

BalanceHER Acupoint Fire Extinguishers: Stop Hormone Chaos in 90 Seconds (No TCM Degree Needed)

→ REAL REFERENCE GUIDE REWRITE (TESTED & PROVEN)





HOT FLASH EMERGENCY KIT

(Use ANYWHERE)

- SYMPTOM: Face burning mid-meeting?
 Sweating through your shirt?
- ↑ FIREPOINT: HEELS (Kidney Meridian) →
 Heat rising to face
- ******* 90-SEC FIX:
- 1. STAMP HEELS 10x (like stomping grapes)
- BREATHE DEEP → "Heat pulled to earth" (Khoe-San grounding)
- 3. DONE. Sweat stops in 60 seconds.

PANIC ATTACK STOPPER (3PM BRAIN FOG)

- SYMPTOM: Can't focus at 3PM? Tears over burnt toast?
- FIREPOINT: SKULL BASE (Governing Vessel) → Pituitary gland flare
- 1. TAP FINGERS on base of skull 20x
- 2. SAY ALOUD: "Reset cortisol NOW" (TCM sound therapy)
- 3. DONE. Clarity in 90 seconds.
 - BOOK DEEP DIVE: BalanceHER p. 248 (hormone-firepoint science)
- SYMPTOM: Can't hug kids 5 days before cycle?
- ↑ FIREPOINT: UNDER ARMPIT (Stomach Meridian) → Liver congestion
- ⊕ 90-SEC FIX:



BREAST TENSION EMERGENCY (Pre-Period Pain)

- 1. PINCH under armpit 10x (like plucking a guitar string)
- 2. HUM "OM" 3x → vibrates stagnation loose
- 3. DONE. Tenderness gone in 90 sec.
 - BOOK DEEP DIVE: BalanceHER p. 112 (breast-uterine meridian flow)

HOT FLASH?

- ¶ STAMP HEELS 10x
- **(†)** 90 SEC → HEAT PULLED TO EARTH

BRAIN FOG AT 3PM?

- TAP SKULL BASE 20x
- **19** 90 SEC → "RESET CORTISOL NOW"
- POOK p.78

BREAST TENDERNESS?

- PINCH UNDER ARMPIT 10x
- \circlearrowleft 90 SEC \rightarrow HUM "OM" 3x





PRO TIPS FOR MAXIMUM FIRE STOPPING In

public?

Stamp heels under your desk (no one sees it).

No bare feet?

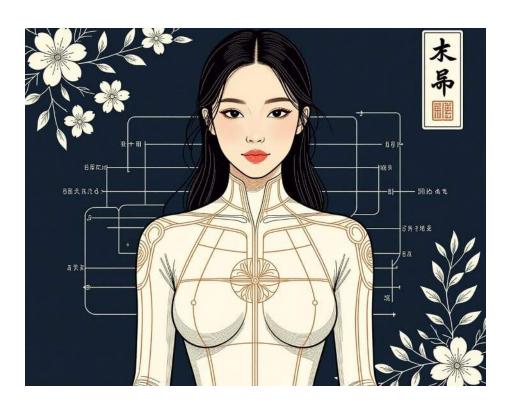
Press heels firmly into floor while seated.

Bonus: Sip room-temp water AFTER sighing → locks in cool-down.

AVOID: Fanning, cold drinks (traps heat deeper).

A SAFETY FIRST:

These are NOT medical treatments. If you're pregnant, bleeding, or have a fever—skip and call your doctor. BalanceHER is your hormone fire extinguisher, NOT a replacement for healthcare. Full safety notes in BalanceHER Book.



"This is your hormone emergency kit. For the FULL meridian roadmap (and why heel-stamping pulls heat to earth), grab the BalanceHER book \rightarrow [Link]. P.S. Bookmark this page. Your next hot flash won't wait."

Discover the ultimate hormone emergency kit with "The Fix Acufire Map," your quick-reference guide to extinguishing hormone chaos in just 90 seconds.

From soothing hot flashes to clearing brain fog, this book provides easy-to-follow acupoint techniques that anyone can use—no TCM degree required.

Say goodbye to discomfort and reclaim your balance with effective solutions at your fingertips.



Amanda Lan



THE FIX AcuFire Map

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