

BELLY BUTTON THERAPY is a quick, one-step, self-healing method that mindfully stimulates the belly button for gut and brain health, energy, and stress and pain relief. The belly button is an important reflexology point at the center of your body that stimulates your intestines and brain at the same time. Belly Button Therapy is also the most effective way to activate the Vagus nerve.

Benefits:

- Improve your Vagal tone
- Get into the parasympathetic state
- Lose weight
- Increase energy
- Calm down
- Sleep better
- Relieve stress and anxiety
- Relieve pain almost anywhere
- Relieve tension in your joints
- Loosen your gut, neck and shoulders
- Stimulate the gut/brain connection
- Stimulate the lymphatic system
- Raise your core body temperature
- Raise your Immune system

DO IT YOURSELF HEALING

BELLY BUTTON THERAPY

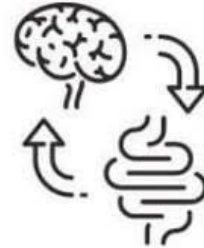
-Behind the belly button lies the Pechoti Gland, this gland is connected to more than 72,000 nerves that run throughout the body



-Relieves pain and stiffness



-Stimulates the gut-brain connection via the "Vagus Nerve"

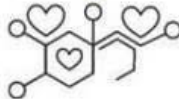


@DRDARRELLWOLFE

-Raises core body temp, assisting with burning off pathogens



-Releases Serotonin and Dopamine



-Boosts immune system



My posts and suggestions are to educate. I do not cure, diagnose, treat, or heal. I leave that up to you, your body, and God. Always consult your physician before adding anything new to your medications or supplement routine. I also recommend doing your own research to make sure certain herbs and essential oils are right for you. We have the right to choose for ourselves what we put in or on our bodies.