

NEURO-RELAXATION



REBALANCE
impulse

Let go of stress, and find yourself





NEURO-RELAXATION

WHO IS IT FOR?

Whether you are a high-level athlete, business owner, or working a 9-to-5 job, this program might be right for you. If you, like many, have experienced stress and its negative consequences, it is definitely for you!

The harm that stress can cause and the impact of excess stress on your daily life is no longer a secret. Research by two Nobel Prize winners has shown that chronic stress is, quite unexpectedly, the main factor in accelerated aging and increased neurodegenerative illness.

In addition, a large body of research has presented chronic stress as one of the main drivers for the explosion in chronic illness, high blood pressure, type 2 diabetes, cancer, cognitive degeneration, Alzheimer's and Parkinson's diseases, cardiovascular diseases and premature aging.


The Global Organization for Stress reports that 80% of people feel stress at work. In addition, the American Institute of Stress reveals that 73% of people experience stress that affects their mental health, and 77% experience stress that affects their physical health.


Therefore, fighting chronic stress has become a **personal priority, as well as a real public health issue.**

REST ASSURED, WE HAVE THE SOLUTION!

WHO IS IT FOR?

The training and cognitive stimulation sessions offered in the "Neuro-Relaxation" program combine the following therapeutic techniques:

 Exclusive synchromotherapy® protocols and chromorhythm-based breathing techniques. These specific and targeted stimulations promote the production of Alpha and Theta brain waves conducive to relaxation and regeneration, as well as the release of the three well-being neurohormones: serotonin, dopamine, and oxytocin.

 Advanced meditation exercises, accompanied by auditory frequency stimulations that improve the regulation of emotions and help reduce stress. Slowing down the activity of the amygdala and the areas of the brain involved in managing negative emotions allows for a calmer mind and better stress management, in both the short and long term.

Together, these applied neuroscience techniques rebalance your autonomic nervous system.

The Rebalance Impulse "Neuro-Relaxation" program will provide you with an effective solution that will enable you to **keep your stress under control for good.**

WHO IS IT FOR?

Cheron et al. Effects of Pulsed-Wave Chromotherapy and Guided Relaxation on the Theta-Alpha Oscillation During Arrest Reaction. *Front Psychol.* 2022 Mar 3;13:792872.

Kral et al. Impact of short- and long-term mindfulness meditation training on amygdala reactivity to emotional stimuli. *Neuroimage.* 2018 Nov 1;181:301-313.

Epel et al. Accelerated telomere shortening in response to life stress. *Proc Natl Acad Sci U S A.* 2004 Dec 7;101(49):17312-5.

