

ONCE PER MONTH OPTIMIZATION SCHEDULE
TRAUMATIC BRAIN INJURY (TBI)

DAY 1	DAY 2	DAY 3	DAY 4
REDLIGHT BED		REDLIGHT BED	
10:00 - 10:15		10:00 - 10:15	
WHOLE BODY VIBRATION			
11:30 - 11:45			
PEMF	PEMF	PEMF	PEMF
12:50 - 1:20	12:50 - 1:20	12:50 - 1:20	12:50 - 1:20
NANOVI	NANOVI	NANOVI	NANOVI
1:30 - 2:00	1:30 - 2:00	1:30 - 2:00	1:30 - 2:00
VIELIGHT ALPHA	VIELIGHT ALPHA		VIELIGHT ALPHA
2:00 - 2:15	2:00 - 2:15		2:00 - 2:15
NEUROPTIMAL			NEUROPTIMAL
2:20 - 2:40			2:20 - 2:40
	TCDS	TCDS	TCDS
	3:10 - 3:30	3:10 - 3:30	3:10 - 3:30
	VASPER		VASPER
	4:00 - 4:15		4:00 - 4:15
CAROL BIKE		CAROL BIKE	
6:00 - 6:15		6:00 - 6:15	
	CRYOTHERAPY		CRYOTHERAPY
	7:10 - 7:20		7:10 - 7:20

REDLIGHT BED: Full-body cold-laser light therapy. Photobiomodulation reduces systemic inflammation which is very often present with neurological issues, thyroid hormone balance, red wavelengths used in our bed promote mitochondrial stimulation for cellular repair and regeneration.

ARX: Resistance training increases the presence of Brain-Derived Neurotrophic Factor by 98%. Training with ARX just once per week for under 10 minutes stimulates the production of BDNF, the most powerful neurotrophin, or neuron-repairing and neuro-generating compound found in the body.

WHOLE-BODY VIBRATION, FITNESS LEVEL 2: Stimulate Hormone cascade, activates mitochondria, brain energy and healing

PULSE PEMF: At least 3 times per week, 4 if possible, for minimum 30 or maximum 60 minutes per time.

Accessory placement:

- 15 to 30 minutes- paddles on opposite sides of head (10 to 20 minutes at 7.8 pulses and 50 hz power or until just below discomfort)
- 15 to 30 minutes- square pad over chest to increase organ function/adrenal balance

NANOVI: repair cellular damage at the level of DNA. Signals body to repair itself, including the brain.

VIELIGHT-ALPHA: Repairs brain cells by shining specific frequency of light onto the brain to stimulate ATP/Cellular function

NEUROPTIMAL NEUROFEEDBACK: Dynamical Neurofeedback twice per week. Allows your brain to experience it's functioning live via audio and visual feedback by reading impulses detected from sensors placed on the scalp. This enables your mind to, again and again, realize the subtle changes that come before a large changes in state/mood. Over time this allows YOU to decide how you feel about a situation how YOU react to new stimuli.

VASPER: cold and compression combine to trigger a hormonal cascade that repairs and restores your body's adrenal and endorphin system. Feel the euphoria of a cardio workout with this advanced approach developed to help you recover even as you do cardio.

TCDS: Ask for help setting up. Transcranial Direct Stimulation, direct electrical stimulation over the brain using precise set ups to treat symptoms, such as difficulty staying in or feeling secure in the present moment, or mood enhancement. We can also target increasing ability to execute complex movements/increase balance.

CRYOTHERAPY: As for assistance to complete. Exposure to extreme cold in short spans of time triggers brain-protective proteins as well as the release of norepinephrine, a stimulating and mood-enhancing hormone. Has also been established to be an excellent modality for decreasing inflammation and increasing the body's ability to recover from injury and between challenges such as athletic and cognitive.