



Brown: Metal-Sad or Stuck
Yellow: Earth-Feeling low or sorry
Purple: Water-Fear or paralyzed
Green: Wood-Anger or Resentment
Red/Orange: Fire-Vulnerable, lost / helpless, muddled / confused



For these specific problems, also try:
 LOW BACK PAIN: Brown/Metal SACROILIAC PAIN; Red/Fire
 MENSTRUAL PAIN/HEADACHES: Pinks(under nose/under lip)

Always tap the same side as the pain.
 Methods: Touch the pain and tap...move the painful joint (if safe) and tap...Think of a stressful event or experience and tap. (tap both sides with emotional stresses)