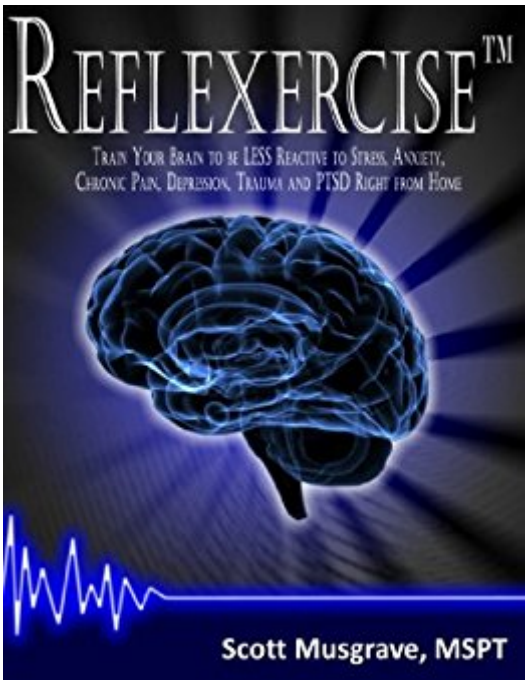
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Reflexercise: Train Your Brain To Be LESS Reactive To Stress, Anxiety, Chronic Pain, Depression, Trauma And PTSD Right From Home



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Synopsis

ReflexerciseÃ Â® is an instructional manual that will provide you the background information to understand the science behind the technique and the simple instructions to perform in order to train your brain to be less reactive to stress, anxiety, chronic pain, depression, trauma and post traumatic stress. Don’t buy this instructional manual if you are looking for a "miracle cure" for your problems.Ã Â Sadly, no miracle cure exists.Ã Â However, if you are looking for a tool that is founded upon science, easy to perform and proven effective, then you are in the right place.Reflexercise is the first step of a revolutionary new treatment approach designed specifically to treat chronic conditions, called Associative Awareness TechniqueÃ¢â Â¢ (AATÃ¢â Â¢).Ã Â This manual provides you access to the first step of AAT so you can begin training your nervous system to change the patterns that contribute to chronic conditions right from home. Ã Â Because Reflexercise is self applied, takes less than 30 seconds to perform and is so effective for those that use it as directed, I’ve written this manual for anyone to benefit from the first step of AAT.Ã Â Please understand, that one performance of Reflexercise won’t change anything in the long run.Ã Â Consistent performance of Reflexercise is required to retrain your brain’s learned habits regarding stress and pain. Ã Â While relaxation is a fantastic benefit of Reflexercise, it is not the ultimate goal.Ã Â The primary use of this tool is to influence neuroplasticity within your own brain and change old, habituated responses to stress, pain, depression, anxiety and post traumatic stress. Ã Â Ultimately, Reflexercise produces homeostasis, or balance, within the Central Nervous System.Ã Â This means balance within your brain.Ã Â With consistent performance, you can actually train your brain to remain balanced, even during stressful or painful events.Ã Â When your brain is able to maintain a state of balance, your body will follow its lead.Ã Â For many of you suffering from the chronic conditions already mentioned, this is when and how true healing can begin. Ã Â What do Stress, Anxiety, Chronic Pain, Depression, Trauma and even Post Traumatic Syndrome all have in common? All of these conditions are caused by the Central Nervous System.Ã Â When any Human Being is exposed to a potential or perceived life threat situation, the Central Nervous System activates our Survival Instincts to take over and protect our lives.Ã Â Cutting edge neuroscience has allowed us to understand this process with new insights, including: Why and how our Survival Instincts are activated and how these repeated patterns of protection create chronic problems within our bodies. Ã Â We’ve discovered that once these protective patterns are turned on, for many people they don’t turn off.Ã Â The long term result of living in this state of neurologically driven protection includes changes to almost every system within the body.Ã Â This long term disruption of normal function within multiple body systems is the cause of

most chronic conditions. The problem with designing an intervention that produces lasting results for the millions of people suffering from chronic conditions, is trying to effectively communicate with the Central Nervous System.Ã Â This is the primary stumbling block to developing effective treatment programs for chronic conditions.ReflexerciseÃ Â® is designed to communicate to our Central Nervous System that we no longer require these instinctively driven protective patterns, resulting in the restoration of balance within the brain. When the brain is balanced, then and only then, will the body's systems be allowed to return to normal function.Ã Â This brain / body balance, when reproduced regularly, allows for remarkable healing to occur.Ã Â Even for many suffering from complex, long term conditions that have not responded to anything else.Ã Â Find out more about AAT by visiting: wellnessandperformance.com

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Customer Reviews

I bought this book because my chiropractor told me I "carry a lot of tension" in my body all the time.

He suggested I try meditating, and I know a lot of people have had great results with meditation, but I just couldn't seem to fit that kind of time into my busy schedule (hence the tension I carry all the time).Reflexercise, however, is something I can easily fit into my day. I've only been practicing it for about a week, but I already see and feel results. For what seems like the first time ever, I know now what it feels like to be relaxed. Now that I understand what that feels like, I realize that what my chiropractor said was true; I was carrying a lot of stress all the time. It's made an enormous difference in how I go about my day.If you're like me, you may not realize how tense you are all the time and you could be suffering needlessly because of it.

Realizing that I have an extremely heightened reaction to stress and symptoms that cannot be ignored, I have been frustrated in finding a solution.I find that just the intellectual understanding is not enough to control or resolve this problem. I have used meditation and visualization which is difficultto do at the time when one is in this reactive state.After reading this book and trying the exercises, I am happy to know that there is something so simple that I can practice .I feel confident that this will make a difference.Thank YouGT. 5/14/2013

I love the material the author is presenting. It's very relevant to people in today's world and really really is helpful in learning how to relax instantly in stressful situations. The only part that I found a little annoying is that he repeats himself so many times in "book promotion" kind of style. But the material he's presenting is educational and very helpful.

While the majority of this booklet seems to be an infomercial and REALLY wants you to know that Reflexercise is copyrighted, it actually makes sense when you get to the actual exercise.The explanations for why each part of the exercise is important really made it seem like a logical step to take when working through any anxiety or panic issues.I'm not entirely sure that this would be the end all cure to what ails you, but I'm sure it would help in the grand scheme of things!!

Reflexercise is an innovative approach to chronic pain, stress, trauma, etc that everyone should try! Chronic pain is something that is often ignored, because patients with chronic pain and their practitioners do not know how to adequately approach it because the manifestations of trauma and stress on the body can vary from person to person. Reflexercise is the ultimate tool! This book is written in very patient-friendly language and is very easy to integrate into everyday life.

This book is really easy to read - it is clear and concise - and it quickly and easily outlines an exercise that anyone can do anywhere to bring oneself back into balance. I have been working with reflexercise now for only a few days but already I am beginning to notice a shift - and I find myself telling my friends and contacts about it. I think the decision to purchase this book is a no brainer - and I am committed to really giving what the technique Scott has outlined a try

The process is changing me and I will continue using it. I would love to find a person that teaches AAT but no success so far

Reflexercise is the answer to a prayer. After years of suffering with anxiety and chronic pain these simple exercises have greatly eased my suffering. Scott's soothing voice, detailed explanation of brain functioning and description of this technique make Reflexercise accessible to anyone. Reflexercise has given me hope for a peaceful future.

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