

# Procedure for a **Heart Attack Episode**

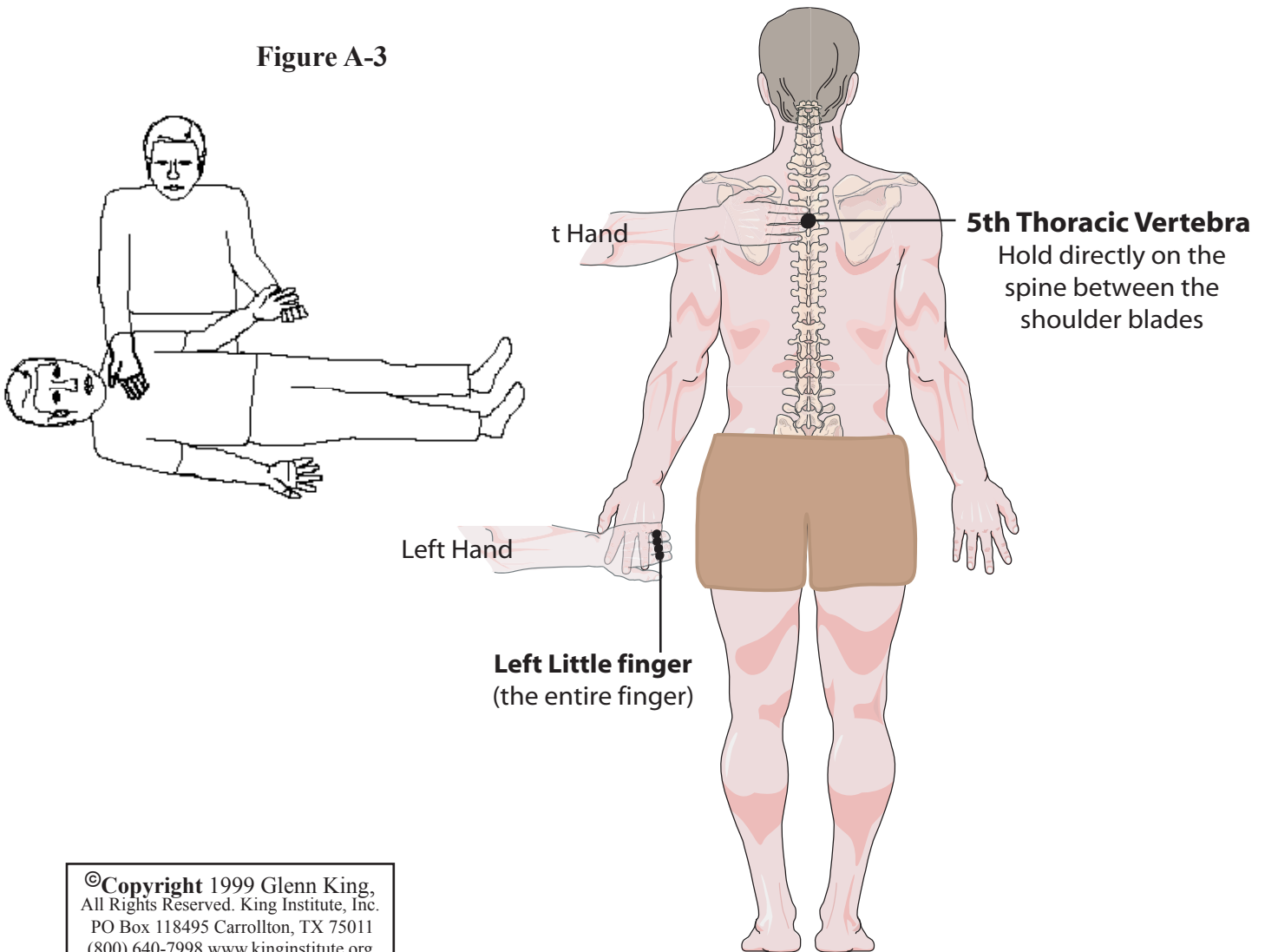
The diagram illustrates the proper procedure (refer to figure A-3).

<b>Procedure For Your Hands</b>	<b>(to)</b>	<b>Positions On The Body</b>
Step 1 right fingers and left fingers	to to	center on T5 (5 <sup>th</sup> thoracic vertebra) on the spinous process left little finger (hold the entire <b>left</b> little finger)

Apply this procedure for at least five minutes after all symptoms have been alleviated. The heart attack episode is usually completely relieved within two to four minutes, although relief should begin immediately.

It is not necessary to apply pressure to the vertebra, nor is it necessary to squeeze the finger. Only gentle and firm contact is needed.

**Figure A-3**



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Cardiologists and other medical physicians report consistent results for alleviating a heart attack with this procedure. The greatest hinderance in expedient results is metallic or battery operated objects on the recipient or assisting person.