

Why Nervous System Regulation is Essential for Our Well-being

The autonomic nervous system regulates essential bodily functions. When we feel in danger, this system kicks in to protect us by engaging what are commonly known as the “fight/flight” or “freeze” responses.

For some, these “fight/flight” or “freeze” responses may become activated or remain in a chronic state of dysregulation due to stress, trauma or neurodivergence.

You may be able to identify when your autonomic nervous system is in a defensive state if you notice difficulties with:



Breathing



Digestion



Sleep



Concentration



Mental clarity



Social connection

Benefits of Nervous System Regulation

Improved response to stress.

Better *respond* to difficult situations and move past them instead of *reacting* and getting “stuck” in them.

Ability to access higher learning and cognition.

Become attuned to and more in control of emotions, so you can move through temporary setbacks with more flexibility and ease.

Strengthened self-connection.

By balancing natural rhythms that occur within the body (i.e. breathing, heart rate, blood pressure & digestion), RRP can help shift you into a state of calmness and ease, leading to deeper rest, recovery and connection to self.



*“[After **Rest and Restore Protocol**], I felt an immediate reduction in tension.”*

“The transformation in my son has been profound. He is no longer trapped in fight-or-flight mode in response to every stressor. Instead of reacting impulsively, he now takes the time to pause and think before responding.”

*“Following **Rest and Restore Protocol**, my client noticed a significant shift that included less headaches, improved sleep, and changes in digestion.”*



akasa journeys



This information is regarding general health and wellness, and is not intended to provide medical advice. Rest and Restore Protocol (RRP) is not an FDA-approved therapy or treatment. The FDA has not reviewed these statements or claims. We encourage you to consult with your medical provider regarding recovery from health conditions.

*Learn more and see full results at integratedlistening.com/resources/real-world-evidence



Rest and Restore Protocol (RRP)

A new listening therapy developed to support healing, restoration, and balance.





About Rest and Restore Protocol™

Rest and Restore Protocol™ (RRP) is an innovative, clinical-grade listening therapy designed to help calm and restore mental and physical functioning.

RRP is informed by decades of research studying physiological rhythms in the body, including heart rate, respiration, blood pressure, and in the gut, alongside deep knowledge of advanced sound technology to support deep relaxation and optimal recovery for clients.

Beyond listening, you do not have to “do” anything to experience the benefits of RRP.

How It Works

The music of RRP is enhanced by Sonocea®, an innovative, patent-pending technology that uses sound acoustics through music to sync with the natural biological rhythms of the body.

Stimulating these natural rhythms send cues of safety to the nervous system, promoting healing functions that aid in mental and physical restoration.



Supports Many Symptoms and Conditions

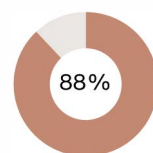
RRP may be helpful in reducing symptoms and supporting overall health and resiliency for people seeking support for:

- Trauma history
- Depression and anxiety
- Gastrointestinal and gut issues
- Sleep
- Chronic pain and fatigue
- Chronic health conditions
- Functional disorders
- And more

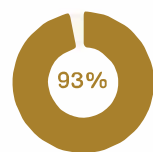


Backed by Research

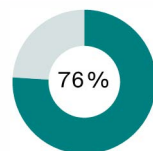
While research and development are ongoing, RRP is informed by decades of research studying physiological rhythms in the body. Preliminary pilot data has found significant improvements in the following areas after engagement in RRP:*



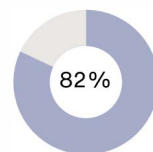
88% of clients with trauma-related symptoms reported improvement following RRP



93% of clients with anxiety symptoms reported improvement following RRP



76% of clients with insomnia related symptoms reported improvement following RRP



82% of clients with depression symptoms reported improvement following RRP

Works with Other Therapies

RRP can be combined with and is supportive of other therapies that you may already be engaged in, such as:

- Occupational, physical and speech therapy; play therapy; and sensory integration therapy
- Mental health and trauma therapies, such as EMDR, Somatic Experiencing, and Internal Family Systems (IFS)
- Talk therapy (CBT, DBT, MCBT, etc.)
- Body work, yoga and other somatic approaches
- Other sound and listening-based therapies, such as the Safe and Sound Protocol™

Listen From Almost Anywhere

You can listen to the music of RRP either in person with your certified provider or remotely from the comfort of your own home, allowing for flexibility and ease. Your provider will collaborate with you on a listening plan that meets your needs.

Rest and Restore Protocol is a therapist-led listening therapy. Speak to your provider to see whether RRP may support your healing journey.



www.akasajourneys.com

Contact Paul Antico at
[paul.antico > proton.me](mailto:paul.antico@proton.me)