

RESTORE

THE GUIDED WELLNESS PROGRAM



A structured path to calm your nervous system, restore balance, and feel like yourself again.



WHAT IS RRP?

The Rest & Restore Protocol (RRP) is a clinically studied listening program that uses patented Sonoced[®] technology to support your body's natural ability to relax, recover, and restore.



WHAT'S INCLUDED



6 months RRP

Access to the full Rest and Restore listening program.



3 month tracker

Track progress, identify patterns, measure how you're feeling.



Stress workbook

Practical tools and exercises to reduce stress.



Gratitude journal

Cultivate positivity, awareness, and appreciation every day.



Email guidance

Step-by-step emails with education and encouragement.

BENEFITS



Calm the nervous system & lower stress



Improves sleep quality and restfulness



Enhances focus, clarity, & performance



Increases energy and reduces fatigue



Promotes overall well-being

WHO'S RESTORE FOR?



Anyone feeling stressed, anxious, or overwhelmed



Individuals with ADHD, autism, or sensory sensitivities



People experiencing fatigue, burnout, or low resilience



Anyone wanting to improve focus, mood, or emotional regulation



Those with poor sleep or restless nights



Anyone looking for a whole-person, root-cause approach

Small steps. Lasting results.



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