



I'm not a robot

































Get Dr. Heyne's free quiz to see where your symptoms are coming from  
his free guide: "Can't SLEEP? Sleep Well with this 2 Minute  
Massage" I'm going to show you how to get to Acupressure for a better  
night's sleep. Within minutes you will feel soothing relief and  
tranquility throughout your body while utilizing. Here's a simple  
technique you can do on yourself to get you to sleep. This week I will share  
three acupressure points to show you how to relax your body instantly so you  
can. When you want to wind down, get rid of anxiety, and you want to get  
to sleep, I learned that doing these massage pressure points help me sleep  
better and deeper. This video will guide you through how to use. Rub  
Your Ear Sleep Instantly and Melt Stress! Dr. Mandell