

MASTER/COUPLE TREATMENT FOR RELAXING THE DAI

- The south pole - the smooth, unmarked side - of the magnet always faces the skin. (*"Smooth-side skin"*)
- All treatments are bilateral i.e. both sides of the body.
- Cords are applied to master and couple points on the same side of the body. They are never crossed from side to side.
- Treatments should last between 20 to 45 minutes.
- Magnets are taped on the body.

To relax Dai:

1. Place magnets on GB 41 on left and right foot. (*Master points*) Press magnets 7 times.
2. Place magnets on TB 5 on left and right arm. (*Couple points*) Do not press magnets.
3. Place black leads of the ion pumping cords on GB 41 on left and right foot.
4. Place red leads of the ion pumping cords on TB 5 on left and right arm. (*Do not cross cords*)



How to locate GB 41 and TB 5



GB 41

On top of the foot, in a depression behind and between the base joints of the 4th and 5th metatarsal bones. The point is located on the lateral side of the tendon that extends down from the little toe.



TB 5

In a deep depression two body inches above the wrist on the outer aspect of the forearm, between the two bones (radius and ulna). This point must be located with the hand placed with the thumb facing up and the pinky down.