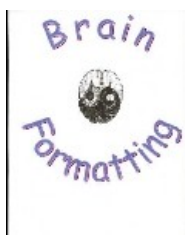


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### Tobar Books



#### Brain Formatting

by Hugo Tobar Learn what finger modes to hold while touching specific acupressure points to discover stress on the neurological system. Cortex, Brain Stem, Diencephalon, Midbrain, Pons, Medulla, Spinal Cord, Heart/Brain, Enteric Nervous System and more! Touch for Health balancing techniques can clear the stress once discovered, or get creative with your favourite correction tools!

\$38.00 Retail

**\$38.00**



#### Chakra Metaphors

by Hugo Tobar

This book gives useful information on the meaning of the major and minor chakras, when they are in an under-facilitated, or over facilitated state. Useful to the practitioner who wants to support chakra work with meaningful conversation. Also includes specific formatting to access the chakra to find out whether it is in an under, or over – energy state. This is a workshop manual, where it will be most useful to a practitioner who already understands the formatting concept utilized by Hugo and Applied Physiologists.

\$38.00 Cdn. Retail

**\$38.00**

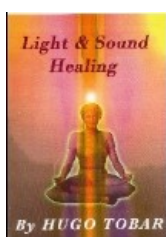


#### Hormones and their Receptors

This book is intended for further information on the endocrine system than can be easily obtained from standard texts. It concentrates on endocrine receptors, and lists 201 hormones in its appendix. Useful for kinesiologists who use scanning techniques to use as a reference text, and to aid further understanding of hormones for those who want more in-depth information.

\$50.00 Retail

**\$50.00**

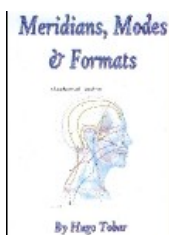


#### Light & Sound Healing

by Hugo Tobar This workshop manual includes information on specific colours useful for under-energy or over-energy states of the 14 meridians, the 8 Extra Meridians, and the 7 Major chakras. There is also information on colours to heal the Minor chakras as well as the Celestial chakras. Discussion on healing images and sounds associated with each meridian and chakra.

\$38.00 Cdn. Retail

**\$38.00**



#### Meridians, Modes, and Formats

by Hugo Tobar

This book carries all the beautiful images contained in Meridians and Points under license from Beverly Curl. Many kinesiology practitioners favour these images for locating points accurately as the images are drawn with pastel understructures of muscles and bones and meridians are coloured according to Applied Physiology theory. In addition, the book contains approximately 87 photos of various finger modes used in Hugo's workshops, as well as in Applied Physiology workshops plus other useful finger modes. There is also information on 'Formatting' to access 35 organs/glands and other useful physical structures.

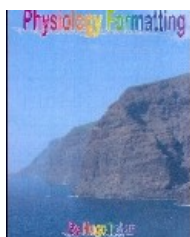
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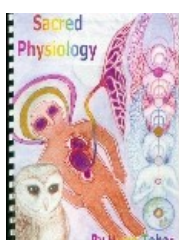
### Physiology Formatting

by Hugo Tobar

People comfortable with Touch for Health will be able to utilize much of the information in this book, though it will likely better suit experienced kinesiology practitioners. If you're willing to learn how to use 'formatting' (an Applied Physiology concept which combines finger modes with specific acupoints), as described within the pages of this book, you will be rewarded with fascinating ways to access deeper information on the state of energy imbalances in numerous physical functions of the body. Procedures detailed in this book to help support energetic imbalances for all the organs and glands learned in Touch for Health, plus extra information. If you follow Hugo's work, this item is a 'must have'.

\$38.00 Cdn. Retail

**\$38.00**



### Sacred Physiology

by Hugo Tobar A book about the philosophy of energetic systems. A beautiful collection of information on the chakra system, including the minor and out-of-body chakras. For kinesiologists familiar with formatting (holding combinations of finger modes and acupressure points), there are formats relating to numerous nadis, chakras, and aura. Along with specific physiology descriptions of related structures, contains detailed information on the endocrine system. Definitely more useful when obtained in conjunction to the workshop of the same name, however, contains extensive lists of information on hormones, their related organ/gland, and actions. Other eclectic information and can be used as a reference text.

\$50.00 Retail

**\$50.00**