



BEING ME

THE SCOOP ON WHAT'S HAPPENING IN MY BODY

WORKSHEETS



by Dr. Heather Manley, N.D.



Copyright © 2015 by Heather Manley, N.D.
All rights reserved. Printed and published in the United States of America.

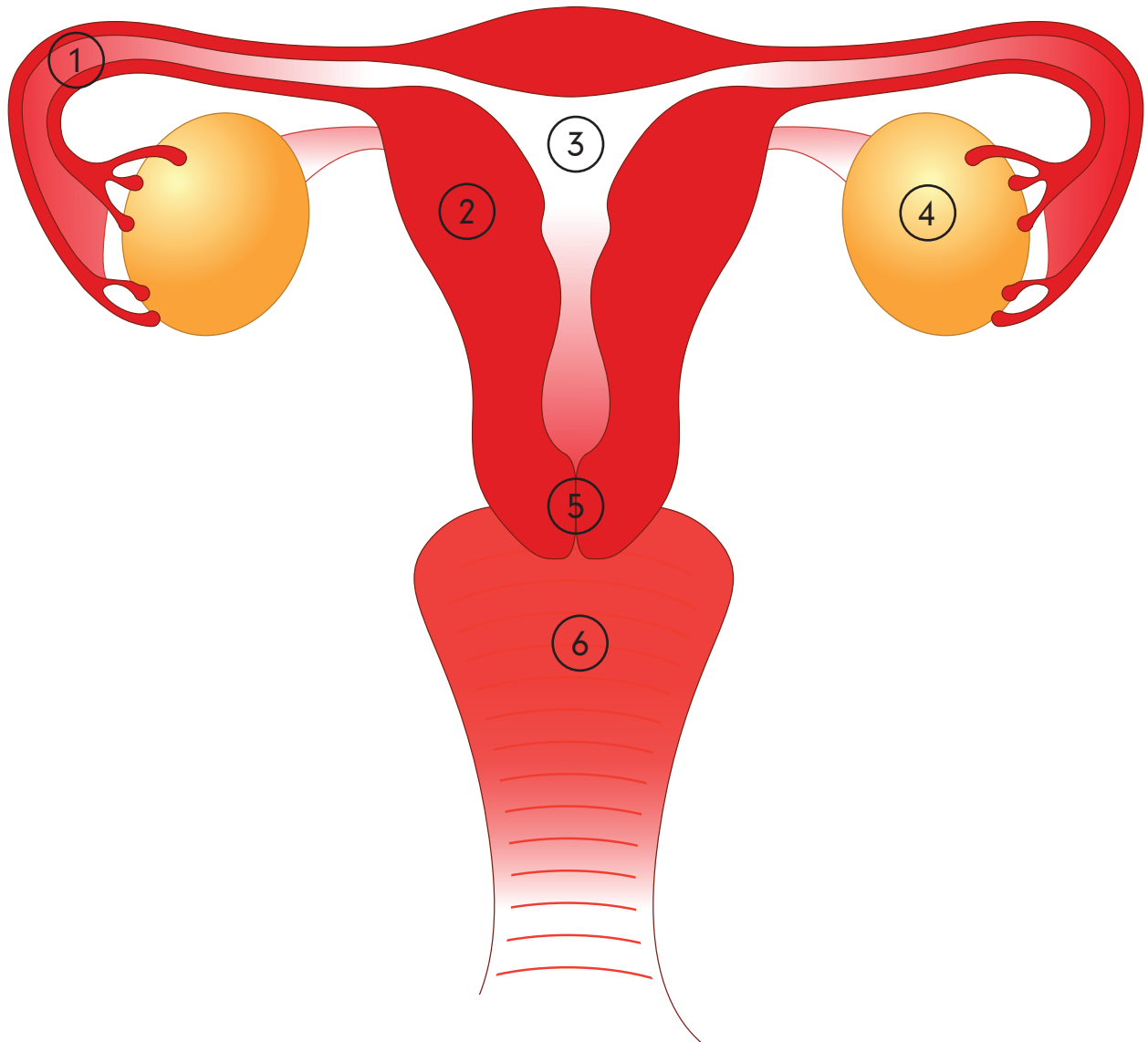
No part of this book may be used or reproduced
in any form without written permission from the author.

For reproduction of any part of this book or for more information please contact:

Heather Manley, N.D. | e: drheather@drheathernd.com
www.drheathernd.com | www.humanbodydetectives.com



MY ANATOMY



①	_____	④	_____
②	_____	⑤	_____
③	_____	⑥	_____



MAGIC SOCKS TREATMENT

These treatments are best when repeated for three consecutive nights.

SUPPLIES

- 1 pair of cotton socks
- 1 pair of wool socks

DIRECTIONS

1. Take the pair of cotton socks and completely soak in cold water. Be sure to wring the socks out so that they are not dripping.
2. Warm feet up. It is nice to have a warm bath first and then do the wet sock treatment.
3. Dry feet off.
4. Put cold wet socks on and then the wool socks.
5. Keep socks on overnight or during nap times. The socks should be dry by the morning.

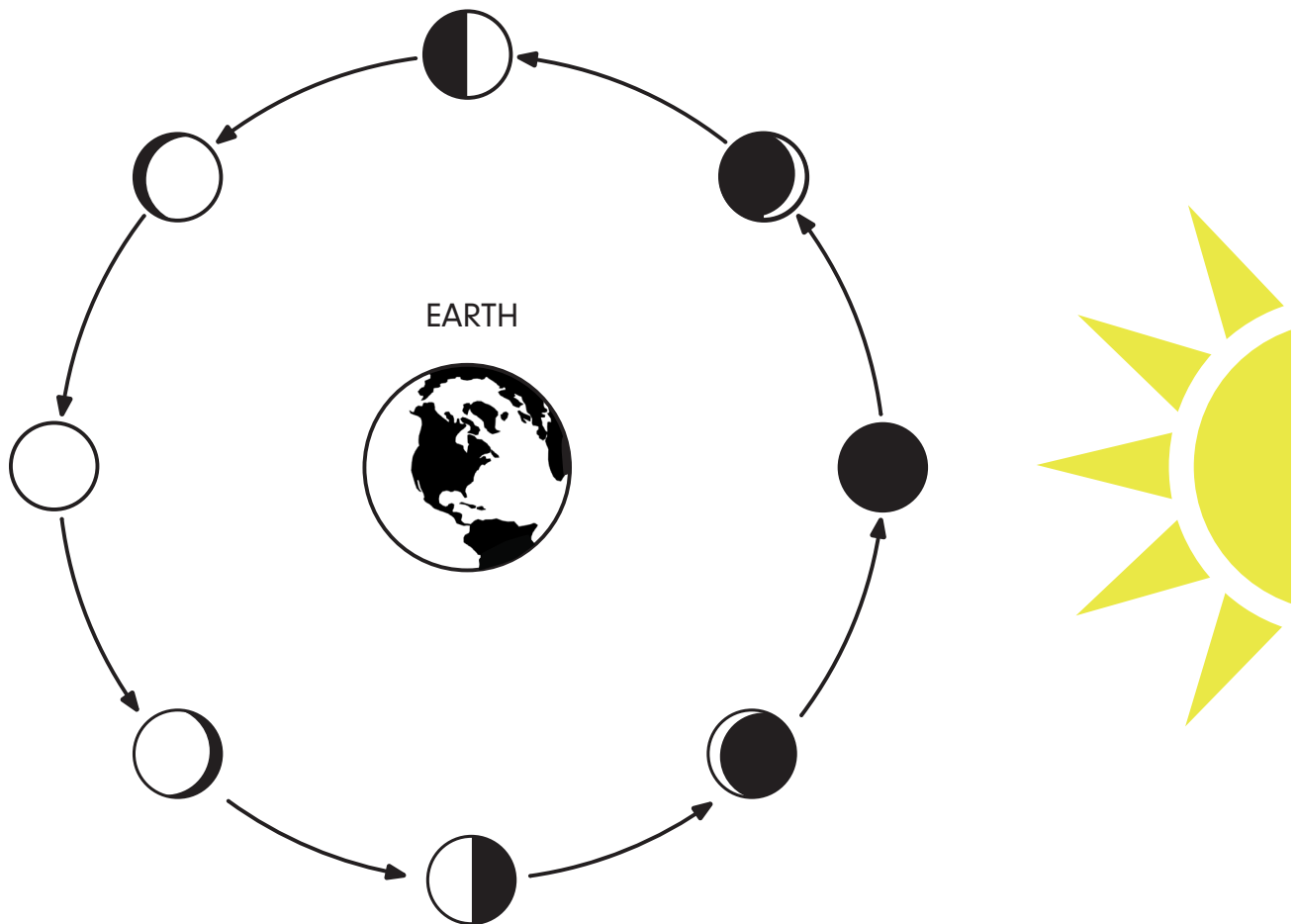
EFFECTS OF TREATMENT

This treatment acts to reflexively increase the circulation and decrease the congestion in the upper respiratory passages, head and throat. It has a sedating action and many people will report sleeping better during treatment. This treatment is also effective for pain relief and increases the healing process during acute infections.



EIGHT PHASE LUNAR CYCLE

Can you label each of the Moon phases?



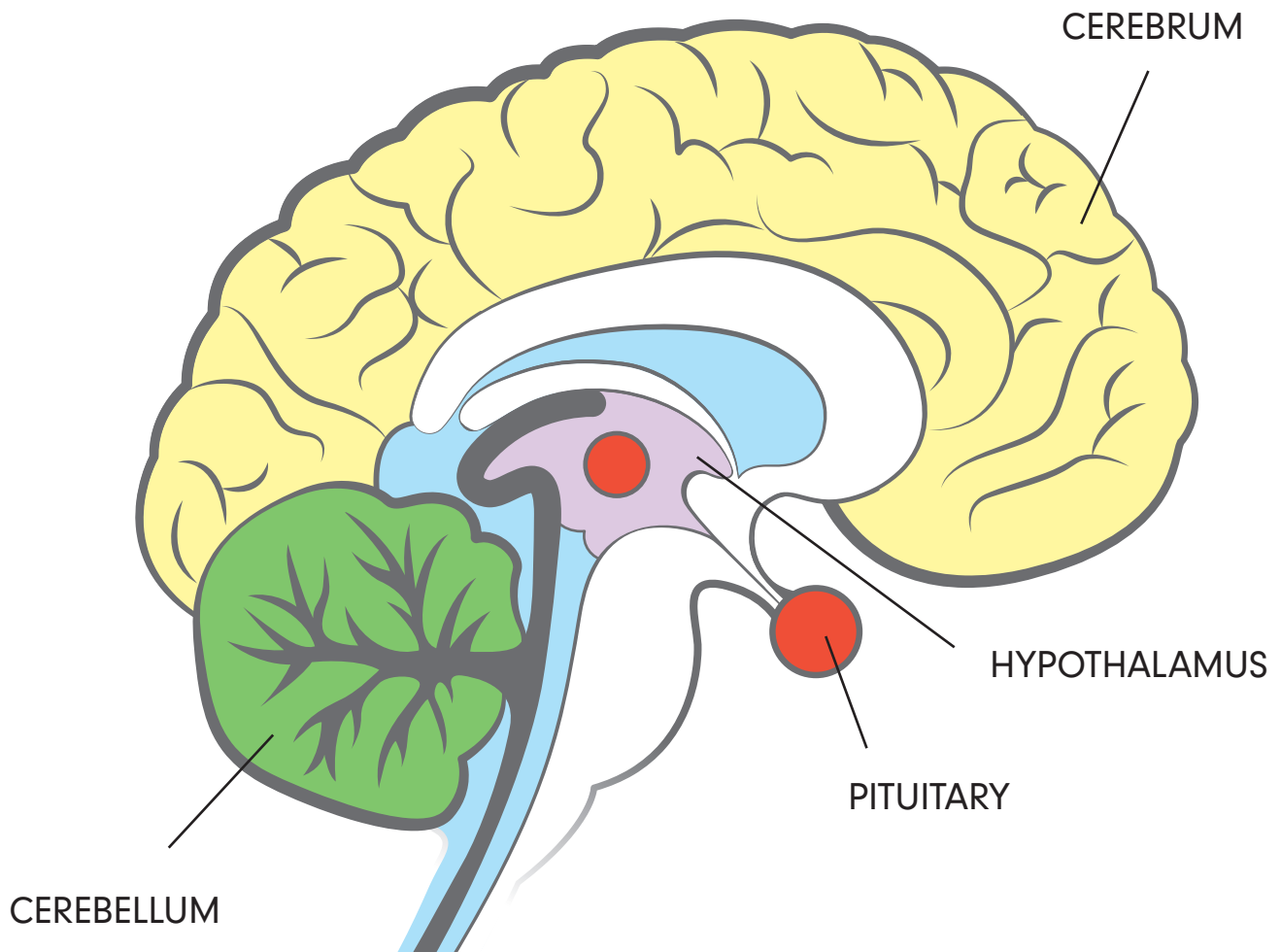


LESSON FOUR CHART

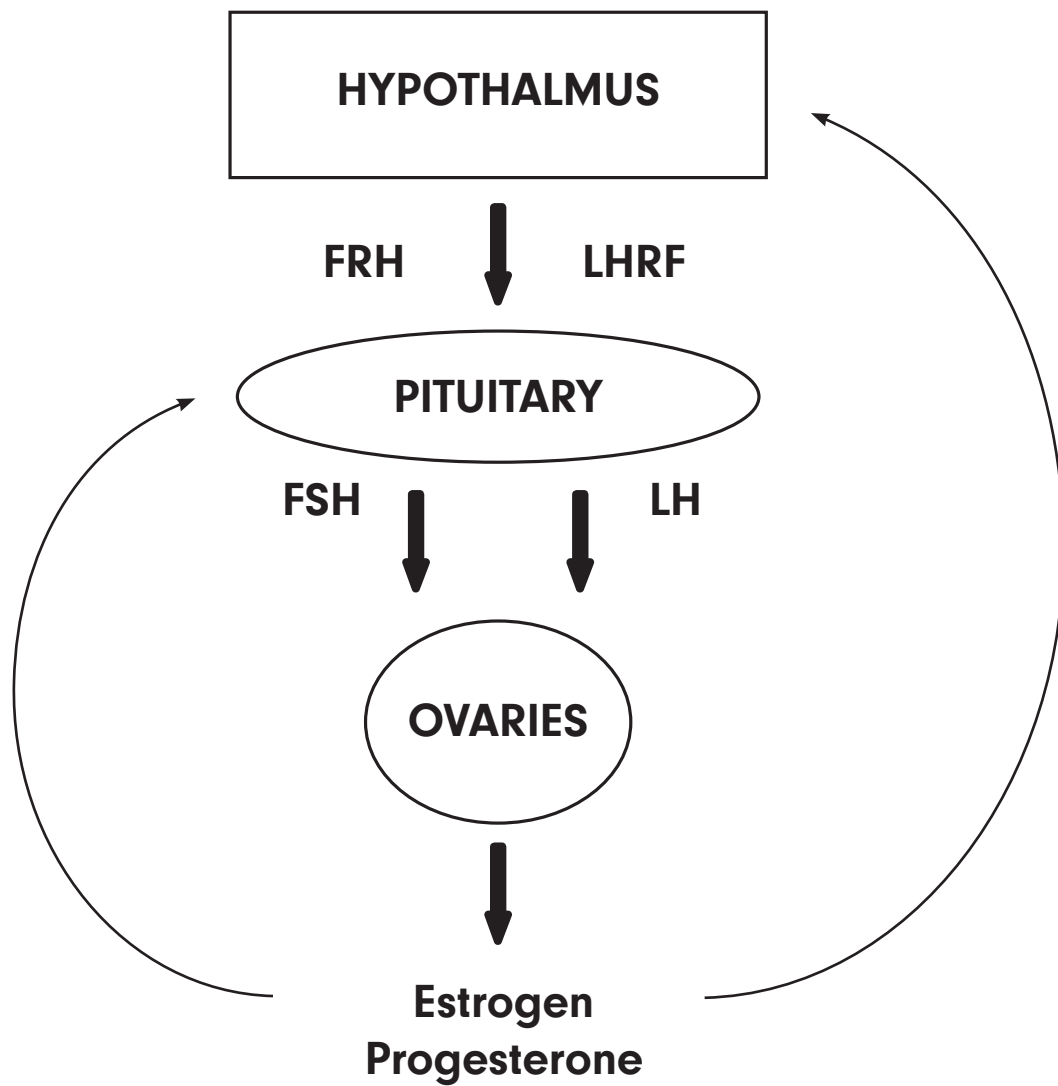
DAY	TEMPERATURE	MUCUS	MOOD	FOOD	EXERCISE	PHYSICAL SYMPTOMS	EMOTIONAL SYMPTOMS



JUST A FEW THINGS IN MY AMAZING BRAIN {IMAGE 1}

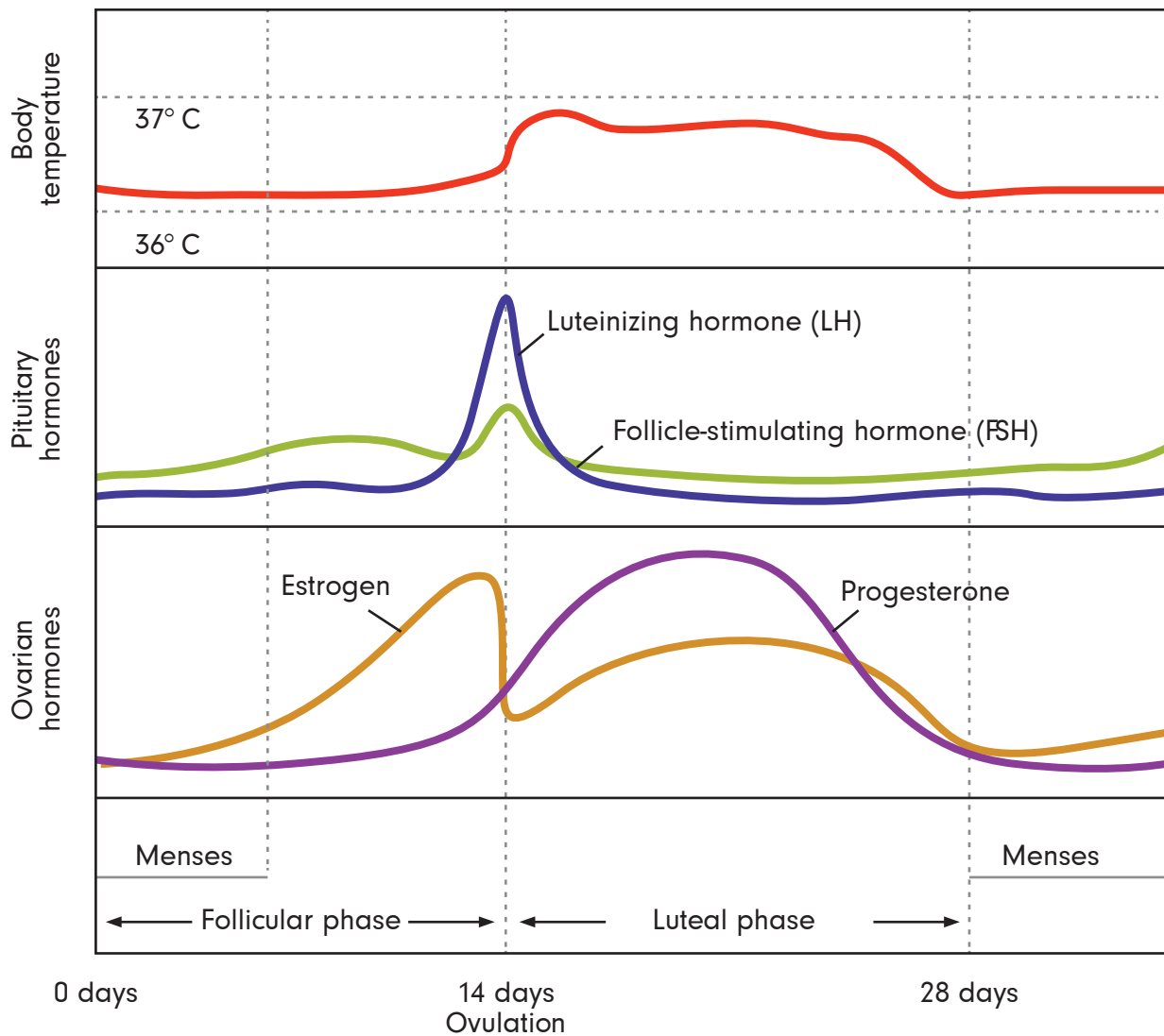


THE PITUITARY + HYPOTHALAMUS {IMAGE 2}





MENSTRUAL CYCLE CHART {IMAGE 3}





MY MENSTRUAL CYCLE PHASES

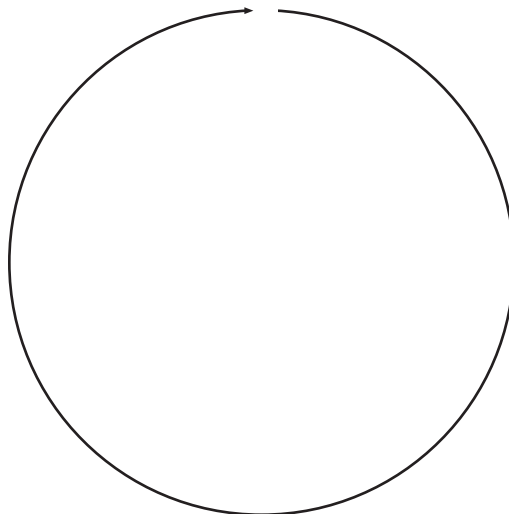
Can you fill in the blanks? (can you see how the female cycle is similar to the moon cycle?)

Luteal Phase

(days: _____)

what's happening?

-
-
-
-
-
-



Follicular Phase

(days: _____)

what's happening?

-
-
-
-
-
-

Ovulation

(day: _____)

what's happening?

-



MY MENSTRUAL CYCLE PHASE CHEAT SHEET

Follicular Phase (day 1 to 13)

- hypothalamus →
LHRF + FRH →
pituitary gland →
FSH & LH →
ovaries →
progesterone + estrogen
- ovum begin maturing
- hormone estrogen dominant
- hormone progesterone present in small amounts

Ovulation (day 14)

- 1 ovary releases the most mature eggs and travels through fallopian tube to uterus

Luteal Phase (day 15 to 28)

- hormone progesterone present
- hormone estrogen present in small amounts