

ADDICTIONS



REBALANCE
impulse

Let go of stress, and find yourself





ADDICTIONS

WHO IS IT FOR?

If you no longer feel in control of the foods, drinks, or substances that you consume and believe that an addiction is polluting your life, this is the right program for you!

Addictions are becoming increasingly common, with around 60-65% of the Western population suffering from them. There are a variety of addictions that range from tobacco or alcohol to food such as chocolate.

Addictions gradually alter the brain circuits involved in reward and pleasure by reducing the sensitivity of neurotransmitters and by decreasing the natural production of endorphins. Rebalance Impulse provides you with an effective and sustainable solution to overcome addictive behaviors. Targeted brain stimulation and training will bring your addictions under control and make you feel immediate physical and mental health benefits.

HOW DOES IT WORK?

Meditative practices promote awareness of triggers and automated reactions related to substance use. They inhibit the behaviors related to the desire to consume, thus gradually diminishing and then extinguishing cravings.

The exercises in our "Addictions" program, coupled with specific synchromotherapy® stimulations, bring people into a state of deep relaxation, allow for emotional rebalancing, and promote a key motion-based anchor (i.e., a specific movement or gesture). Moreover, Rebalance Impulse sessions contribute to a decrease in stress and a release of neurohormones of happiness and well-being. In a few sessions, the relationship to addictions is profoundly modified and compulsive attitudes will be part of the past. For many, a new life is coming.

BACKED BY SCIENCE

Bowen et al. Relative efficacy of mindfulness-based relapse prevention, standard relapse prevention, and treatment as usual for substance use disorders: a randomized clinical trial. *JAMA Psychiatry*. 2014 May;71(5):547-56.

Brewer et al. Craving to quit: psychological models and neurobiological mechanisms of mindfulness training as treatment for addictions. *Psychol Addict Behav*. 2013 Jun;27(2):366-79.

Skanavi et al. Interventions basées sur la pleine conscience en addictologie [Mindfulness based interventions for addictive disorders: a review]. *Encephale*. 2011 Oct;37(5):379-87.

