

## DeFlame Your Brain 2.0;

Speaker: Amy Cutter, LMT (NY)

### Course description:

Keep it Simple! Not only is this a good overall motto for life in general, it can be empowering when trying to solve many of today's challenges; especially where photobiomodulation is concerned. In one information packed hour, we will review everything from anxiety, and better breathing techniques, to vagal nerve stimulation. We will also discuss sleep hygiene and learn insanely simple PBM pointers to improve this often overlooked yet vitally important aspect of maintaining health. Amy brings her background in music, massage and lifelong love of Chiropractic together in simple, neurologically based exercises and applies photobiomodulation to them. This synergistically produces exponentially better results. DeFlame Your Brain 2.0, picks up where DeFlame Your Brain left off, adding new research and techniques.

### Course summary:

In this 50-minute course you will learn specific protocols that treat a variety of issues utilizing photobiomodulation and neurologically based exercises. You will:

- Learn easy to apply, neurologically based exercises to handle anxiety and panic attacks. (12 min)
- Learn several different breathing techniques designed to help calm the brain and improve vagal tone. (12 min)
- Discover strategic anatomical points to laser to strengthen vagal tone. (11 min)
- Learn which brain waves are helping you heal and how to strengthen them with the healing energy of photobiomodulation. (15 min)

The class will demonstrate advanced yet very simple processes that will allow you to efficiently and effectively begin utilizing photobiomodulation and neurology in your daily life and practice.