



PATIENT SUCCESS GUIDE

INCLUDING

METHODS + TIPS

TO GET THE MOST OUT OF
YOUR **AT-HOME PLAN**



WE TAKE A FULL-BODY APPROACH

focusing on Brain, Body, and Mind; ensuring that your neurology, musculoskeletal system, metabolic system, gut function, hormonal balance, as well as mental status are optimized. We look at you as a whole person and find the best avenues to positively affect your systems based on your goals.

BRAIN

BODY

MIND



WHAT YOU CAN EXPECT

We are a community full of science, respect, and love. We truly become your “medical family,” taking into account your entire lifestyle and delivering curated, targeted care. We combine cutting edge science with compassionate care, and it shows. Our patients feel at home when they come in, cracking jokes and have a good time, despite all the hardships of certain conditions, injuries, and health concerns.

FOUNDATION



BRAIN

The brain has a simple loop:
Perceive, Process, Output



BODY

Treating Conditions,
Rehabbing Injuries, and
Addressing Concerns

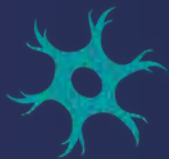


MIND

Cutting-edge therapies
with compassionate care

OUR PROCESS

- 1 Evaluate and Assess
- 2 Identify, Reveal, Uncover
- 3 Reduce and Remove
- 4 Restore, Reset, Repair
- 5 Retrain and Rewire
- 6 Perform and Optimize



3 PRINCIPLES OF CARE



For practically all of our patients, there are three key areas of focus and principles of care that our treatment plans utilize to affect positive change in your condition. All 3 of these principles are interrelated with one another, impacting the entirety of your health.



IMPROVE CELLULAR HEALTH

Improving cellular health is crucial in treating neurological injuries and chronic health conditions because healthy cells are the foundation of tissue repair, energy production, and optimal brain function. When cells function properly, they can better manage inflammation, detoxify efficiently, and support the regeneration of damaged tissues. Enhancing cellular resilience helps restore balance in the body, accelerating recovery and improving long-term outcomes.



MODULATE INFLAMMATION

Modulating inflammation is essential when treating neurological injuries and chronic health conditions because uncontrolled inflammation can damage tissues, disrupt neural signaling, and slow healing. By calming excessive inflammatory responses, the body can focus on repair, reduce pain, and restore balance to the immune and nervous systems. Strategic inflammation modulation creates the internal environment needed for long-term recovery and resilience.



STIMULATE NEUROPLASTICITY

Stimulating neuroplasticity is vital in treating neurological injuries and chronic health conditions because it enables the brain to rewire itself, form new connections, and compensate for damaged areas. This adaptive capacity supports functional recovery, cognitive improvement, and emotional resilience. By promoting neuroplasticity, we tap into the brain's natural ability to heal, adapt, and restore lost capabilities.



ABOUT NEUROPLASTICITY

Neuroplasticity refers to the central nervous system's capacity to adapt structurally and functionally in response to internal and external stimuli. This includes the formation of new synaptic connections, strengthening of existing pathways, and, in some cases, the reassignment of functional roles to different brain regions.

Following neurological injuries such as stroke, traumatic brain injury (TBI), or concussion, as well as many chronic health conditions, neuroplasticity plays a critical role in recovery. These injuries and chronic conditions often disrupt established neural circuits responsible for motor, cognitive, or sensory functions.

By engaging neuroplastic mechanisms through targeted rehabilitation—such as task-specific training, sensory stimulation, or repetitive movement—clinicians can promote reorganization within the brain. This allows intact areas to assume functions previously managed by damaged tissue, leading to measurable improvements in function and overall neurorehabilitation outcomes.

NEUROPLASTICITY REQUIRES 5 THINGS:

Attention + Purpose + Novelty + Repetition + Fun
The 4 F's: Frquency, Focus, Fun, Frustration

The brain LOVES new things. If we can be focused and purposeful with those new things, it sparks the beginnings of neuroplasticity—or the brain's ability to restructure its connections, synapses, and neurotransmitters based on the experiences it is delivered.

With all the hype around technologies and supplements to improve neuroplasticity, we wanted to remind you there are plenty of “low tech” ways to coax your brain to change.

1. Read a fiction book
2. Learn a new language
3. Try a new restaurant/food style
4. Adventure into the wilderness
5. Meet new people
6. Go for a walk using a new route
7. Travel
8. Do a puzzle
9. Listen to a new genre of music
10. Community connection
11. Learn a new hobby
12. Dance and sing
13. Sunlight
14. Positive thoughts/mindset
15. Acts of kindness
16. Journal your day
17. Move your body
18. Practice gratitude
19. Seek new experiences
20. Meditate and breathe



THE BIG 5

We begin treatment by addressing and guiding The Axon Big 5, as these provide a necessary foundation for healing, recovery, and ongoing wellness, regardless of your condition.



SLEEP

Proper sleep supports brain detoxification, regulates inflammation, promotes neuroplasticity, and allows for critical cellular repair processes to occur. We will help you understand good sleep hygiene and practices to improve your sleep.



MOVEMENT / EXERCISE

Movement and exercise stimulate neuroplasticity, improve circulation, reduce inflammation, and support the recovery of motor function, balance, and overall systemic resilience. We will help you understand which physical activities can improve coordination and neural plasticity.



NUTRITION

Proper nutrition is essential for healing from neurological injuries and chronic health conditions because it provides the critical nutrients required for cellular repair, neurotransmitter synthesis, inflammation regulation, and optimal brain and immune system function.



BREATHWORK

By breathing properly, as well as utilizing a range of different breathwork techniques, one can ensure proper oxygenation, vagus nerve stimulation, and nervous system regulation.



COMMUNITY

Meaningful social connection reduce stress, foster emotional resilience, and activate neurobiological pathways that support recovery and overall well-being.

SLEEP

The importance of sleep cannot be overstated, as it is the main way the body and brain recover. Poor sleep can significantly hinder recovery and growth, while proper sleep can provide a range of health benefits across the entire body. Here are some simple, effective methods for improving your overall sleep quality.



1 CONSISTENT SLEEP SCHEDULE

Establishing a regular sleep schedule helps regulate your body's internal clock. Aim to go to bed and wake up at the same times every day, even on weekends.



2 CREATE A RESTFUL SLEEP ENVIRONMENT

Design your bedroom to promote sleep. Ensure a comfortable mattress and pillows, control the room temperature, and minimize noise and light disturbances. Avoid working from your bedroom as you will associate it with work rather than rest.



3 LIMIT SCREEN TIME

The blue light emitted by electronic devices can interfere with your sleep-wake cycle. Avoid screens at least an hour before bedtime, in needed turn brightness all the way down. Avoid reading on tablets before bed, opt for a paper book.

4 MINDFUL EATING AND DRINKING

Avoid heavy meals, caffeine, and alcohol close to bedtime. These substances can disrupt your sleep and hinder your brain's ability to enter restorative sleep cycles.

5 REGULAR PHYSICAL ACTIVITY

Engaging in regular exercise can improve sleep quality. However, avoid vigorous workouts close to bedtime, as they may energize your body. Try flow exercises like yoga before bed if you have trouble falling asleep.





6

STRESS MANAGEMENT

High stress levels can negatively impact sleep. Incorporate relaxation techniques such as meditation, deep breathing, or gentle yoga into your routine to promote better sleep.

7

LIMIT NAPS

While short naps can be revitalizing, excessive daytime napping can interfere with nighttime sleep. If you need to nap, aim for a short duration (20-30 minutes) earlier in the day.

8

LIMIT BEDTIME CLOCK-WATCHING

Constantly checking the clock can create anxiety about not getting enough sleep, making it harder to fall asleep.

9

WIND DOWN ROUTINE

Establish a calming pre-sleep routine to signal to your body that it's time to relax. This could include reading, taking a warm bath, or practicing relaxation exercises. Don't try to park your car going 60mph.

10

VIEWING SUNSET AND SUNRISE

Taking a walk outside during these times (without sunglasses) will help set your circadian clock, encouraging proper sleep patterns, decreasing the negative effect of light intake after sunset.

MOVEMENT

The brain loves movement. Here are some basic ways to move your body for brain health, cardiovascular health, strength, mobility, and more.



DAILY WALKS

20 mins; 2x daily (AM & PM)

Leave your phone or keep it away, focus on your environment and try to view horizon as much as possible.

If you are tracking Heart Rate, aim for Zone 2 Cardio (60-70% of your Max HR = 220-your age)

MOBILITY ROUTINE

30 mins; 3-4x/week

Whether these are the exercises we prescribed to you, or a yoga flow in addition to the exercises, a daily mobility routine will be important moving forward. We need to remain in control of full Range of Motion.

AEROBIC TRAINING

20 mins; 2-4x/ week

Improving blood flow to the body and brain is a key component to the healing journey, delivering much needed fuel and nutrients while exposing of debris, inflammation, and metabolic waste.

Whether your favorite form of aerobic exercise is running, biking, rowing, or swimming- we should be performing 20 straight minutes of this activity as often as possible.

Start slow and work your way up, take breaks when needed, and don't forget to breathe.



RESISTANCE TRAINING

30 mins; 2-4x/ week

Resistance exercises are extremely important for our health, as they improve muscle strength, ligament and tendon strength, and bone density. We are happy to provide guidance and exercise programs in detail.

If you need in-gym help, look for a personal trainer or ask us for a referral. Here are a few basic movements that can benefit everyone (limit movement and load to tolerance, injury should not prevent practicing a movement):

SQUAT



DEADLIFT



**LEG
EXTENSION**



**HAMSTRING
CURL**



**STANDING
CALF RAISE**



**BENCH
PRESS**



**LAT
PULLDOWN**



**SINGLE ARM
DELTOID RAISE**



FOODS

for ENHANCED BRAIN HEALTH

Incorporate more of these into your regular diet.

FATTY FISH

Rich in omega-3 fatty acids, fish like salmon, trout, and sardines support brain structure and function, aiding memory and cognitive performance.



MEATS

GRASS-FED, PASTURE-RAISED, HORMONE-FREE

Meats like Beef, Pork, Duck, and Chicken can be great sources of whole protein and fat to fuel the body and nervous system.



BERRIES

Blueberries, strawberries, and other dark-colored berries are packed with antioxidants that help protect the brain from oxidative stress and improve communication between brain cells.



LEAFY GREENS

Spinach, kale, and other leafy greens contain vitamins, minerals, and antioxidants that contribute to improved cognitive function.





NUTS AND SEEDS

Almonds, walnuts, flaxseeds, and chia seeds provide healthy fats, vitamin E, and antioxidants, supporting brain health.



WHOLE GRAINS

Foods like brown rice, basmati/long grain rice, quinoa, and oats offer a steady release of energy to the brain, enhancing focus and concentration.



TEA

Tea can help improve inflammation levels through various herbs and leaf combinations.



TURMERIC

Curcumin, found in turmeric, has anti-inflammatory and antioxidant effects that may benefit brain health.



DARK CHOCOLATE

Dark chocolate with high cocoa content contains flavonoids, caffeine, and antioxidants that may enhance memory and mood.

FOODS TO LIMIT or REMOVE



Try to remove, or at least significantly reduce, these from your regular diet.

GLUTEN

Some individuals may experience brain fog and cognitive issues due to gluten sensitivity. Opt for gluten-free grains like rice, quinoa, potatoes, and oats.



DAIRY

High saturated fat content in dairy products might have negative effects on cognition. Explore dairy alternatives like goat cheese, and almond or coconut milk (avoid oat milk as it spikes blood sugar worse than candy).



ADDED SUGAR

Excessive sugar intake may lead to inflammation and negatively impact brain health. Avoid refined sugar and choose natural sweeteners like honey, or opt for fruits.



PROCESSED FOODS

High levels of additives, preservatives, and unhealthy fats in processed foods can hinder cognitive function. Prioritize whole, unprocessed foods. If it comes in a pretty package-it probably is not good for you. Shop the perimeter of the grocery store (produce and meats) while limiting the aisles to only essentials (rice, cans, seasonings, nuts, coffee, tea).



Cultivating

A Healthy Relationship With Food

1

MINDFUL EATING

Pay attention to your body's hunger and fullness cues. Eat slowly and savor each bite to enhance satisfaction and digestion.

2

CHEW YOUR FOOD

Aim for 30 chews before swallowing. Digestion starts in the mouth, give your gut the chance to fully absorb the nutrients in the food you eat by breaking them down before getting to the stomach.

3

VARIETY

Consume a diverse range of foods to ensure you get a wide spectrum of nutrients that support brain health.

4

80 / 20

80% of the time we eat for fuel and brain-body-mind health, and the other 20% we can eat for indulgences.

5

HYDRATION + BALANCED MEALS

Drink plenty of water and include a balance of complex carbohydrates, healthy fats, lean proteins, and fiber in your meals to provide sustained energy, optimal brain function, and stable mood.

6

PORTION CONTROL

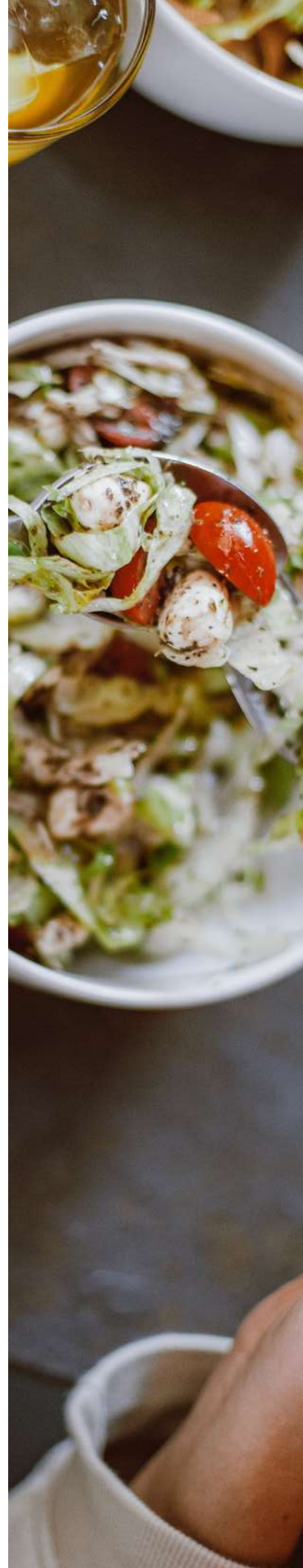
Be mindful of portion sizes to avoid overeating and promote overall well-being.

7

STRESS MANAGEMENT

Practice stress-reducing techniques like meditation, yoga, and deep breathing to prevent stress-induced unhealthy eating habits.

By incorporating brain-boosting foods and fostering a positive relationship with what you eat, you can take significant steps towards optimizing your brain health. Remember, small, consistent changes can lead to lasting benefits for your brain, body, and mind.



BREATHWORK

The Natural Balancer



Breathwork is a powerful tool that can positively impact both your physical and mental well-being. Incorporating different breathwork styles into your routine can help manage stress, improve focus, and enhance overall health.

Below are explanations and step-by-step guides for various breathwork styles you can practice at home:

PHYSIOLOGICAL SIGH

The physiological sigh helps reset your respiratory system and can promote relaxation.

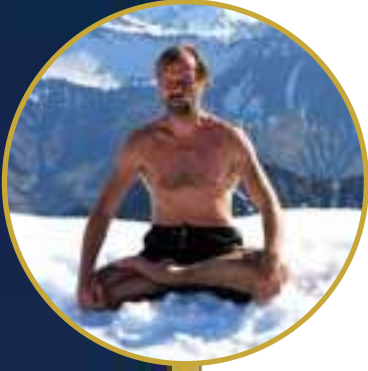
1. Find a comfortable seated or lying position.
2. Inhale deeply through your nose, three consecutive inhales, expanding your chest and belly.
3. Hold your breath for a moment.
4. Exhale slowly and audibly with a sigh, releasing tension.
5. Repeat for 3-5 cycles.

BOX BREATHING

Box breathing, also known as square breathing, can help regulate the nervous system, reduce stress, and improve concentration.

1. Find a comfortable seated or lying position.
2. Inhale for a count of 4.
3. Hold your breath for a count of 4.
4. Exhale for a count of 4.
5. Pause and hold your breath for a count of 4.
6. Repeat for 4 cycles, gradually increasing to 6 or 8 seconds.





WIM HOF BREATHING

Wim Hof breathing can enhance energy levels, improve focus, and boost the immune system

1. Find a comfortable seated or lying position.
2. Take 30 rapid, deep breaths. In through the nose, out through the mouth.
3. Exhale fully and hold your breath on the last exhale (until you feel the urge to breathe).
4. Inhale deeply.
5. Hold for 10-15 seconds.
6. Exhale fully.
7. Repeat for 3 rounds.



UJJAYI BREATH (OCEAN BREATH)

Ujjayi breath, commonly used in yoga, can calm the nervous system and increase oxygenation.

1. Find a comfortable seated or lying position.
2. Inhale deeply through your nose, with a slight constriction in the back of your throat, creating an audible sound reminiscent of ocean waves or Darth Vader.
3. Keeping this slight constriction at the back of the throat, exhale through your nose.
4. Repeat breathing this way for 5-10 minutes, aiming to make the inhales and exhales equal in length.



BREATH OF FIRE (KAPALABHATI)

Breath of Fire can energize the body, clear the mind, and enhance lung capacity.

1. Sit comfortably with a straight spine.
2. Inhale deeply.
3. Exhale forcefully through your nose by contracting your abdomen.
4. Let the inhalation happen passively.
5. Start with 30 breaths and gradually increase.

ALTERNATE NOSTRIL BREATHING (NADI SHODHANA)

Nadi Shodhana helps balance the left and right sides of the brain, promoting focus and reducing stress.

1. Sit comfortably with a straight spine.
2. Use your right thumb to close off your right nostril.
3. Inhale through the left nostril.
4. Release your thumb from your right nostril and close off the left nostril with your ring finger.
5. Exhale through the right nostril.
6. Inhale through the right nostril.
7. Release ring finger from left nostril and close off your right nostril.
8. Exhale through the left.
9. Repeat steps 3-8 for 5-10 minutes.



LION'S BREATH

Lion's Breath can release tension, increase energy, and stimulate the lymphatic system.

1. Get into a hands-and-knees, or standing tall position.
2. Inhale deeply through your nose.
3. Exhale forcefully through your mouth, sticking your tongue out and making a "ha" sound (like a lion).
4. Repeat for 1-2 minutes.



REMEMBER

to listen to your body and start with a duration that feels comfortable. As you become more familiar with these techniques, you can gradually extend the duration of your practice. Incorporate these breath work styles into your routine to experience the numerous benefits they offer.

COMMUNITY

The heartbeat of healing through connection and support.



Community plays a vital role in the healing journey for individuals recovering from a brain injury, chronic health condition, or neurodegenerative disease. Beyond the physical and medical aspects of recovery, healing is deeply influenced by emotional support, social connection, and a sense of belonging.

A strong community provides encouragement during difficult moments, helps reduce feelings of isolation and anxiety, and reinforces the patient's motivation to continue with treatment and self-care. Whether it's family, friends, caregivers, or support groups, being surrounded by compassionate and understanding people can significantly enhance resilience, improve mental health, and ultimately foster a more holistic and sustainable path to healing.



In addition to providing emotional encouragement and reducing feelings of isolation, community, friendship, and support play a crucial role in reinforcing identity and restoring a sense of normalcy for those navigating brain injuries, chronic health conditions, or neurodegenerative diseases.

These conditions often disrupt a person's daily routines, roles, and self-image, leading to disorientation or loss of purpose. Supportive relationships can help rebuild confidence and remind individuals of their inherent value beyond their diagnosis.

Friends and community members also serve as practical allies—assisting with tasks, advocating within medical systems, and helping individuals stay engaged in meaningful activities.

Moreover, sharing experiences with others who understand the journey fosters empathy, validation, and hope, all of which are essential for long-term resilience and recovery.

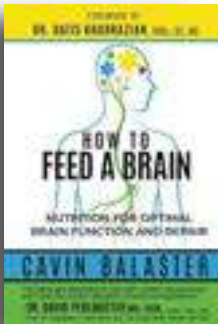


"We don't heal in isolation, but in community."
- S. Kelley Harrell

RECOMMENDED READING



These books may be helpful resources during your health journey.



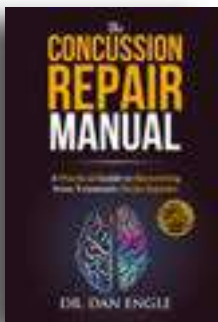
How to Feed a Brain

Nutrition for Optimal Brain Function and Repair
Cavin Balaster



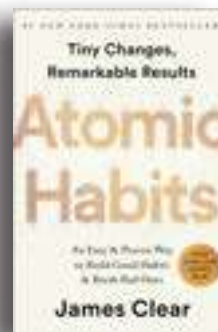
Disconnected Kids

The Groundbreaking Brain Balance Program™ for Children with Autism, ADHD, Dyslexia, and Other Neurological Disorders
Dr. Robert Melillo



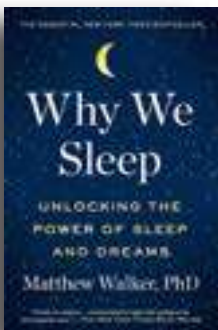
The Concussion Repair Manual

A Practical Guide to Recovering from Traumatic Brain Injuries
Dr. Dan Engle



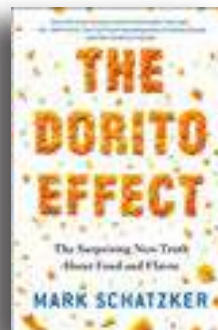
Atomic Habits

An Easy & Proven Way to Build Good Habits & Break Bad Ones
James Clear



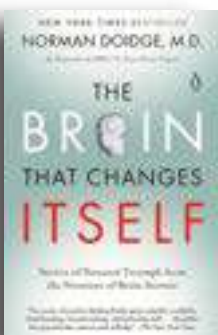
Why We Sleep

Unlocking the Power of Sleep and Dreams
Matthew Walker, PhD



The Dorito Effect

The Surprising New Truth About Food and Flavor
Mark Schatzker



The Brain That Changes Itself

Stories of Personal Triumph from the Frontiers of Brain Science
Norman Doidge, M.D.



Be Here Now

Ram Dass

VAGUS NERVE STIMULATION EXERCISES

Find calmness by activating your parasympathetic nervous system.

The vagus nerve, a crucial part of the parasympathetic nervous system, plays a significant role in regulating various bodily functions, including heart rate, digestion, and inflammation. Stimulating the vagus nerve has been associated with numerous health benefits, such as reduced stress, improved mood, and enhanced overall well-being.

Incorporating these at-home vagus nerve stimulation techniques into your routine can contribute to improved well-being and a healthier nervous system. Remember to be consistent in your practice.

HUMMING

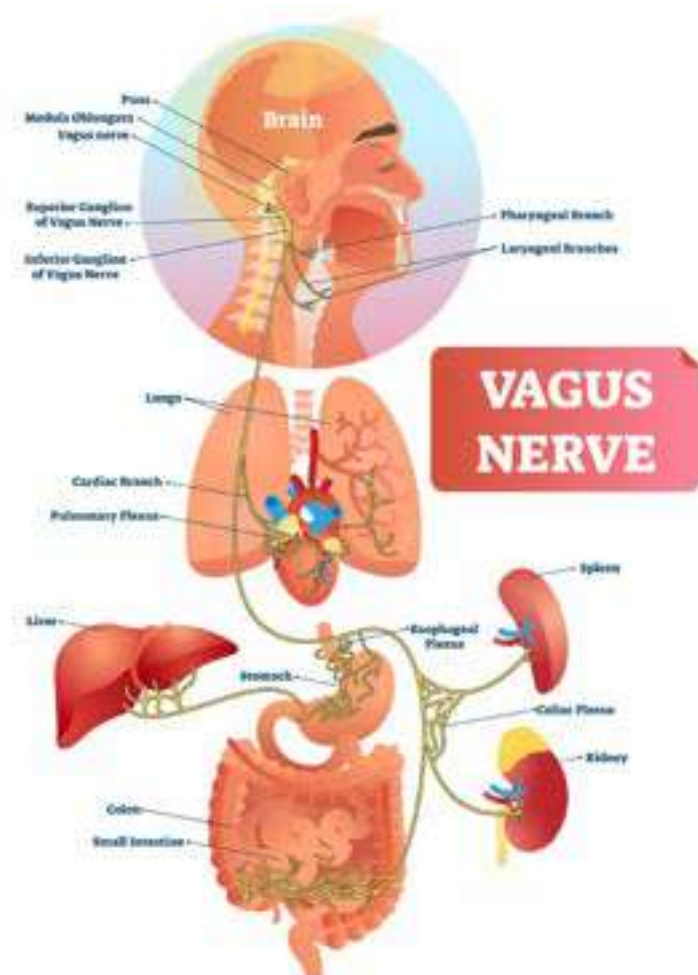
Humming stimulates the vocal cords, which are directly connected to the vagus nerve. This technique can enhance vagal tone, promoting relaxation and reducing stress, while also improving respiratory function and increasing blood flow to the brain.

1. Find a quiet space to sit comfortably.
2. Inhale deeply through your nose.
3. Exhale slowly while producing a continuous humming sound.
4. Repeat for 5-10 minutes.

GARGLING

Gargling activates the muscles at the back of the throat connected to the vagus nerve. This technique can help improve vagal tone and enhance digestive function. Gargling may also contribute to reducing inflammation.

1. Take a sip of warm water.
2. Tilt your head back and gargle for 30 seconds.
3. Spit out the water and repeat as needed.



SINGING

Singing involves controlled breathing, which stimulates the vagus nerve, improves respiratory function, and increases heart rate variability. Singing may elevate mood and reduce stress.

1. Choose a favorite song or melody.
2. Sing along at a comfortable volume, or jam out
3. Focus on deep, controlled breaths while singing.
4. Practice for 10-15 minutes (3-6 songs) per day.

AT-HOME E-STIM

Electrical stimulation can directly activate the vagus nerve, improving vagal tone, potentially reducing inflammation and stress, improving calmness and stress response as well as benefiting sleep.

1. Purchase a safe and FDA-approved at-home electrical stimulation device from Axon
2. Proper placement of electrode is different per manufacture, generally the clips go on the LEFT ear and should be flush.
3. Engage in short sessions of 10-15 minutes.
4. See single page handout for more details

DIDGERIDOO

Didgeridoo playing requires controlled circular breathing, stimulating the vagus nerve. It can improve respiratory function, increase vagal tone, enhance overall lung capacity, and improve respiratory health.

1. Obtain a didgeridoo or a similar instrument.
2. Practice continuous, rhythmic playing, focusing on controlled breaths.
3. Play for 15-20 minutes.



OTHER WAYS TO IMPROVE YOUR HEALTH

Creativity & Self-Expression

EXPRESSION OF EMOTIONS

Creativity provides an outlet for individuals to express complex emotions that may be challenging to articulate verbally. Engaging in creative activities, such as painting, writing, or music, allows for a non-verbal communication of feelings, fostering emotional release and understanding.

STRESS REDUCTION

The act of creating art can be meditative, promoting relaxation and reducing stress levels. Immersing oneself in a creative process shifts focus away from daily stressors, offering a therapeutic escape.

BOOSTING COGNITIVE FUNCTION

Creative activities stimulate the brain, enhancing cognitive function and problem-solving skills. Cognitive engagement in artistic pursuits has been linked to improved memory, attention, and overall mental agility.

VALIDATION OF PERSONAL EXPERIENCE

Creating art that reflects personal experiences validates one's narrative, promoting a sense of authenticity and acceptance.



Individuality & Uniqueness

EMPOWERMENT THROUGH SELF-DISCOVERY

Embracing one's individuality encourages self-exploration and self-awareness. Discover and celebrate your unique perspectives, fostering a sense of empowerment and confidence.

IDENTITY DEVELOPMENT

Individuality expression allows individuals to explore their identity, values, and beliefs. Through the creative process, one can navigate personal growth and gain a deeper understanding of who they are.

CULTIVATING AUTHENTICITY

Embracing uniqueness in life encourages authenticity and genuine self-expression. The process of creating something truly one-of-a-kind fosters a sense of pride and accomplishment.

RESILIENCE BUILDING

Embracing uniqueness in life helps individuals develop resilience in the face of criticism or societal expectations. Celebrating one's differences can build resilience, promoting mental well-being.

COMMUNITY CONNECTION

Appreciating the uniqueness of others' fosters a sense of community and shared creativity. Recognizing and celebrating diversity in expression promotes a more inclusive and supportive environment.



Gratitude & Brain Health



STRESS REDUCTION

CORTISOL REGULATION

Gratitude practice has been linked to lower levels of cortisol, the stress hormone. Regular acknowledgment of positive aspects of life may contribute to a more regulated cortisol response, reducing the physiological effects of chronic stress on the nervous system.

SYMPATHETIC & PARASYMPATHETIC BALANCE

Gratitude practices promote a balance between the sympathetic (fight or flight) and parasympathetic (rest and digest) branches of the nervous system. By fostering a state of relaxation, gratitude can mitigate the harmful effects of chronic stress on the nervous system.



ENHANCED EMOTIONAL REGULATION

NEUROTRANSMITTER INFLUENCE

Gratitude has been associated with increased production of neurotransmitters like dopamine and serotonin, which play crucial roles in mood regulation. Improved neurotransmitter balance contributes to more stable emotional states and supports overall nervous system health.

AMYGDALA MODULATION

Regular gratitude practice may positively influence the amygdala, a key brain region involved in emotional processing and the stress response. This modulation can enhance emotional resilience and reduce the impact of negative stimuli on the nervous system.



IMPROVED SLEEP QUALITY

MELATONIN PRODUCTION

Gratitude practices have been linked to improved sleep quality, partly through the facilitation of melatonin production. Adequate and quality sleep is crucial for nervous system repair and regeneration.

REDUCED INSOMNIA SYMPTOMS

Gratitude interventions have shown promise in reducing symptoms of insomnia, contributing to a more relaxed and rejuvenated nervous system.

DAILY TIPS FOR A HEALING MINDSET



SET A ROUTINE

Establishing a consistent daily routine helps regulate the nervous system, improve sleep quality, and reduce cognitive and emotional overload. Predictable structure provides a sense of safety and stability, which is especially important for brains recovering from trauma or dysregulation. Routine also supports adherence to therapeutic practices—such as nutrition, movement, therapies, or cognitive rehab—by building them into the rhythm of daily life, making healing more sustainable over time.

A.M. Routine: Electrolytes, sunshine, movement THEN food and caffeine

P.M. Routine: Watch the sun go down, no screens or bright fluorescent lights before bed

FOCUS ON ADDING, NOT SUBTRACTING

It is much more empowering to focus on the new foods, practices, therapies, and activities you'll be incorporating into your life than to focus on what you'll be cutting out. Cut out processed junk food and reduce social media time, but don't dwell on them. You are making these choices out of love for yourself, and you can allow yourself to be excited by the new additions to your lifestyle. We recommend it!

BE CONSISTENT

The brain and body require consistent effort and attention to evoke a large change. It's important to remember that many small changes add up to a massive potential for change.





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