

What is CERESSET?

Whether it was coaching, teaching, or leading as an administrator our whole careers have been about helping people, both young and younger. We've met and had a hand in helping thousands of students and hundreds of teachers work toward becoming their very best.

Through all the years we've seen and felt the stresses that people encounter every day. When stress impacts our daily lives it can invade our thoughts, impair our sleep, and block our path to happiness.

When this happens over time, whether from anxiety, trauma, poor diet, or fears, our brains can become imbalanced, and we all find ways to cope. Sometimes those coping responses work for a while, but many times not at all.

During our time in education, we've been fortunate enough to attend a multitude of different trainings, read a variety of books; many of which have dealt with human behavior and the brain's ability to learn or to cope. What I know is the brain is the most amazing organ. God gave us such an amazing gift when he designed us in His image and created us with a brain to become independent. His design was flawless, and outside of major injury can ultimately accomplish some amazing things, including healing.

The human brain is in a never-ending perpetual cycle of monitoring, learning, directing, and healing. It's monitoring our surroundings, learning all it can, directing the systems of our body and orchestrating healing where it's needed. As we grow our brains respond to all those stimuli through neuroplasticity; a continual reorganization and growth of the pathways in our brains where millions and millions of various signals travel.

Our brains are designed to achieve balance throughout the various lobes or areas of the brain. When we are continually immersed in stress, hectic situations, or trauma, an imbalance begins to form, and we become stuck. We don't handle stress well, we don't sleep, we don't eat well, and we simply function the best we are able, but not where we know we can be.

Debra and I have discovered that Cereset (cerebrum reset), a brain-balancing technology, has the ability, through sound, to allow our brains to see itself, if you will. This can help our brains discover, rather quickly, where imbalances are and through that sound stimuli can begin to reorganize and achieve balance through neuroplasticity. This balance can restore our ability to handle stress, emotions, sleep, deal with trauma, and ultimately help us to realize things we didn't know we were missing.

If you are experiencing anything but your greatest balance in life, we invite you to visit with us about how Cereset might help. Cereset is a completely non-invasive and very relaxing process. Throughout a four-day process, you'll rest in a zero-gravity chair where we will monitor your brain's activity, give you a report card showing the balance or imbalance you may be experiencing and help you achieve your goals.

This process takes approximately two hours each day and you'll likely walk out more relaxed and on your way to a happier, healthier version of yourself. We will ask you to come back three weeks later for a final session where you'll walk out with a progress report and goals you will choose to help you remain in a more balanced place.

The Cereset experience normally costs \$1,500.00 for the five sessions. Setting up your appointment in response to this article will get you an amazing discount to \$999.00.

If you are experiencing any of these issues, it's time to get your quality of life back: Insomnia, Sleep Apnea, Chronic Stress, Migraines, Post Traumatic Stress, Anxiety, Depression, Anger, Memory Issues, Foggy-Thinking, Persistent COVID symptoms, post-Concussion symptoms, and other life challenges.

We hope to see you soon!

Cereset San Angelo

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