

Procedure for a Heart Attack Episode

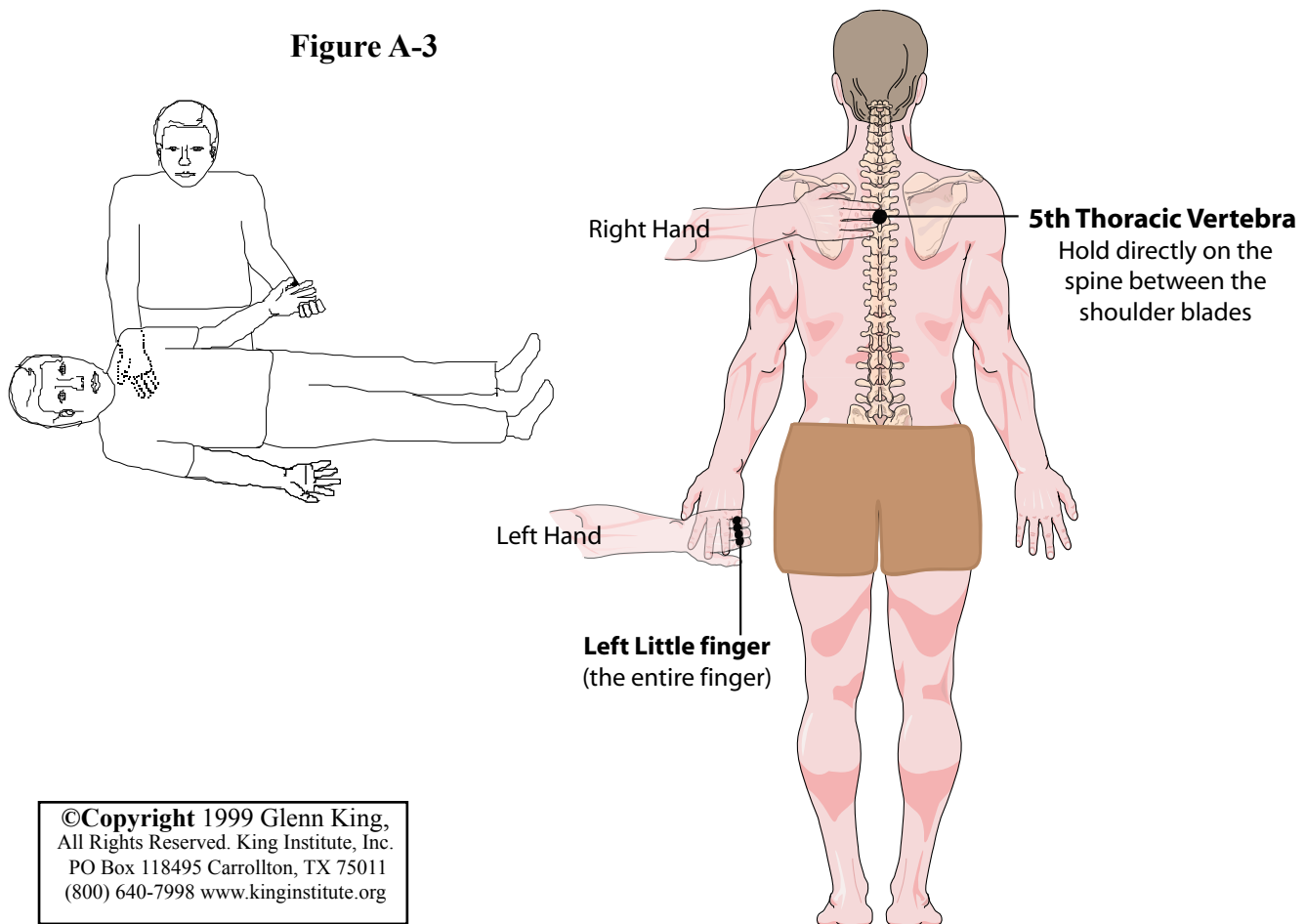
The diagram illustrates the proper procedure (refer to figure A-3).

Procedure For Your Hands	(to)	Positions On The Body
Step 1 right fingers and left fingers	to	center on 5 th thoracic vertebra (on the spinous process)
	to	left little finger (hold the entire left little finger)

Apply this procedure for at least three to five minutes after all symptoms have been alleviated. The heart attack episode is usually relieved within two to four minutes, although relief should begin immediately. Although, this procedure is only for the emergency episode.

It is not necessary to apply pressure to the vertebra, nor is it necessary to squeeze the finger. Only gentle and firm contact is needed.

Figure A-3



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After the emergency episode, it's vital to apply the #15 and Diaphragm Sequences to begin correction.

Cardiologists and other medical physicians report consistent results for alleviating a heart attack with this procedure. The greatest hindrance in expedient results is metallic or battery operated objects on the recipient or assisting person.