

Modality Overview



BEMER (Pulsed Electromagnetic Field Therapy)

What it is: A 30-minute passive mat session using pulsed electromagnetic fields to improve microcirculation, the small-vessel blood flow that delivers oxygen and nutrients to your body's tissues.

What it feels like: You lie back, eyes closed. The body does the work. Most patients describe it as the deepest rest they've had in months. Many fall asleep on the mat.

What it does over time: Consistent weekly use supports better energy, faster recovery from chronic stress load, and easier sleep onset.

Session length: 30 minutes



BrainTap (Audio-Visual Brainwave Entrainment)

What it is: Headphones plus a light visor using sound and gentle light pulses to guide the brain into deeply restorative states. It uses the same brainwave patterns produced during deep meditation or restorative sleep.

What it feels like: Patients sit back, close their eyes, let the technology do the work. About 20 minutes. Most emerge feeling like they had a long nap: calmer, clearer, less reactive.

What it does over time: Repeated use builds the nervous system's capacity to drop into rest states more easily on its own. The result is a calmer baseline, less reactivity to daily stressors, and clearer mental focus.

Session length: 20-30 minutes



LLLT (Low-Level Laser Therapy)

What it is: A focused laser applied to specific areas — typically neck, shoulders, jaw — where tension and chronic stress accumulate. The laser stimulates cellular activity to reduce inflammation, improve cell function, and release held tension.

What it feels like: Targeted and often slightly warming. Many patients describe an immediate softening in the treated area after a single session.

Session length: 15-20 minutes (per area)

How the modalities work together: *The Reset Protocol*

The Mom Reset uses these three modalities as a coordinated protocol, not standalone services:

- **Weekly BEMER + BrainTap** drives the core regulation work. It builds the consistent practice of moving the nervous system from sympathetic (fight-or-flight) into parasympathetic (rest and recovery).
- **Monthly LLLT** addresses the cumulative muscle tension and inflammation that stress load deposits in the body.

The protocol is designed for a cumulative effect. Single sessions of any modality have benefits; the protocol's value is in the sustained arc.

The Clinical Context

Why this protocol for moms specifically:

Caregiving keeps the maternal nervous system in sympathetic dominance (sometimes referred to as fight-or-flight), often for years at a time. Chronic sleep fragmentation, ongoing hypervigilance, and cumulative stress load deplete the body's ability to regulate itself. The downstream effects show up as energy crashes, sleep disorders, immune dysfunction, and the mental health symptoms that increasingly characterize the postpartum and caregiving years.

Standard interventions for maternal mental health emphasize psychological treatment. The polyvagal and somatic literature of the past decade (Stephen Porges, Bessel van der Kolk, others) has shifted clinical understanding toward nervous system regulation as a foundational layer that talk therapy alone often can't reach.

The Reset Protocol works at that nervous system layer directly.