

#30 YIN Support and #31 YANG Support



**YIN & YANG
For Him**



**YIN & YANG
For Her**



#30 YIN Support is specifically designed to support estrogen function in *men and women*. It can also offer extra support for metabolism issues, low energy, mood swings, lack of libido, sleep disorders, hormonal-related depression, monthly hormonal discomfort, meno-pausal transition, chronic left shoulder discomfort, and stress-related imbalances.

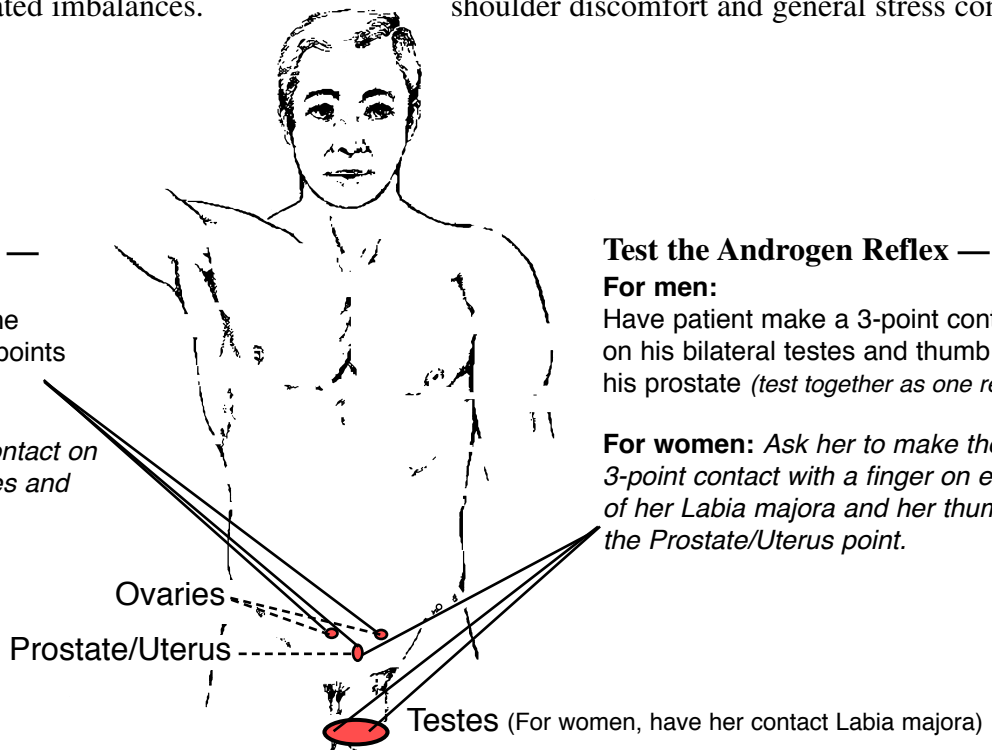
#31 YANG Support is specifically designed to support androgen function in *men and women*. It can also offer extra support for lethargy, reduced sexual desire, changes in muscle mass, decreased body strength, hormonal-related depression, increased body fat, loss of body hair, prostate (men), thumb problems, chronic right shoulder discomfort and general stress conditions.

Test the Estrogen Reflex —

For women:

Make a 3-point contact on the bilateral ovaries and uterus points (*test together as one reflex*)

For men: Make a 3-point contact on his “pretend” bilateral Ovaries and Prostate/Uterus points.



Test the Androgen Reflex —

For men:

Have patient make a 3-point contact on his bilateral testes and thumb on his prostate (*test together as one reflex*)

For women: Ask her to make the 3-point contact with a finger on each of her Labia majora and her thumb on the Prostate/Uterus point.

For a weak Estrogen or Androgen Reflex, test #30 YIN Support, #31 YANG Support and/or #5 Fire.