

List of Indications and Direct Applications

This list is not meant to be a diagnostic tool nor does it promise healing. It is a list based on experiences and observations; it does not claim to be complete. Everybody is a unique and individual being and therefore reactions can be different.

This list is compiled according to the experiences that were observed when **FG Xpress PowerStrips™** were applied to the referred areas. The observed reactions must not be necessarily the same with other users.

Please note the disclaimer at the end of the list!

Fast improving effects within 20 minutes to 48 hours:

Complaints	Application
1. Head Area:	
Headache	a. Neck – whole strip horizontally on C 7; b. Forehead - 3 cm wide strip horizontally
Migraine with or without disturbed vision	Like headache
Cold	3-4 cm long, 3 cm wide strip over nose and/or forehead 3cm wide strip horizontally
Sore Throat	Whole strip horizontally over throat
Tonsillitis	5 cm long, 3 cm wide strip directly over the tonsils
Toothache	Upper jaw – 10 cm long, 3 cm wide strip from lower over cheek; lower jaw - like upper jaw plus a strip under entire lower jaw
Sinuses	Like cold
Tinnitus *	Little strips before and behind ears; whole strip horizontally on the neck - C 7
Allergies (skin, pollen, all kinds of allergies)	5 x 5 cm strip on the neck - C 7
If for aesthetic reasons it is not possible to wear the strips during the day, apply the strips in the evening and night as described.	
2. Upper Body Area	
Cough due to a cold	Neck – whole strip below throat and whole strip horizontally over chest (hairless)
Breathing difficulties	Like cough
3. Digestive Area	
Swallowing difficulties	Whole strip directly on the stomach (centre under sternum)
Stomach pain due to stress	
Stomach pain due to food poisoning	
Stomach pain	Whole strip on mid-stomach area
Stomach cramps	
Diarrhoea	
Appendicitis	Appendix – 10 cm long, 3 cm wide strip on area of pain
Diabetes (when testing improved levels showed already after 60 minutes) *	Pancreas – whole strip on organ (under left rib cage)
4. a. Male Organs	
Prostatis*	Bladder – whole strip on organ (hairless area)

4. b. Female Organs	
Menstrual pains	Whole strip horizontally over lower abdomen
Ovarian inflammation	
Uterine inflammation	
Fungal complaints	6 x 6 cm strips on hairless area
5. Uro-genital Area	
Kidney Weakness* With overall exhaustion apply continuously	Kidneys – half a strip on adrenals/kidneys each side parallel to spine and 4 x 4 cm strip on kidney points on the middle of sole of feet (1. point of kidney meridian)
Bladder Inflammation	Whole strip on bladder (hairless area) - Sexual dysfunction 5 x 5 cm continuously
Urethritis	
Sexual Dysfunction*	
6. Joints and Spine	
Sciatic Pain	1. On Ileo Sacral Joints – half a strip on each side; 2. whole strip on painful area
Shoulder Joint Pain / Inflammation	Two half strips side by side from upper arm over shoulder (two half strips stick better with moving joints)
Arthritis – Inflammation (not Arthrosis *)	Whole or half strip depending on size of joint directly on painful area
7. Sore/Painful Muscles (directly on painful spot)	Whole or half strip depending on size of muscle, on insertion in direction of the pain
Permanent applications with noticeable effects within 1-4 weeks.	
Circulatory problems / numbness in legs, arms (not varicose veins and spider veins *)	Groin – (hairless) half strip and whole strip on hip outside; if needed left and right, also half strip on top of foot
Frequent urination, also during the night (important, notice how often you have to urinate - earlier now after about 1-2 weeks of use)	Kidneys – half a strip on kidneys each side parallel to spine and 4 x 4 cm strip on kidney points on the middle of sole of feet (1. point of kidney meridian)
Fatigue, tiredness, lack of energy, depression tendency, loss of concentration	T 7 (middle between shoulder blades) and Kidneys/Adrenals - half a strip on kidneys/adrenals each side parallel to spine and 4 x 4 cm strip on kidney points on the middle of sole of feet
ADHS (Children and Adults) * The first effects may occur quickly but it needs to be applied for a longer time. Detailed experiences are not yet available.	Whole/half strip on T 7 (middle between shoulder blades) and Whole/half strip on liver (right side directly under rib cage). Reduce strip size with children
RLS (Restless-Leg-Syndrom)	1. On Ileo Sacral Joints 2. half a strip on each side; plus half a strip on top of each foot
Pain with Cancer	
Breast Cancer	Small strips around any areas
Intestinal Cancer	Whole strip on abdomen, perhaps right and left
Skin Cancer	Small strips around any areas
Lung Cancer	Whole strip on chest area, perhaps left and right

Stomach Cancer	Whole strip on stomach plus half strip on both kidneys and kidney point on sole of feet
Pancreatic Cancer	Whole strip on pancreas left side under rib cage
Liver Cancer	Whole strip on liver right side under rib cage
Prostate Cancer	Half strip on groin right and left and half strip on bladder area
All other forms of cancerous reactions	Small strips around affected areas
DO NOT USE strips on the following areas: mucous membranes, open wounds, scars before 4 months, eyes, lips and any other mucous membranes.	
Permanent applications with noticeable effects within 1-3 months.	
High Blood Pressure	Half a strip on the heart area
Low Blood Pressure	Half a strip on the heart area
Abnormal Cholesterol Levels	Half a strip on the heart area, and half a strip on jugular vein left and right
Arthritis	Directly on affected joint
Dizziness	C 7 Prominent cervical vertebrae, whole strip horizontally
Varicose veins and spider veins	Half a strip above and below affected areas
* These areas may need a longer time of application until improvement occurs.	

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At this time no contra-indications are known. If in doubt, suffering a serious health condition or if you are taking prescribed medications you should consult your medical health care provider.

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