



FREAA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

Adrenal Calmer technique

FROM DONNA EDEN ENERGY MEDICINE

WHEN TO USE IT

- Chronically stressed or overwhelmed
- Lacking in sleep
- Recovering from trauma of any kind

COMMON RESULTS

- More relaxed
- Calmer
- Able to think more clearly

STEPS

- Locate navel
- Go up one inch and out one inch (both directions)
- Rub gently for 10-15 seconds
- Repeat on the back side of the body.

Notes:

The adrenal glands can get 'exhausted' due to chronic stress. It's best to do this every day, as part of your daily routine.