



The 2PM

Refresher



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

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INTRODUCTION

Hi, I'm Emily. I hope you enjoy this report on unleashing an abundance of 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 that children take for granted.



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

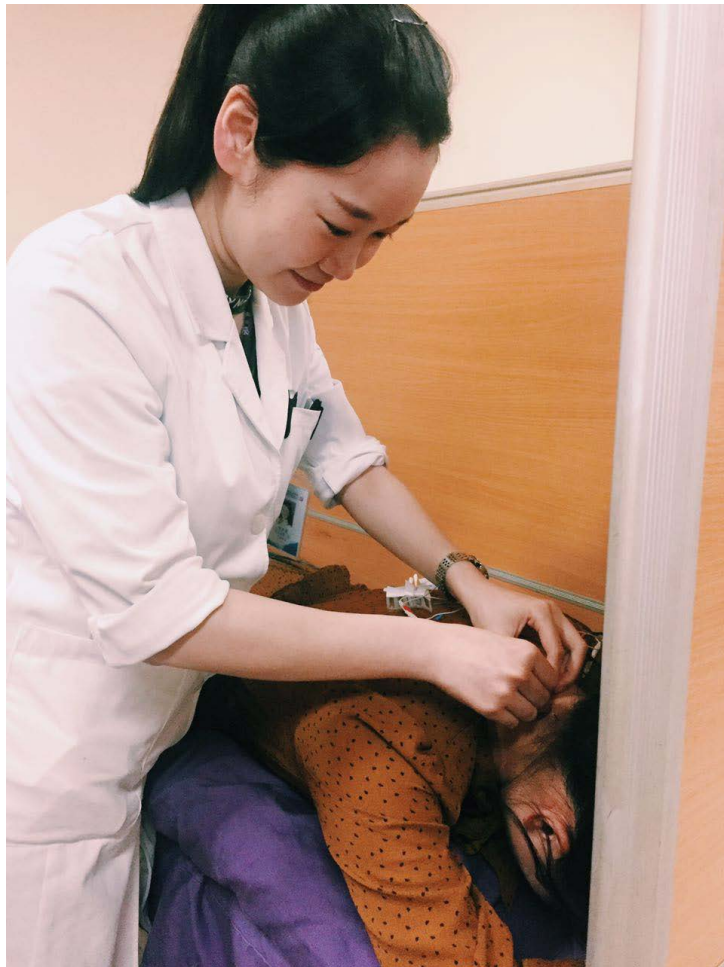
That's right... I was a government-approved drug dealer.

At the time, 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 it 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 headaches, nausea and caused me to stack on a lot of weight.

Ironically, the prescription I was taking, was a drug that I supplied to doctors. A drug that my company reported to have 'little to no side effects'.

Luckily, I met a master of Chinese medicine: Dr. Lin Xiaoxi, who taught me the miracles of acupressure.

She also taught me the incredible potency of 'Meridian Frequency Therapy' she call's 'Acu-Frequency'. But I'll tell you more about that at a later date...

With Dr. Lin's help, I was easily able to lower my high blood pressure and break my dependence to prescription drugs!

As well as using Acu-Frequency to drop all the weight I had gained!

I also learned about these incredible energy boosting techniques that I'm about to teach you in a moment.

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

CHAPTER 1

About Acupressure

Acupressure is a 5000 year old acu-therapy that follows the exact same principles of acupuncture, but instead of being pierced with fine needles; you use finger pressure.

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

Because it's needle-free, you can apply it anytime, anywhere.

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



Acupressure has the power to:

- Treat chronic fatigue syndrome
- Give relief for fibromyalgia
- Kill strong pain
- Lower blood pressure
- Aid weight loss

- Blow away the dark clouds of depression
- And a lot more...

The world health organization 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
- Insomnia
- Hormonal disorders
- Gynecological disorders
- Musculoskeletal & neurological disorders
- Respiratory disorders and many, many more...

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

For one simple reason...

It works!

CHAPTER 2

NLP and Acupressure Combined



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's a methodology of 'waking hypnotism'. It's a powerful form of suggestion that can even be used to manipulate people without them even knowing it.

But the best (and most ethical way) to us NLP is on ourselves...

We are going to use an NLP technique called 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 subconscious 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.

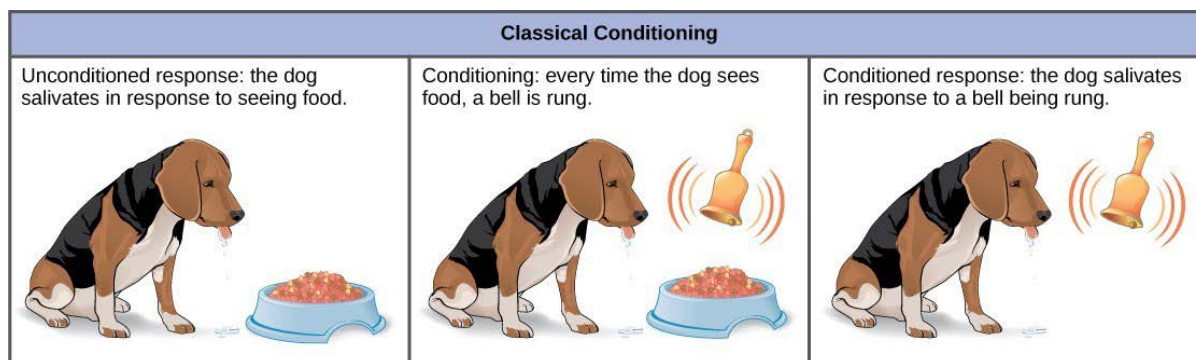
Our subconscious minds work tirelessly to make sure our behaviors fit with our thoughts, feelings, and desires.

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 on a hot day and absolutely enjoyed every mouthful.

In most cases, the reason why you enjoyed it so much is because your mind has neurologically anchored 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.

Creating an NLP 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 applying acupressure and NLP simultaneously, a user can intensify the energy boosting 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 should do the trick. OK, let's begin.

CHAPTER 3

Acupressure Guide

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

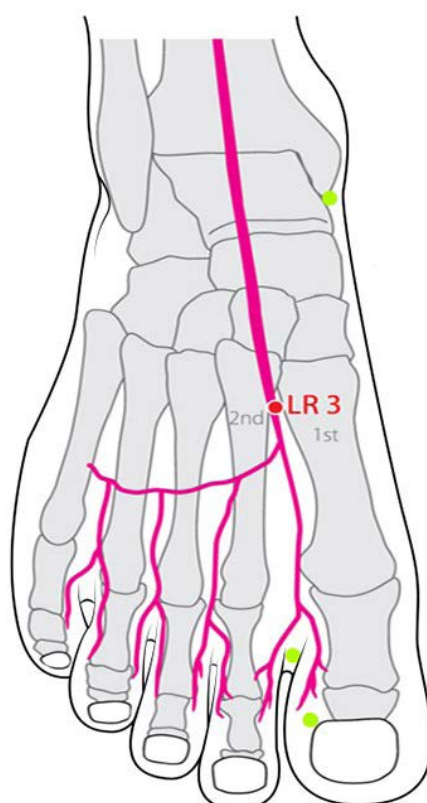
But first, you need to sit up straight, clear the mind, and start with some concentrated breathing.

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 before you begin acupressure.

LV 3 Tai Chong (Great Surge) 太冲

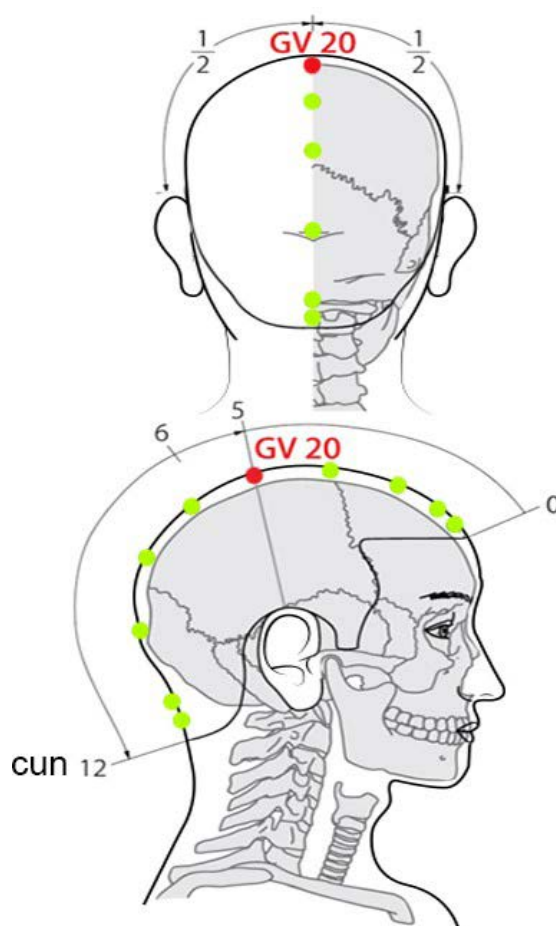


LR3

This point can be found between the big and the adjacent toe. 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 either foot.

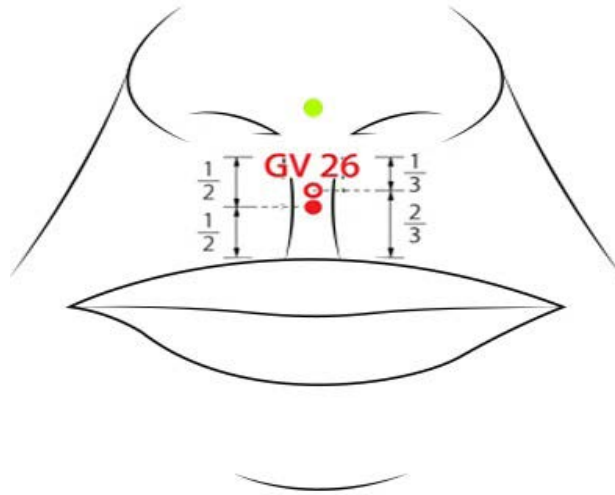
GV 20 Bai Hui (One Hundred Convergences) 百會



GV20

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 with your four fingers and thumb clustered together.

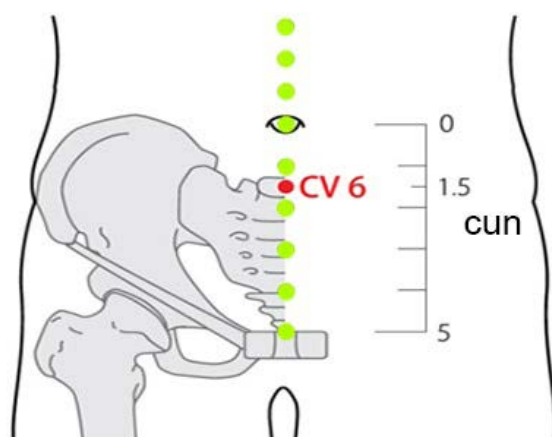
Do this for 1 – 2 minutes.

GV 26 – Shuigou – Water Ditch 水溝**GV26**

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.

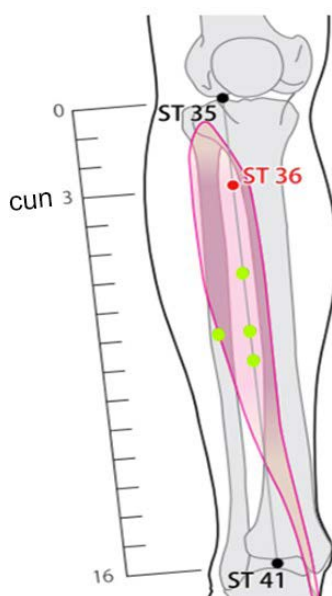
CV 6 Qi Hai (Sea of Chi) 氣海



CV6

aThis point is 1.5 thumb-widths (2 cun) directly below the belly button. Hold this point for 1 – 2 minutes.

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



ST36

Locate the bottom of your kneecap and measure three thumb widths down (3 cun). At that point, measure one thumb-width (1 cun) to the outside of your shin.

Hold this point for 1 minute on either leg.

TIP: Memorize these 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.

CHAPTER 4

NLP Guide



Now that you've chosen your preferred acupressure anchor point, it's time to learn the powerful NLP process.

Find a quiet place to sit without any distractions... turn your phone off or switch it to silent.

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 were 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... Step back in time as if you were there now.

Remember how limitless you felt, concentrate on the feeling of high energy... 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 recall what you were wearing that day... who you were with... the era of the moment... maybe it was 20, 30 or 40 years ago. Try to take yourself back to that time in every way you can.

If it was a long time ago... a great vehicle for taking you back in time is listening to music you were into at that time in your life.

If it has been a long time since you felt like highly energetic or you can't quite recall a time like this... no problem. All you have to do is create the memory...

Create a scenario in your head where your body is flooded with concentrated energy levels, what are you doing? How does it feel? Where are you? Make sure you paint the same thought in your head every time... each time the scenario becomes more vivid... until it's not a scenario anymore... it's a crystal-clear memory.

You're going to need to practice this highly energetic memory in your head... each time feeling the emotions of the memory. Concentrate on the feeling of unlimited energy.

For people who are using real memories, you can make-up parts your memory up to make it more intense if you need to... as it's important to dial-up the intensity of your emotions and feelings.

CHAPTER 5

Acu-Anchoring



It's now time to anchor this state of mind to your 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 30 - 45 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 that will flood your body with the feeling of immense energy and concentration!

Giving you push-button turbocharged energy at will!

This Acu-Anchoring technique will become more and more potent as you practice it.

Before long, the trigger will become so intense that you will think twice about using it too late in the afternoon as you may have difficulty falling asleep later that night.

CHAPTER 6

Food & Supplements



Your diet plays a large role in your energy levels...

Now, I could tell you to stop eating junk food and to start eating healthily again. But it probably wouldn't do any good.

You already know that eating processed foods are bad... and that organic, fresh, home-cooked meals are much better.

The problem? You don't have the time, energy or perhaps even money to change the way you eat.

So to jumpstart your day with more energy, let's look at the best supplements and foods for higher energy levels.

INCLUDE SOLUBLE FIBER IN YOUR DIET

Soluble fiber such as psyllium husk helps your body absorb sugars more slowly, which is necessary for you to obtain more sustainable energy levels.

When your body absorbs sugar too quickly, it can lead to a sudden crash soon after the sugar high.

Other forms of soluble fiber from eating nuts, fruits, vegetables, whole grains, oats, and beans.

IRON AND VITAMIN B12

Vitamins and minerals such as iron and vitamin **B12** play essential roles in a variety of basic cellular functions.

In particular, vitamin **B12** and iron are required to give us our healthy red blood cells... which is essential for energy levels.

Red blood cells are the oxygen-carrying portion of our blood which our body uses to burn fat and fuel all kinds of processes in our body.

These processes, in turn, translate into whether you feel energetic or sluggish.

OMEGA 3 FATTY ACIDS

Omega 3 fatty acids help cells to communicate with one another and allows neurotransmitters to pass more easily between brain cells. This is important for mental energy.

For instance, studies reveal that low intake of omega-3 fatty acids is becoming increasingly associated with several forms of mental decline in the elderly.

LUTEIN

Lutein is generally thought of as a supplement for the eyes to help prevent macular degeneration.

In recent studies, it was found that it could also enhance the performance of the mitochondria – the energy factories that live inside each of our cells.

When given to mice, it was found that they would voluntarily run miles further each week on their treadmills – pointing to increased energy and performance.

COENZYME Q10

Coenzyme Q10, also known as CoQ10, is a compound made by your body and stored in the mitochondria of your cells

As recently mentioned, mitochondria are an energy producing powerhouse.

Your body produces CoQ10 naturally, but its production tends to decrease with age. Fortunately, you can also get CoQ10 through supplements or foods.

The following foods contain CoQ10:

- **Organ meats:** Heart, liver and kidney
- **Supermarket meats:** Pork, beef and chicken
- **Fatty fish:** Trout, herring, mackerel and sardine
- **Vegetables:** Spinach, cauliflower and broccoli
- **Fruit:** Oranges and strawberries
- **Legumes:** Soybeans, lentils and peanuts
- **Nuts and seeds:** Sesame seeds and pistachios

L-CARNITINE

L-carnitine is a naturally occurring amino acid derivative that's often taken as a supplement.

It plays a crucial role in the production of energy by transporting fatty acids into your cells' mitochondria.

In one study, 2 grams of L-carnitine reduced fatigue and increased muscle function in older adults.

GARLIC EXTRACT

Garlic is a vasodilator. This means that it can widen the blood vessels to allow more blood and oxygen to get around – to the brain and muscles for instance - thus fueling you with more energy.

In human studies, it has been confirmed that garlic produces symptomatic improvement in persons with physical and mental fatigue. Studies from Japan have measured the intensity of fatigue objectively and quantitatively using biomarkers. Data strongly suggests that garlic is a promising anti-fatigue agent.

VITAMIN B6

Vitamin B6 is used to help us extract energy from carbohydrates.

At the same time, it is also used for the creation of neurotransmitters which helps it to boost cognitive performance.

Low levels of B6 have been shown to result in a lack of energy and focus and even shrinking brain tissue and Alzheimer's.

VITAMIN D

Low energy is a common symptom of vitamin D deficiency. That's because vitamin D seems to help mitochondria—the part of a cell that generates energy

Vitamin D is actually a prohormone, not a vitamin. That means it's something the body makes and converts to a hormone.

Despite this misconception, Vitamin D is called “the sunshine vitamin” because the body creates its own when the skin is exposed to the sun.

So if you live in a part of the world that gets adequate sunshine, try to spend some spare time to soak up some sun and restore your vitamin D levels.

But for those who are deprived of sunshine, it can also be found in certain foods such as:

- oily fish – such as salmon, sardines, herring, and mackerel
- red meat
- liver
- egg yolks

MAGNESIUM

In order to break down the sugar in your blood and turn it into energy, your body needs magnesium.

According to World Health Organization statistics, as much as 75% of the U.S. adult population does not meet the U.S. Food and Drug Administration's Recommended Daily Intake of 420 mg of magnesium.

Along with converting glucose into energy, magnesium is necessary for the other 300 biochemical processes that take place in your body.

When magnesium levels get too low, your energy level drops significantly because your glucose isn't being turned into energy properly.



Studies have shown that people who have magnesium deficiencies are more likely to tire easily after doing physical tasks.

Having low levels of magnesium can result in easily feeling out of breath and having an increased heart rate.

This is an indication that your body is working harder, which can quickly drain your energy and make you feel exhausted. It is vital that you get the recommended amount of magnesium in your diet if you want to eliminate fatigue.

CAUSES OF MAGNESIUM DEPLETION

Stress – mental, emotional, and physical stress reduces magnesium levels in the body.

Caffeine – The more coffee you drink, the less magnesium your intestines can absorb.

Higher Sodium Diets – when we consume more salt, our body makes us pee it out, which causes a greater loss of magnesium in our bodies.

Medications – many medications can reduce the body's ability to absorb magnesium.

Vitamin D Deficiency – Without Vitamin D, the body has trouble absorbing magnesium.

Poor Microbiome health – when you have low levels of good bacteria in your intestines, your ability to absorb magnesium is affected.

Blood Sugar – insulin resistance and Type 2 diabetes can reduce magnesium absorption from our bodies.

Crohn's Disease – those with Crohn's can have a hard time absorbing magnesium, as well. This can also apply to those with Celiac disease.

Alcohol – people who regularly drink alcohol are at a greater risk of magnesium deficiency in their bodies.

Older Adults – older adults simply have lower dietary absorption than younger adults. There are also other factors, like changes in your body and medication.

Poor Dieting – when we eat foods that don't contain magnesium, we cannot get it into our system!

Long-Term Antibiotic Use – these can create “soaps” which prevent magnesium absorption altogether.

Proton Pump Inhibitors – using a proton pump inhibitor or antacids can result in lowered absorption of magnesium.

HOW TO ENSURE A HEALTHY LEVEL OF MAGNESIUM FOR GREATER ENERGY LEVELS



The best way to increase your magnesium levels is the natural way. By going natural and getting magnesium from natural sources (instead of supplements), you're ensuring better absorption as well as removing the risk of taking too much of it.

But before you go to the supermarket, beware of modern farming practices...

With the use of certain fertilizers, pesticides and herbicides; we are seeing less magnesium in large farming operations of certain vegetables. So, the first distinction that we need to make is that organic is best.

Here are four big categories you need to focus on when it comes to getting more magnesium.

- Green Vegetables
- Intact whole grains
- Legumes (beans, peas, lentils)
- Almonds, Hazelnuts and Cashews
- Fish

NOW GO OUT THERE AND MAKE THE MOST OF YOUR DAY!



Now that you know these powerful energy-boosting acu-points and combining them with the power of NLP anchoring, and energy boosting foods and supplements... you'll never have to fear that 2pm sluggishness ever again!

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



NATURAL SYNERGY

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 or supplements are suitable for you.