

STRESS

Neurosonic's modern technology is based on low-frequency vibration (oscillation), which resets body homeostasis, brakes (inhibits) in-alarm paths, and allows the body to work more in balance. The most important factor influencing stress is that the autonomic nervous system is balanced, the sympathetic activity decreases (or activates), the parasympathetic increases, and the mediator activity results in positive changes.

How does Neurosonic affect our bodies?

Stress relief from our point of view is primarily the question of restoring the balance of the body. Vibration produced by Neurosonic has different types of effects:

The functioning of the autonomic nervous system equilibrates so that the mediator activity begins to normalize. Stressed people can sleep more easily, nocturnal wake-ups that are subject to surveillance are diminishing or ending completely, and the person feels more peaceful. Mechanisms that improve body function also work better. Specifically, the production of cortisol is reduced, and this means that function of GABA, the most important breaking neurotransmitter, is improved. GABA also protects beta-cells that produce insulin, and Neurosonic devices have a clear blood sugar-lowering effect on type 2 diabetes.

Stress-related pain

Unexplained pain caused by stress is relieved or disappears, headaches are relieved and muscles relax as sympathetic activity decreases while vibration (motion) causes circulation and circulation of fluid to become more effective. Wellbeing experiences grow and this is psychologically very important for stress tolerance. All of these effects are linked to the quality of sleep and especially to the fact that it becomes restorative.

Negative stress

In a negative and long-lasting stress mode, the human body does not function normally, but stress is always a threat when the body is placed in a "fight or flight" mode. Physiologically, this means that the HPA axis between the brain and the adrenal cortex is overactivated and the body continuously produces too much cortisol, a mediator associated with survival. In addition, adrenaline levels are too high.

Physical stress can cause vague and inexplicable psycho-physical pain, abdominal symptoms, insomnia, and anxiety. Long-term stress can lead to depression due to neurodevelopmental changes, psychological pressure, and impaired sleep quality. Mostly, we experience stress as a psychological phenomenon, and we do not necessarily think that stress is actually a physiological imbalance affecting our body's functions. The most important task of the body is to maintain life and all the activities that threaten it cause stress reactions in us in an individual way. The most typical stress reaction is the disturbance of falling asleep and sleeping.

Physical stress needs to be tackled by the body

In order to get rid of bodily stress, the imbalance in the body must be physiologically influenced, because by thinking, this influence is a much slower process. This is due to the structures of our brains, primarily the connections between the limbic system and the cortex as well as the frontal lobes of the brain. When the body is calmed down, changes in thinking about stress factors are much easier.

The overall effect is displayed through e.g. decreased heart pulse, increased heart rate variation (HRV), relaxation of the muscles, loss of headaches and normalization of intestinal function.

The treatment "empties the head" by effectively relaxing and at the same time boosts the nervous system and overall metabolism. Anxiety, restlessness and tension are alleviated, making mental activity more efficient and leaving space for different experiences and creativity.

Customer testimonials:

- Undefined or unexplained pain diminish or disappear
- The use of soothing or sleep medicines is significantly reduced or ends
- Pain eases or disappears
- Anxiety symptoms are relieved or eliminated
- Physical compression sensation decreases or disappears
- The body relaxes, tension disappears
- The brain and vision feels bright and often sharpened
- Working capacity increases
- Improved job performance with less associated stress