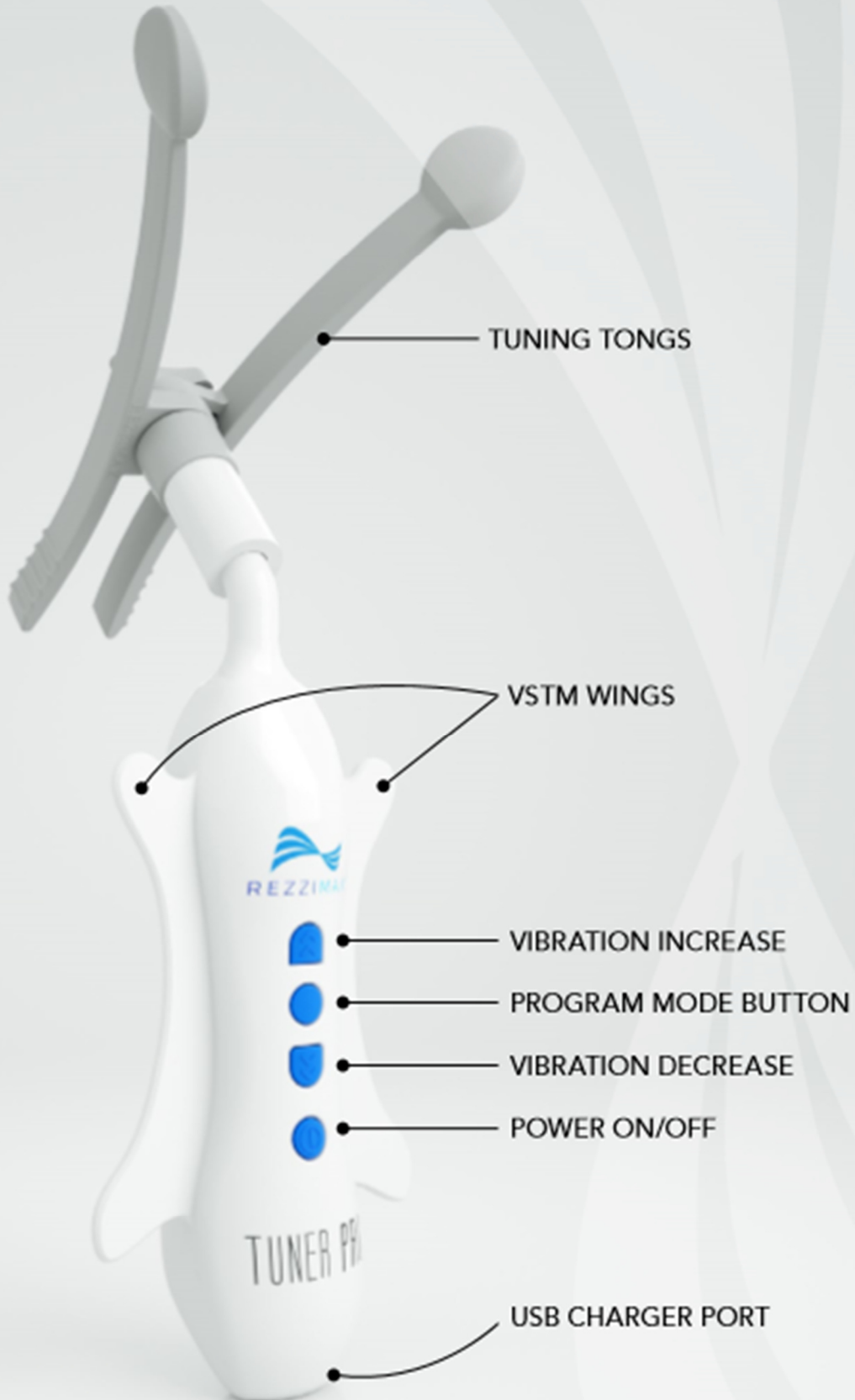


Rezzimax® Tuner Pro II Rezzipes



Introduction

This Rezzipe Book is a step-by-step guide intended to assist you in using the Rezzimax Tuner Pro II. Follow each step as you would a recipe. It will provide you with basic techniques for supporting your body's natural healing. It is divided head-to-toe based on where pain or tension is currently felt. After following these, feel free to develop your own Rezzipes and let us know!

The Basics:

In order to incorporate the Vagus Nerve (the nerve in charge of natural healing) there are a few things that pertain to each of the steps within the Rezzipes.

1. Place your tongue between your teeth (this helps to unclench your jaw)
2. Hum gently along with the resonance of the Tuner Pro II (this helps your Vagus Nerve to magnify the positive effects)
3. To switch from higher to lower levels and vice versa, with Tuner Pro II turned off, hold down the two circle buttons until it flashes.
4. There are 4 modes; green/blue/red/white that change to the next by pressing the button between the two arrows. Completion of a mode is signaled by two distinct pulses.
5. If you are sensitive to vibration, please begin with the last Rezzipe in this guide.

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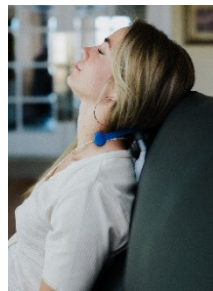
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Head & Neck

This Rezzipe supports your body's natural healing response for headaches, neck pain, etc.

Step 1:

- Tuner: Accessory Tongs
- Mode/Level Blue
- Duration 5 min
- Pressure 1
- Location Back of neck



Attach tongs to Tuner and place tongs on both sides of the neck with Tuner resting against the spine slowly rotating head side to side, keeping pressure against the device.

Step 2:

- Tuner: Accessory Tongs
- Mode/Level Blue
- Duration 1-2 min
- Pressure 1
- Location Under jaw



Place tongs under the jaw holding the Tuner with both hands

Step 3:

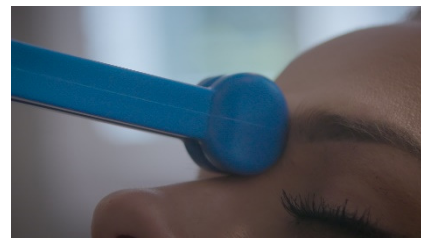
- Tuner: Accessory Tongs
- Mode/Level: choose a comfortable level
- Duration 1-2 min
- Pressure 1
- Location Center of Eyebrows



Place tongs at center of eyebrows

Step 4:

- Tuner: Accessory Tongs
- Mode/Level Desired Level
- Duration 1-2 min
- Pressure 2
- Location Between Eyes



Place tongs close together between the eyes at the top of the nose with light pressure towards your forehead

Step 5:

- Tuner: Accessory Tongs
- Mode/Level desired level
- Duration 7-8x
- Pressure 1
- Location Back and Forth Over Head



Run the tongs over the top of your head back and forth 7-8 times

Step 6:

- Tuner: Accessory Tongs
- Mode/Level Desired Level
- Duration 1-2 min
- Pressure 1
- Location Cheekbones



Place tongs on your cheekbones

Step 7:

- Tuner: Accessory Tongs
- Mode/Level Desired Level
- Duration 7-8x
- Pressure 2
- Location in Mouth



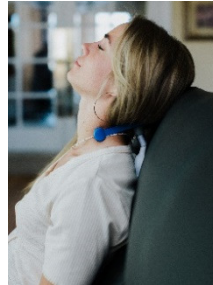
Place tongs inside your mouth with the tongs stretched outside the teeth. Angle up and down and open and close your mouth 7-8 times

Jaw & TMJ

This Rezzipe supports your body's natural healing response for jaw pain.

Step 1:

- Tuner: Accessory Tongs
- Mode/Level Blue
- Duration 5 min
- Pressure 1
- Location Back of Neck



Attach tongs to Tuner and place tongs on both sides of the neck with Tuner resting against the spine slowly rotating head side to side, keeping pressure against the device.

Step 2:

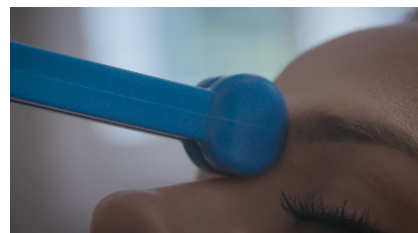
- Tuner: Accessory Tongs
- Mode/Level desired level
- Duration 1-2 min
- Pressure 1
- Location Center of Eyebrows



Place tongs at the center of the eyebrows

Step 3:

- Tuner: Accessory Tongs
- Mode/Level Desired Level
- Duration 1-2 min



- Pressure 2
- Location Between Eyes

Place tongs close together between the eyes at the top of the nose with light pressure towards your forehead

Step 4:

- Tuner: Accessory Tongs
- Mode/Level: Blue
- Duration 1-2 min
- Pressure 1
- Location Under Jaw



Place tongs under the jaw holding the Tuner with both hands

Step 5:

- Tuner: Accessory Tongs
- Mode/Level Desired Level
- Duration 1-2 min
- Pressure 1
- Location Under ears



Place tongs along the jaw line with the ends of the tongs under your ears holding the Tuner with both hands

Step 6:

- Tuner: Accessory Tongs
- Mode/Level Desired Level
- Duration 7-8x

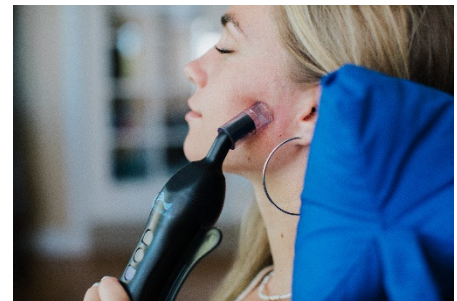
- Pressure 2
- Location in Mouth

Place tongs inside your mouth with the tongs stretched outside the teeth. Angle up and down and then slowly open/close your mouth 7-8 times



Step 7:

- Tuner: Accessory Clear Tip
- Mode/Level Higher level
- Duration 1-2min per area
- Pressure 2
- Location Areas with Remaining Tension



Remove tongs, install clear tip, place on any remaining areas with tension

Loss of Smell

This Rezzipe supports your body's natural healing response for loss of smell.

Step 1:

- Tuner: Accessory Tongs
- Mode/Level Desired Level
- Duration 1-2 min
- Pressure 1
- Location Center of Eyebrows



Place tongs at the center of the eyebrows

Step 2:

- Tuner: Accessory Tongs
- Mode/Level Desired Level
- Duration 1-2 min
- Pressure 2
- Location Between Eyes



Place tongs close together between the eyes at the top of the nose with light pressure towards your forehead

Step 3:

- Tuner: Accessory Tongs
- Mode/Level Desired Level
- Duration 1-2 min

- Pressure 1
- Location on Cheekbones

Place tongs on your cheekbones



Step 4:

- Tuner: Accessory Tongs
- Mode/Level Blue
- Duration 1-2 min
- Pressure 1
- Location: Under Jaw



Place tongs under the jaw holding the Tuner with both hands

Step 5:

- Tuner: Accessory Tongs
- Mode/Level Desired Level
- Duration 7-8x
- Pressure 2
- Location in Mouth



Place a drop of peppermint or lemon or other spice on your tongue, then place tongs inside your mouth with the tongs stretched outside the teeth. Angle up and down and open and close your mouth 7-8 times

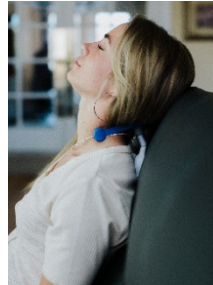
Try different flavors, spices, food grade oils daily with step 5

Shoulder & Chest

This Rezzipe supports your body's natural healing response for shoulder and chest pain.

Step 1:

- Tuner: Accessory Tongs
- Mode/Level Blue
- Duration 5 min
- Pressure 1
- Location Back of Neck



Attach tongs to Tuner and place tongs on both sides of the neck with Tuner resting against the spine slowly rotating head side to side, keeping pressure against the device.

Step 2:

- Tuner: Wing
- Mode/Level Higher Level
- Duration 1-2 min
- Pressure 3
- Location Arms



Gently scrape your arm with the wings starting from the fingertips all the way to the shoulder, repeat on other arm

Step 3:

- Tuner: Accessory Tongs
- Mode/Level Higher Level
- Duration 1-2 min
- Pressure 3
- Location Chest



Place Tuner over chest, with tongs around shoulder, repeat on other side of chest

Step 4:

- Tuner: Accessory Tongs & Armband
- Mode/Level Higher Level
- Duration 1-2 min (or much longer)
- Pressure 3
- Location Shoulder

Strap on to desired shoulder with armband



Step 5:

Tuner: Accessory Tongs

- Mode/Level Higher Level
- Duration 1-2 min
- Pressure 1
- Location Armpit



Place Tuner under armpit and gently hold arm to body

Step 6:

- Tuner: Accessory Clear Tip
- Mode/Level Higher Level
- Duration 1-2 min
- Pressure 2-3
- Location Armpit



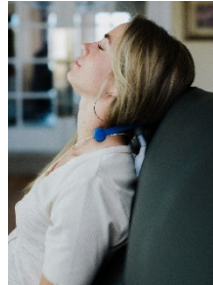
With hand on top of head, press Tuner Tip against the back side of the armpit for 1-2 minutes followed by underneath the front muscle of the armpit with upwards pressure for 1-2 minutes.

Elbows & Hands

This Rezzipe supports your body's natural healing response for elbow and hand pain.

Step 1:

- Tuner: Accessory Tongs
- Mode/Level Blue
- Duration 5 min
- Pressure 1
- Location Back of Neck



Attach tongs to Tuner and place tongs on both sides of the neck with Tuner resting against the spine slowly rotating head side to side, keeping pressure against the device.

Step 2:

- Tuner: Wing
- Mode/Level Higher Level
- Duration 1-2 min
- Pressure 3
- Location Arms



Gently scrape your arm with the wings starting from the fingertips all the way to the shoulder, repeat on other arm if desired

Step 3:

- Tuner: Accessory Tongs & Armband
- Mode/Level Blue
- Duration 5 min
- Pressure 1
- Location Forearm



Strap Tuner on forearm with armband and with tongs around elbow, repeat on other forearm if desired

Step 4:

- Tuner: Accessory Tongs & Armband
- Mode/Level Blue
- Duration 5 min
- Pressure 1
- Location Wrist

Strap Tuner on wrist with armband and with tongs around hand, repeat on other wrist if desired

Stomach

This Rezzipe supports your body's natural healing response for stomach and gastrointestinal pain.

Step 1:

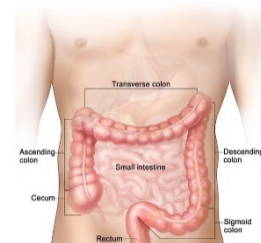
- Tuner: Accessory Blue Brain
- Mode/Level 1x Red, 4x Green
- Duration 10 min
- Pressure 2
- Location Belly Button



Install blue brain, place on belly button for 1 red cycle and 4 green cycles

Step 2:

- Tuner: Accessory Clear Tip
- Mode/Level High
- Duration 15 Seconds – repeat 7 times
- Pressure 2
- Location Right Hip – Trace over the large intestine slowly

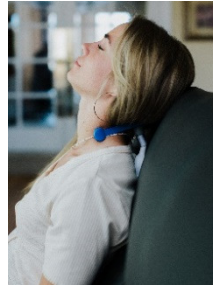


Remove blue brain, install clear tip, turn on high, begin at right hip go to rib cage, pull slowly as you cross to left side of rib cage. Drop slowly to left top of pelvis, go back toward the right side, stopping for 10 seconds on over the bladder (a couple inches below the belly button)

Back

Step 1:

- Tuner: Accessory Tongs
- Mode/Level Blue
- Duration 5 min
- Pressure 1
- Location Back of Neck



Attach tongs to Tuner and place tongs on both sides of the neck with Tuner resting against the spine slowly rotating head side to side, keeping pressure against the device.

Step 2:

- Tuner: Wing
- Mode/Level Higher Level
- Duration 1-2 min
- Pressure 3
- Location Back



Scrape back with firm pressure with Tuner Wing

Step 3:

- Tuner: Accessory Not Applicable
- Mode/Level - Higher Level or green pattern
- Duration 2-10 min
- Pressure 1 – lying down on device
 - Location Small of Back - *Tuner in small of your back*

Step 4:

- Tuner: Rezzimax runners pack
- Mode/Level Higher Level or green
- Duration 10-30+ min
- Pressure 2
- Location Back

Place the mesh against the low back

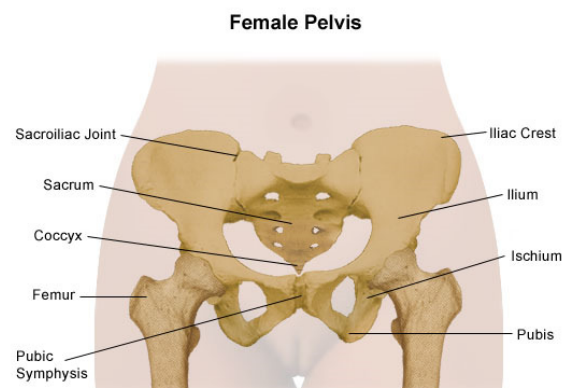


Step 5:

- Tuner: Rezzimax runners pack
- Mode/Level Higher Level or green
- Duration 10 repetitions – flossing the sciatic
- Pressure 2
- Location: sitting - Tuner on the back – straighten the leg, flex and extend foot for 15 seconds – repeat 10 times on each side.

Step 6:

- Tuner: no accessories
- Mode/Level gentle settings low level
- Duration 10 min
- Pressure 2
- Location Back



Wrap Tuner in a heavy towel or blanket and sit on the Tuner like sitting on a saddle. Low level, hum to the device.

Legs

This Rezzipe supports your body's natural healing response for leg pain.

Step 1:

- Tuner: Wing
- Mode/Level Higher Level
- Duration 1-2 min
- Pressure 3
- Location Foot - Toes



Scrape foot and between toes (every bit of skin) with firm pressure with Tuner Wing

Step 2:

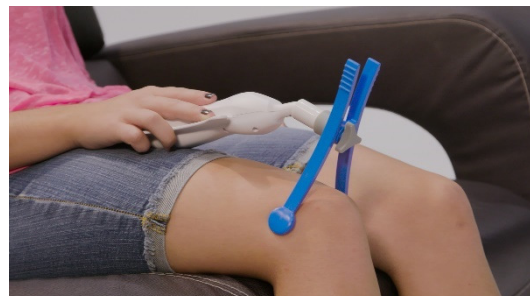
- Tuner: Wing
- Mode/Level High
- Duration 1-2 min
- Pressure 3-4
- Location Leg



Scrape all muscles in leg with firm pressure with Tuner Wing

Step 3:

- Tuner: Accessory Tongs
- Mode/Level Higher Level
- Duration 5-6x
- Pressure 1



- Location Hip

Install tongs, place on hip, with leg extended flex and relax leg/foot 6-7 times

Repeat steps (1-3) on other leg if needed

Step 4:

- Tuner: Accessory Tongs
- Mode/Level Green
- Duration 2 min
- Pressure 1
- Location Feet

Place Tuner on the ground with balls of feet on tongs and big toe resting on wings



Knees

This Rezzipe supports your body's natural healing response for knee pain.

Step 1:

- Tuner: Wing
- Mode/Level High
- Duration 1-2 min
- Pressure 3
- Location Legs



Scrape all muscles in lower/upper leg with firm pressure as tolerated with Tuner Wing, repeat on other leg if desired

Step 2:

- Tuner: Accessory Tongs
- Mode/Level Higher Level
- Duration 6-7x
- Pressure 2
- Location Hip



Install tongs, place on hip, with leg extended flex foot 6-7 times, repeat on other hip if desired

Step 3:

- Tuner: Accessory Tongs & Pillow
- Mode/Level High
- Duration 6-7x
- Pressure 1
- Location Under Knee



Spread tongs about 1 inch apart, place under knee, flex foot 6-7x, repeat on other knee if desired

Step 4:

- Tuner: Accessory Tongs & Pillow
- Mode/Level High
- Duration 6-7x
- Pressure 1
- Location Under Knee



Completely spread tongs apart to contact sides of knee, place on pillow under knee, flex foot 6-7x, repeat on other knee

Step 5:

- Tuner: Accessory Tongs
- Mode/Level High
- Duration 6-7x
- Pressure 1
- Location on Knee



Place Tuner on top of knee, flex foot 6-7x, other knee if needed

Feet & Ankle

This Rezzipe supports your body's natural healing response for feet and ankle pain.

Step 1:

- Tuner: Wing
- Mode/Level Higher Level
- Duration 1-2 min
- Pressure 3
- Location Foot



Scrape foot and between toes with firm pressure with Tuner Wing

Step 2:

- Tuner: Wing
- Mode/Level High
- Duration 1-2 min
- Pressure 3
- Location Leg



Scrape all muscles in leg with firm pressure with Tuner Wing, repeat on other leg

Step 3:

- Tuner: Accessory Tongs
- Mode/Level Higher Level
- Duration 6-7x
- Pressure 1
- Location Hip



Install tongs, place on hip, with leg extended flex foot 6-7 times, repeat on other hip

Step 4:

- Tuner: Accessory Tongs & Strap
- Mode/Level Green
- Duration 5-10 min
- Pressure 1
- Location Calf - walking



Strap Tuner to calf with armband and with tongs around ankle, repeat on other calf

Step 5:

- Tuner: Accessory Tongs
- Mode/Level Green
- Duration 2 min
- Pressure 1
- Location Feet



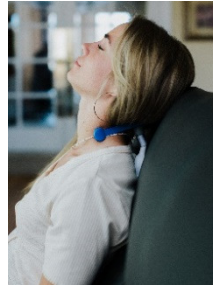
Place Tuner on the ground with balls of feet on tongs and big toe resting on wings

Whole Body De-stress

This Rezzipe supports your body's natural healing response for general stress throughout the body.

Step 1:

- Tuner: Accessory Tongs
- Mode/Level Blue
- Duration 5 min
- Pressure 1
- Location Back of neck



Attach tongs to Tuner and place tongs on both sides of the neck with Tuner resting against the spine slowly rotating head side to side, keeping pressure against the device

Step 2:

- Tuner: Accessory Tongs
- Mode/Level Desired Level
- Duration 1-2 min
- Pressure 1
- Location Center of Eyebrows



Place tongs at the center of the eyebrows

Step 3:

- Tuner: Accessory Tongs
- Mode/Level Desired Level
- Duration 1-2 min
- Pressure 2
- Location Between Eyes



Place tongs close together between the eyes at the top of the nose with light pressure towards your forehead

Step 4:

- Tuner: Accessory Tongs
- Mode/Level desired level
- Duration 7-8x
- Pressure 1
- Location Back and Forth Over Head



Run the tongs over the top of your head back and forth 7-8 times

Step 5:

- Tuner: Accessory Tongs
- Mode/Level Desired Level
- Duration 7-8x
- Pressure 2
- Location in Mouth



Place tongs inside your mouth with the tongs stretched outside the teeth. Angle up and down repeatedly and then open and close your mouth 7-8 times

Step 6:

- Tuner: Accessory Tongs
- Mode/Level Desired Level or blue
- Duration 1-2 min
- Pressure 1
- Location Stomach



Place Tuner on stomach with tongs at the base of your stomach

Step 7:

- Tuner: Accessory Tongs
- Mode/Level Blue
- Duration 5-10 min
- Pressure 1
- Location Feet



Place Tuner on the ground with balls of feet on tongs and big toe resting on wings. While humming, think of things for which you are profoundly grateful for.

For Sensitive Individuals

CRPS – POTS – Lyme – Fibromyalgia – MCAS – Trigeminal Neuralgia + others...

This Rezzipe supports your body's natural healing response by helping your body slowly get used to the vibrations from the Tuner.

Note that this process may take multiple sessions depending on your current conditions. As each step becomes comfortable continue to next step.

****Avoid areas of CRPS (Complex Regional Pain Syndrome) or excessive pain. Stick to areas that are not too sensitive until the nervous system calms down, and that can takes weeks for sensitive people.****

Step 1:

- Tuner attachment: None
- Mode/Level Lowest
- Duration 1 min
- Pressure Not Applicable
- Location As Near as Tolerable (a level that will **not** cause an increase in pain) - wrap in a towel or blanket if needed.



Place Tuner as near as tolerable to you, once comfortable, incrementally increase the level. (if sensitive on feet/legs, skip to step 3)

Step 2:

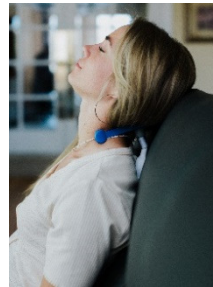
- Tuner: Accessory Tongs
- Mode/Level Lowest level in gentle settings
- Duration 1 min
- Pressure minimal
- Location Feet or Foot depending on sensitivity



Place Tuner on the ground with balls of feet on tongs and big toe on wings, once comfortable, incrementally increase the level (if sensitive on neck, skip to step 4)

Step 3:

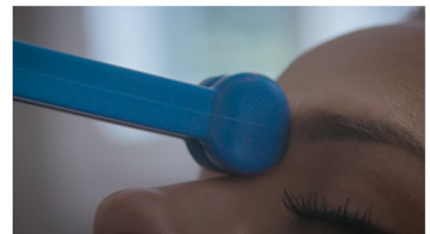
- Tuner: Accessory Tongs
- Mode/Level Lowest
- Duration 1 min
- Pressure 1
- Location Neck



Place Tuner on the back of your neck, once comfortable, slowly increase the level – perhaps a few days later...

Step 4:

- Tuner: Accessory Tongs
- Mode/Level Lowest
- Duration 1 min
- Pressure 1
- Location Center of Eyebrows



On the lowest level, place on the center of your eyebrows, incrementally increase the level to a comfortable level.

Step 5:

- Tuner: Accessory Tongs
- Mode/Level Lowest
- Duration 7-8x
- Pressure 1
- Location in Mouth



On the lowest level, place inside mouth, once comfortable, angle up and down and open and close mouth 7-8 times

Step 6:

- Tuner: Accessory Tongs
- Mode/Level Lowest
- Duration 1 min
- Pressure 1
- Location Skipped Area

Once your body is comfortable at all other areas, you may begin the step (2-4) that was skipped

Primitive Reflex Integration using a Tuner

1. Moro (startle) Reflex – Sudden sound or movement

- a. Begins to develop 9 weeks in Utero – inhibited by 2-4 months of life – by about 1 year the vagal system develops and inhibits Moro
- b. Retained? You may see Hypersensitive/reactive, Poor impulse control, motion sickness, poor coordination, visual perception difficulties, light/sound sensitive, difficulty with change
- c. Rezzi Solution: Starfish exercise, Jumping jacks
- d. Tuner 10 x scraping tailbone to head (best on all fours)

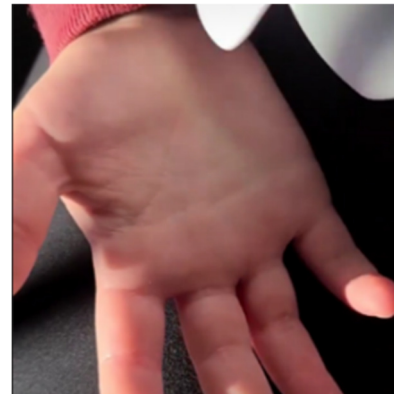
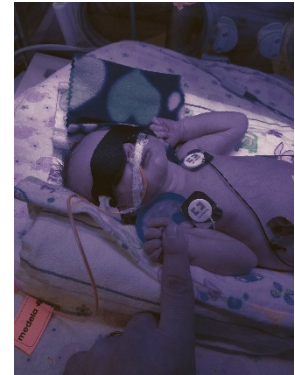


- i. Medium-High intensity
- ii. Pressure 2
- iii. Duration 1 minute
- iv. Place Rezzi on stomach for 1-2 minutes

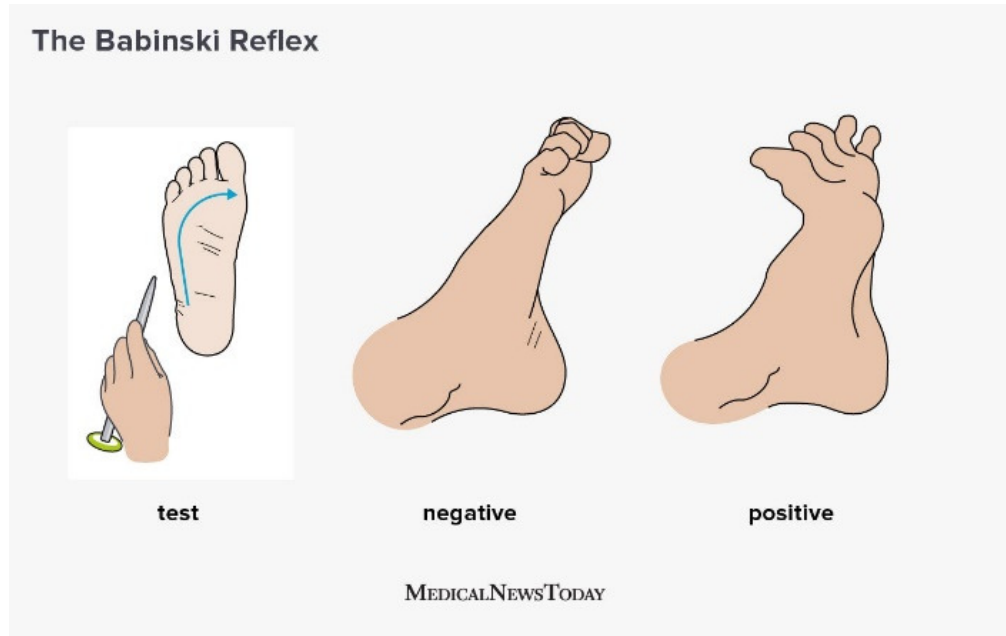


2. Palmar Reflex – Pressure in the palm causes fingers to close

- a. Begins 11 weeks in utero – inhibited by 2-3 months
- b. Retained? Poor dexterity (Babkin response) – poor manual (hand) skills – speech difficulties
- c. Rezzi Solution: A. Scrape from fingertips to neck. B. Use clear tip or wing corner on Rezzi to make “x” patterns across palm; on high setting, 10x per hand



3. Babinski Reflex – Toes curl = plantar response – Big toe extends and toes flare = classic Babinski



- a. Present at birth, fading by 1 year
- b. Retained? Toe walking, poor balance, tripping/falling
- c. Rezzi Solution:
 - i. Scraping the body with Rezzi on as high as tolerated from toes to head, 66% of time on side of weakness, 33% of time on strong side. 20 minutes daily or 3x/week at a minimum
 - ii. Use Rezzi wing tip, device as strong level as tolerated, to run from heel along outside of foot along the small toes and then toward big toe as shown in test position. Repeat 12 times per side.

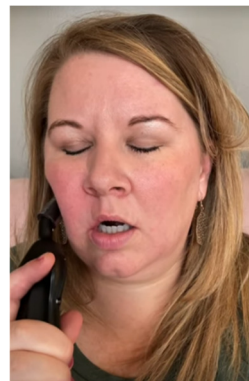
4. Spinal Galant Reflex

- a. Begins 20 weeks in utero – inhibited by 3-9 months
- b. Retained? Fidgeting – bedwetting – poor concentration – poor short-term memory – 1 or 2 sided postural issues
- c. Rezzi Solution: Scraping the spine and sides of the spine with Rezzi on as high as tolerated from tailbone to top of the neck, 66% of time on side of weakness, 33% of time on strong side. 5 minutes daily



5. Rooting Reflex – Searching, Sucking, & Swallowing reflex

- a. Begins 24-28 weeks in utero – inhibited by 4-6 month
- b. Retained? Hypersensitive lips or mouth - tongue thrust - speech difficulties - poor dexterity (Babkin response)
- c. Rezzi Solution: Run Rezzi on medium to high as tolerated, from ear to corner of mouth & across the lips 10 times per side
- d. Intraoral Rezzi on tongue



6. Symmetrical Tonic Neck Reflex (STNR)

- a. Begins 6-9 months of life Head goes up, arms extend. Inhibited by 9-11 months



- b. Retained? Poor posture, slump sitting, ape walk, toe walking, poor coordination, difficulty sitting still, difficulty concentrating
- c. Rezzi Solution: Scraping the body with Rezzi on as high as tolerated from toes to head, 66% of time on side of weakness, 33% of time on strong side. 20 minutes daily or 3x/week at a minimum

7. Asymmetrical Tonic Neck Reflex (ATNR)



- a. Begins in utero – inhibited by 3-4 months of age
- b. Retained? Poor eye-hand coordination, poor handwriting, difficulty reading and tracking

- c. Rezzi Solution: Scraping the body with Rezzi on as high as tolerated from toes to head, 66% side of weakness, 33% of time on strong side. 20 min 3x/week
8. Tonic Labyrinthine Reflex (TLR) 2 parts – flex neck; arms together - Extend neck; arms apart
- a. Flexion begins in utero – extension begins at birth
 - b. Retained? Poor posture, weak muscle tone, poor visual/spatial perception, poor sequencing, dislike of sports, poor organization, poor sense of time/rhythm, fatigue easily
 - c. Rezzi Solution: Scraping the body with Rezzi on as high as tolerated from toes to head, 66% of time on side of weakness, 33% of time on strong side. 20 minutes daily or 3x/week at a minimum
 - d. Use Rezzi in fanny pack for 30-60 minutes each day on blue or green algorithm with pack oriented toward side of weakness or on stomach



9. Landau Reflex (Superman) Inhibits TLR – engages extensors

- a. Emerges 4-5 months of life, inhibited ~ 3.5 years
- b. Retained? Affects balance and tone through movements - awkward or stiff running - difficulty hopping, skipping, jumping
- c. Rezzi Solution: Scraping the body with Rezzi on as high as tolerated from toes to head (avoiding sensitive areas), 66% of time on side of weakness, 33% of time on strong side. 20 minutes daily or 3x/week at a minimum
 - i. Use Rezzi in fanny pack for 30-60 minutes each day on blue or green algorithm with pack oriented toward side of weakness or on stomach



Principles of the Brain and the Stress response

The brain is wired to create “super highways” which create patterns of behavior and automatic reaction.

- Good and bad experiences make us more efficient.
- Strong beliefs and patterns of behavior - wired neural pathways are wrapped with myelin sheaths to block out interference, creating “super-highways.”

Our Stress Down-Regulation program “bombs” these old super-highways, putting ruts and holes in them so it will be easier to create new and powerful neural pathways free from the intrusive trauma patterns. Examples:

- Porn addict who struggles with the chemicals and wiring in his/her brain and wants to view the porn (the old highway) needs to be able to more easily access the new highway of choosing a better activity and avoiding the old patterns of choice.
- Alcohol addict who recalls bad experiences on a regular basis that wants to alleviate the tension caused by bad memories. The brain seeking relief will find something to fill the void...
- We wonder if it is possible to create new “brain muscle memory” to heal and down-regulate the nervous system.

Preparing to undergo the Stress Down-Regulation process

- Identify what you want to work on – a feeling, a memory, an experience, a fear, etc
- Journaling can help

The Stress Down-Regulation Technique

1. Start by thinking of a Stress or Worry of the past, present or future.

2. Strap the Rezzimax Tuner to the non-dominant lower extremity. Turn on an algorithm pattern

- Billions of bits of carefully calibrated information will be sent to the brain at the same time you are thinking about a Stressful event or a Worry or Fear you may have. This will help break up painful patterns. The resonance helps by sending the brain data from hundreds of thousands of sensors in joints, ligaments, muscles, and cells throughout the body. The balanced resonant vibration simply accelerates the process.

3. How to do it

1. Place the knot in the middle of a strap or rope in the space between the door and the door frame near the hinges and shut the door tightly.



Place it at the middle hinge level to anchor the strap tightly.

2. Put your dominant foot back, the non-dominant foot in front, so you are balanced, and then squat down slightly and pull firmly against the strap to engage the core muscles. Keep this tension against the strap while performing the exercise.



3. Turn your head to the dominant side.

Turning your head to the dominant side keeps the body from turning on the stress chemicals. (Imagine the face of someone experiencing some type of stressful event, their jaws are clenched, neck muscles are tense and tight, and they may even have bulging veins in their temples)!

Turning the head to the side weakens the strength of one of those neck muscles (the sternocleidomastoid on the dominant side). Turning our heads to the dominant side weakens the physiological stress in the neck area to allow the calming chemicals to flow more easily.

4. Stress Mode

Breathe normally for 20-30 seconds while thinking about all the details you can recall about a particular stressful event, and become aware of any senses you can recall,

such as sights, sounds, smells, feeling, time of day and year, who you were with, etc. The goal is to briefly bring up the stress chemicals from the sympathetic nervous system caused during the particular events.

Take a big breath of air and then let the air out in 3 distinct chunks (out, hold, out, hold, out the rest of the way.) The hold is brief and then continue breathing out. This causes breakup of trauma chemicals.

- When the breath is fully out of the lungs, hold at this state for as long as you can (while pulling for all you can!)
- It is at this stage, when the breath is all out of your lungs, that you need to tell yourself to stop thinking about the stressful event and begin thinking about the things that are most important to you. Thinking about the things for which you are profoundly grateful will provide your brain with material with which it can build new connections as you break up the chemicals of prior stressful events. Think of as many “gratitude and happy thoughts” as you can until you cannot wait any longer to come up for air. When you must finally breathe in, relax completely and breathe deeply for several seconds before performing the exercise again.
- **Performing this exercise creates a vacuum state in the brain where you can shut off the chemicals of the stressful event (and anxiety and depression and allergy and...) chemicals and turn on the growth and healing chemicals. This heals wounds created by past experiences and future fears. You will be confusing the**

chemicals associated with the stressful event and breaking them up! Remember, wait until you absolutely need to, to come up for air!

- You can close your eyes during this whole process if you wish.

5. Repeat the Process 7 Times; perform daily for 6 weeks for best results

6. Triggering the Healing Chemicals in a trained brain

Alternative technique #1: Exercise ball and kneel on the floor

Alternative technique #2: Sitting in a chair – pillows or press into knees

Don't let the fear of past, present or future stressful events, anxiety, stress, or allergies keep you from being who you need to be!