you, the caregiver, and the power of touch that you will provide to your loved one.

EDUCATION BENEFITS

There are several educational benefits for both you and the recipient. Most caregivers struggle to overcome fear, anxiety and a sense of helplessness. We will teach three Bio-Touch Healing sets that can address these and give a sense of wellbeing. Bio-Touch uses the tips of your fingers with a soft butterfly touch to notice profound results. End-of-life care is something we all deal with at some point. Caring for Caregivers is dedicated to offering educational options for all - improving CARE for the Last 5 Yards of life.

LESSON 1: JUST TOUCH

1. Understanding your role
2. The importance of remaining calm
3. Keeping your focus

Section 1:1 Understanding your role

According to Google - The role of a caregiver:

Helping your loved one in dressing up, toileting, and conducting household tasks such as buying groceries and chores. Ensuring your loved one is exercising, eating balanced meals, and taking medication in a timely manner. Providing a listening ear to your loved one, and showing care and support.

What are some key considerations for the Last 5 Yards of life?

Those transitioning need more care in a couple of different areas. Your role at this point is to: 1. ensure they feel safe and physically comfortable, 2. know and understand how to meet their mental and emotional needs, 3. have their spiritual plan in place when needed and 4. make sure not to forget your practical tasks.

Of course, other family members and friends will need support as well, especially when it comes to practical tasks and emotional distress.

You are receiving this training and printable material at no cost, courtesy of Caring 4 Caregivers and Bio-Touch Healing. Donations, grants, partnerships, and good humans connecting us to others, just like you, fund both nonprofits.

Section 1:2 The importance of remaining calm

Thriving in chaos is a strength some uniquely possess. Being able to think logically and make quick decisions, calmly, builds the confidence of your recipient and eliminates fear and anxiety.

23% of Americans say caregiving made their health worse. Here are some tips to help you remain calm.

- Accept help from others
- Take 15 minutes a day to clear your mind and regroup on what you are able to provide
- Set achievable goals
- Get connected with others - join a support group - go to Last5yards.com
- Find social support by posting your story or join a prayer circle
- Visit your Dr. and set personal health goals
- Use Bio-Touch Healing

Section 1:3 Keeping your focus

As a caregiver, self-care is a necessity. Reducing your stress while maintaining your energy level and building stamina is vital. Remember, the amount of time you could be providing care might be much longer than expected. Exercising and eating on a regular basis are important, along with a good night's sleep. Listen to your body and don't push yourself too hard. Ask for help when you need it and take 15 minutes (at minimum) for yourself. It's not too late to pick up an old hobby or start a new one.

Start your day with a good meal and a reminder why you are providing care. If you are stressed, so is everyone else. These words most likely resonate with you; patience, compassion, attentiveness, dependability and trustworthiness.

“To care for those who once cared for us is one of the highest honors.”

Caring for Caregivers
Last5yards.com

Bio-Touch
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.



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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”

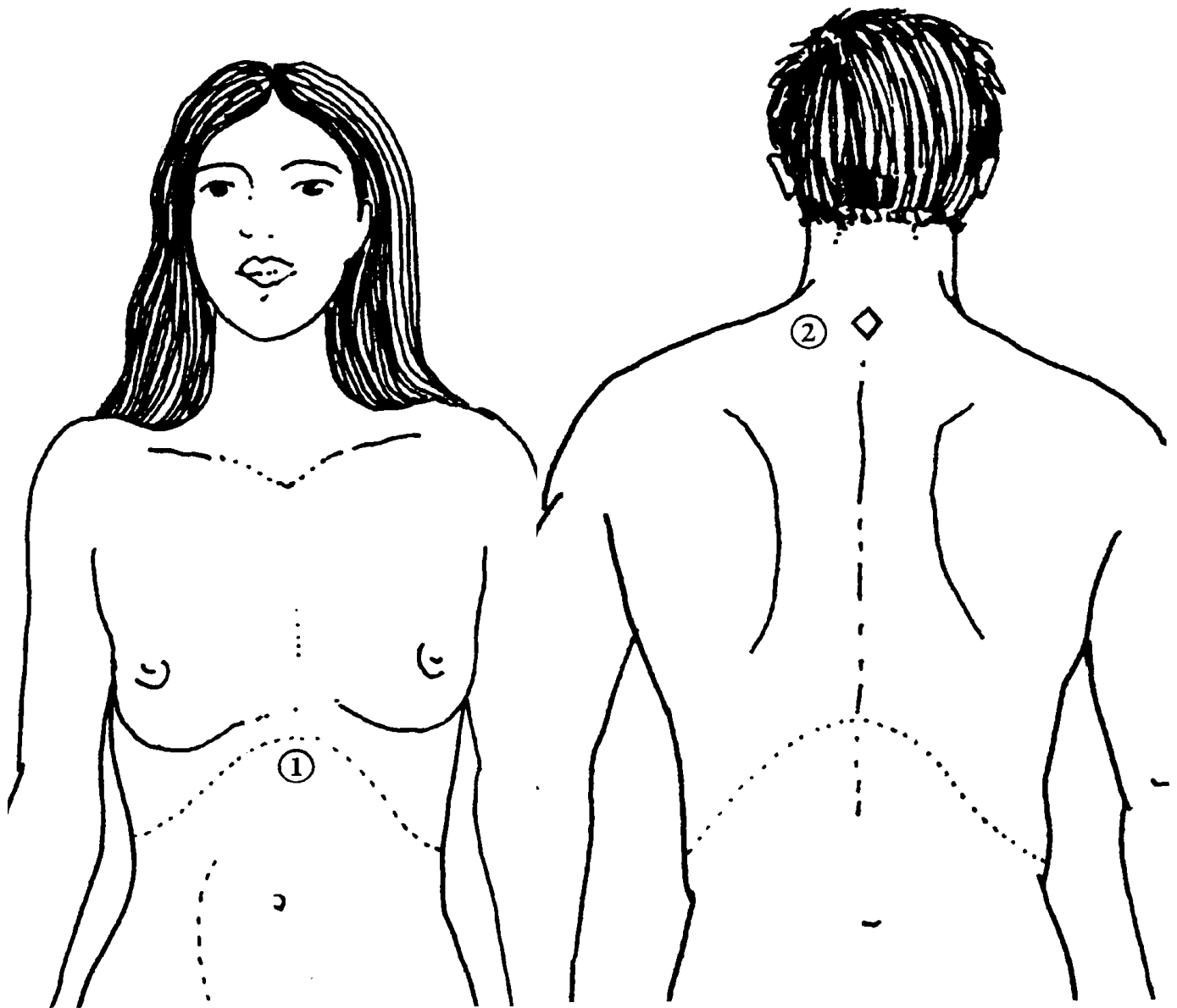


“Cross-fire”

- 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 ministrations 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.

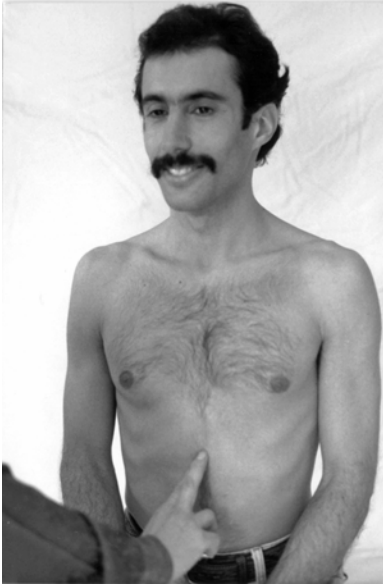
Touch point 1.

Then touch point 2.

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Bio-Touch™

Bio-Touch™

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 \diamond on the drawing.



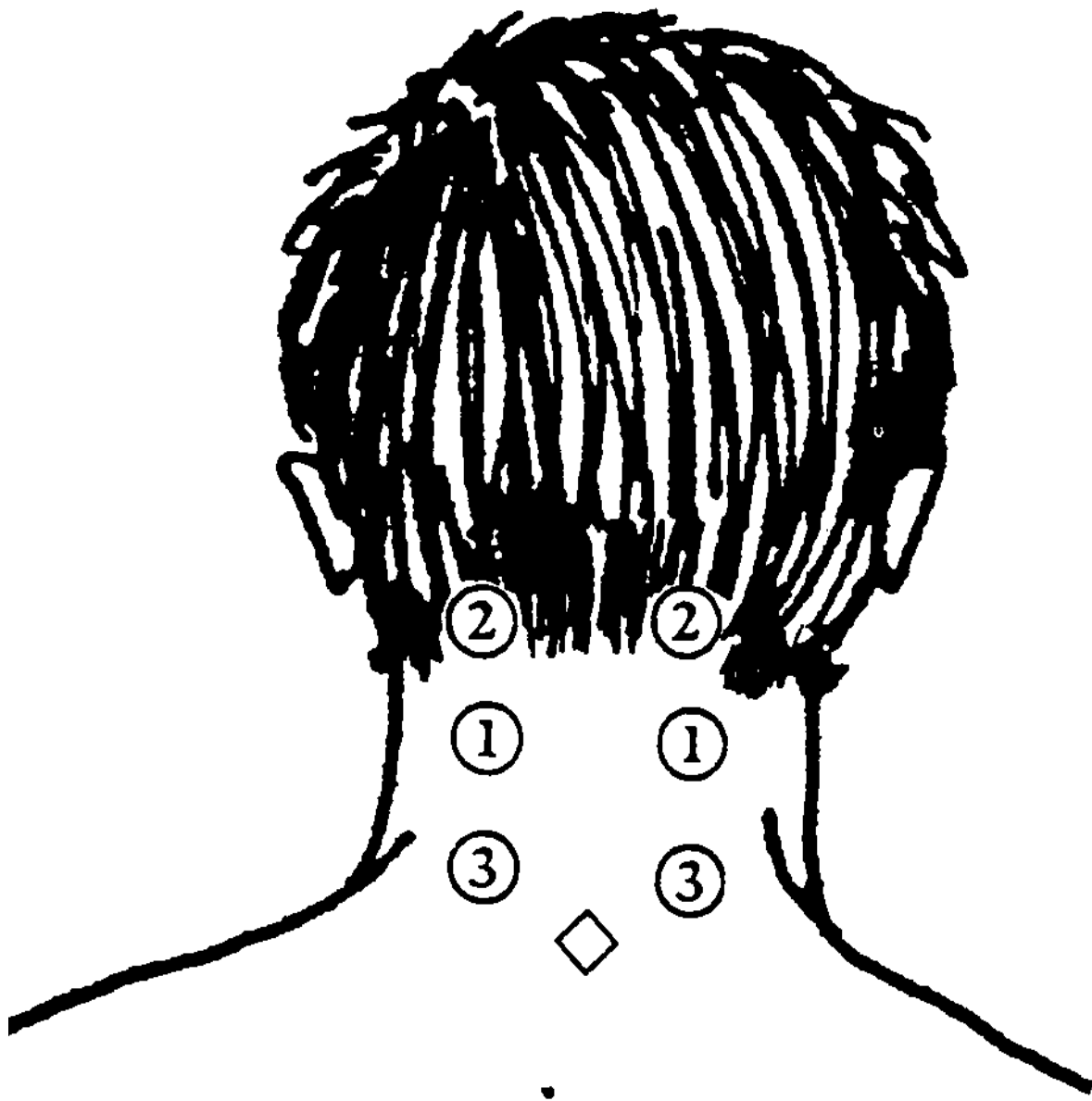
Point 2



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.

Neck

The *Neck* set may be used to address most headaches, neck pains, soreness of the upper back, and problems in the upper extremities, such as arm and hand problems.



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

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Points 1 and 1



- 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.

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

Points “1” are halfway down the neck on the side of the large muscles.

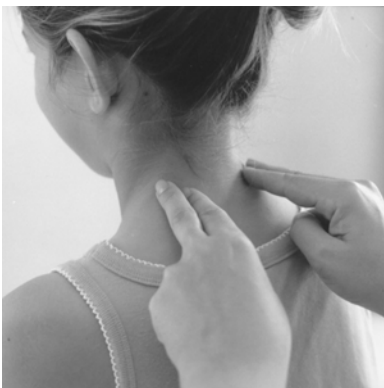
Points “2” are in the indentations beside the neck muscles at the base of the skull.

Points “3” are at the bottom of the neck on the side of the large muscles.

These points may be touched repeatedly.



Points 2 and 2



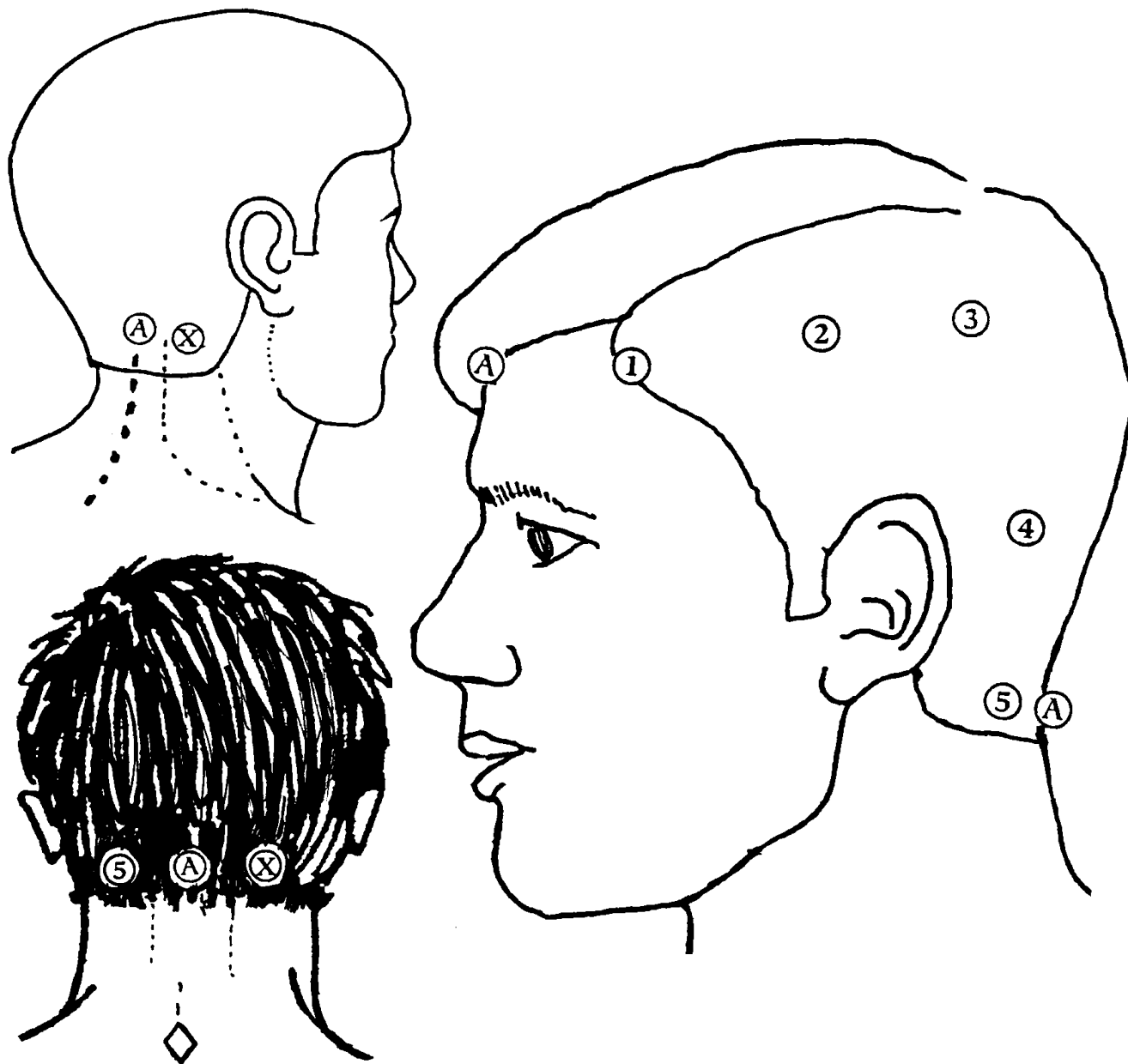
Points 3 and 3



An associate should always proceed patiently and await the natural healing process to produce the results. The result of the procedures outlined in this manual is an “undoing” process which utilizes the recipient's biological processes to promote healing.

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:

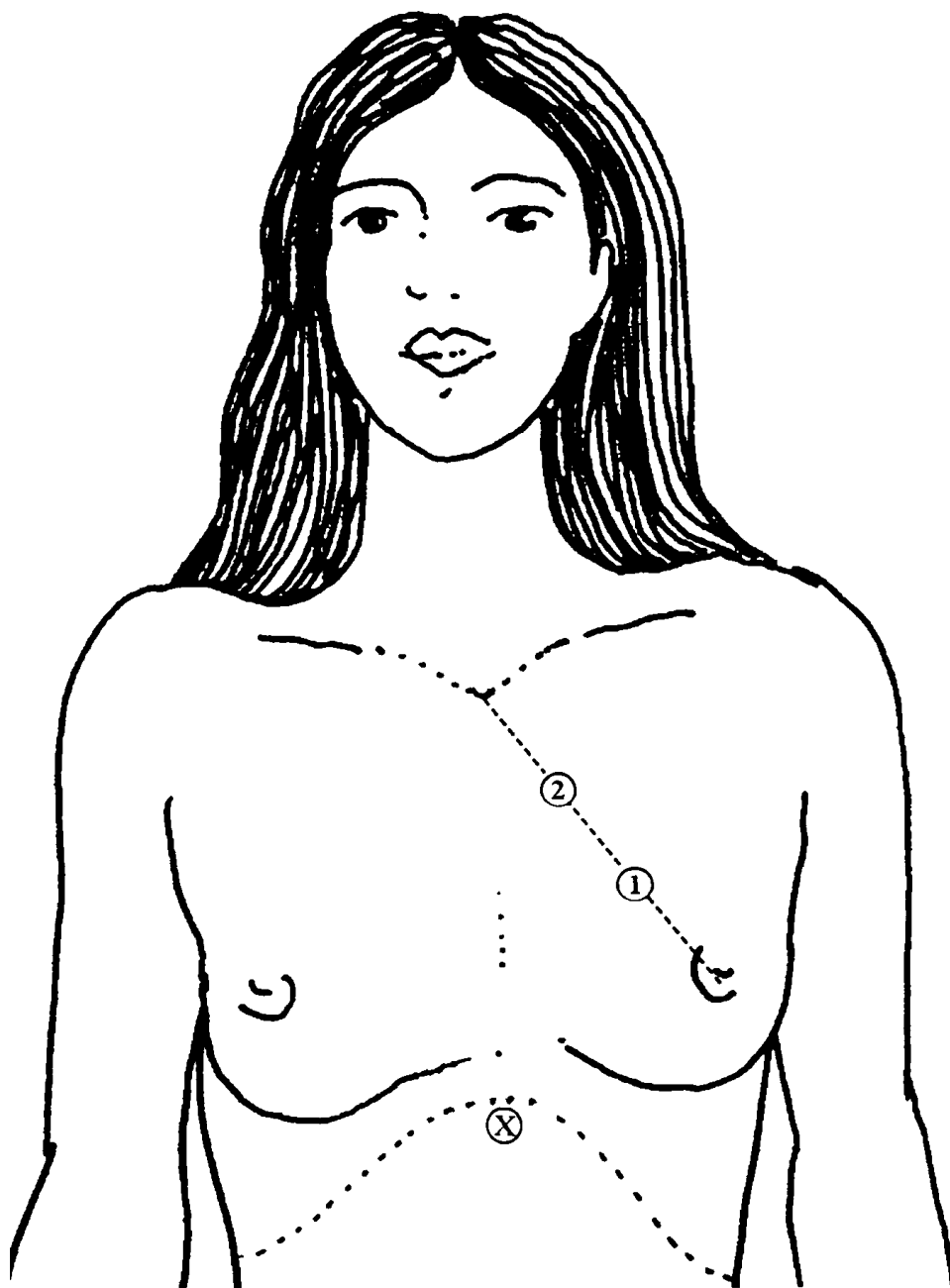
With the open palms, cover points “1” through “3” on both sides of the head.

Remember not to touch the hands together.

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Stress, Anxiety & Shingles


This set may be used to address the physical manifestations of emotional or mental stress and anxiety. It may also be used to address related conditions, such as shingles, psoriasis, asthma, and rheumatoid arthritis.



Hold "X" and touch points "1" and "2".



X and Point 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.

Hold “X” and touch points “1” and “2”.

Hold point “X” is in the fleshy area just below the bottom of the breastbone. It is the same point as *Greeting* point “1”.

Points “1” and “2” are the same as points “1” and “2” on the *Heart* diagram. They are on an imaginary line running from the notch at the top of the breastbone to a place on the left breast where the nipple would be on a youth. Divide this line into thirds. Point “1” is at the top of the first third. Point “2” is at the top of the second third. (See the dotted diagonal line on the diagram.)

This set may be touched repeatedly.

To address the local area on the skin where a rash has developed from psoriasis, shingles, or any other related skin conditions, an associate may perform any combination of “Hold points”, “Matching-fires”, “Through-fires”, or “Sweeps”. Also, it may be beneficial to sweep from the back following the nerve pathways to the local out-break. See the section on *Enhancements & Local Work* on the following page for further details.

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Observation & Scanning

As was discussed earlier in the description of the *Back* set, an associate may utilize different elements of sensory perception, such as observation and scanning to help determine where to add enhancements or local work to aid in the healing process of a recipient.

These methods may be **visual**, as in observing moles, changes in texture or color of the skin, or differences in the shape and curvature of the body; **audible**, such as noting breathing, tone of voice, or by listening to the recipient’s health concerns; or **tactile**, such as perceiving tingling, heat, cold, stickiness or a dragging sensation while touching points or sweeping across the skin. These indications may help the associate determine where to add enhancements or to practice local work.

“Scanning” is another technique that employs the tactile sense. In scanning, the associate slowly moves one or both of the hands approximately one inch above the surface of the body. This is not a touch function. The associate is endeavoring to perceive a sensation, just as one might physically feel the mechanical heat of a hot piece of metal by holding the hand near it. The perception, being subjective, may be exhibited in a number of different ways. It may manifest as a slight tingle, or as a warm or cold feeling. It may not be expressed in any manner that can be described in words, but nevertheless may feel quite real to the associate. Many successful associates have worked for years without experiencing results from scanning, so don’t be discouraged if you don’t “feel” anything immediately, or even at all.

Results from observation and scanning come from much practice as an associate learns to detect variations in the texture of the skin or perceived differences in the temperature of the skin on various parts of the body of the recipient. Practicing observation and scanning techniques enables an associate to receive guidance to help promote the healing process.

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Services offered by IFBM

- Bio-Touch™ sessions on a donation basis
- At-home learning with the Bio-Touch™ Manual & DVD Set
- Classes for the entire family — at IFBM Centers or in your own community
- Online Courses
- Certification & Instructor programs
- Nursing CEUs
- Volunteer opportunities
- Healthcare products at member discounts
- Speakers for meetings and conferences
- A growing network of practitioners
- Charitable giving opportunities
- Research Program

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:

JustTouch.com

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