



HOPE Wellness Institute

Healing Options for Personal Excellence

Cereset

Aging, anger, anxiety, brain fog, chronic stress, depression, head injuries, long or post-Covid, memory, PTSD, or sleep issues. These are all part of our mental health.

Thankfully, finally, it seems like everyone is talking about mental health, and it is an important subject. Mental health has carried a stigma for far too long. It is no different from our physical health; everything in our life affects it. Many of us have struggled with mental health. Not because there is anything “wrong” with us but because life presents us with traumas and dramas that our brain has to deal with. As the brain adjusts to complex issues, it changes our mental health. Family situations, finances, work, the news, Covid, relationships: the list goes on, and one of the things in life that can change and challenge our mental health is our brain becomes less flexible.

Most mental health therapy is medication, talk therapy, including immersion therapy. These therapies have been life savers for many people, but it doesn't change how the brain works; they didn't make it flexible again. The brain is still highly inflexible and dysfunctional but has learned how to manage that dysfunction.

What if there was a different therapy? That is not medication with side effects, it is not talk therapy, and it is not re-exposing you to those things that caused the trauma. What if there is something that helps your brain heal itself and not just teach you to manage the symptoms?

Cereset has changed lives; people are more functional, focused, and patient with others and themselves. They find it easier to learn, excel, and live an enjoyable life with less stress and better sleep. Our non-medical, non-invasive Cereset uses only your brainwaves to reset the brain. We have all lived through a variety of traumatic events. Our brain's #1 job is to keep us alive, and #2 is to keep us safe. So, if we experience unsafe events, our brain creates automatic protective responses to keep us out of danger. That is what triggers are about: they trigger your autonomic nervous system response.

When we see or hear something that caused us injury previously, we automatically respond in a way to protect ourselves. However, many of those mechanisms are inappropriate or cause problems when we are no longer in that situation.

Cereset is not diagnosis-specific; it responds to how your brain works. So, it helps if you are dealing with aging, anxiety, depression, sleep issues, long or post-Covid, chronic stress, anger, memory, brain fog, or PTSD. In reality, everyone could benefit from Cereset, our brain health program.





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With Cereset, you are quietly sitting in a chair, relaxing, often asleep, and letting your brain create its own changes. It supports your brain's healing process while other therapies intervene and try to make that change happen.

This work with people of all ages, from 4 to 104.

So many of our kids are stressed right now due to Covid, school, the various traumatic events in the schools and the communities, or they are dealing with ADD/ADHD or learning challenges.

Many people call asking if Cereset can help their son, daughter, or other family members. Often, we need to start with ourselves, we can't fix someone else, but we can change how we respond to that person—an example of putting your mask first on an airplane.

Many of our clients come in with Aging, Anxiety, Depression, sleep issues, long or post-Covid, Chronic stress, Anger, memory, Brain fog, PTSD, or even chronic pain issues. Some are just ready to live life; differently; we can help.

Please ask about Cereset, that have the potential to help with the following:

- Academic Performance
- Athletic Performance
- Focus
- Judgment
- Learning Difficulties
- Memory
- Mild Traumatic Head Injuries
- Pain
- Post-Traumatic Stress
- Productivity
- Sleep
- Stress

If you are ready for a change, call us at (916) 965-6558 or click here to [email us](#) to see if Cereset is right for you.