



Holistic  
Solutions

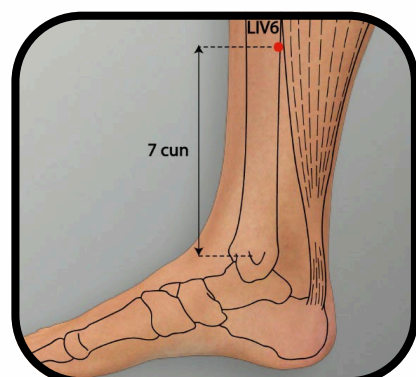
# Hormone Harmony Tips

Do these 6 things everyday for better hormone balance

1

## LIVER 6 POINT

Tap 30 times on both legs on a Liver 6 acupuncture point. On the inside of your lower leg, about halfway between your ankle and knee, there's a divot right on the inside of your shin. This stimulates the liver to remove excess hormones.



2

## ACHILLES TENDON

Massage the Achilles tendon behind both ankles. It may be tender. Rub up and down on both sides until the pain subsides.



3

## PADS OF BIG TOES

Massage the pads on both of your big toes. Rub hard! This stimulates your brain glands to get hormones moving.



4

## THYROID POINT

Massage the thyroid points for several minutes. They are below the collar bones and adjacent to the breast bone. There's a little indent there that feels tender.



5

## PITUATARY PUMP

To create the pituitary pump, find the spot in the center of your forehead, halfway between your hairline and eyebrows. As you inhale deeply through your nose, apply pressure (about 20 lbs.) with the heel of your hand on this spot. When you exhale, release the pressure. Repeat this process three times.



6

## HORMONE FOOT SPOTS

Stimulate the areas of your feet that represent hormones. There are 4 spots, 2 on each foot. They are on the inside and outside flat areas of the ankle bone. These are great areas to rub essential oils to stimulate balance of hormones.

