

KEY TO MENTAL HEALTH IS AT YOUR FINGERTIPS

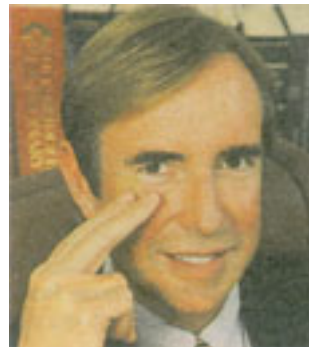
YOU CAN wipe out feelings of anger, anxiety, depression and other negative emotions - with the touch of your fingers!

Just by tapping key acupressure points on your face, hands and upper body with your fingertips, you can restore a sense of emotional and mental balance, sometimes in a single treatment, according to a top expert.

"The idea is that emotions get trapped in the body, and you can release them by thinking about your problem while tapping certain acupressure points" says Dr. George Pratt, coauthor of *Instant Emotional Healing: Acupressure for the Emotions* (Broadway/Randome House Books).

"The trapped energy and emotions release and a part of your mind is healed, or at least improved for awhile. It's not a cure-all, but it really works if you're burdened with anxiety or phobias that you've never been able to

- Just tap your pressure points



DR. GEORGE PRATT shows how to ease fear, stress and depression.



get rid of."

Dr. Pratt, a clinical psychologist and chairman of psychology at Scripps Memorial Hospital in La Jolla, Calif., has taught tapping to over 7,000 patients.

He says the technique can be amazingly successful in alleviating ordinary emotional stresses and problems.

"It does look weird, but it is extremely robust and reliable," Dr. Pratt said. "And the method is easy for people to learn and to apply themselves.

"Tapping doesn't cure major mental illnesses such as schizophrenia or bipolar disorder but it can permanently treat a bad memory from the past with just one treatment.

"An ongoing situation - like being angry with your boss or being overly stressed by your kids - may take repeated treatments."

Dr. Pratt offers step-by-step instructions below to help cure three common problems. More information can be found on his Web site: www.instantemotionalhealing.com.

Tap each area ten times unless directed otherwise.

HERE'S HOW YOU CAN DO IT

•**ANGER:** Tap each site about 10 times in the following locations in order: 1. Eyebrow, just inside the inner or beginning edge, 2. Pinky fingernail, at the base of the side closest to the ring finger, 3. Collarbone, at the bottom of the collarbone where it joins with the breastbone (you can tap this site with the flat of your hand for best results).

•**FEAR & ANXIETY:** Tap each site about 10 times in the following locations in order: 1. Under the eye, just below the pupil on the bony ridge of the eye socket, 2. Under the nose, just above the upper lip, 3. Under the lower lip, just above the chin, 4. Under the arm, about 4 inches below the armpit (here you can tap with all four fingers along the side of the ribs), 5. Collarbone, at the bottom of the collarbone where it joins with the

breastbone (you can tap this site with the flat of your hand for best results).

•**THE BLUES:** Tap each site about 10 times in the following locations in order: 1. Eyebrow, just inside the inner or beginning edge, 2. Pinky fingernail, at the base of the side closest to the ring finger, 3. Collarbone, at the bottom of the collarbone where it joins with the breastbone (you can tap this site with the flat of your hand for best results). 4. The back of your hand (this one you need to tap about 50 times instead of 10). The location of the Back of Hand spot is midway between the knuckles of the little finger and ring finger and about 1/2 to 3/4 of an inch back from the knuckle toward the wrist. This spot is in the valley between the tendons of the little finger and ring finger.