If you have ordered one of the products, while you are waiting you can use the end of a toothbrush or a small plastic bottle for stimulating the acupressure points. You can also roll it on the reflexology points on your hands. Use this when you view the webinars and as an extra tool when you want to do two pressure points at the same time. You can also just use your fingers to stimulate the points. Some people are more sensitive with their hands and work with very subtle energies. I find I get better results when I use a tool. Some people report tools give eight times more benefits than using just your fingers. Many of you have heard of EFT which uses a tapping action with your fingers. If you use tapping with our system, tap for about 30 seconds on each point related to your condition.



