

THROAT RESET



The vagus nerve sends and receives signals from the digestive system, lungs and heart to the brain. Holding a cold pack against the side of your neck where the vagus nerve runs close to the surface, helps reset the nervous system promoting a transition from 'fight & flight' (sympathetic) to 'rest & digest' (parasympathetic) through ANS (Autonomic Nervous System) regulation.

SOMATIC RESET GUIDE

Harnessing Cold Therapy for Nervous System Regulation

SHOWER RESET



1. Lukewarm/cool water, gradually turning it cooler.
2. Deep Breathing - focus on relaxed slow, controlled breathing.
3. Longer exhales - breathe in for a count of 5 and out for a count of 8.
4. Beginner: keep the water cold for 10 - 20 seconds before turning up again.
5. Intermediate: Try 20 - 90 seconds before increasing the heat.
6. Advanced: Try 90 seconds to 2 minutes, focusing on bodily sensations.
7. You can finish on a cold or warm note, but notice your increased focus & energy boost.

NOTE: Breathing is your focus here - keep it steady & controlled for maximum effect



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