

Anxiety Protocol



1 Point Bleeding Technique

One Needle One Point

only requires a needle to bleed the ear, 70% alcohol and cotton balls. The more alcohol you use, the better, it will bleed more. You are releasing heat with this protocol.

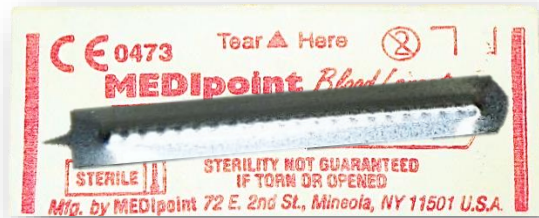
This is a great technique for your patients who suffer from anxiety. I have used it for several years and when my patients have the clinical signs of anxiety, this works very well and very fast.

The Point and Location

The point you will bleed is the Heart point in Nogier's Phase 3. The point will look red, just like in the picture on the following page. Use a lancet or a 3-edge needle to bleed this point. This technique will calm your patient down very quickly. I have only done this technique when my patient's had a red spot on the Heart phase 3 point.

Most of the time this point will only be on one ear. If it's on both ears, then bleed both points.

Supplies that you will Need



Lancet

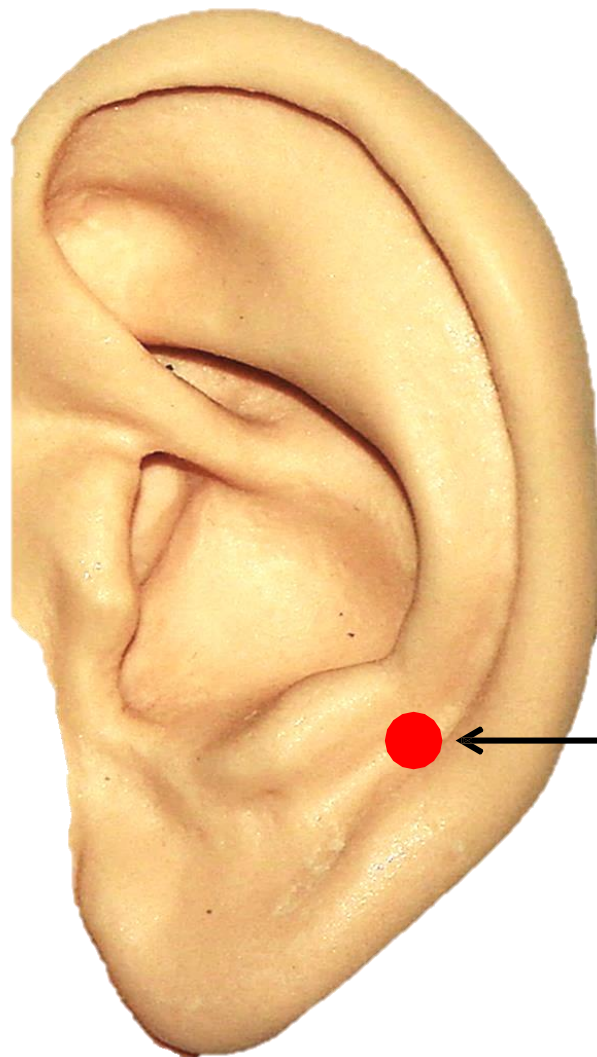


**70% Alcohol
or equivalent**



Cotton Balls

Heart Point Phase 3 Location



Heart point
Phase 3