

Techniques & Reference Guide

① Cortices



② Switching



③ Hydration



④ Body Chemistry



① Cortices

Begin with hand on base of skull
 Tap out the head and sternum
 Repeat on the remaining cortices positions
exaggerated breaths

② Switching

Fingers on eyes (press firmly but gently)
 Finger and thumb on Switching reflex points
 Tap out head and sternum
exaggerated breaths

③ Hydration

Place damp tissue in navel
 Client's hands on sides of head
 Balance the remaining cortices positions
exaggerated breaths

④ Body Chemistry

Place cotton swab with saliva in navel
 Client's hands on sides of head
 Balance the remaining cortices positions
exaggerated breaths

⑤ Reciprocals



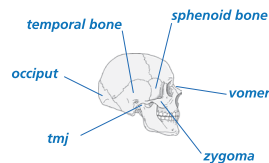
Reciprocals

Hold Reciprocals
 Tap out head and sternum
do both sides where applicable

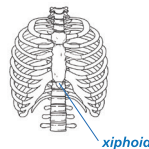
Extrinsic Reciprocals

Upper Body	Lower Body	Head	Body	Head	Spinal Complex
1. Upper Shoulder.....	Iliac Crest	8. Eye.....	Nipple	14. TMJ.....	Sacroiliac Joint
2. Shoulder Tip	Hip	9. Zygoma.....	Pubic Crest	15. Sphenoid.....	Coccyx
3. Shoulder Front.....	Front of Hip	10. Vomer.....	Xiphoid	16. Occiput.....	Sacrum
4. Shoulder Back.....	Back of Hip	11. Mouth.....	Navel	17. Upper Spine.....	Lower Spine
5. Elbow.....	Knee	12. Temporal Bone.....	Ilium		
6. Wrist.....	Ankle	13. Ear.....	Axilla		
7. Navel.....	Coccyx				

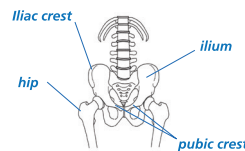
Skull



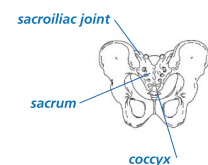
Chest



Front of Hip



Back of Hip



BodyTalk Fast Aid

Tap out the cortices
 Tap out cortices to site of problem
 Tap out the cortices
 Site of problem to reciprocal (where applicable)

