



“A flexible nervous system is one of the most powerful investments you can make in your overall wellbeing.”

NEURO REBOOT

Your Guide to a Supported Experience

The Neuro Reboot is a gentle, non-invasive protocol that uses NeuX technology to support the vagus nerve — the primary communication pathway between your brain and body. This session is designed to invite your nervous system into a calmer, more balanced state, creating space for your body to do what it does naturally: restore, reset, and regulate.

The Neuro Reboot is a wellness service and is not a medical treatment. It is not intended to diagnose, treat, cure, or prevent any condition or disease, and is not a substitute for professional medical care or mental health services. We always encourage you to work in partnership with your healthcare providers.

WHAT TO EXPECT FROM THE TECHNOLOGY

Electrode placement: Small electronic pads will be placed behind the neck and either at the base of the back (around the hip area) or at the bottom of the feet. Please wear comfortable, easily adjustable clothing to allow access to these areas.

What you'll feel: The current delivered is minimal — most clients feel little to nothing at all. If you do notice a sensation, it will be very subtle. More intensity does not mean more benefit; every nervous system responds differently and in its own time.

Your experience is unique: Some clients feel calm and centered right away. Others notice a gradual shift over several sessions. There is no “right” response — honor whatever your body offers you that day.

Before your session: Plan to arrive with a few minutes to settle in. Wear loose, comfortable layers, and let your practitioner know if you have any areas of sensitivity before your session begins.

BEFORE YOUR SESSION

Dress for ease: Wear comfortable, relaxed clothing. Your practitioner will need access behind your neck and either at the lower back/hip area or the soles of your feet. Layers that can be easily moved are ideal.

Arrive with awareness: Take a moment before walking in to notice where you are emotionally and physically. There's no "right" state to be in — simply showing up with awareness of where you're starting is part of the practice.

Hydrate beforehand: Come well-hydrated. Water supports healthy cellular communication throughout your body and helps your nervous system respond more smoothly to any form of supportive input.

Minimize stimulants: If possible, refrain from caffeine or other stimulants in the hours leading up to your session. Coming in at a slightly calmer baseline allows you to receive more from your time.

AFTER YOUR SESSION

Hydrate generously: Drink plenty of water after your session. Supporting your body's natural processes with hydration is one of the simplest and most effective things you can do to extend the benefits of your time on the table.

Step away from screens: We strongly encourage avoiding blue-light screens — phones, tablets, computers, and television — for at least an hour after your session. Your nervous system has just been invited into a quieter state; screens are one of the fastest ways to pull it back out.

Avoid strenuous activity: Give your body permission to be still. Intense exercise, vigorous movement, or high-energy activities can interrupt the integration process. A gentle walk, light stretching, or simply resting are beautiful complements to your session. If your session aligns yoga would be an additional benefit to compliment your experience.

Limit social media and stimulating content: Scrolling, news feeds, and emotionally activating content work against the calm state your session just helped create. Protect that window of quiet — even a short one — and notice the difference.

Check in with yourself: Reflect on where your stress level is now compared to when you arrived. Noticing this shift — even a small one — helps build your body's awareness of what regulation feels like, and makes future sessions even more effective.

Be gentle with yourself: Some clients feel deeply relaxed, spacious, or even sleepy after a session. Others feel subtly clearer or more grounded. All of it is normal. Rest if you can, and let the work settle in.

WHEN CLIENTS FIND IT MOST HELPFUL

While every body and every season of life is different, clients have shared that Neuro Reboot sessions feel especially supportive during moments like these:

- Before a big test or studying session
- After a stressful event or hard week
- When feeling foggy or mentally scattered
- During periods of disrupted sleep
- When feeling “off” without a clear reason
- As a reset during life transitions
- When working in a high-demand field
 - Living under chronic stress
 - When anger, frustration, and irritability start to become your baseline
 - Preparing to travel

If you operate in a fast-paced, high-pressure environment — whether that's healthcare, education, first response, caregiving, or simply a life that doesn't slow down — your nervous system may be carrying more than it should. Chronic stress keeps the body in a low-grade state of alert, and over time that takes a real toll. The Neuro Reboot offers a dedicated space to let your system exhale, decompress, and return to a more balanced baseline. Think of it as intentional recovery for your nervous system — the same way you'd prioritize rest after physical exertion.

FINDING YOUR RHYTHM

We generally suggest starting with one session per week and adjusting from there based on how your body responds. Every nervous system is different — some clients find that twice a week provides the consistency their system needs to build real momentum, while others feel best using sessions as a periodic reset every few weeks when life calls for it. There is no universal one size fits all. We'll work with you to find the cadence that feels right for where you are.

The Neuro Reboot is most effective as a complement to your broader wellness practice — not a replacement for it. Movement, rest, nourishment, meaningful connection, and time in nature all speak to your nervous system. These sessions are designed to work alongside those practices, helping your system become more adaptable, resilient, and responsive over time.

We are here to support your journey toward a more regulated, resilient nervous system — one session at a time. Questions before your appointment? Don't hesitate to reach out. We want you to feel informed, comfortable, and cared for.

Alyssa Skewes

Recovery and Wellness Specialist

Alchemized Solutions

860-416-7940

Alchemizedsolution@gmail.com