



Feet™  
First  
System

# TOE TIP # 1



### *K.E.Y. Method:*

*Stand centred on both feet:*

*Centre each foot on 9 points:*

- *5 Pads of the Toes*
- *Outer Edge of the Foot*
- *Heel*
- *Big Ball Pad*
- *Little Ball Pad*

### *K.E.Y. Benefits:*

- ✓ *reduces pain*
- ✓ *builds strength*
- ✓ *opens blocked energy*
- ✓ *changes body mechanics from the feet up!*

### *K.E.Y. Check-YINs:*

- ✓ *Each point has the same amount of weight on it.*
- ✓ *Each point can be felt.*

***Bring awareness to these points  
and bring them to life.***

The Feet First System™ is an integral part of  
*"The K.E.Y. to Health with Energy Medicine: Kinetic Energy YINtegration System"™*

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