



Final Integration

Closing the Cleanse & Sustaining Liver Health

✓ **Reintroduce Foods Slowly:**

Notice how your body reacts to caffeine, refined sugars, processed & fast foods.

✓ **Continue Herbal Teas & TCM Nutrition:**

Rotate tea blends and eat liver-friendly foods.

✓ **Maintain Breathwork & Acupressure:**

Keep using Liver 3, Liver 13, Stomach 36 & Kidney 3

✓ **Prioritize Rest:**

The liver regenerates between **1:00–3:00 AM**—prioritize **deep sleep**.

✓ **Emotional Check-Ins**

Recognize signs of **Liver Qi stagnation** and release it through sighing, movement, and deep breathing.



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For a deeper dive into **supporting your hormones & liver health**, check out my courses **The Menstrual Course & The Mini Menstrual Course**, or book an **in-person treatment** or **virtual appointment** with me to **personalize your wellness journey.** 🧡 ✨

I extend my gratitude & a BIG thanks to YOU for joining me on this cleanse! I'm wishing you a beautiful remainder of your Spring & an energized Summer ahead!!

*See you again next Spring,
Dr. Britt*



Dr. Mama Bear Yoga

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