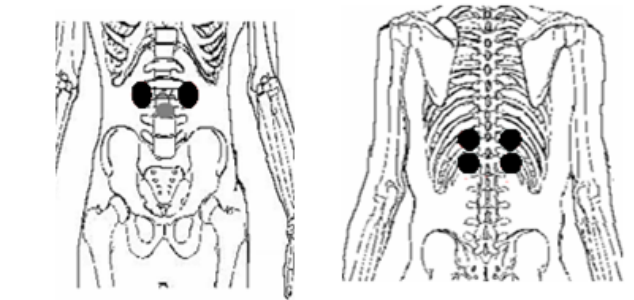
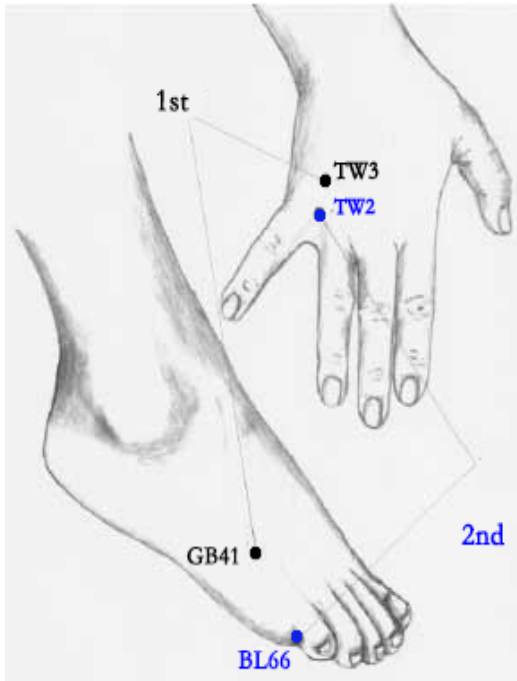


Triple Warmer | Adrenals

NL reflex points



Anterior

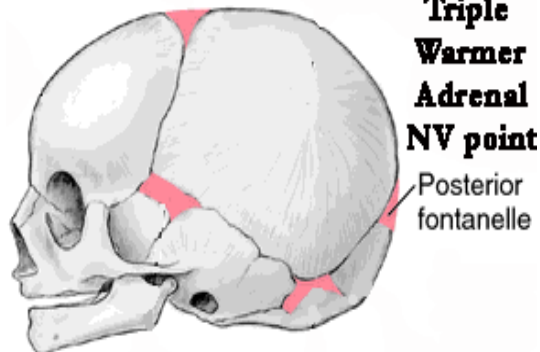
5 cm above and
2 cm either side of
navel

Posterior

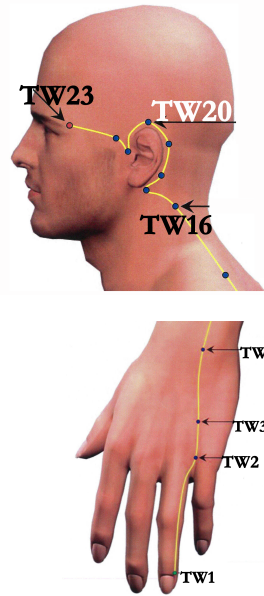
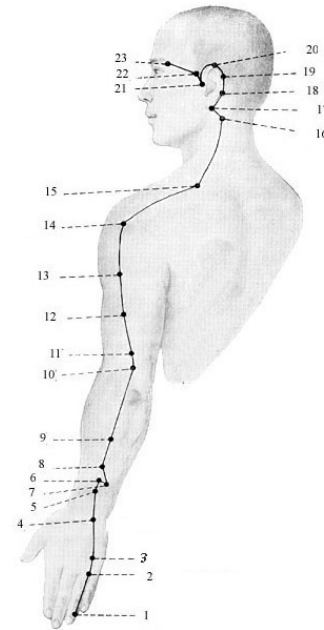
Between T10, T11
and T11 and T12

Massage the reflex points. Do as
best as you can with the back
point

Hold the **1st set of points** & then
the **2nd set of points** on the same
side of the body. Then repeat on
the other side. Sometimes you can
feel a pulsing, if you do, wait for it
to equalise on the 2 points before
you move to the next set of points.



With the pads of 3 finger tips hold
the Neurovascular (NV) reflex point.



Meridian

Trace
with 2-3
fingers up
from **TW 1**
to **TW23** at
the edge of
the
eyebrow.
Do this 6
times on
both sides

