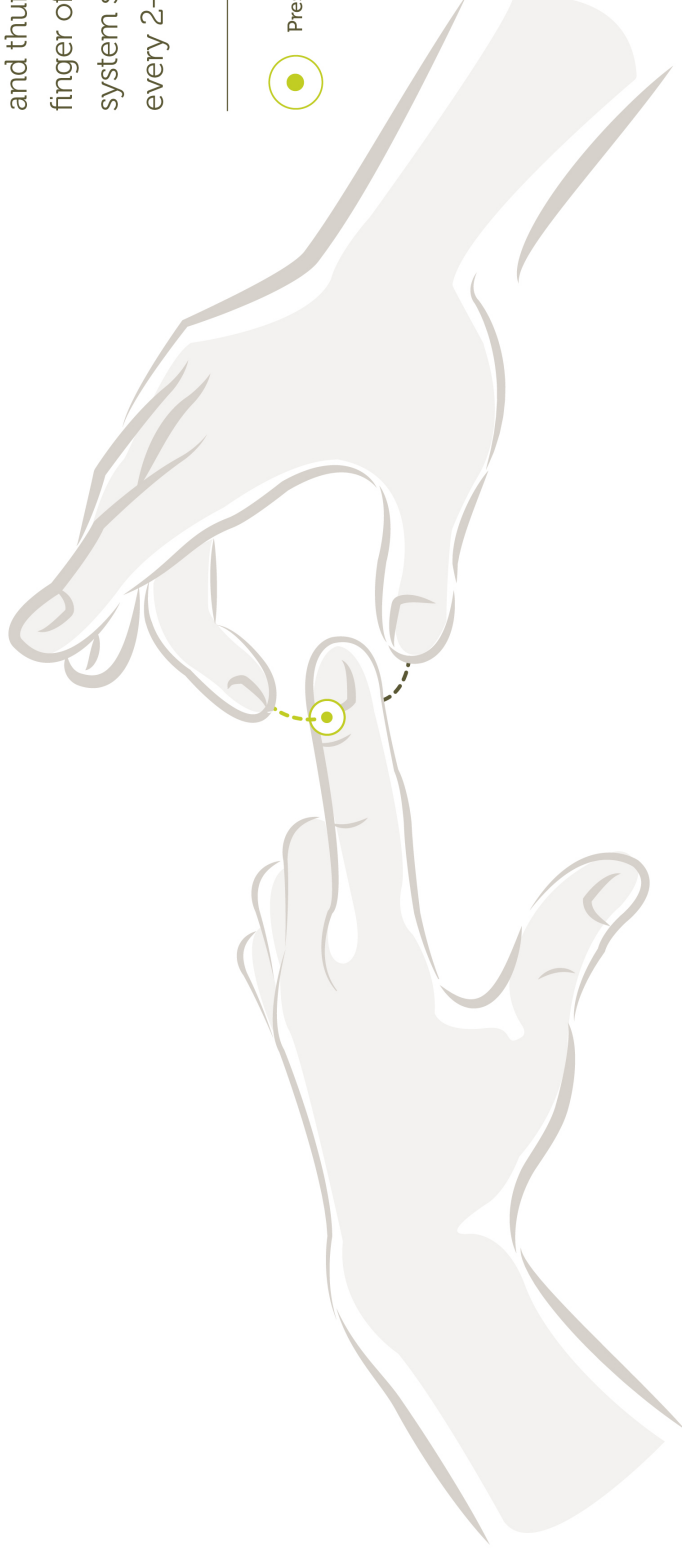


Self-Care – Symptoms

Holding at the cuticle lightly. The middle finger and thumb of one hand holds the pointing finger of the other hand. This is a digestive system sedation method. Repeat by swapping every 2-3 minutes.



Press + Hold



Pinch Pointing Finger