



I'm not a robot

































Vagus nerve massage for stress and anxiety RELIEF Trigger point release on knot until it releases Dawn Morse of Core Elements Training demonstrates compression of the QL / Psoas common trigger point with the elbow. Fir theÂ ... Headache ruining your day? Learn how to instantly Traumatization makes it harder for the vagus nerve to move the body out of fight-or-flight into regulation, but stimulating it canÂ ... In this video, we'll explore the key differences between medical and Before Mental Health Awareness Month closes, we want to leave everyone with this five-point auricular What is foot reflexology? The feet have 26 bones and over 7000 nerve endings called reflexes. It is these reflexes that correspondÂ ... Alleviate Anxiety and Stress with this ear massage technique