



I'm not a robot

































Here's a simple technique you can do on yourself to get you to I'm going to show you how to get to When you want to wind down get rid of anxiety and you want to get to Fall Asleep Super Fast! Dr. Mandell Here's one of my favorite Master points to get you to Breathing Trick Helps you Sleep Fast! Dr. Mandell ðŸ˜¸ Fall Asleep Super Fast! Dr. Mandell Rub Your Ear Sleep Instantly and Melt Stress! Dr. Mandell Here is a wonderful technique that I created by stimulating 2 master-points in the thumb. This has an immediate effect on theÂ ... When you stimulate this Masterpoint called Heart 7 in both wrists, your body will How to Clear Your Mind So You Can Sleep! Dr. Mandell Here's a master Point that's going to quiet your brain take away anxiety and stress get you to If you're having insomnia difficulty If you're looking for a good night's Sleep Fast, Sleep Deeply! Dr. Mandell Heal, Relax, & Fall Asleep Quickly! Dr. Mandell