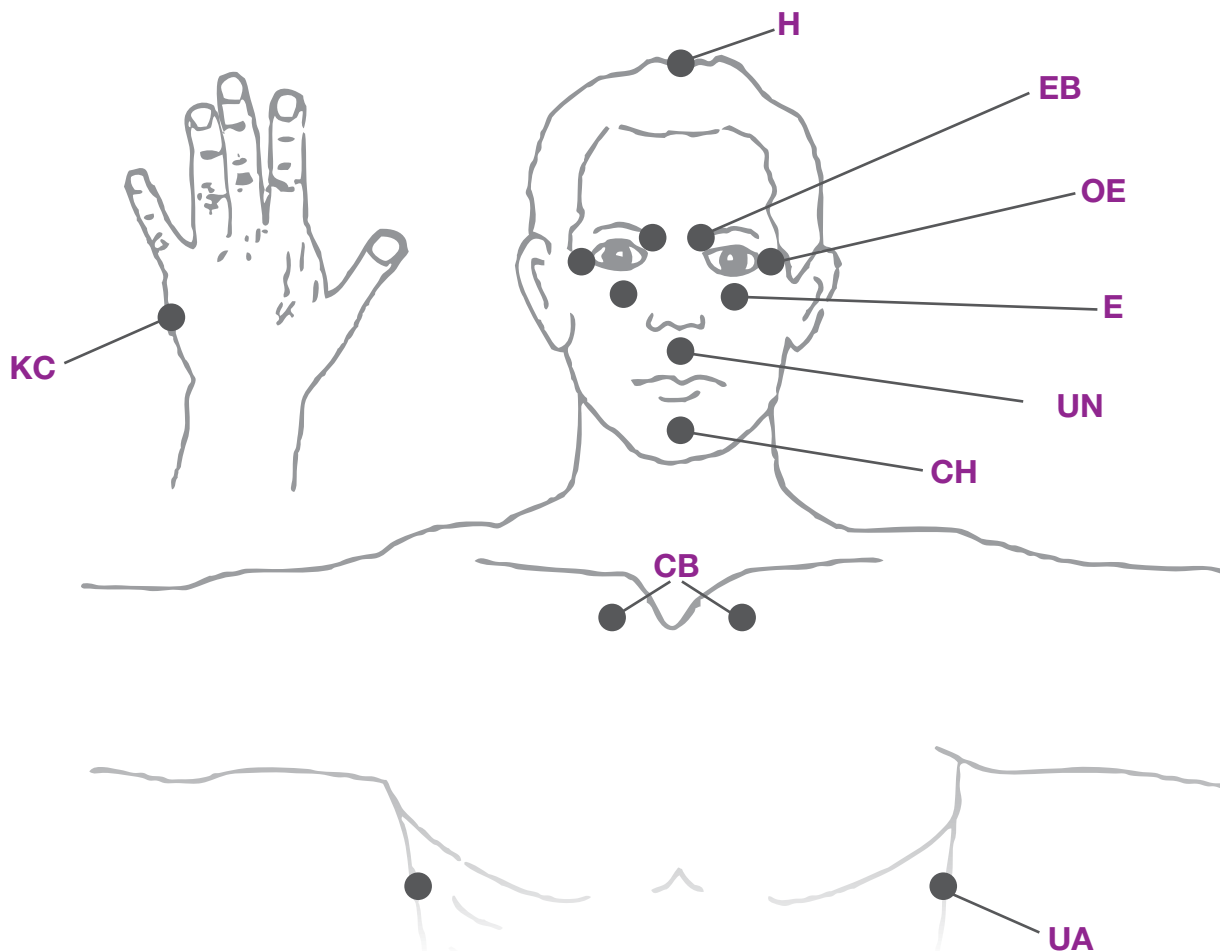


# EFT TAPPING POINTS



**KC** (*Karate Chop*)

The fleshy part of the side of the hand between the pinky finger and the wrist.

**EB** (*Eyebrow*)

The end of the eyebrow closest to the nose.

**OE** (*Outside of the Eye*)

The side of the eye.

**E** (*Under the Eye*)

1" under the middle of the eye.

**UN** (*Under the Nose*)

Directly under the nose.

**CH** (*Chin*)

The small point in the center of the chin.

**CB** (*Collar Bone*)

1" to the left or right of the V in the collar bone.

**UA** (*Under the Arm*)

4" below the armpit (about level with the nipple.)

**H** (*Top of the Head*)

The crown of the head following a line between the tops of the ears.