



SPECIALTY 01 · ANS

Psychology · Mental health

Anxiety, mood, sleep and emotional regulation through the autonomic nervous system.

16 SHEETS

What NESA modulates (and what it doesn't)

NESA does not treat or cure any of the conditions covered in these sheets. Its non-invasive neuromodulation acts on the autonomic nervous system (ANS) to help relieve the symptoms associated with its dysregulation —dysautonomia— that accompanies each condition. It does not replace diagnosis, medication or the professional's judgement: it supports them.

IN PLAIN WORDS, FOR THE PATIENT



Your body runs on electricity

Every heartbeat, movement and thought travels as a tiny electrical signal along your nerves.



The ANS is your autopilot

The autonomic nervous system quietly runs your heart, breathing, digestion and sleep — without you thinking about it.



It has an accelerator and a brake

The "sympathetic" switches you on; the "parasympathetic" calms you down. Health is when they take turns at the right time.

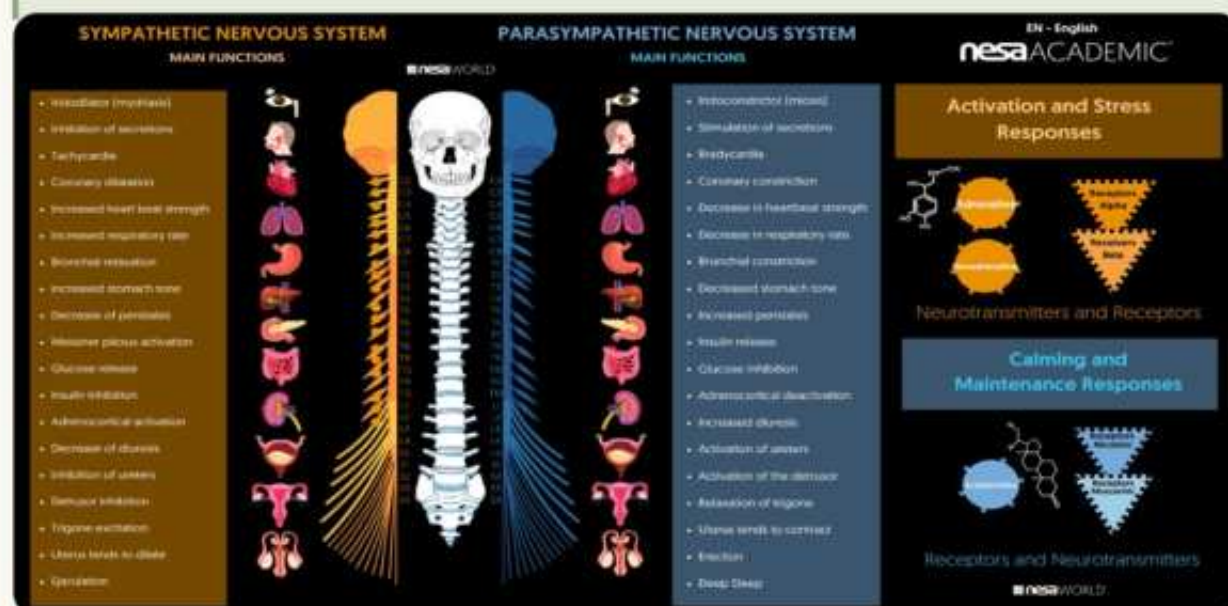


NESA speaks that language

Very gentle microcurrents through hands and feet help the accelerator and brake find their balance again.



Safe and imperceptible. No needles, no heat: the current is so faint it stays below what you can feel. Most people notice nothing during the session.



Main functions of the sympathetic and parasympathetic branches: the physiological ground —the ANS— on which NESA neuromodulation acts.

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Anxiety and your nervous system

When your body stays on alert even though there's no danger.

1 PHASE 1 Do you recognise yourself?

- ✓ A mind that won't switch off
- ✓ Racing heart
- ✓ Tiredness
- ✓ Muscle tension
- ✓ Constant worry
- ✓ Trouble sleeping

“ Does your mind keep racing without pause?

“ Is your body tense even when nothing's wrong?

3 PHASE 3 The cycle

- 1 Worry appears.
- 2 The body switches on (heart, tension).
- 3 That arousal feeds more worry.

↻ AND IT STARTS AGAIN

4 PHASE 4 How NESA helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

- ~ Helps re-engage the brake to turn down the alarm when there's no real danger.

2 PHASE 2 What happens in your nervous system

Picture a fire alarm going off... with no fire. Your nervous system has an “accelerator” and a “brake”, and right now they're out of balance.

⚡ Accelerator

Sympathetic - stuck on: constant alertness.

⏸ Brake

Parasympathetic - not kicking in: the body won't settle.

In anxiety, the accelerator takes over and the brake barely engages.



A calmer body so therapy lands better.



Electrodes on hands and feet - painless microcurrents.

5 PHASE 5 With your therapist & what you may notice

♥ With your therapist

NESA **does not replace** your therapy: it prepares a calmer body so your work in session lands better.

✓ What you may notice

- ✓ More calm
 - ✓ Better rest
 - ✓ Less tension
- Results vary from person to person.



Depression and your nervous system

When everything feels dimmed and drained of energy.

1 PHASE 1 Do you recognise yourself?

- ✓ No energy or drive
- ✓ Disturbed sleep
- ✓ Hard to enjoy things
- ✓ Sadness
- ✓ Altered appetite
- ✓ Slowed thinking

“ Do you feel drained even after resting?

“ Have you stopped enjoying what you used to love?

3 PHASE 3 The cycle

- 1 Energy drops.
- 2 You do less.
- 3 Less reward and more low mood.

↻ AND IT STARTS AGAIN

4 PHASE 4 How NESA helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

- ~ Helps restore rhythm and variability: more energy and restorative rest.

2 PHASE 2 What happens in your nervous system

Picture a grey day where the brightness has been turned down on everything. Your nervous system has an “accelerator” and a “brake”, and right now they’re out of balance.

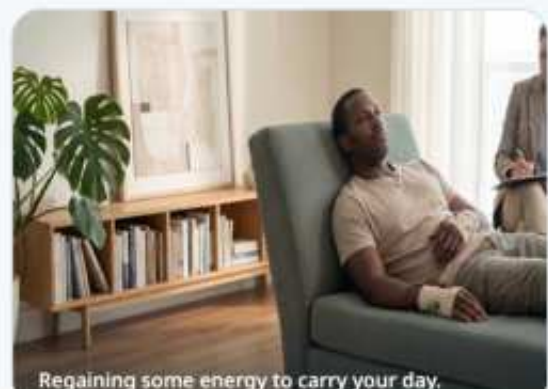
⚡ Accelerator

Sympathetic - no drive: hard to get going.

⏸ Brake

Parasympathetic - everything at half power, no rhythm.

In depression, the system loses its healthy rhythm and the body runs at low power.



Regaining some energy to carry your day.



A NESA session: microcurrents that rebalance your ANS.

5 PHASE 5 With your therapist & what you may notice

♥ With your therapist

NESA **does not replace** your therapy: with more energy you can sustain therapy and habits better.

✓ What you may notice

- ✓ A little more energy
 - ✓ Better rest
 - ✓ Steadier mood
- Results vary from person to person.



Addiction and your nervous system

When the urge overpowers you, even when you know it harms you.

1 PHASE 1 Do you recognise yourself?

- ✓ Intense urges
- ✓ Thinking about it constantly
- ✓ Relief that fades fast
- ✓ Guilt
- ✓ Loss of control
- ✓ Tension when you can't

“ Does the urge appear and feel hard to resist?

“ Do you seek quick relief again and again?

3 PHASE 3 The cycle

- 1 Tension / stress.
- 2 The urge appears.
- 3 Brief relief... then it returns.

🔄 AND IT STARTS AGAIN

2 PHASE 2 What happens in your nervous system

Picture a reward circuit with the volume turned up too high. Your nervous system has an “accelerator” and a “brake”, and right now they're out of balance.

⚡ Accelerator

Sympathetic - stress and arousal feeding the urge.

🛑 Brake

Parasympathetic - no brake: the urge won't settle.

Stress keeps the accelerator high and the urge finds no brake.



Regaining room and control, step by step.

4 PHASE 4 How NESA helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

🌊 Helps rebalance the ANS and lower the intensity of the urge, creating room.



Placing the electrodes - a non-invasive treatment.

5 PHASE 5 With your therapist & what you may notice

💖 With your therapist

NESA **does not replace** your therapy: that room is where your therapy and strategies do their work.

✓ What you may notice

- ✓ Less intense urges
 - ✓ More calm
 - ✓ A greater sense of control
- Results vary from person to person.



Insomnia and your nervous system

When you're exhausted but, at night, your body won't switch off.

1 PHASE 1 Do you recognise yourself?

- ✓ Hard to fall asleep
- ✓ Waking in the night
- ✓ A busy mind at night
- ✓ Daytime tiredness
- ✓ Unrefreshing sleep

“ Does your mind switch on just as you lie down?

“ Do you wake feeling as if you never rested?

3 PHASE 3 The cycle

- 1 You don't sleep well.
- 2 You worry about not sleeping.
- 3 More arousal → less sleep.

🔄 AND IT STARTS AGAIN

2 PHASE 2 What happens in your nervous system

Picture *a light that won't turn off at night*. Your nervous system has an “accelerator” and a “brake”, and right now they're out of balance.

⚡ Accelerator

Sympathetic - still on through the night.

🛑 Brake

Parasympathetic - doesn't take over at bedtime.

At night the accelerator rules instead of the brake.



Letting the body wind down at night.

4 PHASE 4 How NESA helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

🌊 Helps let the brake take over at night and ease down the revs.



Electrodes on the hands - a comfortable, painless session.

5 PHASE 5 With your therapist & what you may notice

💖 With your therapist

NESA **does not replace** your therapy: it supports your sleep hygiene and routines.

✓ What you may notice

- ✓ Falling asleep more easily
 - ✓ Calmer night-time waking
 - ✓ Restorative rest
- Results vary from person to person.*



Chronic stress and your nervous system

When you run on autopilot and your battery has run flat.

1 PHASE 1 Do you recognise yourself?

- ✓ Exhaustion
- ✓ Irritability
- ✓ A sense of emptiness
- ✓ Loss of motivation
- ✓ Trouble concentrating

“ Do you end the day empty even when you never stop?

“ Do you struggle to switch off and recharge?

3 PHASE 3 The cycle

- 1 High demands.
- 2 No recovery pauses.
- 3 Exhaustion that demands more effort.

🔄 AND IT STARTS AGAIN

4 PHASE 4 How NESA helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

🌊 Helps restore the brake pauses so you can recharge again.

2 PHASE 2 What happens in your nervous system

Picture a battery that never finishes charging. Your nervous system has an “accelerator” and a “brake”, and right now they’re out of balance.

⚡ Accelerator

Sympathetic - has been on far too long.

🛑 Brake

Parasympathetic - no pauses to recharge.

The accelerator has run too long with no brake pauses.



A pause to recharge the battery.



The NESA XSIGNAL system in the clinic.

5 PHASE 5 With your therapist & what you may notice

🤝 With your therapist

NESA **does not replace** your therapy: it supports the changes to habits and boundaries you’re working on.

✓ What you may notice

- ✓ Sustained energy
 - ✓ Better rest
 - ✓ Regaining control
- Results vary from person to person.



Post-traumatic stress and your nervous system

When your body reacts as if the danger were still here.

1 PHASE 1 Do you recognise yourself?

- ✓ Startling easily
- ✓ Intrusive memories
- ✓ Avoiding places or situations
- ✓ Staying on guard
- ✓ Disturbed sleep

“ Does your body fire up at memories or noises?

“ Do you stay on guard even though it's over?

3 PHASE 3 The cycle

- 1 A cue recalls the trauma.
- 2 The body fires up.
- 3 You avoid → it's reinforced.

🔄 AND IT STARTS AGAIN

4 PHASE 4 How NESAs helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

- ~ Helps re-engage the brake and react less intensely, to feel safe.

2 PHASE 2 What happens in your nervous system

Picture *an alarm that learned to go off at any noise*. Your nervous system has an “accelerator” and a “brake”, and right now they're out of balance.

⚡ Accelerator

Sympathetic · fires at cues that are no longer a threat.

⏸ Brake

Parasympathetic · struggles to restore a sense of calm.

The system became **hypersensitive**: the accelerator fires with no real danger.



Feeling the body as a safe place again.



A NESAs session: microcurrents that rebalance your ANS.

5 PHASE 5 With your therapist & what you may notice

🤝 With your therapist

NESAs **does not replace** your therapy: a less reactive body makes your trauma therapy easier.

✓ What you may notice

- ✓ Less intense reactions
- ✓ More calm
- ✓ Better rest

Results vary from person to person.



Panic attacks and your nervous system

When, all of a sudden, your heart races and you can't catch your breath.

1 PHASE 1 Do you recognise yourself?

- ✓ Racing heart
- ✓ Dizziness
- ✓ A feeling something terrible is happening
- ✓ Breathlessness
- ✓ Intense fear

“ Do attacks come out of the blue, with no warning?

“ Do you fear it will happen again?

3 PHASE 3 The cycle

- 1 A bodily sensation.
- 2 Fear of the sensation.
- 3 More arousal → an attack.

🔄 AND IT STARTS AGAIN

4 PHASE 4 How NESA helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

- ~ Helps the brake engage sooner and stronger; less intense spikes.

2 PHASE 2 What happens in your nervous system

Picture a false alarm that switches on every light at once. Your nervous system has an “accelerator” and a “brake”, and right now they’re out of balance.

⚡ Accelerator

Sympathetic - fires all at once, with no real danger.

🛑 Brake

Parasympathetic - slow to step in and calm the spike.

The accelerator fires **all at once** and the brake is slow to engage.



Regaining calm when the body fires up.



Electrodes on hands and feet - painless microcurrents.

5 PHASE 5 With your therapist & what you may notice

🤝 With your therapist

NESA **does not replace** your therapy; it supports your breathing and exposure techniques.

✓ What you may notice

- ✓ Less intense attacks
 - ✓ A greater sense of control
 - ✓ More calm
- Results vary from person to person.



ADHD and your nervous system

When your head races and it's hard to stop and focus.

1 PHASE 1 Do you recognise yourself?

- ✓ Easily distracted
- ✓ Jumping between tasks
- ✓ Impulsiveness
- ✓ Restlessness
- ✓ Hard to get organised
- ✓ Irregular sleep

“ Do you start many things and struggle to finish them?

“ Is it hard to stop and concentrate?

3 PHASE 3 The cycle

- 1 Over-arousal.
- 2 Scattered focus.
- 3 Frustration → more arousal.

↻ AND IT STARTS AGAIN

4 PHASE 4 How NESA helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

~ Helps restore the accelerator/brake balance: calm, focus and rest.

2 PHASE 2 What happens in your nervous system

Picture a *revving engine that can't find the brake*. Your nervous system has an “accelerator” and a “brake”, and right now they're out of balance.

⚡ Accelerator

Sympathetic · dominant: over-arousal.

🛑 Brake

Parasympathetic · self-regulation is hard.

The accelerator dominates and self-regulation is hard.



More calm and focus, including for the youngest.



An adapted NESA session · painless and non-invasive.

5 PHASE 5 With your therapist & what you may notice

♥ With your therapist

NESA **does not replace** your therapy: it supports your work on attention, organisation and self-regulation.

✓ What you may notice

- ✓ More calm
 - ✓ Better focus
 - ✓ Better rest
- Results vary from person to person.*



OCD and your nervous system

When a thought hooks in and you need to do something to ease it.

1 PHASE 1 Do you recognise yourself?

- ✓ Thoughts that keep returning
- ✓ A need to check or wash
- ✓ Constant doubts
- ✓ Time lost to rituals
- ✓ Relief that fades fast

“ Do you repeat actions to feel at ease even when they're already fine?

“ Does your mind hook onto an idea and struggle to let it go?

2 PHASE 2 What happens in your nervous system

Picture a *scratched record repeating the same idea*. Your nervous system has an “accelerator” and a “brake”, and right now they're out of balance.



Accelerator

Sympathetic - keeps alertness high.



Brake

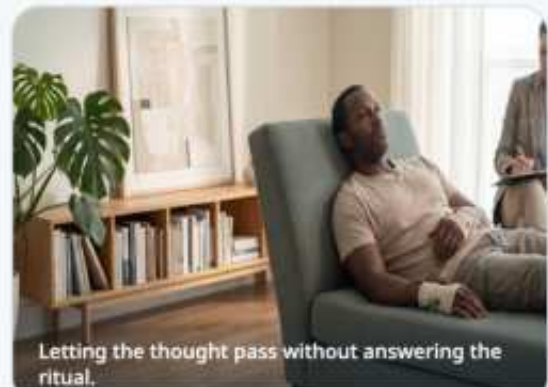
Parasympathetic - doesn't arrive; the doubt won't quiet.

The accelerator keeps alertness up and the doubt won't switch off.

3 PHASE 3 The cycle

- 1 The thought appears.
- 2 Distress rises.
- 3 You do the ritual → brief relief.

🔄 AND IT STARTS AGAIN



Letting the thought pass without answering the ritual.

4 PHASE 4 How NESA helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

~ Helps lower baseline alertness so the doubt presses less and the ritual feels less necessary.



Electrodes on the hands - a comfortable, painless session.

5 PHASE 5 With your therapist & what you may notice

With your therapist

NESA **does not replace** your therapy; a calmer body makes exposure and response prevention easier.

What you may notice

- ✓ Less distress
 - ✓ Less intense rituals
 - ✓ More room to choose
- Results vary from person to person.



Social anxiety and your nervous system

When being around others sets off your body's alarm.

1 PHASE 1 Do you recognise yourself?

- ✓ Fear of speaking or being judged
- ✓ Avoiding gatherings
- ✓ A sense of shame
- ✓ Blushing, sweating or trembling
- ✓ Going over it before and after

“ Do you avoid social situations for fear of embarrassment?

“ Does your body fire up just thinking about being exposed?

3 PHASE 3 The cycle

- 1 A social situation.
- 2 The body fires up and you avoid.
- 3 The relief reinforces the fear.

🔄 AND IT STARTS AGAIN

2 PHASE 2 What happens in your nervous system

Picture a *spotlight you feel is always on you*. Your nervous system has an “accelerator” and a “brake”, and right now they’re out of balance.

⚡ Accelerator

Sympathetic - fires up in social settings.

🛑 Brake

Parasympathetic - doesn't engage: defence mode.

In social settings, the **accelerator fires** and the body goes into defence.



Being with others with a calmer body.

4 PHASE 4 How NESA helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

~ Helps the body react less intensely, so you can face situations more calmly.



Placing the electrodes - a non-invasive treatment.

5 PHASE 5 With your therapist & what you may notice

♥ With your therapist

NESA **does not replace** your therapy: it supports the gradual exposure and social skills you're working on.

✓ What you may notice

- ✓ Less physical arousal
- ✓ Facing situations more calmly
- ✓ More confidence

Results vary from person to person.



Bipolar disorder and your nervous system

When mood and energy rise and fall in big waves.

1 PHASE 1 Do you recognise yourself?

- ✓ Phases of high energy and little sleep
- ✓ Phases of deep low mood
- ✓ Shifts in rhythm and sleep
- ✓ Irritability
- ✓ Hard to find a middle ground

“ Do you swing from huge energy to none at all?

“ Does your sleep change a lot depending on the phase?

3 PHASE 3 The cycle

- 1 The rhythm slips.
- 2 Sleep and energy swing.
- 3 The body destabilises further.

↻ AND IT STARTS AGAIN

4 PHASE 4 How NESA helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

~ Helps stabilise the body's rhythm and sleep, as support for your treatment.

2 PHASE 2 What happens in your nervous system

Picture a swing that flies to the extremes. Your nervous system has an “accelerator” and a “brake”, and right now they're out of balance.

⚡ Accelerator

Sympathetic - swings high during the ups.

⏸ Brake

Parasympathetic - sinks during the downs.

The system **loses stability**: sleep and energy swing widely.



Seeking a steadier centre, day by day.



The NESA X SIGNAL system in the clinic.

5 PHASE 5 With your therapist & what you may notice

♥ With your therapist

NESA **does not replace** your treatment: it complements your medical treatment and follow-up, which is essential in bipolar; it never replaces it.

✓ What you may notice

- ✓ A steadier rhythm
 - ✓ More regular sleep
 - ✓ A greater sense of regularity
- Results vary from person to person.



Eating disorders and your nervous system

When food and your body become a field of tension.

1 PHASE 1 Do you recognise yourself?

- ✓ Preoccupation with food, weight or shape
- ✓ Rigid rules or loss of control
- ✓ Guilt
- ✓ Withdrawing at mealtimes
- ✓ A lot of inner tension

“ Does food take up much of your daily thoughts?

“ Does eating bring on anxiety or guilt?

3 PHASE 3 The cycle

- 1 Tension and rules.
- 2 Anxiety around eating.
- 3 Behaviour and guilt → tension returns.

🔄 AND IT STARTS AGAIN

4 PHASE 4 How NESA helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

- ~ Helps lower baseline tension so you can face meals more calmly.

2 PHASE 2 What happens in your nervous system

Picture an emotional scale that can't find its balance. Your nervous system has an "accelerator" and a "brake", and right now they're out of balance.

⚡ Accelerator

Sympathetic - stress keeps it high.

🛑 Brake

Parasympathetic - the body stays tense.

Stress keeps the accelerator high and food becomes charged with alarm.



More calm around food and the body.



Electrodes on the hands - a comfortable, painless session.

5 PHASE 5 With your therapist & what you may notice

🤝 With your therapist

NESA **does not replace** your treatment: it supports your team's work (psychology, nutrition and medical); it never replaces it.

✓ What you may notice

- ✓ Less bodily tension
- ✓ More calm around eating
- ✓ Better rest

Results vary from person to person.



Grief and your nervous system

When a loss leaves the body alert and exhausted.

1 PHASE 1 Do you recognise yourself?

- ✓ Sadness in waves
- ✓ Tiredness
- ✓ Disturbed sleep
- ✓ Altered appetite
- ✓ Tightness in the chest
- ✓ Trouble concentrating

“ Has your body been exhausted and tense since the loss?

“ Have your sleep or appetite changed?

3 PHASE 3 The cycle

- 1 A wave of pain.
- 2 A tense body, with no rest.
- 3 More exhaustion, harder pain.

🔄 AND IT STARTS AGAIN

2 PHASE 2 What happens in your nervous system

Picture *a wound that needs time and care to close*. Your nervous system has an “accelerator” and a “brake”, and right now they’re out of balance.

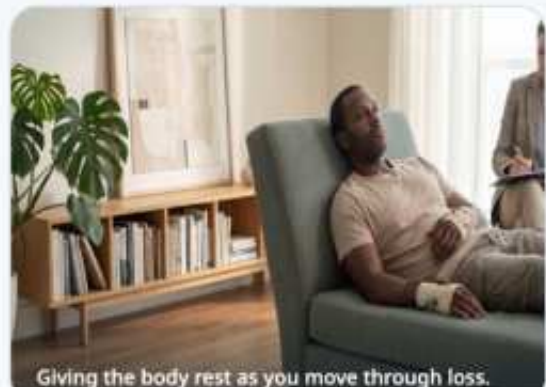
⚡ Accelerator

Sympathetic - the pain keeps it switched on.

🛑 Brake

Parasympathetic - rest struggles to arrive.

The pain keeps the accelerator on and the body can't rest.



Giving the body rest as you move through loss.

4 PHASE 4 How NESA helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

🌊 Helps the body regain rest and calm as you move through grief.



Electrodes on hands and feet - painless microcurrents.

5 PHASE 5 With your therapist & what you may notice

🤍 With your therapist

NESA **does not replace** your therapy: it supports the grieving process you're working on in therapy, and respects its pace.

✓ What you may notice

- ✓ Better rest
 - ✓ A little more physical calm
 - ✓ More energy for the day
- Results vary from person to person.*



Somatisation and your nervous system

When the body hurts even though the tests come back clear.

1 PHASE 1 Do you recognise yourself?

- ✓ Aches with no clear cause
- ✓ Digestive discomfort
- ✓ Muscle tension
- ✓ Dizziness or fatigue
- ✓ Normal tests but real discomfort

“ Do you have physical complaints while the tests come back fine?

“ Do you feel stress “goes to your body”?

2 PHASE 2 What happens in your nervous system

Picture *a tension you can't see, but you can feel*. Your nervous system has an “accelerator” and a “brake”, and right now they're out of balance.



Accelerator

Sympathetic - sustained; it tenses the body.



Brake

Parasympathetic - digestion and rest disrupted.

A sustained accelerator **tenses the body**; the discomfort is real even with no damage.

3 PHASE 3 The cycle

- 1 Sustained stress.
- 2 The body tenses and symptoms appear.
- 3 Worry → more stress.

🔄 AND IT STARTS AGAIN



Releasing the tension the body was holding.

4 PHASE 4 How NESA helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

- ~ Helps lower baseline tension so the body relaxes and symptoms press less.



The NESA X SIGNAL system in the clinic.

5 PHASE 5 With your therapist & what you may notice

With your therapist

NESA **does not replace** your therapy; it complements the stress-regulation work you do in therapy.

What you may notice

- ✓ Less tension
 - ✓ Better perceived digestion
 - ✓ More bodily calm
- Results vary from person to person.*



Anger & irritability and your nervous system

When you snap at the slightest thing and then regret it.

1 PHASE 1 Do you recognise yourself?

- ✓ You anger fast and hard
- ✓ Tension that builds up hard
- ✓ You blow up over small things
- ✓ Guilt afterwards
- ✓ Hard to return to calm

“ Do you go from zero to a hundred in seconds?

“ Is it hard to calm down once you've fired up?

3 PHASE 3 The cycle

- 1 Built-up tension.
- 2 A spark and an outburst.
- 3 Guilt → the cooker fills again.

↻ AND IT STARTS AGAIN

4 PHASE 4 How NESA helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

- ~ Helps the brake engage sooner, so you react less intensely and calm down faster.

2 PHASE 2 What happens in your nervous system

Picture a *pressure cooker with no release valve*. Your nervous system has an “accelerator” and a “brake”, and right now they're out of balance.



Accelerator

Sympathetic · fires very fast and hard.



Brake

Parasympathetic · slow: the body stays switched on.

The accelerator **fires very fast** and the brake is slow to engage.



Easing the pressure before it bursts.



Placing the electrodes · a non-invasive treatment.

5 PHASE 5 With your therapist & what you may notice

With your therapist

NESA **does not replace** your therapy: it supports the emotion-regulation techniques you're working on in session.

What you may notice

- ✓ Less explosive reactions
 - ✓ Returning to calm faster
 - ✓ Less guilt
- Results vary from person to person.*



Brain fog and your nervous system

When your head feels slow, you forget things and can't focus.

1 PHASE 1 Do you recognise yourself?

- ✓ Trouble concentrating
- ✓ Slow thinking
- ✓ Feeling you run "at half power"
- ✓ Forgetfulness
- ✓ Mental fatigue

“ Does your mind feel foggy and hard to focus?

“ Do you end the day mentally drained without physical effort?

3 PHASE 3 The cycle

- 1 Stress and little rest.
- 2 A foggy, drained mind.
- 3 More effort → more exhaustion.

↻ AND IT STARTS AGAIN

4 PHASE 4 How NESA helps

Non-invasive, painless microcurrents, with electrodes on the hands and feet, help your nervous system restore the balance between accelerator and brake.

- ~ Helps restore rest and calm so the mind clears and performs better.

2 PHASE 2 What happens in your nervous system

Picture a misted screen that won't let you see clearly. Your nervous system has an "accelerator" and a "brake", and right now they're out of balance.

⚡ Accelerator

Sympathetic - sustained stress draining your resources.

⏸ Brake

Parasympathetic - with no real rest, the mind runs at half power.

Sustained stress drains your resources and the mind runs at half power.



Clearing the mind to see clearly again.



A NESA session: microcurrents that rebalance your ANS.

5 PHASE 5 With your therapist & what you may notice

♥ With your therapist

NESA **does not replace** your therapy: it supports your routines for rest, organisation and stress management.

✓ What you may notice

- ✓ A clearer mind
 - ✓ Better concentration
 - ✓ More mental energy
- Results vary from person to person.

Scientific bibliography

A selection of literature documenting the involvement of the **autonomic nervous system** —vagal tone, heart-rate variability (HRV) and the cholinergic anti-inflammatory reflex— in the symptoms of the conditions addressed. It supports the physiological rationale of the approach; it does not represent a claim of NESA's clinical efficacy for each indication. Ordered by specialty.

Foundations · ANS, HRV & the anti-inflammatory reflex

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Psychology · Mental health

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2. Kemp AH, Quintana DS, Gray MA, et al. *Impact of depression and antidepressant treatment on heart rate variability: a review and meta-analysis*. Biol Psychiatry. 2010;67(11):1067–1074.
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The references support the physiological relationship between the autonomic nervous system and the symptoms described. Use of NESA under professional supervision; it does not replace treatment or medication.



***We modulate the autonomic nervous system.
Everything else follows.***

Non-invasive neuromodulation of the autonomic nervous system. One root,
many clinical expressions.

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