



**STEROID/Hormonal  
Recovery Plan**

## **Steroid Recovery Plan**

**A Natural Path to Hormonal Balance, Pain Relief, strengthen  
muscles, & Inflammation Support  
Developed for Muscular Dystrophy**

Supporting everyone seeking hormonal recovery, relief from pain, to strengthen muscles and help inflammation, or a path away from artificial hormone or steroid medications.

# Why We Created the STEROID Recovery Plan

## Understanding the Long-Term Effects of Steroid Medication

Steroid medications - such as corticosteroids (e.g., prednisone, dexamethasone) - are widely prescribed to reduce inflammation and suppress the immune system. They are often essential for managing serious conditions like Muscular Dystrophy, autoimmune disorders, or chronic pain syndromes. However, when used long-term, steroids can lead to significant side effects that impact hormonal balance, bone and muscle integrity, emotional stability, and immune resilience.

## Long-Term Side Effects of Steroid Medication May Include:

Suppressed natural hormone production (especially testosterone and adrenal hormones)

Bone loss / osteoporosis

Muscle wasting and weakness

Mood swings, anxiety, depression, and sleep disturbance

Elevated blood sugar and insulin resistance

Weakened immune system

Increased vulnerability to infections

Thinning skin, slow wound healing, and bruising

Many of these side effects occur because the body becomes dependent on external hormones and reduces or halts its own production - especially in children, adolescents, and those on high doses.

# **The Role of the STEROID Recovery Plan**

**Our Neuro Reflex Therapy-based STEROID Recovery Pain Plan is designed to:**

Gently reactivate the body's natural hormone production

Reduce dependency on pharmaceutical steroids (when medically safe)

Support the adrenals, hypothalamus, pituitary, thyroid, and liver - the key structures involved in detoxification and endocrine balance

Reduce pain and inflammation naturally, without overloading the immune system

Help the nervous system recover from burnout and suppression

This protocol does not replace medical treatment, but serves as a powerful complementary tool - especially during transitions, tapering off steroids, or supporting long-term health in chronic conditions.

**Empowering Recovery, Naturally**

With the right stimulation and support, the body has a powerful ability to restore its own rhythm.

The STEROID Recovery Pain Plan is a step toward freedom, resilience, and natural healing - for children, adults, and families worldwide.

**STEROID/Hormonal  
Recovery Manual  
Stimulation**

1



**Manual stimulation.**

**Points**

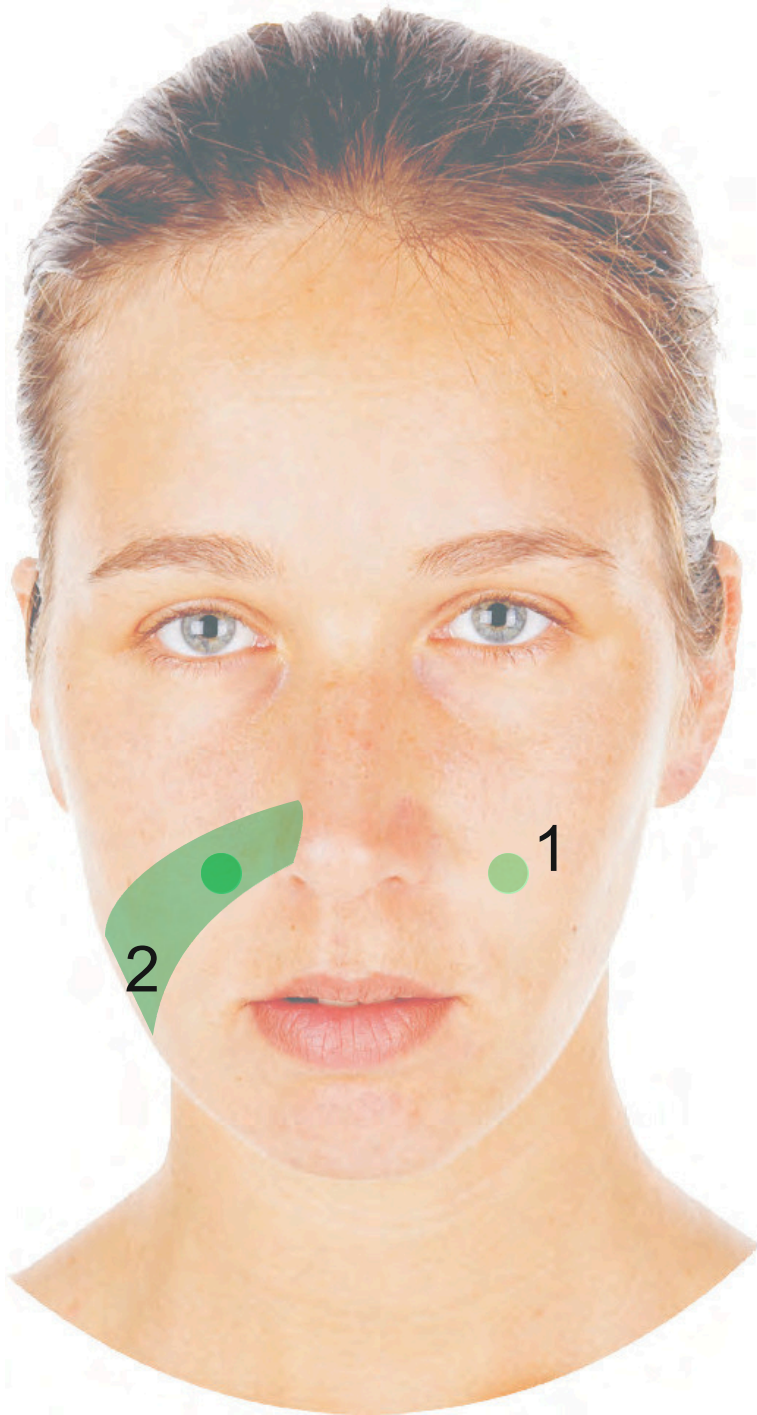
1-Press lightly on the orange points - 2 identical points at the same time for 40 sec.

**Areas**

2-Stroke on the orange areas by placing 2 fingers in the middle of an area and pulling your fingers apart with light pressure. 6 times on the arrow - repeat 6 strokes on all arrows.

2





### **Manual stimulation.**

#### **Points**

**1**-Press lightly on the green points - 2 identical ones at the same time for 40 sec.

**Areas 2**-Stroke on the green area by placing 2 fingers in the middle of an area and pulling very shortly your fingers apart with deep pressure moving around and covering the whole area.

The background features a complex composition of overlapping organic shapes in shades of light blue, grey, and white. A prominent white, irregularly shaped area is centered on the page. Several decorative elements are scattered throughout: a teal circle at the top center with a thin line extending downwards; a thick blue line that curves across the top right; a teal circle in the middle right; a thick blue circle at the bottom right; and a thin grey line that curves across the bottom left.

**M E T O D E**  
L o n e S o r e n s e n