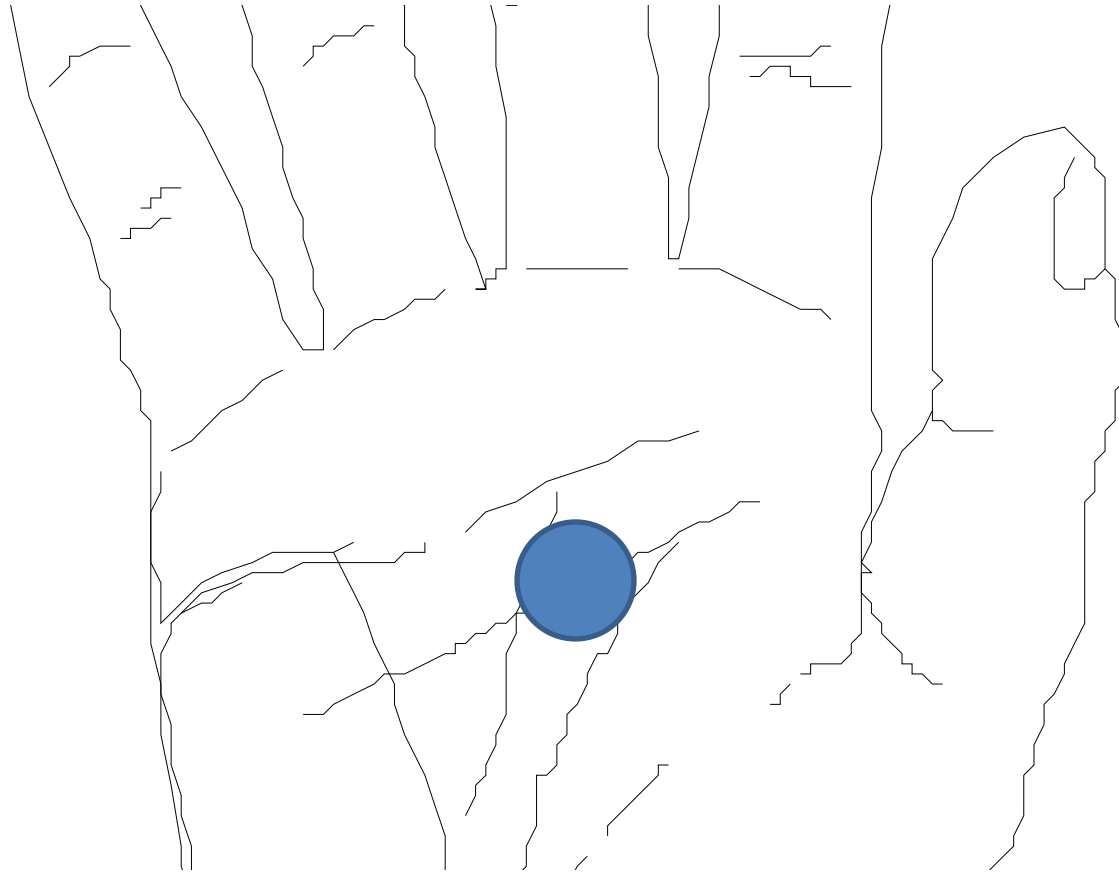


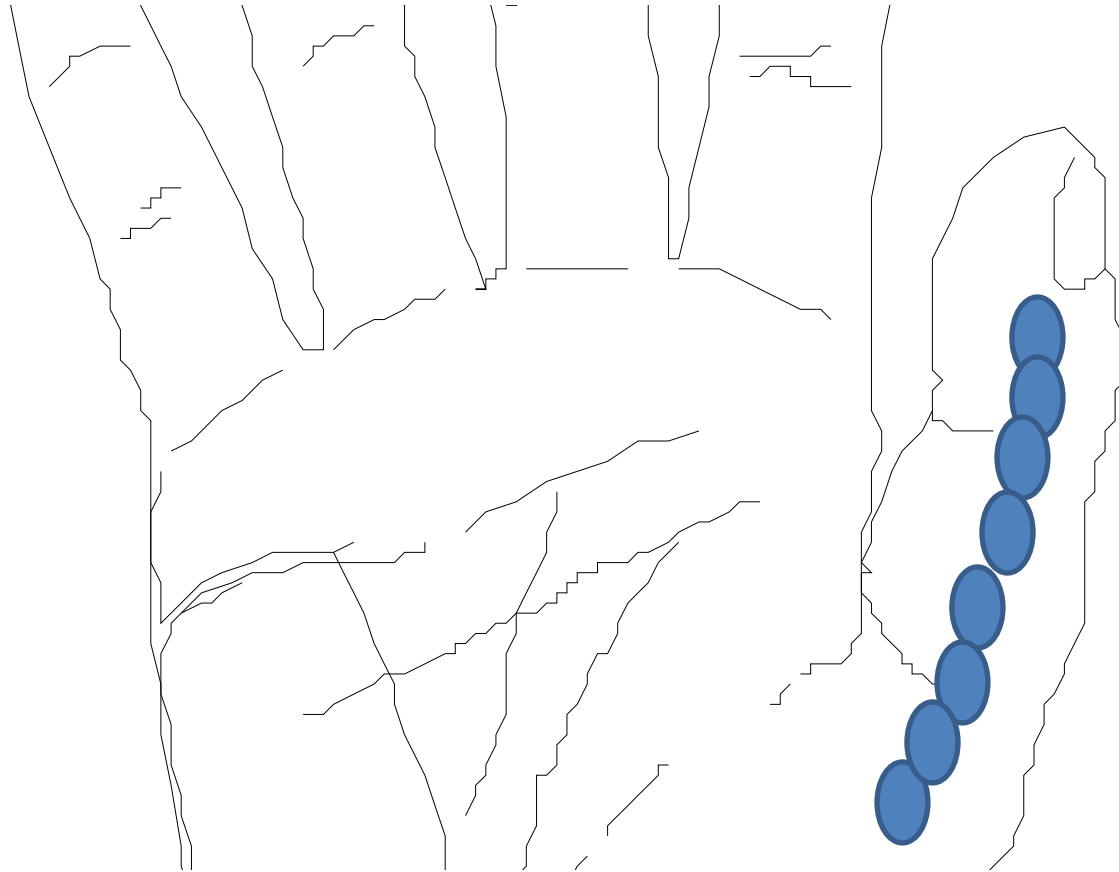
Menstrual Problems

These reflexes can help a multitude of menstrual issues as well as menopause.



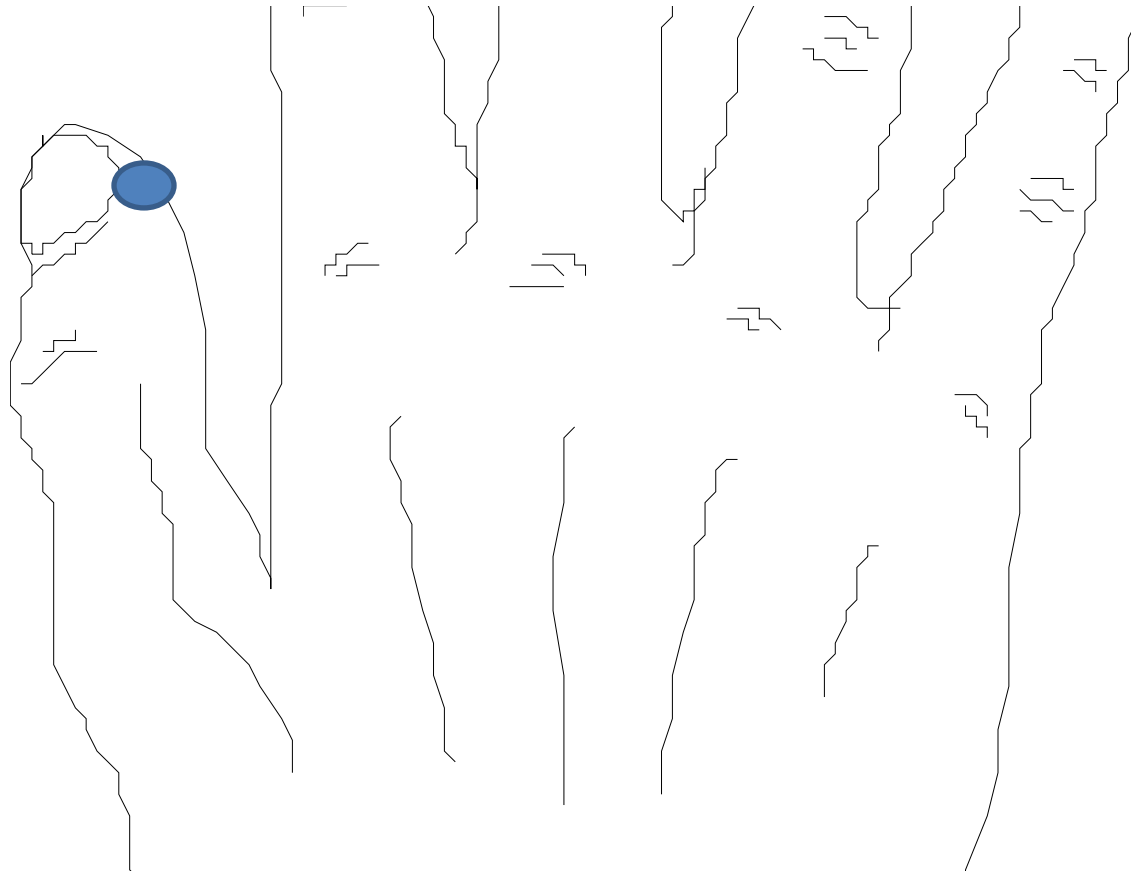
Relative to the Solar Plexus Relaxation Point

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



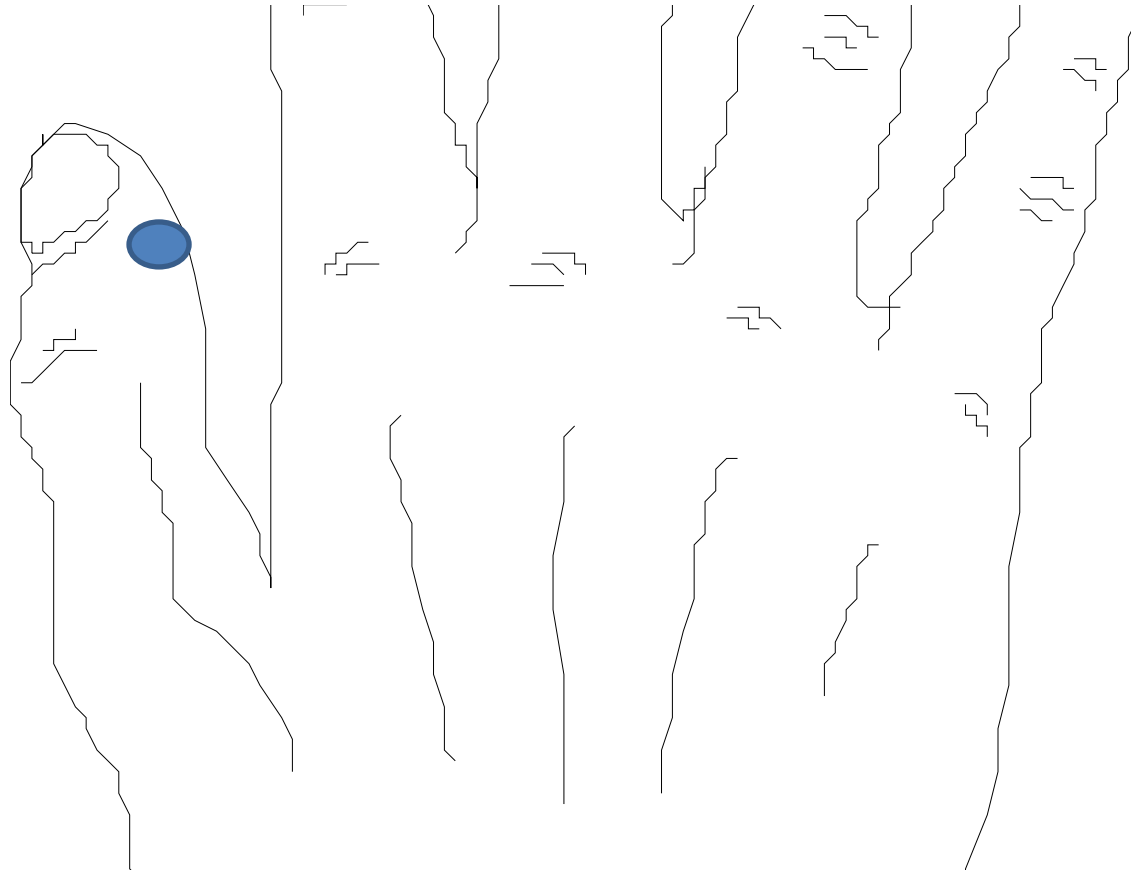
Spine Reflex

Press deeply into these areas to relax the spine reflex and to improve communication in the body's systems.



Pineal Reflex

The pineal gland is involved in anything cyclical like your sleep cycle and hormonal cycle. Once again press deeply into the reflex. You will be pressing into the fleshy part of the thumb.



Hypothalamus Reflex

The hypothalamus is very involved in all endocrine issues. It works closely with your pituitary gland to keep all organs in balance. It is situated just below the pineal reflex. Press deeply into the fleshy part of the thumb.



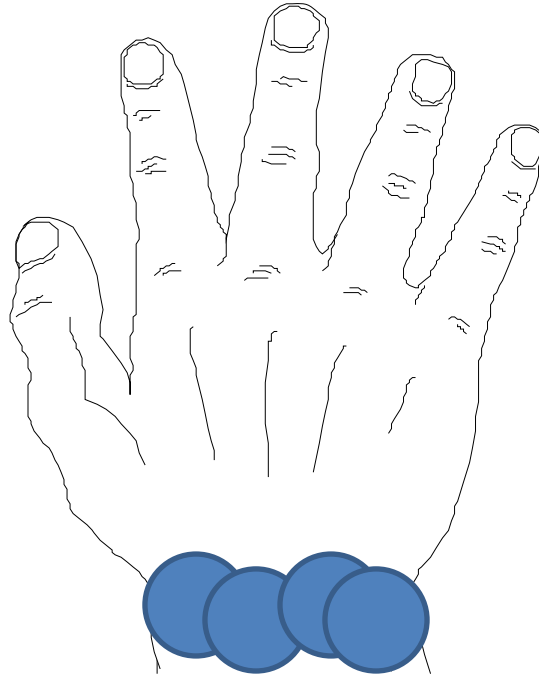
Thyroid Reflex

Among other duties, your thyroid will regulate your blood calcium and help to regulate nervous and emotional disorders. Press deeply into this reflex 3 times.



Pituitary Reflex

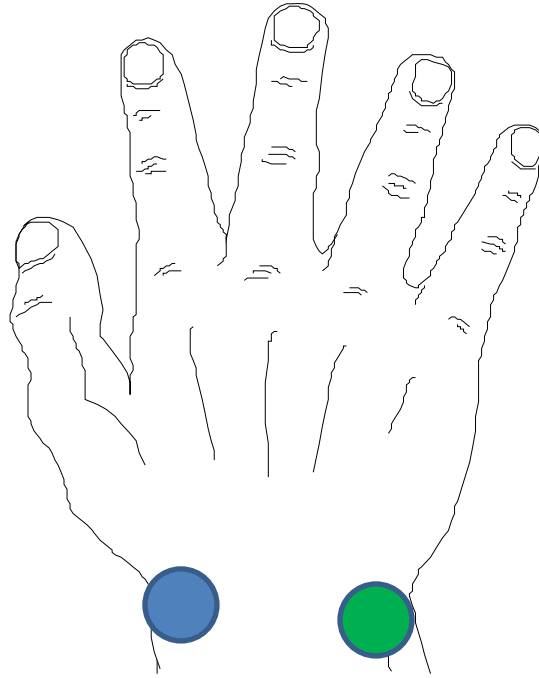
The pituitary gland in combination with the hypothalamus regulate just about everything in your body. It is situated in the very center of the fingerprint on your thumb. Press deeply and release three times.



Fallopian Tube/Groin Lymphatics

Let's get everything moving in this area.

Press with your fingers across the top of the wrist to improve your lymphatic movement.

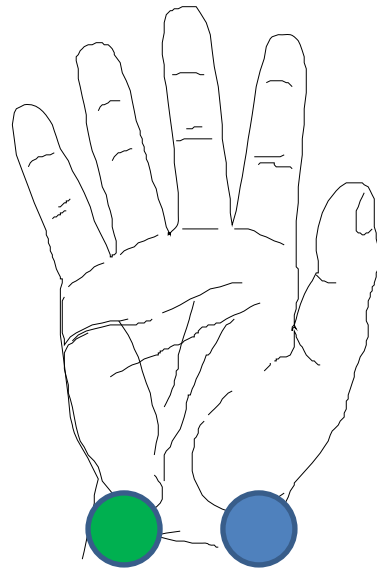


Ovary Reflex

Uterus Reflex

Press in deeply with your thumb to activate your ovary reflex (even if you don't have one).

Press deeply with your thumb to activate your uterus reflex (even if you don't have one).

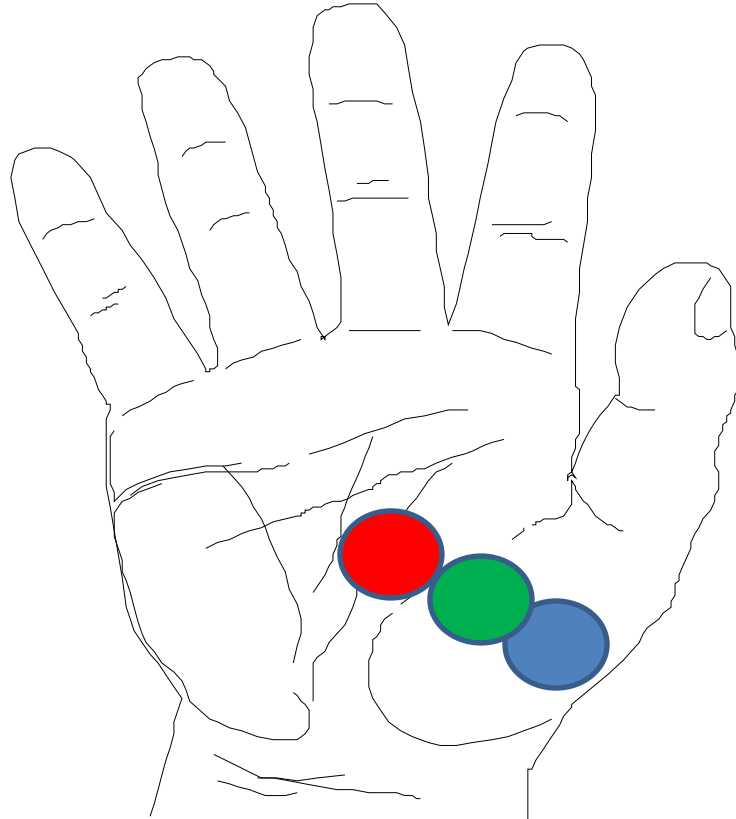


Ovary Reflex

Uterus Reflex

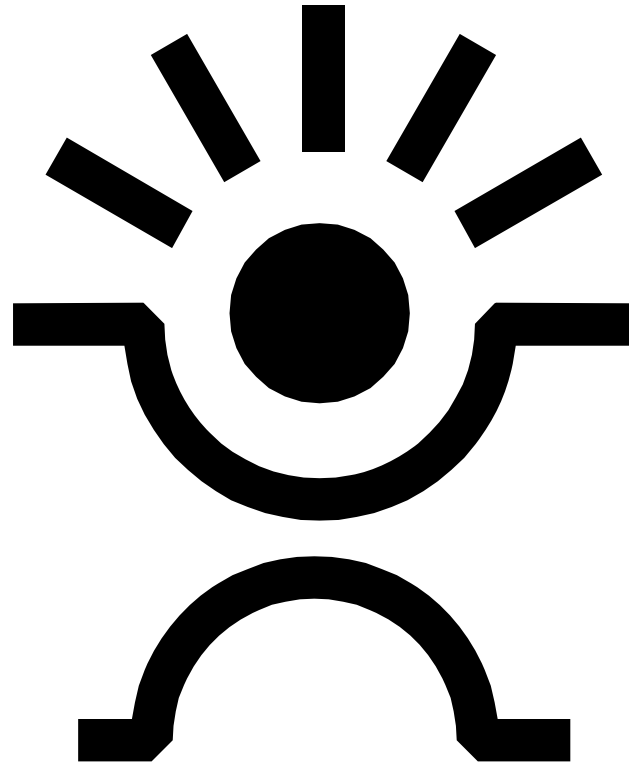
Press in deeply with your thumb to activate your ovary reflex (even if you don't have one).

Press deeply with your thumb to activate your uterus reflex (even if you don't have one).



Uterus, Ovary, Fallopian Tube

Press deeply into each of these reflexes. They may be quite sensitive.



Oh yeah, that's better

Presented by Sue Todd RRPr, RDH.