

## Reflexercise Train Your Brain To Be Less Reactive To Stress Anxiety Chronic Pain Depression Trauma And Ptsd Right From Home

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Ultimately, Reflexercise produces homeostasis, or balance, within the Central Nervous System. This means balance within your brain. With consistent performance, you can actually train your brain to remain balanced, even during stressful or painful events. When your brain is able to maintain a state of balance, your body will follow its lead.

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Reflexercise: Train Your Brain to be LESS Reactive to Stress, Anxiety, Chronic Pain, Depression, Trauma and PTSD Right from Home. Reflexercise™ is a simple, fast, highly effective tool for communicating directly to your Central Nervous System and restoring balance to your brain and body. The more frequently you restore balance within your brain, the faster you can train your brain to stop reacting to things like stress, anxiety, depression, pain, trauma and post traumatic syndrome symptoms.

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By precise and repetitive activation of the oppositional muscles to the startle and arousal activation in the brain, Reflexercise® provides a unique and simple means of down-regulating the fight/flight brain, and inducing a state of homeostasis, the body state essential for healing and the perpetuation of health.

[Reflexercise™ | Wellness & Performance](#)

24 Mar Reflexercise train your brain to be less reactive to stress anxiety chronic pain depression trauma and ptsd right from home. 27 Sep Reflexercise™ was created by physical therapist, Scott Musgrave, MSPT. His powerful combination of techniques provides astounding results.

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The internet world can help you improve your brain function while lazily sitting on your couch. A clinically proven program like BrainHQ can help you improve your memory, or think faster, by just following their brain training exercises. You can also try these 11 Brain Training Apps to Train Your Mind and Improve Memory. 5.

[8 Ways to Train Your Brain to Learn Faster and Remember More](#)

Reflexercise: Train Your Brain to be LESS Reactive to Stress, Anxiety, Chronic Pain, Depression, Trauma and PTSD Right from Home (English Edition) eBook: Musgrave, Scott: Amazon.com.mx: Tienda Kindle

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24 Mar Reflexercise train your brain to be less reactive to stress anxiety chronic pain depression trauma and ptsd right from home. 27 Sep Reflexercise™ was created by physical therapist, Scott Musgrave, MSPT.

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Keeping your body and brain in optimal shape is imperative if you want quick reflexes. Foods high in refined sugars and trans fats can make you feel sluggish. Make sure you are getting enough protein, complex carbohydrates, and healthy fats. Whole foods like nuts, fish, berries, greens, and garlic increase cognitive function.

[4 Ways to Improve Your Reflexes - wikiHow](#)

Reflexercise is intended to inform the CNS that the individual is not in danger through specific posturing in the opposite direction. Of course, my interventions with this patient also later included exercise and manual therapy, but these results suggest the significant importance of addressing the central, sympathetic, and parasympathetic nervous systems.

[Reflexercise | Body Basics](#)

Reflexercise™ is an active process that allows you to retrain your brain (and body) to react appropriately relative to stressful situations, recover quickly, and be calm and balanced the rest of the time. Reflexercise™ is the first step in a 6 part treatment approach called, Associative Awareness Technique™, or AAT™.

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