



The 2PM

Refresher

**THE ULTIMATE NATURAL ENERGY  
FOR YOUR 2PM SLUMP**

Hi, I'm Emily. I hope you enjoy this report on accessing your own abundance of incredible natural energy.

This type of energy is nothing like that wired feeling you get from caffeine - the kind of energy that perks you up, then lets you crash.

**This type of energy is natural, and is just like that unlimited source of energy children take for granted.**



Before I began my journey into natural healing, I used to work as a pharmaceutical drug rep.

*That's right... I was a government approved drug dealer.*

Coffee was my main source of energy and when that wasn't enough, I would reach for a can of red bull or a bottle of 5-hour energy.

I simply accepted that 'wired' feeling I got from it.

Because I relied on caffeine so much, my tolerance to it was quite high – meaning I had to drink a lot of it to get that 'hit' I was after.

I knew that this wasn't healthy... but it was a habit I had slipped into.

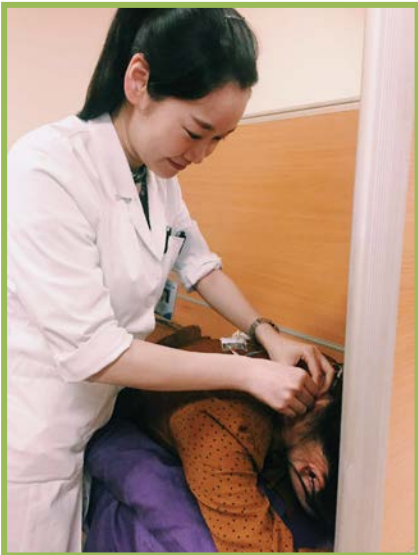
It wasn't until I was diagnosed with high blood pressure that I was forced to quit caffeine.

Although quitting caffeine was hard, I had bigger problems...

My high blood pressure medication came with a host of side effects. Among other problems, it gave me painful headaches and caused me to stack on unwanted weight.

Ironically, I had to take a drug I used to "push" onto doctors... a drug I had vouched for having "little to no side effects".

You could say it was poetic justice.



Luckily, I met a practitioner of Chinese medicine who taught me the miracles of acupuncture.

**She also taught me the incredible potency of entrainment therapy.**

**Entrainment (not entertainment) occurs when our internal bodily rhythms sync to a stronger external rhythm. But I'll tell you more about that later...**

With her help, I was able to break my dependence to prescription drugs!

As well as losing the weight!

No longer did I have to put up with the nasty side effects of my medication.

**I also learned of huge energy boosting techniques that I'm about to teach you in a moment!**

Many people (including myself) turned to Chinese medicine as a last resort for serious or complex conditions... to find relief where modern medicine is lacking.

## **Drug companies want us to believe that acupuncture and acupressure is a load of quackery...**

*The big pharma companies have brainwashed us into believing that the only solution to pain and disease is a chemical solution.*

After 2 years working in the drug industry; the ugly truths of what I did to sell my products... led me to resign.

Believe me, pharma companies don't care about healing people.

Their real business model is selling drugs that are meant to be taken for a lifetime. All they really care about is building 'market share'.

Drug companies don't want to cure diseases... they want to help you manage the symptoms so you keep coming back to buy more drugs. Curing profitable diseases like cancer, HIV or heart disease would cost the industry hundreds of billions of dollars in lost profits.

These drug companies know that the doctors hold all the power, and that the general public trusts their doctor...

So as a drug rep, I was taught to influence doctors in the sneakiest ways possible:

- Free lunches
- Free sports tickets, gift baskets and junkets
- Misleading studies
- Cherry picked lab results

- Minimising the seriousness of side effects

These tactics were only our first line of influence... the rabbit hole goes much deeper.

**The point I'm trying to make is that you should take responsibility to double check what you and your family are being prescribed...**

It's not our doctor's fault... they only have the best intentions.

The problem is the greed of the pharma companies. They stake everything on convincing doctors and the public that their drugs are the only answer!

Last year drug companies spent a whopping 24 billion on marketing to doctors – opposed to 4 billion marketing to the public.

When you see an ad on TV promoting their latest drug, have you ever paid attention to the nasty side effects they can cause? Nausea, dizziness, weight gain, rashes, depression, impotence, blurry vision, acne... the list is truly disturbing!

Drug money buys a lot of influence with the FDA...

**How else can “suicidal thoughts and tendencies” be an acceptable side-effect for depression?**

So why not at least take a look at a natural alternative without nasty side effects?

---

**OK... Before I teach you this incredible energy maximizing technique, let me give you a brief explanation of the 2 life changing processes...**

## **Acupressure (which is the same as acupuncture - without the needles!)**

Acupressure is a 5000 year old healing art that follows the exact same principles of acupuncture – but instead of being pierced with fine needles, you use pressure from your fingers (and sometimes a tapping motion).

**Acupressure is a perfect for people who want to experience the immense benefits of acupoint therapy, but don't want to stab themselves with needles.**

**I assure you... acupressure is equally effective as acupuncture!**



Acupressure has the power to:

- Destroy strong pain
- Lower blood pressure
- Reverse weight gain
- Blow away the dark clouds of depression
- Make tumors disappear

- And a lot more...

The world health organisation has cited acupressure and acupuncture as an effective treatment for over 100 different ailments, some of which include:

- Addictions
- Emotional & psychological disorders
- Auto-immune/immune disorders
- Eye, ear, nose & throat disorders
- Circulatory disorders
- Gastrointestinal disorders
- Gynaecological disorders
- Musculoskeletal & neurological disorders
- Respiratory disorders and many, many more....

This incredibly effective healing modality has been practiced throughout the ages – and still widely popular in modern times ...

For one simple reason...

**It works!**

## NLP - (Anchoring Combined with Acupressure)

The second aspect is a Neuro-Linguistic Programming (NLP) trick. It's called "anchoring".

You may have heard of it, but not the way you're about to learn!

**Make sure you keep reading until the end because this NLP trick is different (and more potent) than what you will have learned anywhere else!**



For those who haven't heard of Neuro-Linguistic Programming (NLP) – it is a methodology of “waking hypnotism”. It's a powerful form of suggestion that can be used to manipulate people without them even knowing it!

**But in this case we will be using NLP on ourselves... *but with a potent twist.***

So what is anchoring?

Anchoring is the process of associating an internal response with some sort of trigger.

So in this instance, the internal response we want is ***boundless energy and concentration.***

**The aim of this exercise is to trigger this physical feeling and mental state.**

This technique works on your sub-conscious mind.

Your subconscious mind is constantly at work doing all the things you take for granted such as walking, monitoring your breathing and heart rate, controlling your blinking... basically the autopilot for your body.



The subconscious mind isn't an independent thinker. Its job is to obey the commands it receives from the conscious mind.

Our subconscious minds work tirelessly to make sure our behaviours fit with our thoughts, feelings and desires. So if you constantly tell yourself that you are terrible at something like public speaking; your subconscious mind will actually sabotage your public speaking efforts to try and make your belief system fit.

The subconscious is like a fertile garden... if you plant negativity, you will grow weeds...

In this case; we will be planting the seeds of boundless energy and concentration.

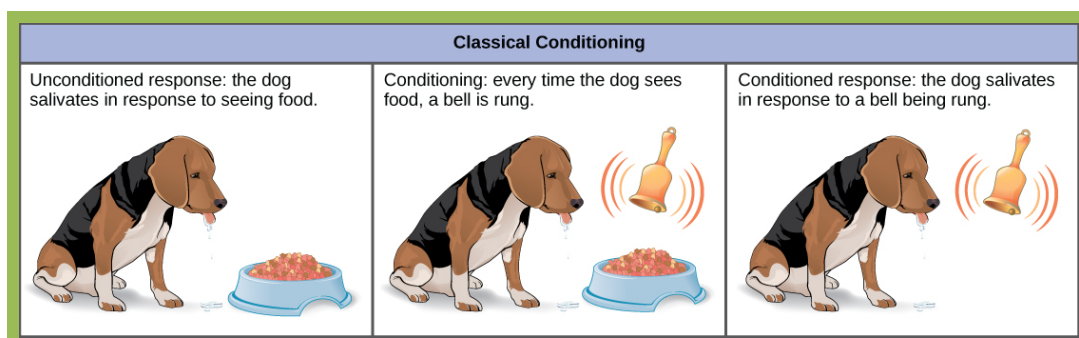
Using an anchor; we will be able to trigger this feeling and state of mind whenever we need it.

*Still not convinced?*

There was a Russian scientist by the name of **Ivan Pavlov** who conducted a famous experiment where he would feed his dogs the same way every day – while ringing a bell.

Pavlov demonstrated that by simply ringing the bell he could trigger a response in his dogs to salivate uncontrollably.

In this case; the bell was the anchor. He successfully neurologically linked the sound of the bell with eating.



There are plenty of things in our lives we have unconsciously linked neurologically; causing a stimulus response...

A perfect example would be the first time you ever tasted alcohol... After your first taste; I'm sure you didn't think to yourself "Gee that was delicious". Yet I'm sure at some point in your life, you have gulped down a cold beer and absolutely enjoyed every mouthful. In most cases, the reason why you enjoyed it so much is because your mind has neurologically linked your favorite drink with having fun, vacations, warm weather, parties, celebrations, weekends and spending time with friends. Say what you will about appreciating the flavors of a particular spirit; in reality, you are most likely enjoying the comfort associated with your drink of choice which overrides the bitter taste of the spirit, beer or wine.

With that being said; let's learn how to create your own anchor.

By pushing a "button" on your body; you'll be able to trigger immense feelings of energy, with laser focused concentration.

Usually, a participant is encouraged to choose any point on their body as the anchor...



*But instead of choosing a random point on the body; your anchor will be an acupressure point that is responsible for boosting energy levels.*

**By using two different energy boosting techniques simultaneously; a user can turbo-charge its effectiveness!**

Before we begin, scroll down to the potent energy boosting acupressure points and choose a pressure point you like best.

**Note:** If you don't have the time to create an anchor, and just want to quickly boost your energy; then skip this step and go straight to the energy boosting acupressure points – they work great by themselves. You don't have to apply all of the acupressure points – one or two will do the trick.

OK, let's begin.

## **STEP 1:**

**Let's start by learning some energy boosting acupressure points.**

But first, you need to sit up straight, clear the mind and start with some concentrated breathing.

Throughout the day we tend to take shallow breaths from the upper chest area. For now we are going to concentrate on breathing from our diaphragm. It's very easy to do. Start with taking a deep breath through your nose and feel your belly expand (not your chest).

Hold for a couple of seconds and exhale from your mouth and feel your belly deflate.

Do this for 1 – 2 minutes.

### LV 3 Tai Chong (Great Surge) 太冲



This point can be found between the big and the adjacent toe – two fingers from the webbing. Run your finger between the two bones and stop just before they begin to meet.

Hold this point with your index finger, thumb or your big toe for 1 minute on each foot.

### GV 20 Bai Hui (One Hundred Convergences) 百會



Imagine lines that draw upwards from the highest points of each ear – that meets at the center of your skull. When you find that center point, you can massage it in a circular motion with your index finger or tap it with medium pressure with your four fingers and thumb clustered together.

Do this for 1 – 2 minutes.

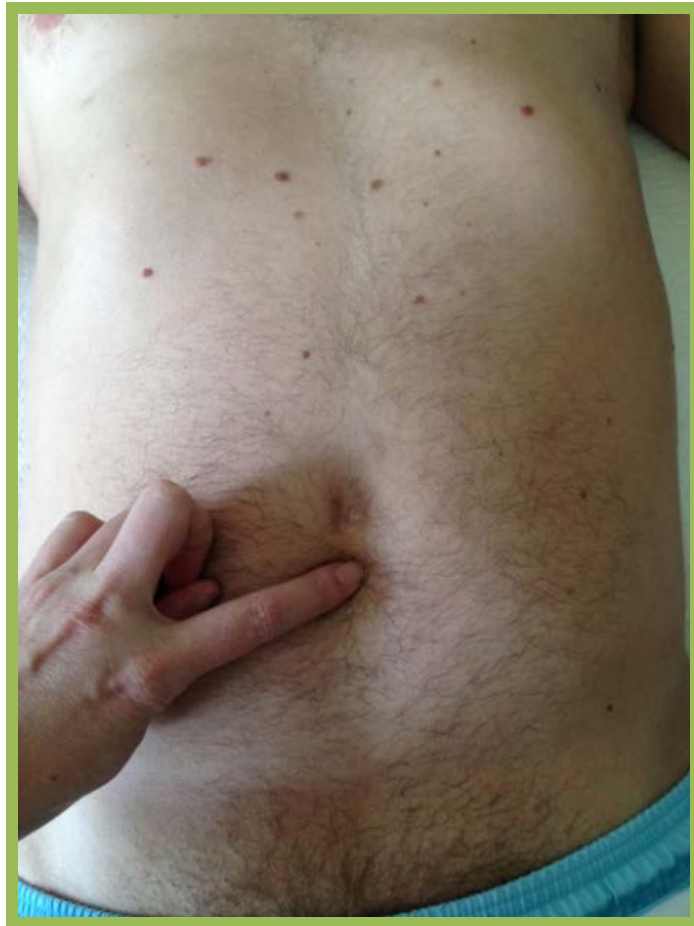
**DU 26 – Shuigou – Water Ditch 水溝**



This point is very easy to locate. This point is found between the center of the upper lip and below the lowest point of the nose. Because it is a small point, use your pinky finger to apply pressure.

Hold this point for 1 – 2 minutes.

**CV 6 Qi Hai (Sea of Chi) 氣海**



This point is two fingers directly below the belly button.

Hold this point for 1 – 2 minutes.

**ST 36 Zu San Li (Three Mile Point) 足三里**



Locate the bottom of your kneecap and measure four fingers width down. At that point, measure one finger width to the outside of your shin.

Hold this point for 1 minute on both legs.

**TIP: Memorise the acupressure points in this report or keep this report on your phone handy for an instant energy boost whenever you start to feel sluggish or tired.**



## **STEP 2:**

For the powerful NLP component, think back to a time when you were at your peak of energy... at the top of your game, when you were really “in the zone”. On a scale of 1 – 10 try to recall a time when you where at level 10.

I want you to step back into this state for a moment. Recall how good it felt to experience this state of energy, try to recall and amplify every part of the moment, how you felt limitless, how productive you felt, how sharp your mind was.

It is important to really amplify what it felt like to be in this state, if you can incorporate your senses like smell, touch, or recalling what you could hear in the background ; maybe some uplifting music – even better!

It’s now time to anchor this state of mind to you chosen acupressure point. Close your eyes and hold your chosen acupressure point as you experience and intensify this state of high energy and mental concentration. By doing so, you are neurologically infusing this state of mind into your chosen anchor (which happens to be an energy boosting acupressure point). Do this for 5 -10 seconds then break the state, open your eyes and take a short break. Repeat this process 5 – 10 times.

Now, whenever you choose to activate this acupressure point, not only will you be naturally boosting your energy via your meridian system, but you will be also triggering a neurological response which will flood your body with the feeling of immense energy and concentration!

Giving you push-button turbocharged energy at will! No more sugary energy drinks, no more caffeine come-downs!

Now that you know these powerful energy releasing acupoints and combine them with the power of NLP anchoring, you will **never** have to fear that 2pm sluggishness ever again!

**BUT WAIT....** You haven't heard nothing yet! This way of healing is only the tip of the iceberg.

**How would you like to cure yourself of ANY ailment, physical, mental or emotional in just 3 minutes a day?**

[CLICK HERE HOW](#) to learn the secret ... the missing link you have been searching for... to heal yourself quickly, easily and naturally.

Note: This video also uncovers some very ugly truths the big pharma companies do not want you to know!

So make sure you check it out before we are forced to pull it down!

Thanks for taking the time to read this guide to abundant natural energy. Make sure you use it - to enhance your vitality and well-being.

Yours in health and happiness,

*Emily J Parker*

The information in this is not intended to be a substitute for professional medical advice diagnosis or treatment. This information is for educational purposes only. Consult with your physician first to see if these acupressure points are suitable for you.