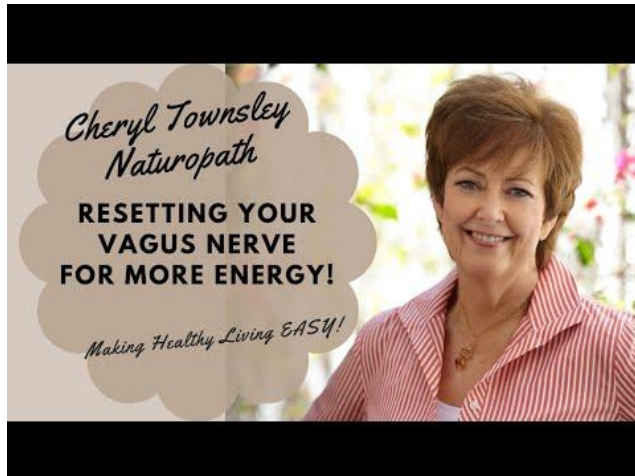




Vagus Nerve Reset – Using the Relaxus Acu-Massage Pen

Here's "Dr. Cheryl" demonstrating!



CLICKER – clicker positions are:
Right of the belly button
Belly button
Left of the belly button



Click each spot while with the other hand touching:

- Behind left earlobe
- Behind right earlobe
- Three fingers to the back of the crown of the skull
- Three fingers to the center of the scalp
- Three fingers to just beneath the hairline
- Two fingers just between the eyebrows

As "Dr. Cheryl" says, "Every morning is great, and if you're having a super stressful day, do it again!" 😊

