



# NeuroFascial Process (NFP)

## A CenterIMT Program

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### **Neurofascial Process (NFP) is easy to do, it just takes time.**

Dr. Sharon W. Giammatteo developed NFP<sup>1</sup> in the early 1980's. It is an approach to self-healing. NFP can be performed on yourself at home as an adjunct to therapy and often referred to as "homework". "It has been used in clinical practice for more than 30 years. It is the single most powerful tool an individual can use to assist their healing process."<sup>2</sup>

NFP signifies: N for neural, F for fascial and P for process. The neural or nervous system transmits signals through the body. The fascial system is a thin layer of connective tissue that covers every organ, vessel and nerve in the body, like a body suit. NFP integrates the nervous system and the fascial system with sensory information and emotional health. This homework process makes the therapy at CenterIMT more efficient and can significantly change symptoms.

Sharon discovered that emotions stored in the body can interfere with health and vitality. Emotions can actually impair how well an organ can function. It can

also cloud thinking and impair vision and hearing. It can influence how you experience the world and people around you. We begin the process of storing feelings and thoughts when we are overwhelmed with events.

NFP involves placing your hands (no need to press) over specific parts of your body, called Process Centers (PC) for extended periods of time, and simply "being with" what comes to consciousness while doing so.

Perform NFP in a peaceful, relaxing environment. You can perform this process sitting up or lying down or in which ever position is most appealing to you. You can watch TV or listen to music. Drinking plenty of water is recommended.

### **How to Perform NFP**

NFP is simple. To use NFP hold a hand on the problem area and place a second hand on one of the process centers. The problem area is any location that is not functioning well. There may be many symptoms at the location, for example; pain, swelling, inflammation, rash, insect bite, headache, excess sensation or diminished sensation.

This may be a location that your therapist is treating or wants you to improve the function. Your therapist can give you a body diagram detailing your

homework.

When you "take the liver to all the PC", you put one hand on the liver at the lower right rib cage in front and the other hand on the ureters at the low back for 20 or more minutes. Then you keep the hand on the liver and put the other hand on the forehead / frontals for 20 minutes. After finishing with the ureters and the frontals you move on to the limbic system at the bridge of the nose, then the liver with the top of the head / parietals and so on until you have had one hand on the liver and one hand on each of the other Process Centers for at least 20 minutes for each connection.

### **When To Do NFP**

NFP can be done when you wake up in the morning. If you hit the snooze button you can keep track of how long it has been. You can do NFP while watching a movie or listening to books on tape, as a passenger on a long car ride, or before you go to sleep at night. Treating yourself before you go to bed at night will help ensure a more restful sleep.

### **NFP First Aid**

You can also treat any newly injured area immediately with NFP. A powerful first aid treatment for virtually any problem would be holding one hand on the problem area or injury and the

<sup>1</sup> Weiselfish-Giammatteo, S. and T. Giammatteo (2002). Body wisdom: light touch for optimal health. Berkeley, Calif., North Atlantic Books.

<sup>2</sup> Weiselfish-Giammatteo, S (1997) Personal Communication

other hand placed across the low back or ureters. This will often reduce toxicity or eliminate symptoms.

### **The 20 Minute Rule**

To be effective you must remain with your hands in place for a minimum of 20 minutes. The longer the hands remain in contact the more therapeutic the effect. Keep track on a chart. Record your times.

Severe, acute or longstanding problems may need 3 to 5 hours of NFP treatment to each PC. Intermediate conditions will need 2 hours per PC. Mild problems may resolve in 1 hour per PC or less.

NFP treatment can be done in any position.

It has to be human contact. Pets, magnets or books will not be effective.

If you need to remove your hands briefly it is not a problem, for example to sneeze, cough, or change the TV channel. However doing 5 minutes in the morning and 5 minutes at noon and 5 minutes at dinnertime will not be effective.

### **The Process Centers Location, Significance and Emotions**

1. Ureters (across the low back, 1 inch on either side of spine, at waist level):. You can access the ureters with the back or front of your hand and forearm. The Ureters are the Center for toxic drainage. Take all the Process Centers to the ureters at least once for physical and emotional drainage. The ureters are great for first aid for physical trauma for example, a sprained ankle. Put one hand over the ureters and the other

hand over the ankles. This will decrease pain and swelling.

2. Frontals (forehead): Thought, Judgement, Behavior, Attention Deficit Disorder.

3. Limbic System (at the bridge of nose or frontonasal and eyes): the center for survival and has to do with rage responses. Think of a lion who has been attacked and wounded. There is no rational thoughts associated with rage.

4. Parietals (top of the Head): home of the sensory and motor cortex and associated with feelings and sensations (sight, sound, taste, smell, touch) as well as action and movement.

5. Thyroid (Front of the Neck / Throat): about expression or not expressing yourself (verbally, creatively, etc) because of fear or other emotions.

6. Heart (Center of the Chest a little to the Left): love, joy, hatred, loss of love / abandonment.

7. Lungs at the front: grief and deep sadness, despair, oxygen and your will to live life.

8. Lungs at the back (same)

9. Spleen (on the Left side of rib cage, between rib 8 and rib 10): disappointment in mankind A Vietnam veteran or an Israeli could have a lot of emotion locked in the spleen.

10. Liver (Lower Right Rib Cage): anger and detoxification.

11. Pancreas (just below Center and Left side of rib cage, in the Abdomen): major issues of significance (life or death). Consider your path and purpose in this life. "What am I supposed to do in life?"

12. Kidneys (lower rib cage at the back). You can use your hand and

forearm front or back.: fear, anxiety, depression, fluid regulation.

13. Prostate or Uterus (just above pubic bone in the front of the pelvis): sexuality, gender, reproduction.

14. Upper Arms (both): Control over self, self control.

15. Lower Arms (both): belief systems

16. Cecum (in front of the Right Hip): Digestion, Cell development, growth replication.

17. Emotional Body (2 to 3 inches above Right eye at the hairline slightly (½ inch) off the body): Emotional health.

18. Mental Body (2 to 3 inches above Left eye at the hairline, ½ inch off the body): Thoughts, Perseveration.

### **What to Reflect On**

Each Process Center has a meaning. If we are repressing and holding onto a specific emotion in our body, it tends to get stored in specific organs. For example, if we have a lot of anger in our body, we will tend to hold it in our liver. Often, you can see that someone is a really angry person, because they will tend to sink into the right side of the ribs. When we do NFP from the liver to all the other Process Centers, it is good to reflect on any anger we may have felt in childhood.

You never want to judge yourself on what you find (feelings and memories). Know that the anger or feeling that will surface is hardly ever current. It is almost always from when you were a child. Therapists will often give you specific ages to focus on.

For example, we may ask you to

focus on the ages 13-19. When you are thinking of yourself at a certain age, it is good to try to think of what you looked like at that age, what grade you were in, the people that would have been in your life at the time, your family, friends, your environment, where you lived. Consider looking at a photograph if you have one. You can say to yourself, "I am 13 years old and I am looking inside my body, in my liver" or "I am 15 years old and I am looking inside my pancreas".

This focuses your attention, then you can relax and reflect on what comes up.

You can ask yourself, "When I was 13 years old, did I feel any anger? Did I feel any fear? Was I afraid of anything?"

You want to go through all of the ages with all of the Process Centers looking for all of the emotions.

### **How to Perform Reflection While Doing NFP**

When you different emotions and experiences surface in your body during the specific ages, find some kind of a visual image for letting go of the emotion. For example, if you are looking for any feeling of anger in your liver at age 13, when you find the feeling, find an image for letting go (ie) steam coming out of your body, or hitting the anger out of your body like a home run baseball, or imaging healing light energy over it making it disappear.

You can tell yourself, "I am letting go of anger" (or other emotion) and start to feel lighter and lighter.

This will help you let go of any old fears or emotions that are

essentially holding you back from really experiencing life without any hang-ups. This will help you let go of any and all depression. This will help you enjoy life.

### **NFP Party**

NFP is an effective treatment to use on yourself. It can also be done with multiple hands simultaneously. With family and friends the project of accumulating 3 hours per Process Center will go more quickly.

It is often a fun project to gather friends and family and watch a movie while doing NFP. The time passes quickly. Multiple hands simultaneously have the added bonus of giving the healing process a powerful boost. It can often help to significantly change chronic or acute conditions.

While your hands are contacting specific points you may experience a variety of sensations, warmth or cold, tingling, or magnetic pull. It is possible that the person being treated will have a brief increase of sensation in the area. Do not stop the contact. The sensations will dissipate.

Every client who uses NFP will recover more quickly, reducing the number of hours of treatment required in the clinic.

### **Further Reading**

Consider reading [Body Wisdom: Light Touch for Optimal Health](#) for more information, including illustrations and photographs.

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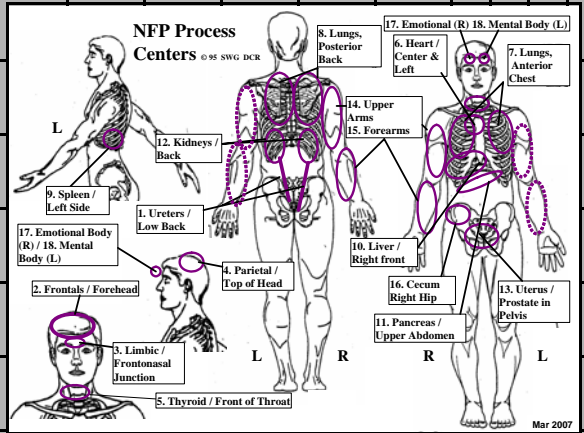
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<b>NFP Centers Primary</b>																			
<b>Start with Ureters to all Process Centers</b>	1. Ureters	2. Frontals	3. Limbic	4. Parietals	5. Thyroid	6. Heart	7. Lungs, Ant	8. Lungs, Pos	9. Spleen	10. Liver	11. Pancreas	12. Kidneys	13. Uterus / Prostate	14. Upper Arms	15. Fore- arms	16. Cecum Right Hip	17. Emotional (R) 18. Mental Body (L)	19. Heart / Center & Left	20. Lungs, Anterior Chest
1. Ureters / Low Back	■																		R L R L
2. Frontals / Forehead		■																	
3. Limbic / Frontonasal Jt			■																
4. Parietals/ Motor Cortex/Top of head				■															
5. Thyroid / Front of Throat					■														
6. Heart / Center and Left						■													
7. Lungs, Anterior / Front							■												
8. Lungs, Posterior / Back								■											
9. Spleen / Left side									■										
10. Liver / Right front										■									
11. Pancreas											■								
12. Kidneys												■							
13. Uterus / Prostate													■						
14. Upper Arms R Right and Left L																			■ ■ ■ ■
15. Forearms R Right and Left L																			■ ■ ■ ■
16. Cecum																			
<u>Other as Assigned</u>	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
A.																			
B.																			
C.																			



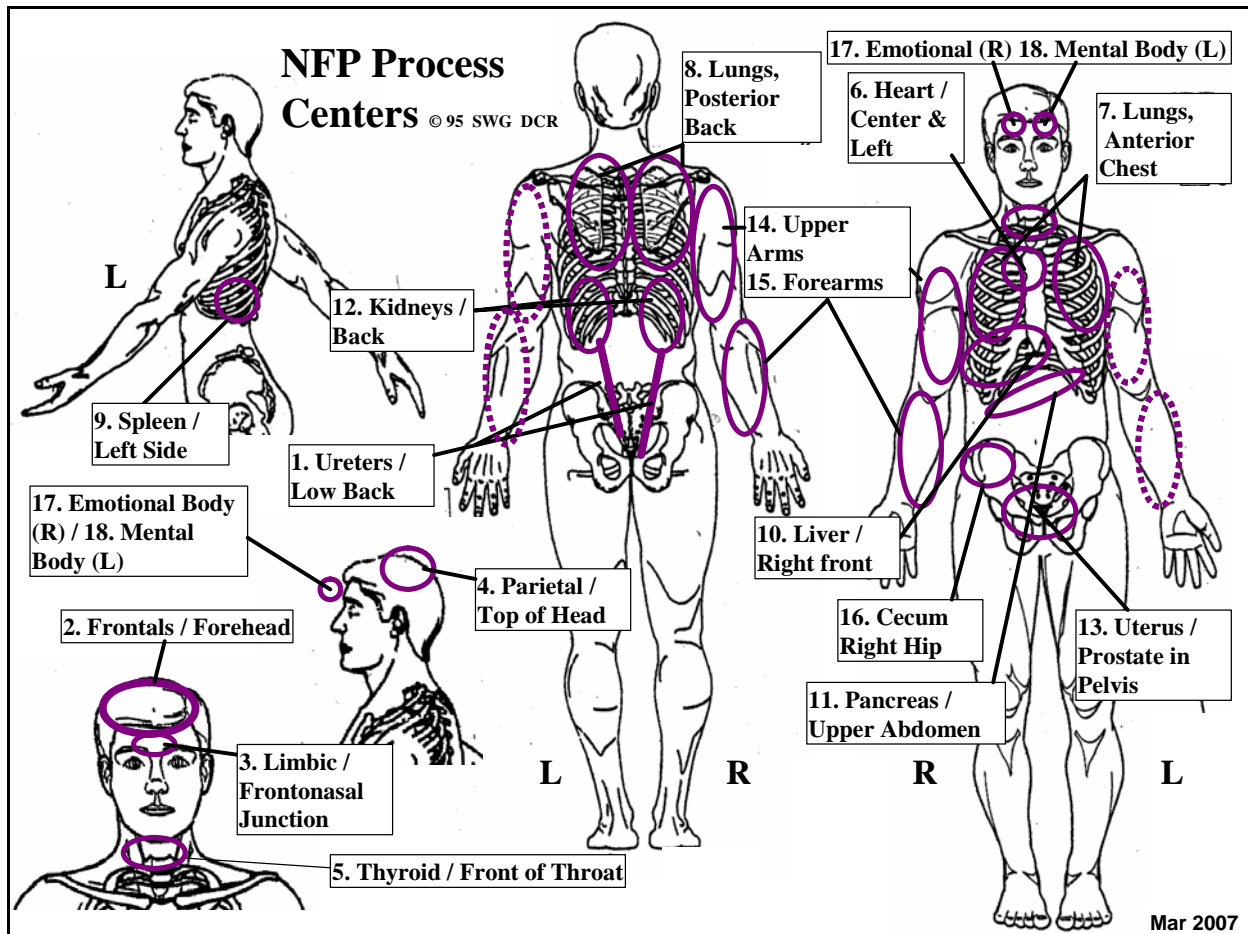
## Neurofascial Process (NFP) General Direction and NFP Parties

**1. All Process Centers to each other with one or two people:** Place one hand on 1 and the other hand on 2 for 20 minutes. Then place one hand on 1 and one hand on 3 for 20 minutes. Connect 1 to each other number and then place one hand on 2 and one hand on 3. Then one hand on 2 and one hand on 4, until 2 has been connected to each other number. Then one hand on 3 and one hand .....until each number has been connected to every other number for 20 minutes. Then repeat as needed to a total of 1 - 5 hours.

**2. NFP Party – All Process Centers to All Process Centers:** The client lays on a table and eight friends or family members each put one hand on each of the process centers so that all 16 spots are covered. Hold the points for a minimum of 20 minutes. This process can be done for 1 - 5 hours as recommended by your therapist. The people can change their hand placement every 20 minutes, if they wish.

**3. Acute Pain – For A Specific Problem:** Place one hand on A (assigned by therapist or based on symptoms) and the other hand on 1 for a minimum of 20 minutes. Next place one hand on A and the other hand on 2 for 20 minutes. Repeat until A has been connected to each number for 20 minutes and then repeat the sequence as needed. Then place a hand on B (if there is a second site) and one hand on 1, until the process is complete. For acute pain or injury, place one hand over A which is the area of headache, pain, injury and the other hand over the ureters for drainage. Connect for 20 min or until pain subsides.

**NOTE: Animals, books, etc do not work.** This process requires human contact. There is no need to press, just contact the area for the specified amount of time. Any number of peoples hands can be used and the clients position does not matter. They should be comfortable on their back, side, sitting, etc. This process makes the IMT and nutritional programs more efficient and can significantly change symptoms.



### Neurofascial Process (NFP) Elimination Homework

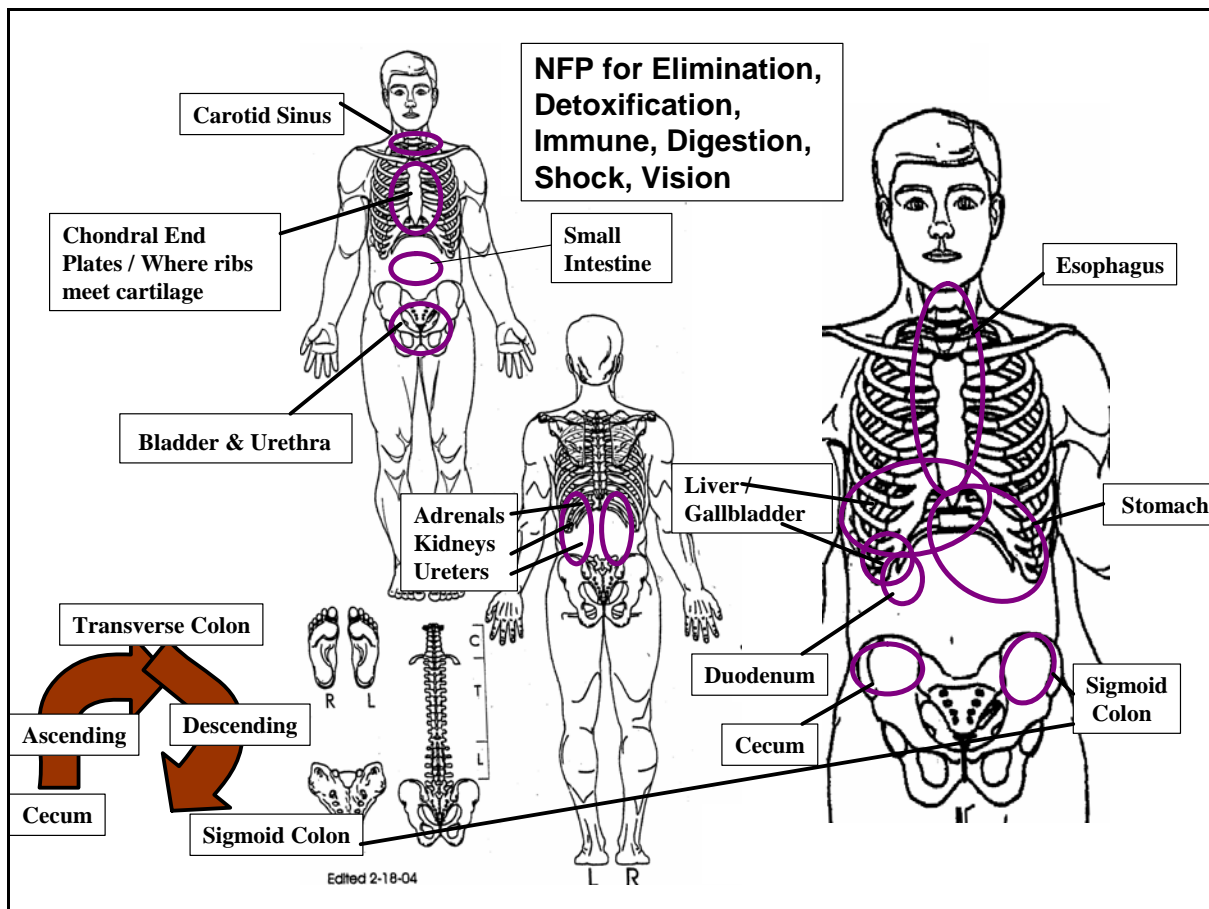
This process assists in the function of your elimination system and can be used for bowel and bladder conditions as well as any other toxicity problem. **Place one hand on each location listed (each pair) for 20 plus minutes each**

1. Kidneys → Limbic (Frontonasal Junction)
2. Kidneys → Heart (Anterior Inferior Aspect)
3. Hilum of Kidney → Limbic and Frontals (Forehead)
4. Ureters → Limbic and Frontals
5. Ureters → 1 cm above (hand just off the skin) Left side of forehead
6. Bladder → Limbic
7. Bladder → Heart, Anterior, Inferior Aspect)
8. Urethra → Limbic and Frontals

### Neurofascial Process (NFP) Detoxification Homework

The process can significantly assist your detoxification system and can be used with food poisoning, allergies, and more. **Place one hand on each location listed (each pair) for 20 plus minutes each**

1. Lymph Nodes (lateral neck, arm pits, inside of elbow, wrists, groin, back of knees, back of heels, soles of feet) → Forearms,
2. Lymph Nodes → Eyes
3. Tongue (access from below on chin) → Forearms
4. Tongue → Heart, Anterior Inferior Aspect
5. Heart → Forearms
6. Heart → Frontals
7. Liver → Forearm
8. Liver → Ureters
9. Hilum of Kidneys → Forearms
10. Hilum of Kidneys → Ureters
11. Ureters → Forearms
12. Ureters → Mental Body / Left side of Forehead, just off the skin
13. Bladder → Forearms
14. Bladder → Frontals





### **Neurofascial Process (NFP) Immune Homework**

This process focuses on the immune system and can be used for allergies, flu-like symptoms, swelling and more. **Place one hand on each location listed (each pair) for 20 plus minutes each**

1. Carotid Sinuses (front of throat --> Parietals (top of head)
2. Carotid Sinuses --> Frontals (forehead)
3. Carotid Sinuses --> Ureters
4. Lymph Nodes (lateral neck, arm pits, inside of elbow, wrists, groin, back of knees, back of heels, soles of feet) --> Parietals
5. Lymph Nodes --> Left side of forehead, just off the skin)
6. Heart --> Parietals
7. Heart --> Frontals
8. All Long Bones --> Parietals
9. All Long Bones --> Frontals
10. All Long Bones --> Heart, Tricuspid Valve
11. Spleen --> Parietals
12. Spleen --> Frontal
13. Spleen --> Chondral End Plates (where ribs meet cartilage)
14. Small Intestines --> Frontals
15. Small Intestine --> Left side of forehead, just off the skin

### **Neurofascial Process (NFP) Digestion Homework**

This process focuses on digestion and can be used to get relief from such diagnoses as Crohn's, ulcerative colitis, failure to thrive, bulimia, food poisoning, and more. **Place one hand on each location listed (each pair) for 20 plus minutes each**

1. Frontal (Forehead) and Limbic (Frontonasal Junction) --> Mouth thru Esophagus
2. Frontal and Limbic --> Stomach
3. Frontal and Limbic --> Gallbladder and Liver
4. Frontal and Limbic --> Duodenum
5. Frontal and Limbic --> Small Intestine (around belly button)
6. Uterus or Prostate --> Small Intestine
7. Forearms --> Small Intestine
8. Frontal and Limbic --> Cecum
9. Upper Arms --> Cecum
10. Frontal and Limbic --> Ascending Colon (from Cecum up right side)
11. Frontal and Limbic --> Transverse Colon (across top of abdomen)
12. Spleen --> Transverse Colon
13. Liver --> Transverse Colon
14. Frontal and Limbic --> Descending Colon (down left side towards the sigmoid colon)
15. Frontal and Limbic --> Sigmoid Colon
16. Liver --> Sigmoid Colon
17. Ureters --> Whole Digestive System

### **Neurofascial Process (NFP) Shock Homework**

This process focuses on the adrenals and shock and can be used to get relief from such diagnoses as cold sweaty hands, headaches, back pain, poor circulation and more **Place one hand on each location listed (each pair) for 20 plus minutes each**

1. Adrenals (on top of kidneys) to Ureters
2. Spleen to Ureters
3. Forehead to Ureters
4. Mental and Emotional Body / Slightly off the Forehead to Adrenals
5. Kidneys to Ureters
6. Spleen to Kidneys
7. Kidneys to Heart

### **Neurofascial Process (NFP) for Vision Homework**

1. Eyes to Ureters
2. Eyes to Heart
3. Eyes to Kidneys
4. Eyes to Vision Synchronizers (ask your therapist)