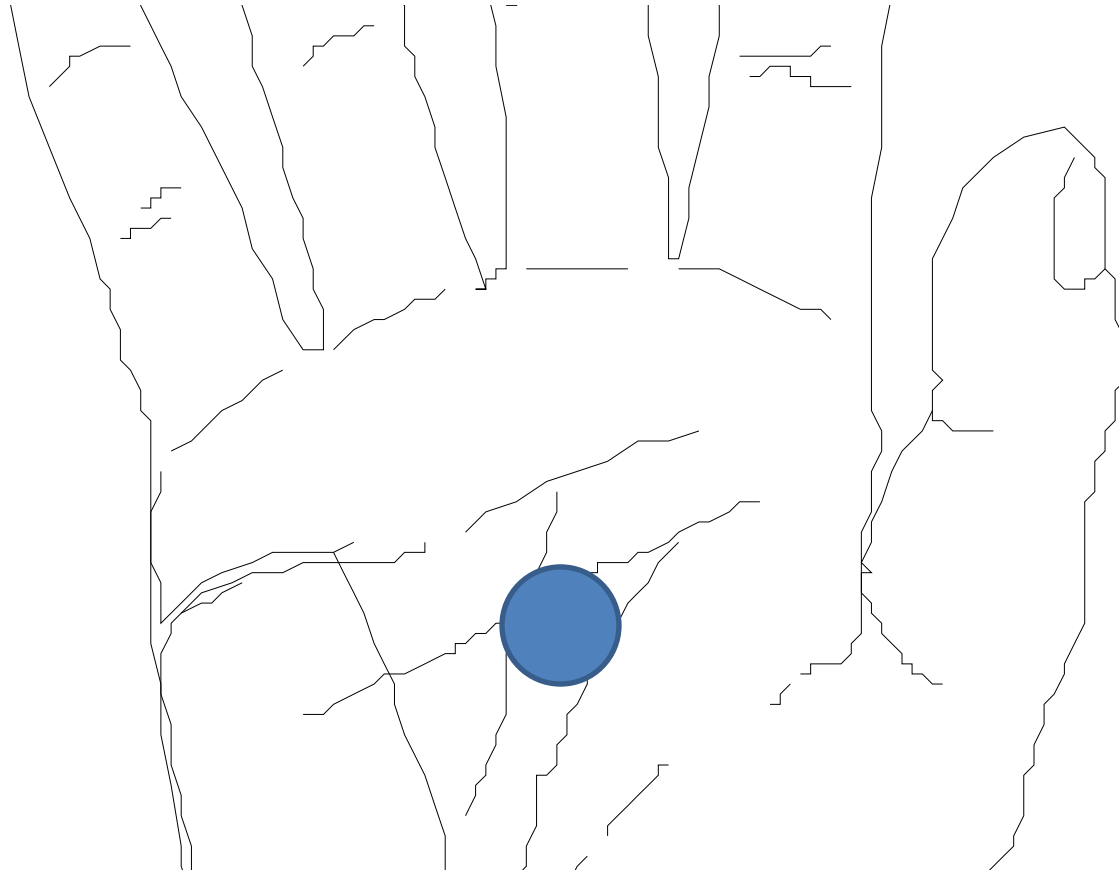




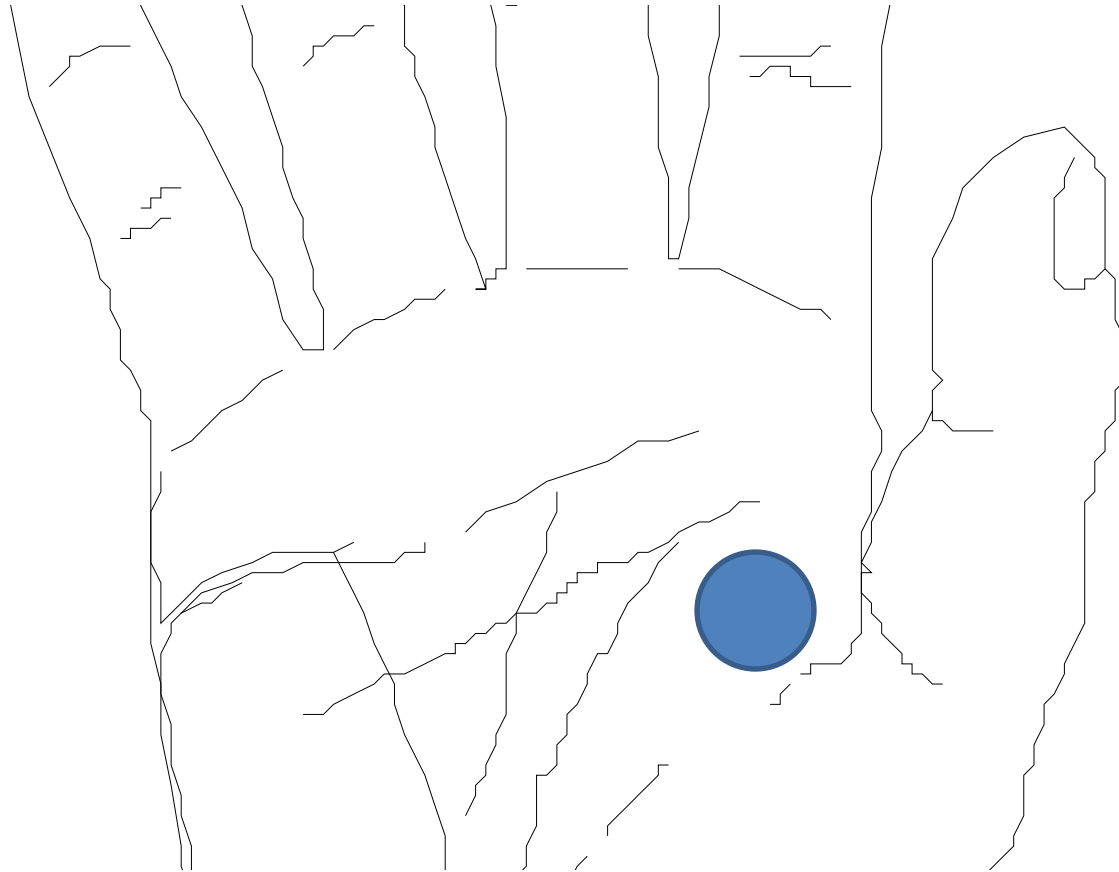
Headache

See the presentation on TMJ if you get headaches due to grinding or clenching your teeth.



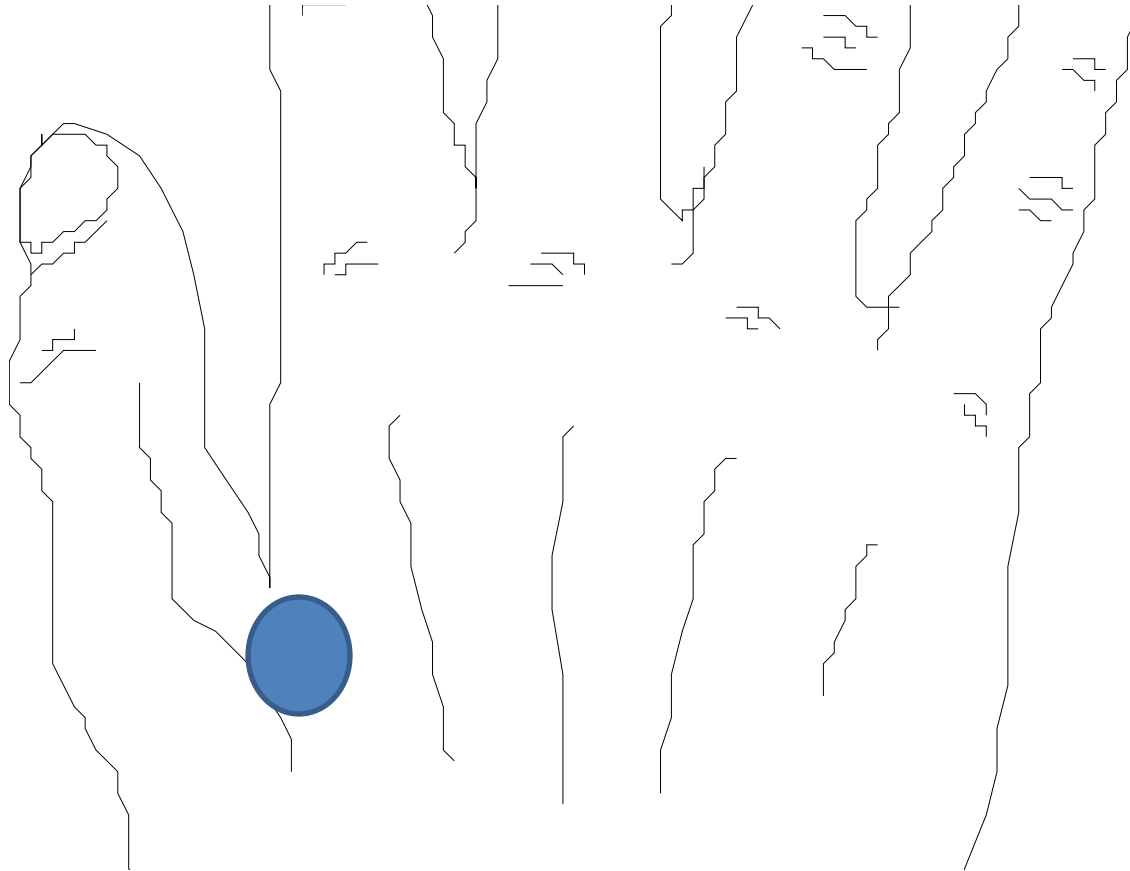
Relative to the Solar Plexus Relaxation Point

Press up firmly and deeply in this area. It is a stress reducer. It is often sensitive.



Adrenal Reflex

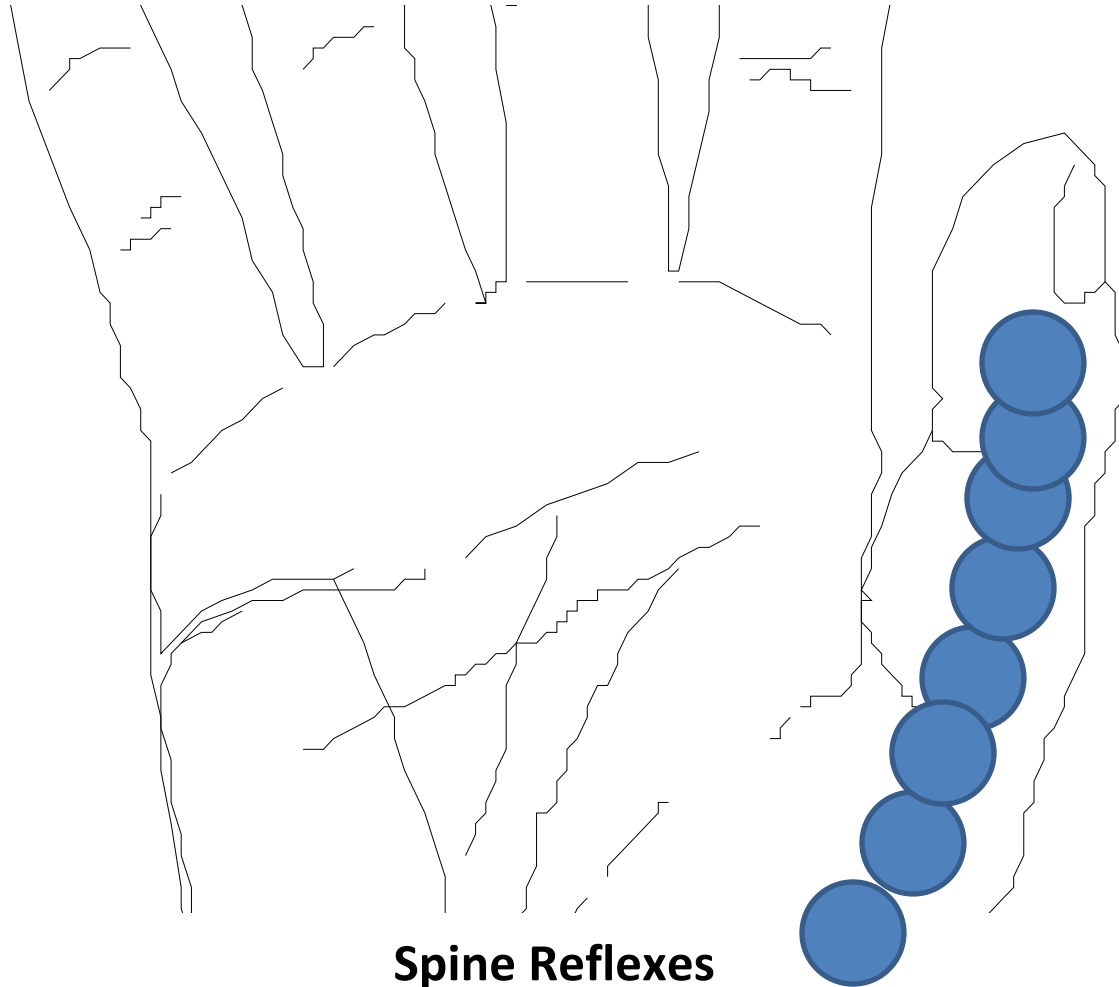
This reflex is your anti inflammatory reflex. It is often sensitive. You can use this reflex for allergies as well.



Dorsal Lymphatic Drainage Point/Whiplash Point

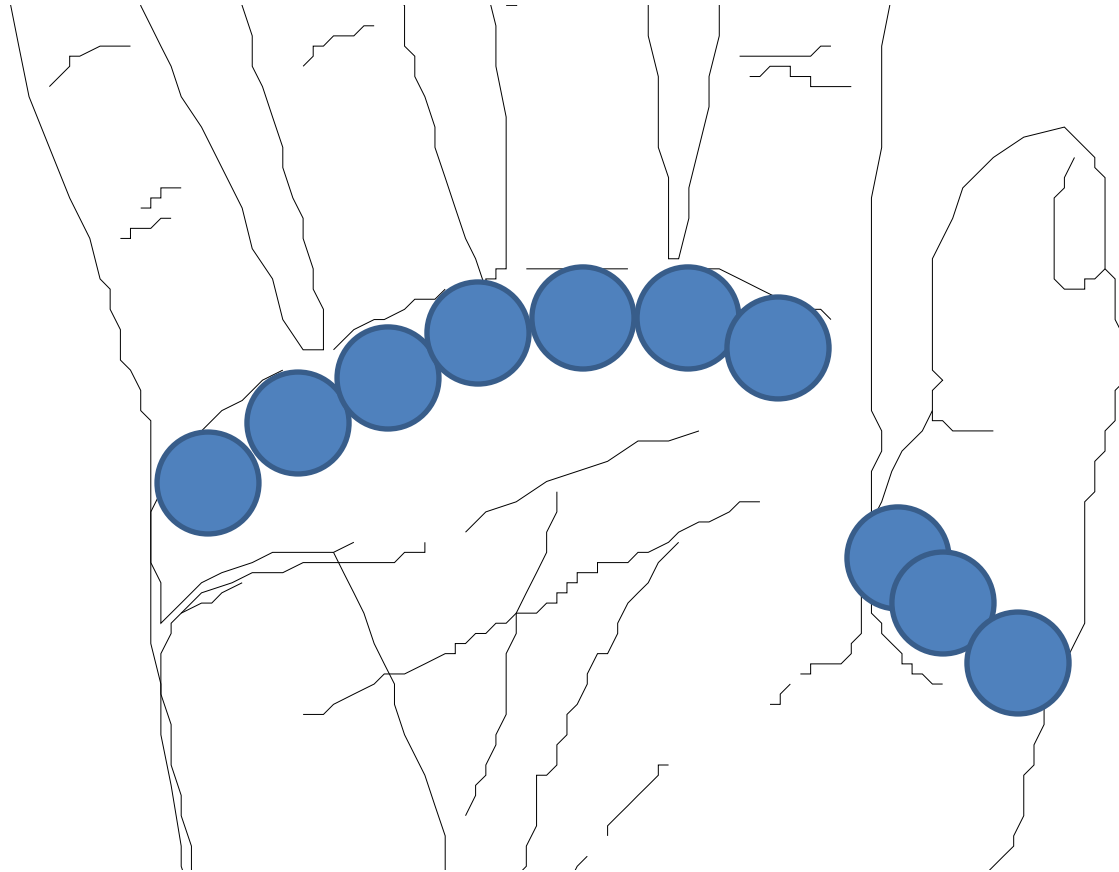
This area may help to reduce neck tension as well. Press deeply.

This area should be avoided if you are pregnant.



Spine Reflexes

Press deeply along these reflexes to relax your spine.



Neck Reflex

Press deeply into this area to relax neck muscles.