

## Adrenal Glands

### To test for adrenal burnout:

*Client energy localizes adrenal points on front (one by one).*

Spleen test.

**Repeat on back.**

If front are weak, but back are strong, early stage adrenal fatigue is indicated. Work with Triple Warmer.

**If front and back are weak, Kidney meridian may also need support. Work with both.**

*To challenge: client energy localizes adrenal points whilst you test: K27s, Heart Neurolymphatic, Triple Warmer at throat, Pineal Point on top of head. If weak, correct adrenals.*

1. Rest!
2. Massage adrenal points for 15 seconds per pair *or* pulse front and back points simultaneously. Can use water jet / hot / cold.
3. Hold TW Neurovasculars for 2 minutes or until pulse felt.
4. Hold TW Dantien point under navel whilst breathing deeply.
5. Use acupressure strengthening points for Spleen.
6. Use acupressure sedating points for TW if comfortable for client. If not, use strengthening points instead.
7. If condition severe (e.g. burnout / PTSD) hold TW strengthening points. If uncomfortable, hold sedating points.
8. If condition severe, or lat dorsi sore, 3 point spleen, holding sedating points for half as long as usual.
8. Use protocols that stimulate the Mingmen (PFlow).
9. Slowly move hands from top of head to bottom of feet, about a foot out from the body to create comforting blanket of energy.

## Cortisol

### To test for too much or too little:

*Client energy localizes cortisol points on front (1" below and to side of navel).* Hold TW alarm point on throat. Spleen test. If weak, test Triple Warmer. If TW weak, cortisol is low.

### Corrections for imbalance either way

1. With thumb and forefinger on cortisol points, place the other thumb and forefinger on the Pineal Gland point. Press in with one, whilst releasing with the other (**floss!**) 30s – 2 mins. **Can also be done with the Pituitary Point (at curve of head).**
2. Metabolic Tummy Breath – suck in tummy whilst breathing in, until you cannot go any further. Take 3 more quick breaths. Exhale, whilst keeping stomach in, until you can exhale no more. Breathe out 3 more tiny breaths. Repeat x3
3. DER – daily!

### Corrections for low cortisol

Hold TW strengthening points (TW3 & GB41) for 2 mins

Hold TW control points (TW2 & BL66) for 2 mins

Check in with client. If holding these points causes discomfort / anxiety stop immediately and hold sedating points. (TW10 & ST36)