

### YOUR BRAIN IS AN AMAZINGLY CAPABLE PART OF YOUR BODY, BUT SOMETIMES IT CAN USE A LITTLE HELP.

Our brain reacts to keep us alive. When it functions to do that in the face of extreme stressors it can become stuck in survival mode. Even the brain, with its incredible capability, can be assisted to relax so it can find its own center or balance. Cereset is your brain's best friend.



# STRESS OVERWHELMS BALANCE

Our brains have left and right hemispheres which must constantly communicate with each other. Outside stress or traumatic events can erode the brain's natural abilities, resulting in a compromised brain unable to fully communicate, relax or manage stress.



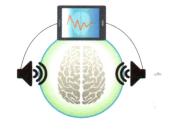
# FREEZE RESPONSE = "STUCK ON THE BRAKE"

Some outside stress is overwhelming and can produce a left-side brain imbalance or dominance, which numbs us (so we don't "feel" the situation as much), slowing the brain's response. This numb state is known as the freeze response.



### FIGHT OR FLIGHT RESPONSE = "STUCK ON THE GAS"

Some outside stress stimulates us to fight or run from a stressful situation, produces a right-side brain dominance. The brain steps on the gas to provide a go-go-go response. This state of active anxiety is known as the fight-or-flight response.



## CERESET EXPERIENCE - RELAX AND RESET

A non-invasive process using only brain-initiated sound to relax the brain, allowing it to reset itself and freeing it from freeze and fight- or flight- states. cerebrum (brain) + reset = Cereset. Your brain, relaxed, re-set and re-balanced.

### HOW CERESET HELPS YOUR BRAIN HELP YOU

Cereset is a proven technology that's non-invasive and highly effective. Cereset can help your brain free itself, enabling you to achieve higher levels of well-being and balance throughout your life.

### POOR SLEEP, HIGH ANXIETY.

Life today is more stressful than ever. Stress can lead to trouble sleeping, feelings of restlessness, an inability to focus or a lack of joy. Cereset can help your brain reset itself, restoring your brain's rhythm naturally, enabling it to manage stress more effectively. Cereset sessions jump start the process of re-balancing your brain. Periodic "tune-ups" provide ongoing support, ensuring long-term brain balance. The Cereset system can help you be your best you.

### BALANCED BRAIN = BETTER SLEEP.

A Cereset balanced brain will help you experience more restful sleep which is connected with other benefits including releasing stress, overcoming worry and anxiety, restoring hope and happiness and increasing energy levels. If you've tried other modalities, medications or methods – ask yourself – did I experience more restful sleep? Cereset helps you sleep better when following your Cereset Office's recommendations.

### HIGH-RESOLUTION, RELATIONAL, RESONANCE-BASED,

The technology helps the brain relax so it can reset itself for balanced performance. HIRREM research has been primarily driven by the Wake Forest Medical Center. Doctor Charles Tegeler, Neurologist, has conducted clinical trials for HIRREM with over 600+ participants.

Intensive Sessions Start on Monday
One Session Per Day
Includes 5 Sessions
Includes Before & After Personal Brain Index
\$1,500 Per Person
Space is Limited

