

POSTURE

Posture is how you naturally hold your body while sitting, standing, or moving. Maintaining good posture is essential for supporting your spine and overall health.

There is no such thing as perfect or imperfect posture. Each person's body is unique, and stressing about achieving textbook posture all the time isn't necessary. In fact, some studies suggest that what we consider "poor" or "bad" posture is often influenced by self-esteem and how we perceive our appearance, rather than direct health benefits or pain prevention.

Your spine naturally has three curves:

Cervical spine: The neck curve

Thoracic spine: The middle back curve

Lumbar spine: The lower back curve

Good posture maintains these curves without exaggerating them. Imagine your head aligned over your shoulders, and the top of your shoulders directly above your hips.

Bio-Touch can help to support good posture as well as address any difficulties that may arise. While not a substitute for standard medical care, Bio-Touch is an effective complement to medical protocols. Family members and friends can help each other feel better using Bio-Touch, without being concerned about negative side effects.

This workbook includes the basic sets of points that you will need in order to address posture issues. 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.

Published in the United States by

IFBM

International Foundation of Bio-Magnetics
a nonprofit, tax exempt educational foundation

5634 East Pima Street

Tucson, Arizona 85712, USA

(520) 751-7751 • (888) 473-3812

International 001-520-751-7751

JustTouch.com

© 1993, 1997, 2000, 2005, 2016 editions International Foundation of Bio-Magnetics

All rights reserved

IFBM is the sole producer and international distributor of all Bio-Touch™ related materials. The Bio-Touch™ Manual and Video, and the names Bio-Touch™, Bio-Magnetic Touch Healing™, "Just Touch"™, and the logo are the exclusive property of IFBM and may not be reproduced, copied, or distributed in whole or in part in any country or language without express written permission from IFBM. We are committed to sharing Bio-Touch™ with all people and are eager to arrange classes and build partnerships for sharing Bio-Touch™ worldwide. Please contact us for more information or for permission to reproduce materials.



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!”™**

▶ [Click here to watch video](#)
Bio-Touch™

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”

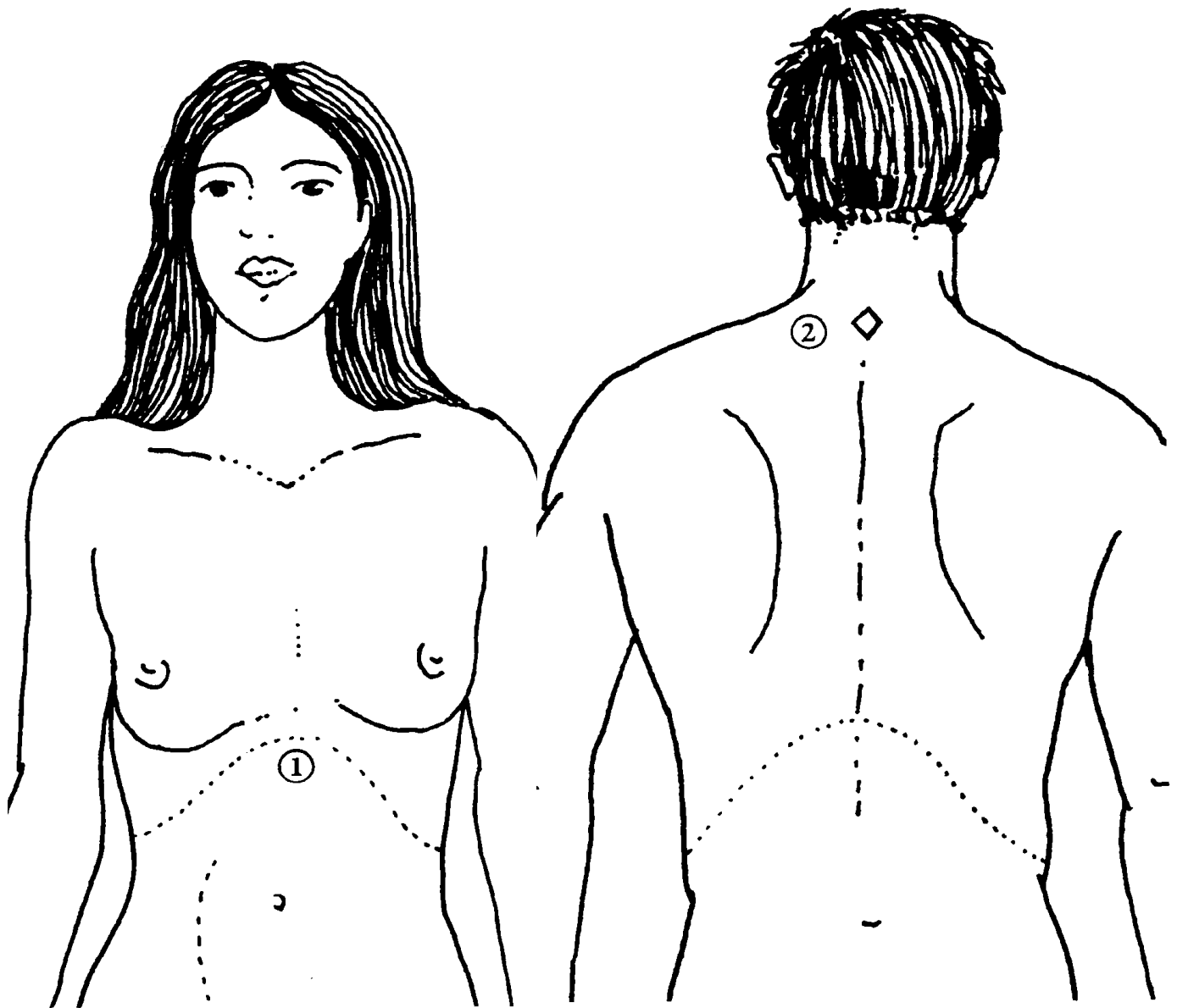


“Cross-fire”

- 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.

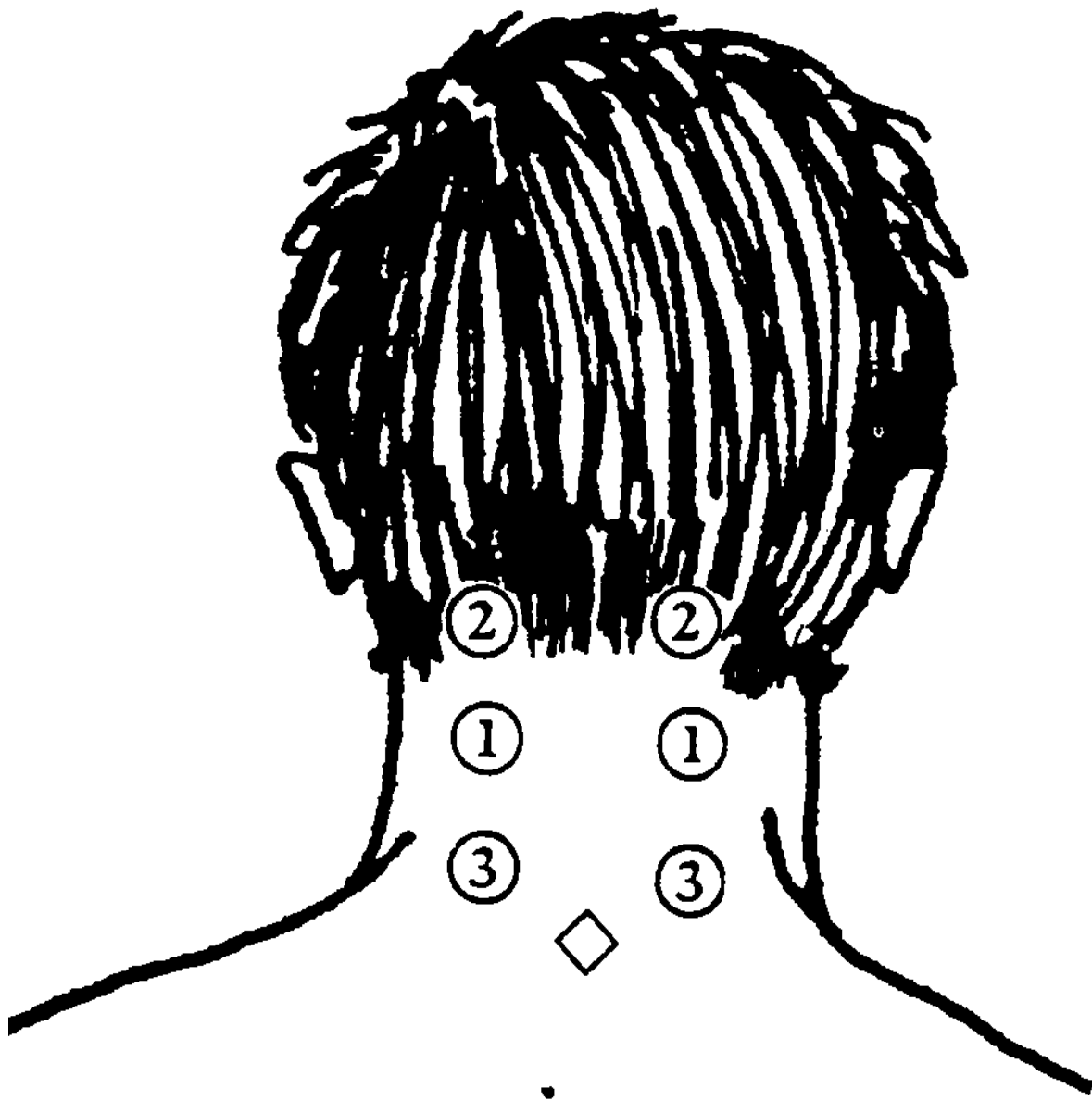
Touch point 1.

Then touch point 2.

► [Click here to watch video](#)
Bio-Touch™

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”.

Bio-Touch™



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.

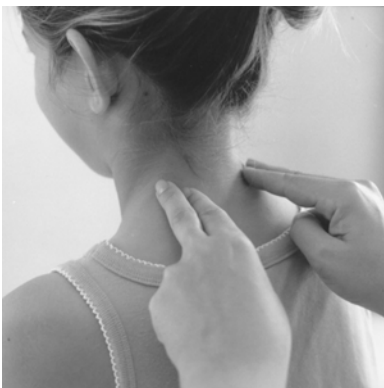
Points “2” are in the indentations beside the neck muscles at the base of the skull.

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



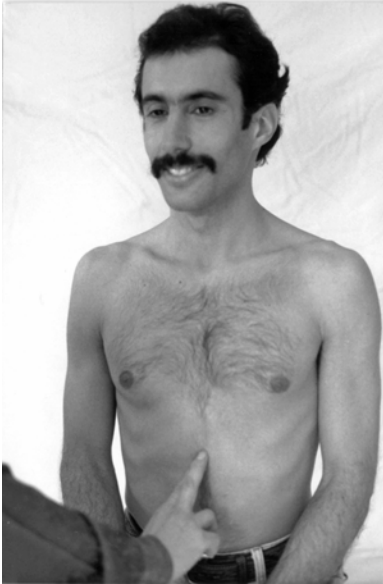
Points 3 and 3



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.

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 ◇ on the drawing.



Point 2

More than one associate may work simultaneously with a recipient once each associate has completed the *Greeting*. However, if someone who has not performed the *Greeting* touches the recipient or associate, simply perform the *Greeting* again and proceed with the session from where it was interrupted. Follow this same procedure for any other interruption, such as answering the telephone or doorbell.



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.

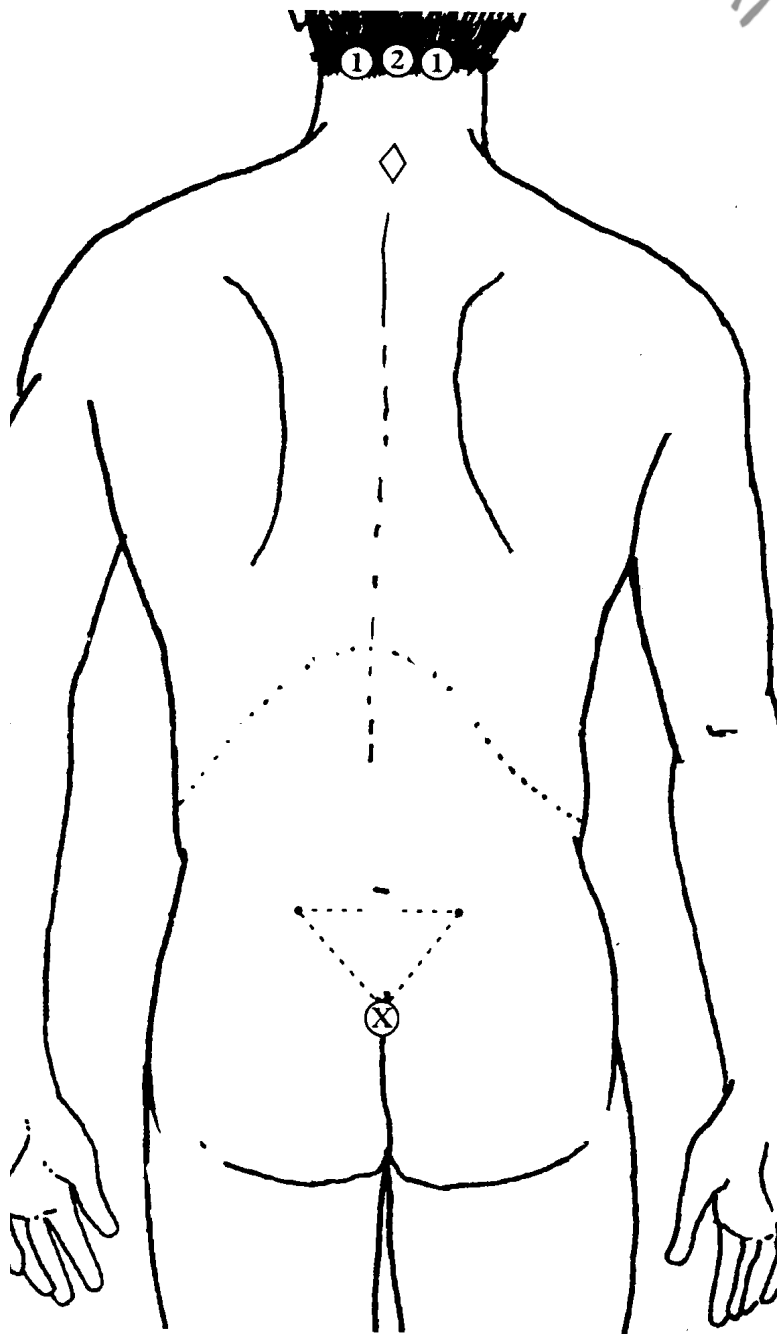
Back continued

The *Back* is usually the last set to be worked in a session, although it is not mandatory to do so. Whenever possible the recipient should be made comfortable - lying on a couch or bed on their stomach, on their side, sitting upright, or standing - with the entire backbone accessible down to and including the tailbone.

Note: The Back has 5 steps...



- 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:

Hold “X” and use the first two fingers and thumb of the other hand to touch points “1” and “1”.

Hold point “X” is on the end of the tailbone, or *coccyx*.

Points “1” and “1” are in the indentations beside the neck muscles at the base of the skull. To touch these points, place the first two fingers on one side of the neck and the thumb on the other side of the neck as shown in the photo.



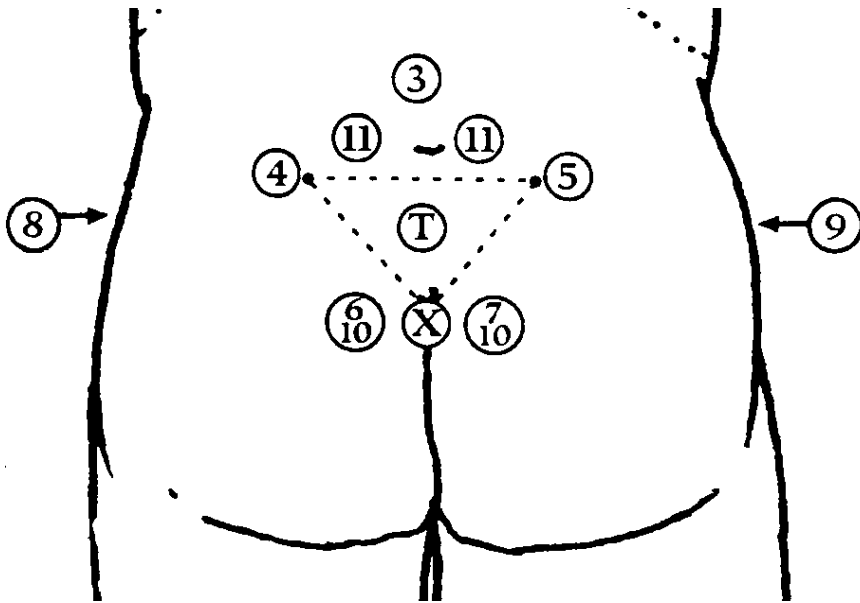
Step 1: X and Points 1 & 1

Step 2:

Hold “X” and touch point “2”.

Point “2” is at the center of the neck at the base of the skull.

Bio-Touch™



Step 3 involves touching points on the lower back around the sacrum region which may be identified by a triangle formed by dimples (located below the normal belt-line) and the tailbone. This area is shown on the diagram as a dotted triangle at the base of the spine. The dimples are indicated by bold dots adjacent to points "4" and "5" which, with "X" (or the "tailbone"), form the sacrum triangle.

Step 3:

Hold "T" and touch points "3" through "9".

Hold point "T" is in the center of the triangle. Point "3" is on the spine above the triangle. Points "4" and "5" are outside the corners of the triangle, adjacent to the dimples. Points "6" and "7" are on either side of the tailbone. Points "8" and "9" are in line with point "T" and on the side of the hips.



Step 3: T and Point 4



Step 3: T and Point 9

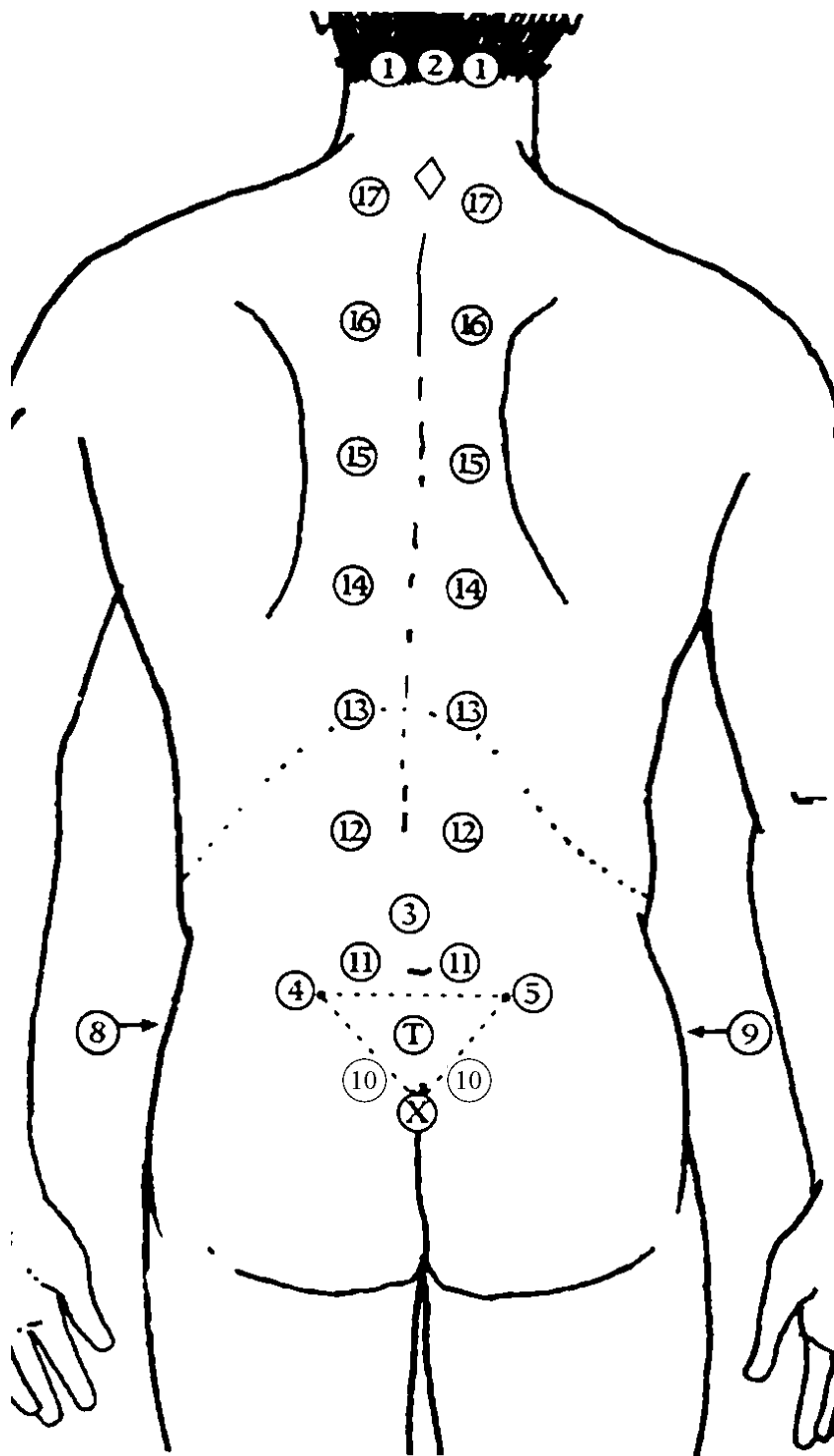
This is a good time to perform enhancements and local work:

After completing Step 3, an associate may perform enhancements and local work on and around specific areas of the spine. The information presented on page 11 of the *Back* set and on pages 28 & 29 should be sufficient to provide guidance in performing these enhancements.

(More *Back* on next page...)

► [Click here to watch video](#)

Back continued



Step 4:

In “Matching-fire” touch points “10” through “17”.

Points “10” and “10” are on both sides of the tailbone. Points “11” through “17” are on top of the large muscles on both sides of the spine, approximately every other vertebra. These points may be gauged by moving the fingers up the spine the same distance as the hands are apart. Points “17” are alongside the big bone at the base of the neck.

Remember, to be effective, hold each point for 6-8 seconds.



Step 4: Points 10 and 10

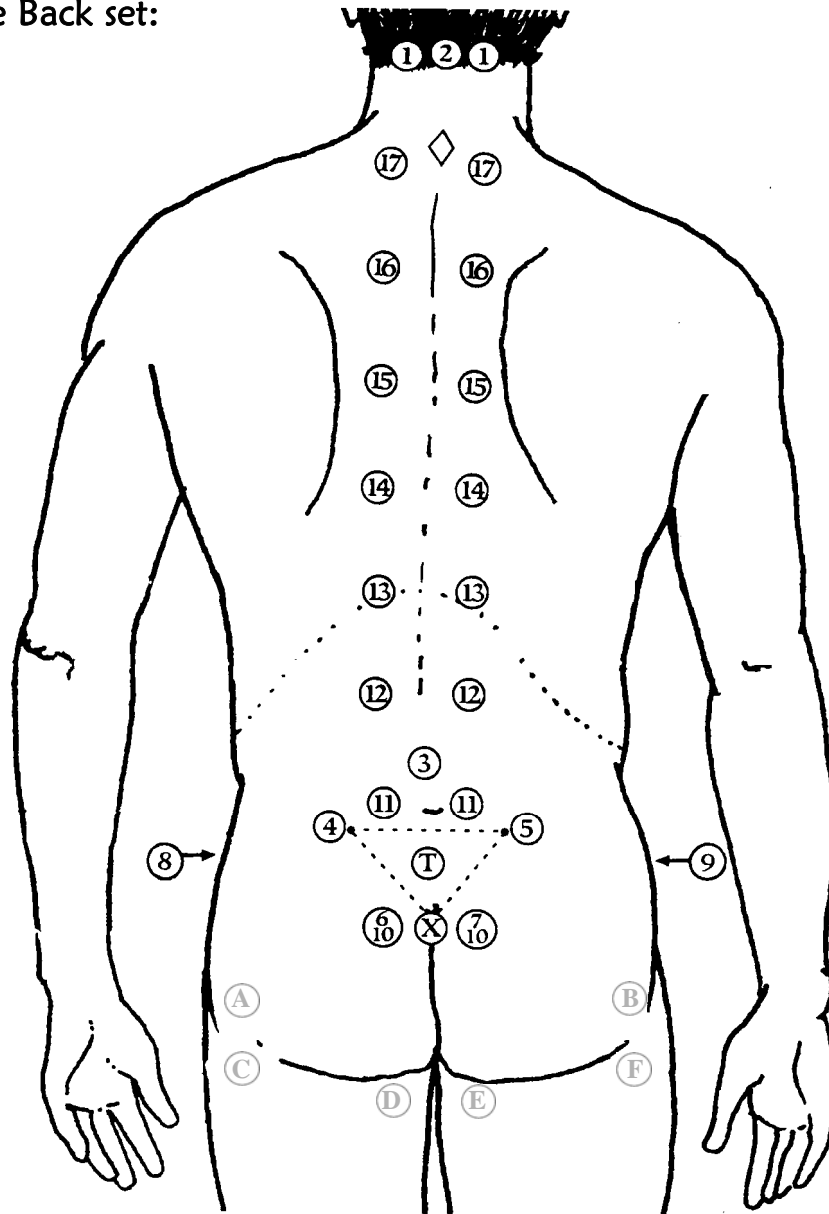
Step 5:

From points “17”, sweep along the spine to points “10”, then curve outward to the hips.

Slowly sweep down both sides of the spinal column along the top of the large muscles. At points “10” curve outward to the hips.

► [Click here to watch video](#)
Bio-Touch™

Synopsis of the Back set:



Step 1: Hold “X” and use the first two fingers and thumb of the other hand to touch points “1” and “1”.

Step 2: Hold “X” and touch point “2”.

Step 3: Hold “T” and touch points “3” through “9”.

Step 4: In “Matching-fire” touch points “10” through “17”.

Step 5: From points “17”, sweep along the spine to points “10”, then curve outward to the hips.



Sciatica: Hold “T”. Touch “A” and “B”.

• *Pelvic Injury:* Hold “T”. Touch “C” through “F”.

► [Click here to watch video](#)

IFBM a nonprofit, tax-exempt educational foundation



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

(888) GREET-1-2 / 473-3812

(520) 751-7751

International 001-520-751-7751

“Just Touch!”™

► [Click here to watch video](#)

Bio-Touch™