

Clear Stress - Hookup2.5 Exercise

Simple, Fast, Effective: Stress Clearing exercise

Leverage Body Energy Systems

Influence Autonomic Nervous System

Help Tone Vagus Nerve Function

During High Stress or Illness:
Perform Part A/B twice



Train Your Brain to Stay Relaxed
START: 3 Times / Day... 1st week

This exercise 'resets' stress locked in the body, enabling health to return to un-stressed running mode. This exercise may dramatically resolve anxiety, stress related headaches, and other symptoms of chronic stress states.

Part A

Hands relaxed; Fingers together; Breathe Slowly and Deeply
(Breathe 4 seconds In, 4 seconds Out - ideally in with Nose, and out with Mouth)
Touch Tongue to roof of mouth (to build vital energy); Relax shoulders;

Deep breathing 6 long breaths

follow
Hand placement



Step 1	Step 2	Step 3	Step 4
One Hand Just Below (Thumb on) Belly-button	One Hand covering Heart	Touch roof of mouth with Tongue	In Nose Out Mouth Breathe

Hand on Belly-button area and Hand over Heart
Both areas house primary body energy systems (dan tian). Testing of body indicators confirm a Stress Reset is performed by leveraging these energy centres to influence the autonomic nervous system (toning vagal nerve), effect clearing of the 12- Meridians, Quieting of Mind (upper dan tian) and Clearing of Stress.

Touch **Tongue Tip** to roof of mouth just behind top teeth.
Builds vital-energy (qi) in the body as 'extra benefit' while doing exercise.

Breath in by the Nose (draws in nitrous oxide) and out by the mouth. Close your eyes or de-focus to avoid distractions.

Part B

After 6 Breathes, SWITCH Hands and REPEAT

START: 3 Times / day... 1st week PROGRESS to: 2 Times / day... 2nd week
after 30-Days... MAINTAIN with: 1 / day (before bedtime)