

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 AMprioritize deep sleep.

Emotional Check-Ins

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

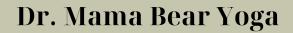


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For a deeper dive into supporting your hormones & liver health, check out my courses The Menstrual Course & The Mini Menstrual Course, or book an in-person treatment or virtual appointment with me to personalize your wellness journey.

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



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