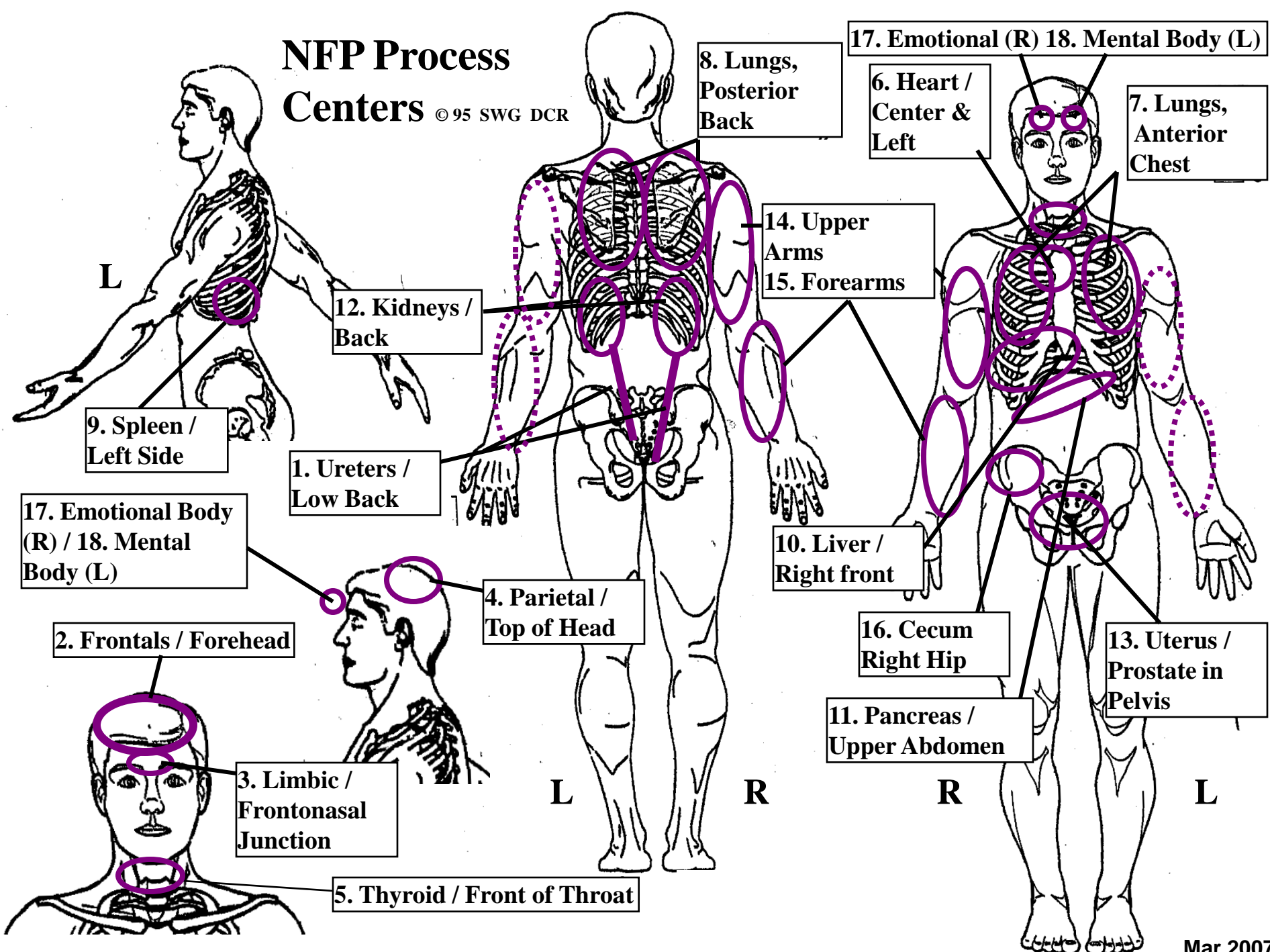


NFP

NFP Process Centers

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17. Emotional Body (R) / 18. Mental Body (L)

17. Emotional (R) 18. Mental Body (L)

6. Heart / Center & Left

7. Lungs, Anterior Chest

8. Lungs, Posterior Back

14. Upper Arms
15. Forearms

12. Kidneys / Back

9. Spleen / Left Side

1. Ureters / Low Back

10. Liver / Right front

2. Frontals / Forehead

4. Parietal / Top of Head

16. Cecum / Right Hip

13. Uterus / Prostate in Pelvis

11. Pancreas / Upper Abdomen

3. Limbic / Frontonasal Junction

5. Thyroid / Front of Throat

**NFP for Elimination,
Detoxification,
Immune, Digestion,
Shock, Vision**
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Carotid Sinus

Chondral End
Plates / Where ribs
meet cartilage

Small
Intestine

Esophagus

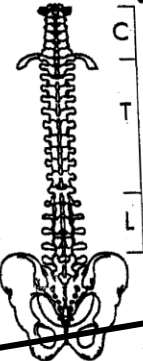
Bladder & Urethra

Adrenals
Kidneys
Ureters

Liver /
Gallbladder

Stomach

Transverse Colon



Duodenum

Sigmoid
Colon

Ascending

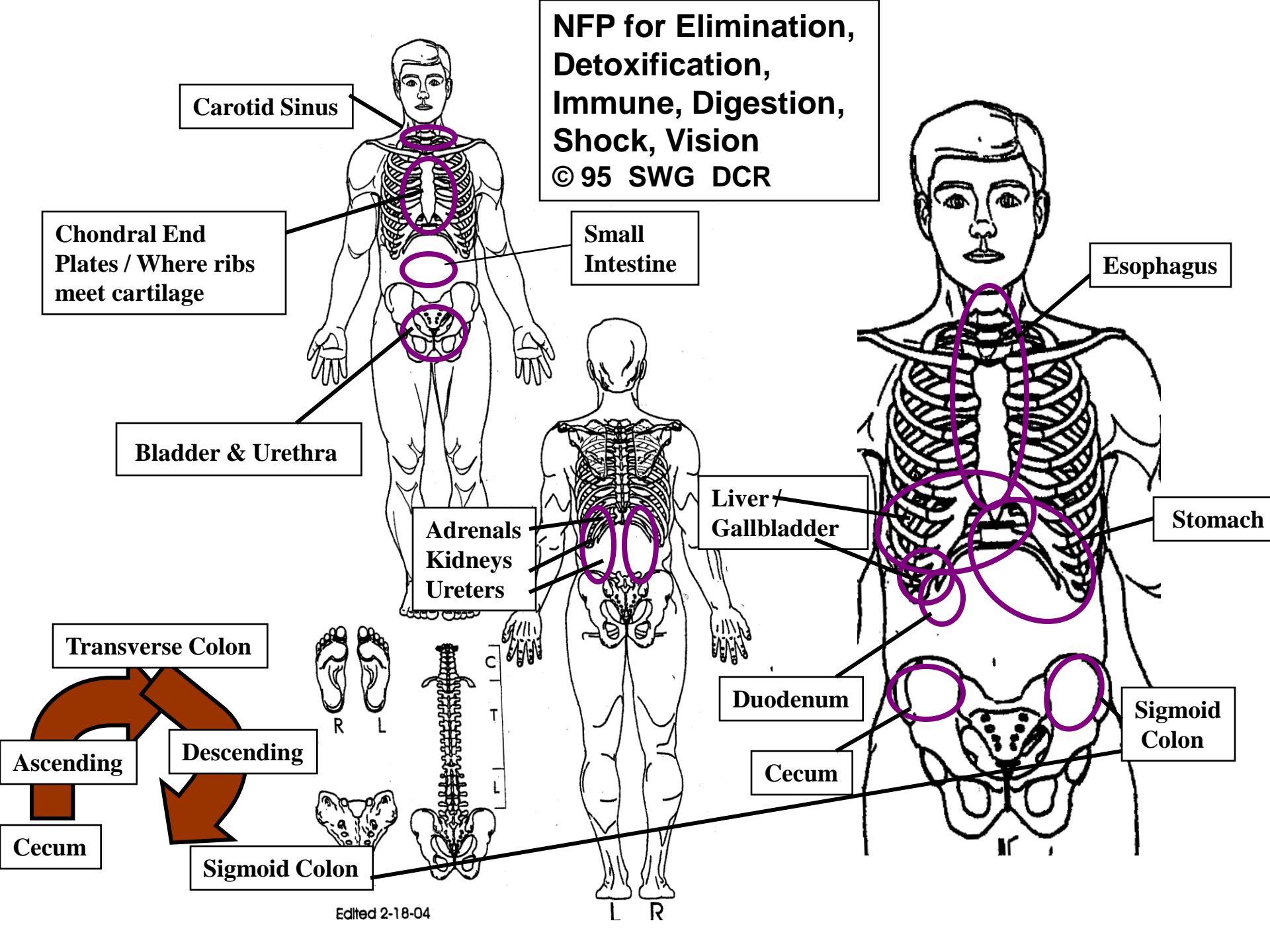
Descending

Cecum

Cecum

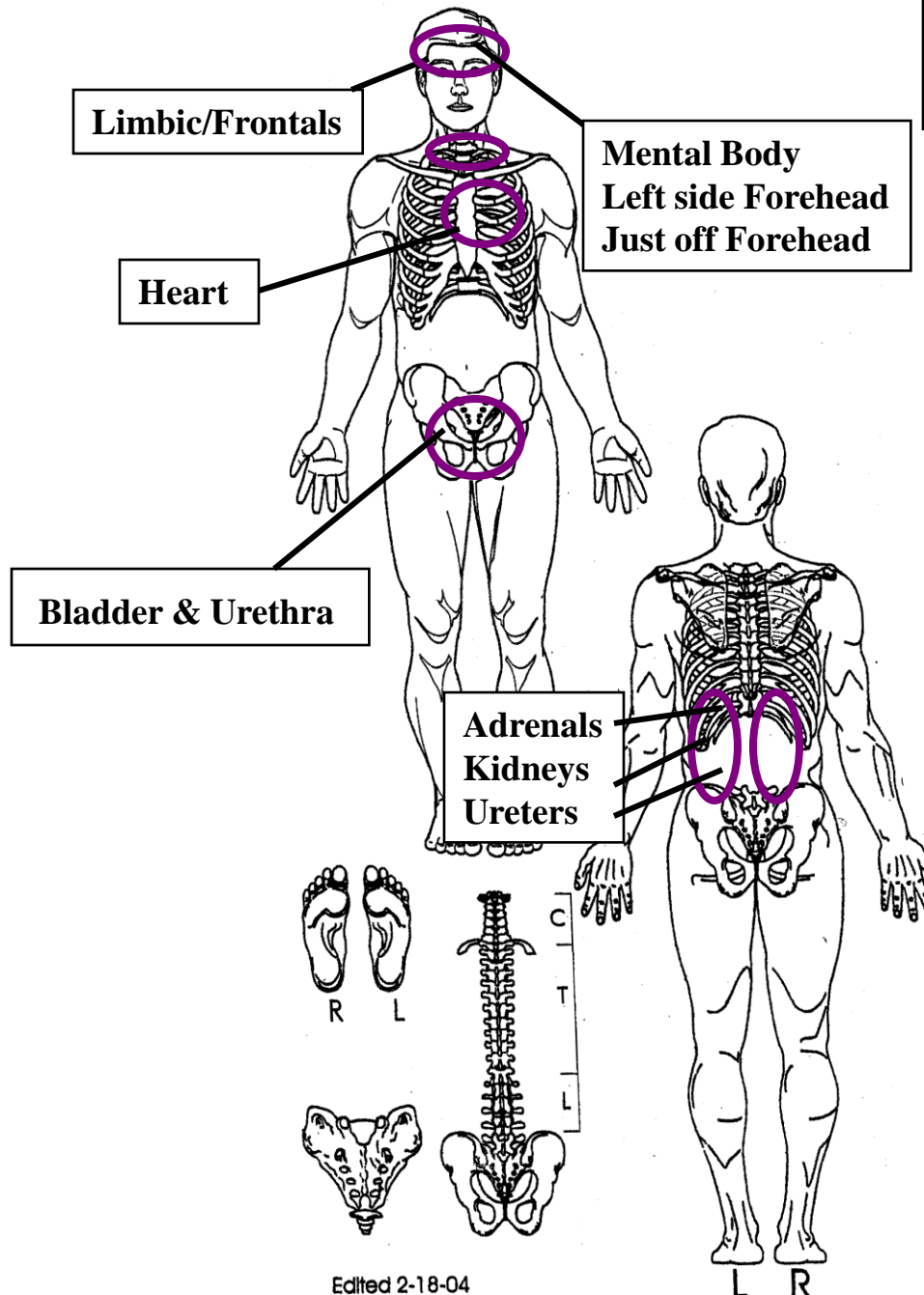
Sigmoid Colon

L R



NFP for Elimination

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Neurofascial Process (NFP) for Elimination: Assists in the function of your elimination system. Use for bowel and bladder conditions and other toxicity problem. Place one hand on each location listed (each pair) for 20+ minutes each

1. Kidneys → Limbic (Frontonasal Junction)

2. Kidneys → Anterior Inferior Heart

3. Hilum of Kidney → Limbic / Frontals

4. Ureters → Limbic / Frontals (Forehead)

5. Ureters → Left side of Forehead (1 cm above (hand just off the skin))

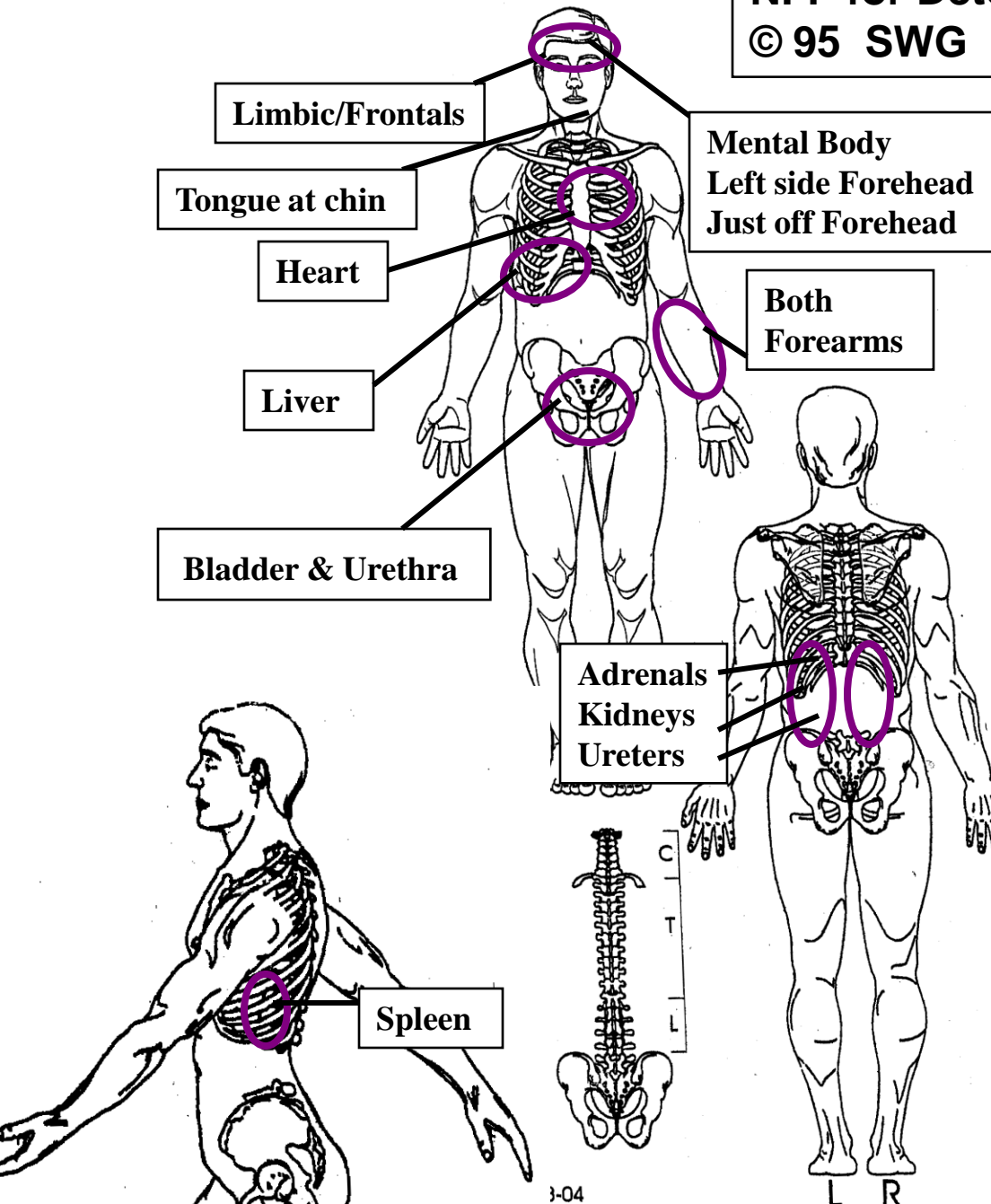
6. Bladder → Limbic

7. Bladder → Anterior Inferior Heart

8. Urethra → Limbic / Frontals

NFP for Detoxification

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Neurofascial Process (NFP)

Detoxification: Process can significantly assist your detoxification system and can be used with food poisoning, allergies, and more. Place one hand on each location listed (each pair) for 20+ minutes each

1. Lymph Nodes (lateral neck, arm pits, inside of elbow, wrists, groin, back of knees, back of heels, soles of feet) --> Forearms
2. Lymph Nodes --> Eyes
3. Tongue (access from below on chin) --> Forearms
4. Tongue --> Anterior Inferior Heart
5. Heart --> Forearms
6. Heart --> Frontals
7. Liver --> Forearm
8. Liver --> Ureters
9. Hilum of Kidneys (edge near spine) --> Forearms
10. Hilum of Kidneys --> Ureters
11. Ureters --> Forearms
12. Ureters --> Mental Body / Left side of Forehead, just off the skin
13. Bladder --> Forearms
14. Bladder --> Frontals

NFP for Immune Homework

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Parietals (Top of Head)

Frontals

Carotid Sinus

Heart

Chondral End
Plates / Where ribs
meet cartilage

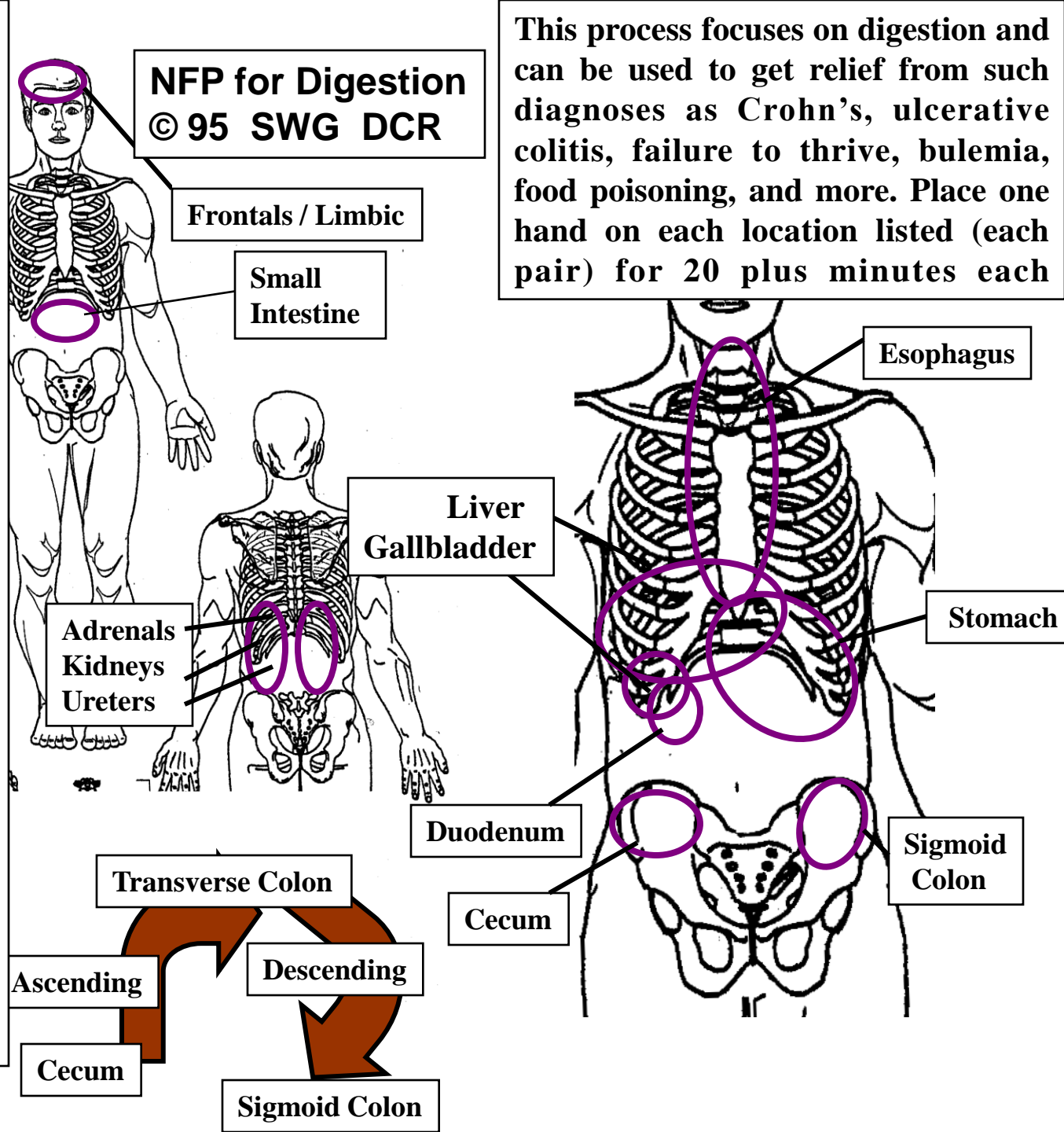
Small
Intestine

**Neurofascial Process
(NFP) Immune
Homework:** This
process focuses on the
immune system and
can be used for
allergies, flu-like
symptoms, swelling
and more. Place one
hand on each location
listed (each pair) for
20+ minutes each

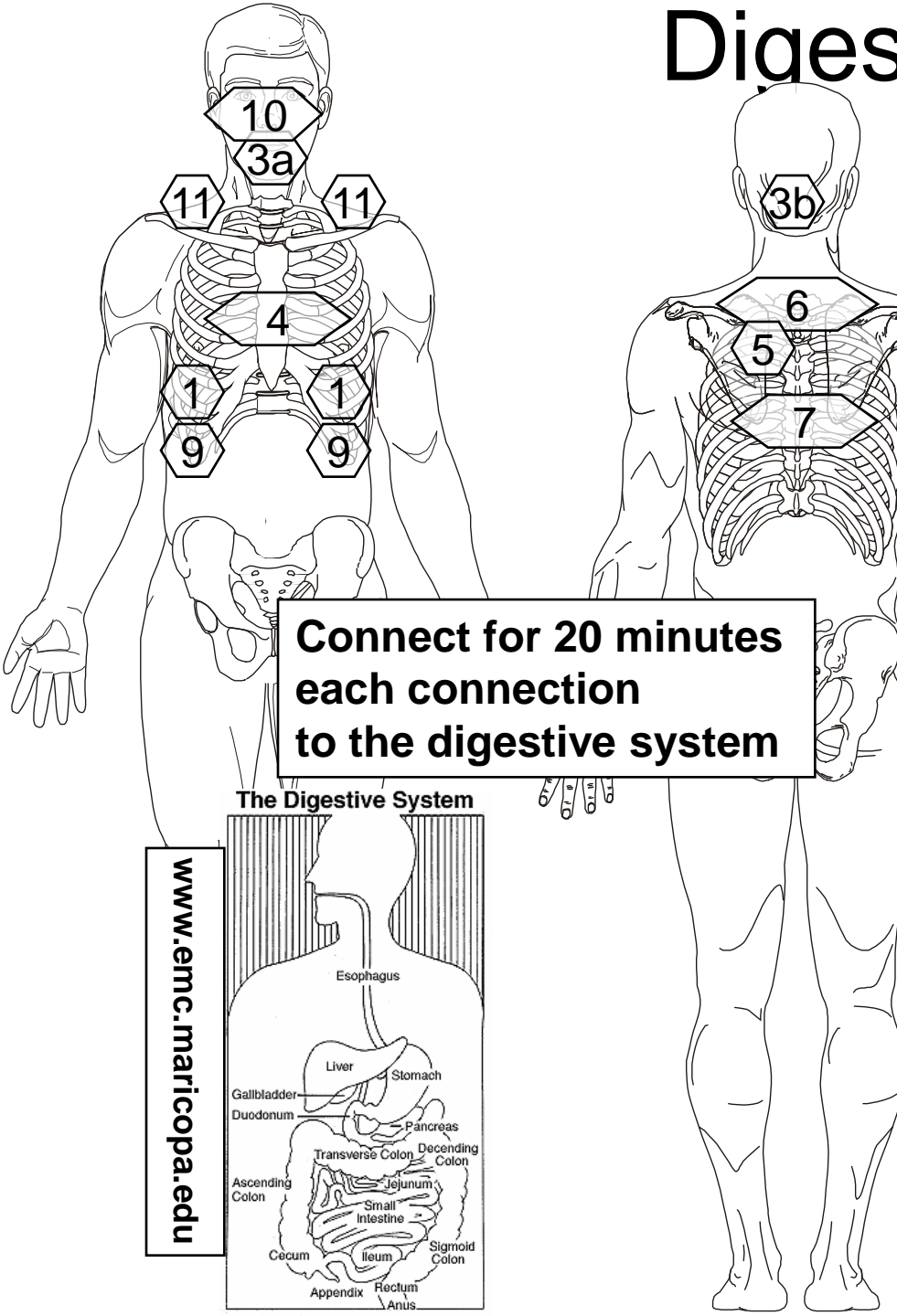
Adrenals
Kidneys
Ureters

1. Carotid Sinuses (front of throat) --> Parietals (top of head)
2. Carotid Sinuses --> Frontals (forehead)
3. Carotid Sinuses --> Ureters
4. Lymph Nodes (lateral neck, arm pits, inside of elbow, wrists, groin, back of knees, back of heels, soles of feet) --> Parietals
5. Lymph Nodes --> Left side of forehead, just off the skin)
6. Heart --> Parietals
7. Heart --> Frontals
8. All Long Bones --> Parietals
9. All Long Bones --> Frontals
10. All Long Bones --> Heart, Tricuspid Valve
11. Spleen --> Parietals
12. Spleen --> Frontal
13. Spleen --> Chondral End Plates (where ribs meet cartilage)
14. Small Intestines --> Frontals
15. Small Intestine --> Mental Body (Left side of forehead, just off the skin)

1. Frontal and Limbic (Frontonasal Junction) → Mouth thru Esophagus
2. F/L → Stomach
3. F/L → GB/Liver
4. F/L → Duodenum
5. F/L → Small Intestine (around belly button)
6. Uterus or Prostate → Small Intestine
7. Forearms → Small Intes
8. F/L --> Cecum
9. Upper Arms → Cecum
- 10.F/L → Ascending Colon (up right side)
11. F/L → Transverse Colon (across abdomen top)
12. Spleen → Trans Colon
13. Liver → Trans Colon
14. F/L →. Descending Colon (down left side towards sigmoid colon)
15. F/L → Sigmoid Colon
16. Liver →Sigmoid Colon
17. Ureters → Whole Digestive System



Digestion Synchronizers

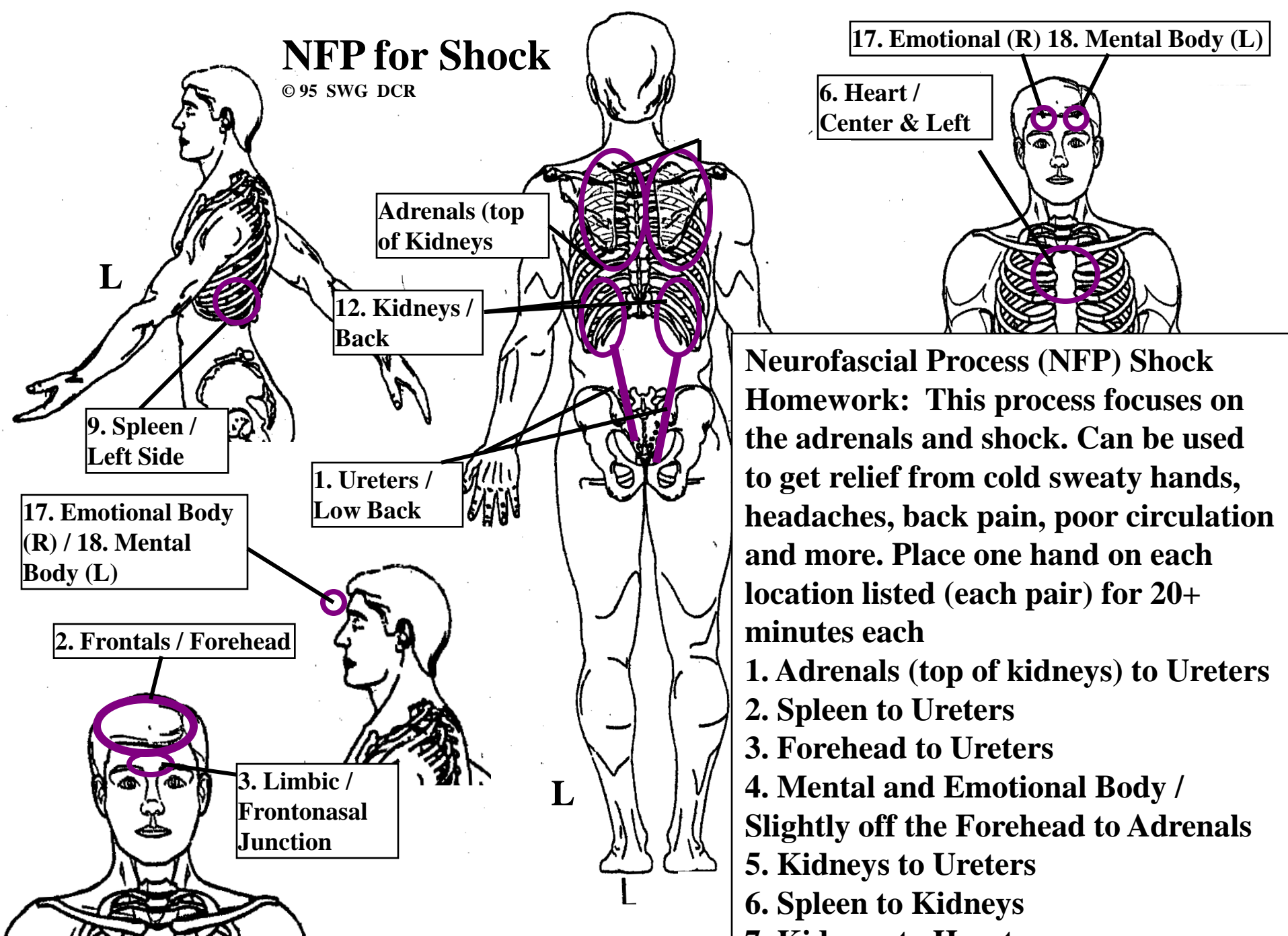


www.emc.maricopa.edu

1. On lung at side of 9th rib, slightly anterior
2. Left of falciform ligament. Slightly superior to horizontal middle of liver (on liver near #1).
- 3a On the lateral / inferior aspect of the mandible, at tooth #5
- 3b. Just superior to the superior nuchal line, one inch lateral to the sagittal sinus
4. On anterior lung at 4th rib, bilateral
5. On lung at Posterior 5th rib between interface heart and lung on Left.
6. On lung at Posterior 3rd rib posterior-lateral (above spine of scapula)
7. On lung at Posterior 9th rib (inferior to inferior angle of scapula), bilateral
8. On lung at Anterior 7th rib, anterior and slightly lateral, bilateral (slightly above #1)
9. 3 inches medial from mid-axillary line, on the anterior aspect of the most inferior rib.
10. Cheek Bones, Zygoma slightly ($\frac{1}{2}$ cm) medial to pupillary line.
11. On lung near center of superior shoulder, bilateral; superior access (mid clavicle in supraclavicular fossa)

NFP for Shock

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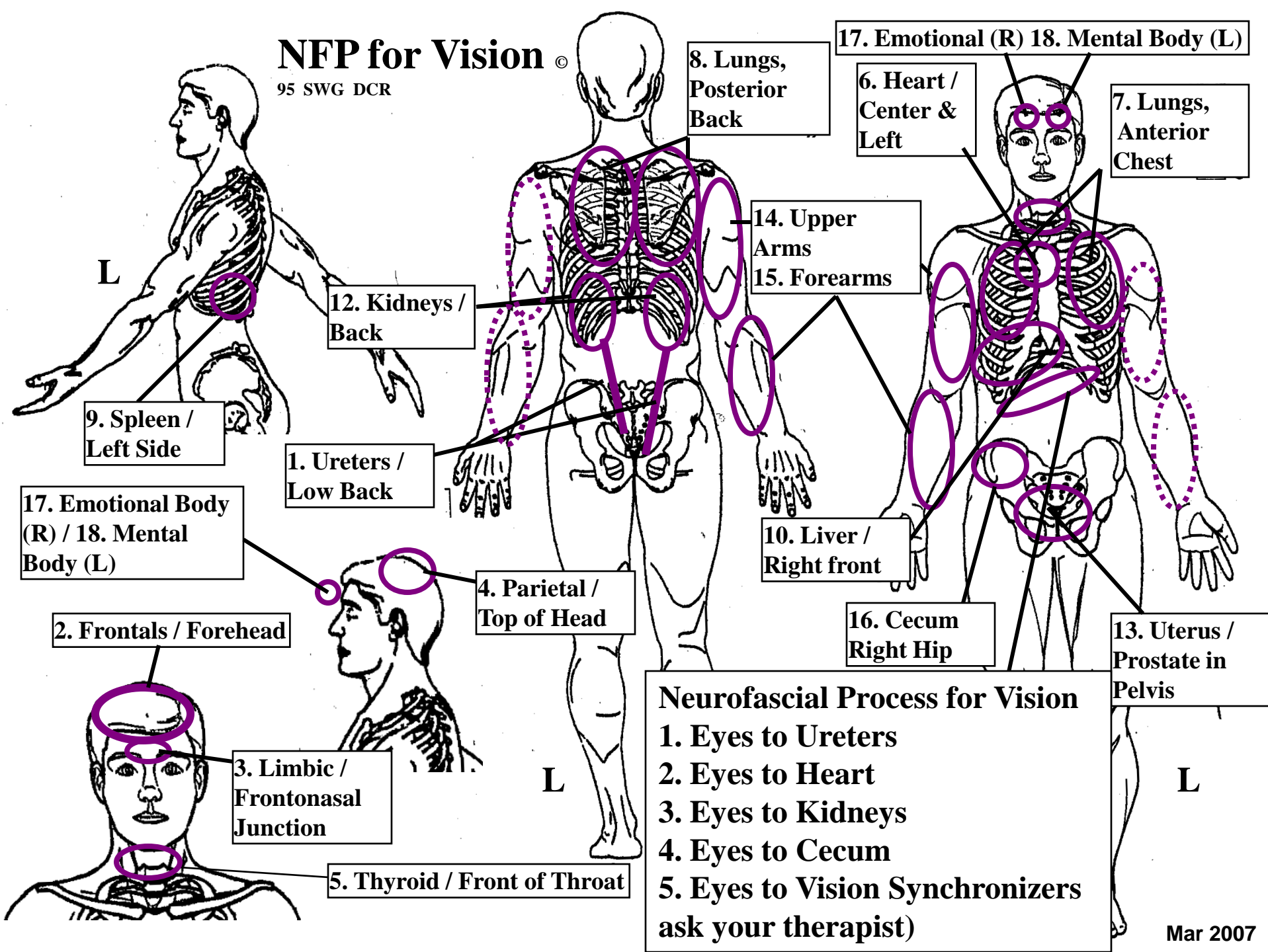


Neurofascial Process (NFP) Shock Homework: This process focuses on the adrenals and shock. Can be used to get relief from cold sweaty hands, headaches, back pain, poor circulation and more. Place one hand on each location listed (each pair) for 20+ minutes each

1. Adrenals (top of kidneys) to Ureters
2. Spleen to Ureters
3. Forehead to Ureters
4. Mental and Emotional Body / Slightly off the Forehead to Adrenals
5. Kidneys to Ureters
6. Spleen to Kidneys
7. Kidneys to Heart

NFP for Vision ©

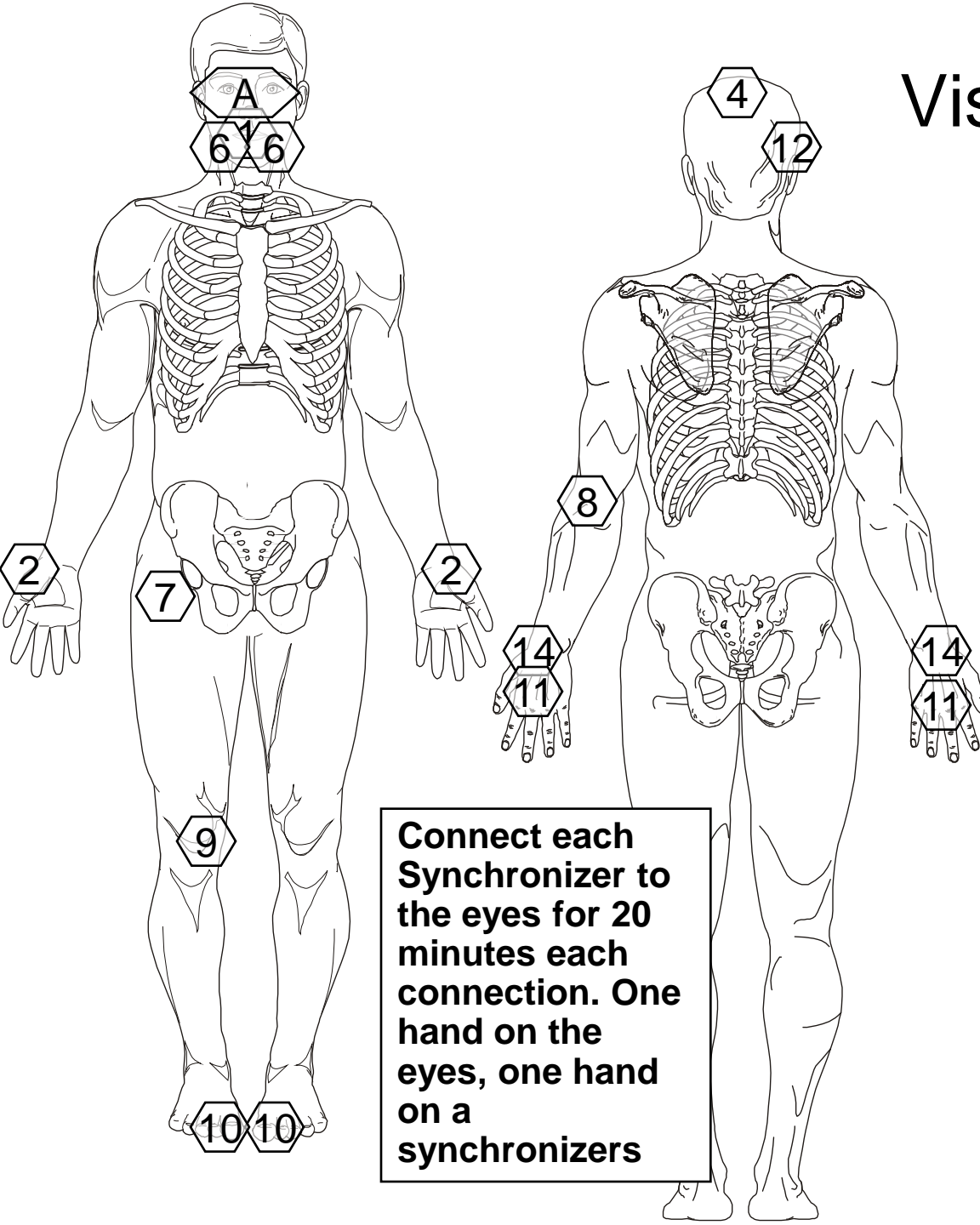
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Neurofascial Process for Vision

1. Eyes to Ureters
2. Eyes to Heart
3. Eyes to Kidneys
4. Eyes to Cecum
5. Eyes to Vision Synchronizers (ask your therapist)

Vision Synchronizers



Connect each Synchronizer to the eyes for 20 minutes each connection. One hand on the eyes, one hand on a synchronizers

1. Below nose and right side of nose
2. Thumb side of wrist,
3. Inner corner of eye
4. Top of head (on each side from Sagittal Suture on Coronal Suture)
5. Just in front of ear
6. On jaw near canine teeth /eye teeth
7. Front of Hip (Right anterior femoral head at the greater trochanter)
8. Elbow (Left lateral aspect of olecranon process)
9. Kneecap (Right patella, medial aspect)
10. On top of both big toes at interface of toenail and toe
11. Knuckles and fingers
12. Ear (Right temporoparietal suture, just above ear)
13. Cheek bones
14. Wrist and a little above