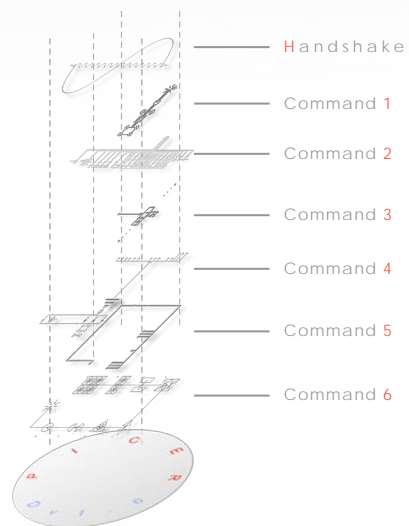


Functionality of Life Essentials: Body and Soul

- Achieves overall well being of bodily organs and mind
- Raises energy level
- Achieves Oneness, moderation, flexibility and resolution of conflicts
- Achieves contentment and carefree state of mind
- Sustains psychological and emotional positivity in hectic environments
- Helps emit a harmonious and comfortable ambient atmosphere
- Promotes tranquility in chaotic situations
- Achieves equilibrium in life

The Anatomy of PCCM™



Body & Soul



P C C M™

L I F E
E S S E N T I A L S

P I C E R

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πX

T1
the 1st thoracic
vertebrae. T1 is
just below the
7th cervical
vertebrae; is the
most prominent
bone when the
head is bent
forward (Apply
PCCM™ when
head resumes
upright
position)

πX

Thymus
About 3 inches (75mm) below the collar
bones, lateral to the armpits