**NEPIP Routine in Point Form**

1. **Heart to Heart – Palms on Metatarsal Pads**
2. **Intent for Immune system**
3. Thymus
4. Spleen and Liver
5. Tonsils (palatine and pharyngeal (adenoids))
6. Adrenals
7. Small Intestine
8. Appendix and Ileocecal Valve
9. Ascending and descending colon
10. Transverse Colon
11. Rectum and Anus
12. Groin (inguinal and iliac nodes)
13. Popliteal nodes (knees) and legs
14. Lumbar nodes and cysterna chylli
15. Supra Trochlear and Axillary lymph nodes (elbows and arms/armpits) plus dorsal tracks
16. Cervical nodes
17. **Intent for Nervous system**
18. Spinal tap
19. Coccyx and sacral area
20. Lumbar and thoracic area
21. Cervical nerves, cranial nerves and brain stem
22. Nerve innervations sweep
23. Phrenic nerve and plexus, vagus nerve and solar plexus
24. Lateral spine - radial and median and ulnar nerves (that originate in brachial plexus)
25. Sciatic stirrup and nerve
26. Pudendal plexus, ovarian plexus, testicular plexus and uterine plexus
27. **Intent for Endocrine System**
28. Pituitary, Pineal, Thyroid and Parathyroids, Thyroid relative reflex, Thymus, Adrenals, Pancreas, 2 x Ovary reflexes, Testes reflexes –stimulate on way down, link on way back up
29. Intent for Limbic System re emotions
30. Amygdala (anger, fear, survival), hippocampus (memory), thalamus

(Diagnoses sensory information and relays to relevant area of brain), Hypothalamus (link to endocrine system, temperature control, sexuality, behaviour, hunger, thirst, emotions).

1. HPA Axis – Hypothalamus/Pituitary/Adrenal Axis (stress response)
2. **End with both middle fingers linking lightly on the tips of the big toes and then return the palms on the metatarsal pads for a heart to heart finish.**