



I'm not a robot

































Before Mental Health Awareness Month closes, we want to leave everyone with this Rub Your Ear Sleep Instantly and Melt Stress! Dr. Mandell How to relax by massaging the ear. You can also add an ear seed to help do that all day for you Vagus nerve massage for stress and anxiety RELIEF Practical, science-based writing on the body, the nervous system, and feeling like yourself again. Join 19000+ readers:Â ... Alleviate Anxiety and Stress with this ear massage technique Tinnitus “ that pesky uninvited noise in your ears “ can range from mildly annoying to seriously disruptive. But here's a ray ofÂ ... FREE GIFT! Experience the gentle power of reflexology + acupressure with our ear seeds, designed to help with anxiety, Do you use this protocol in your practice? Over the years, I have used the Ear acupuncture NADA protocol to help patients withÂ ... To learn about a viable option for managing your pain and When it comes to Insomnia, we first have to make a TCM diagnosis and look for the root cause, but sometimes it's not that easy. So let me share something with you if you have anxiety Calm anxiety fast with this 60 Second Ear Acute knee pain are due to trauma injury, while chronic Knee pain according to TCM, can be due to constant Fear, aging, diet,Â ...