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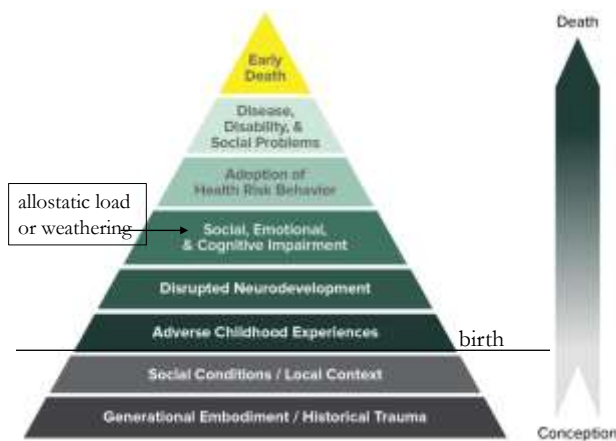


What are you feeling and where in your body are you feeling it?

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## The ACE\* Study



Lifespan Influence of ACEs on Health and Well-Being Source: CDC

NEAR: ACEs

Over 50 percent of US adults and 46 percent of US children experienced at least one ACE in their early years (report from 2018).

There is a high risk for being affected by more than one type of ACE.

Direct correlation with later life outcomes.

Original 10 ACEs identified in the Kaiser Permanente/CDC Study (1995-97):

1. Child Physical Abuse
2. Child Sexual Abuse
3. Child Emotional Abuse
1. Child Physical Neglect
2. Child Emotional Neglect
1. Mental Illness, Depression, Suicide in Family
2. Incarcerated Family Member
3. Loss of Family Member (Death, Abandonment, Divorce)
4. Witnessing Domestic Violence against Mother
5. Drug Addiction or Alcoholism in Family

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\*Adverse Childhood Experiences

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# 4 Additional ACE Categories

## Adverse Community Environments

- Housing
- Employment
- Food deserts
- Community violence
- Lack of youth activities



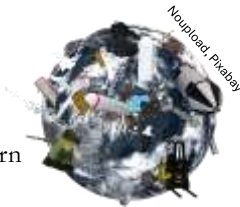
## Alternate Circuitry Expression

- Neurodivergent - differently 'wired'
- Autism spectrum
- ADHD
- Different from society's idea of 'normal'



## Adverse Catastrophic Experiences

- COVID
- Earthquakes
- Wildfires
- War
- Migration
- Economic downturn
- Climate changes



## Adverse Cultural Exposures

- Racism
- Sexism
- Ageism
- Classism
- Ableism
- Xenophobia



NEAR: ACEs

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# Stress Symptoms

*Chronic elevation of cortisol  
increases inflammation and  
lowers immune function.*



FREEZE-AND-FLOAT



FIGHT-AND-FLIGHT

### Immobilization with Fear

Withdrawal, shutdown, numb, dissociation, lethargic, closed posture with organs protected, breathing shallow or hardly breathing, neck tucked into shell of shoulders, depressed or sad mood, hard to get moving or motivated.

### Mobilization with Fear

Energy to large muscles, shoulders up by ears, rigid posture with tension in whole body and spine, breathing and heart rate quicken, urge to move towards (fight) or away (flight), feeling of anxiety or anger, or out of control behavior.

Image created by Andre Medina www.AndreaMMedina.com

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# Restoration Symptoms



ATTEND-AND-BEFRIEND

*Safety is not the absence  
of threat.  
It is the presence  
of connection.  
~ Gabor Mate*

## ***Social Engagement***

Felt sense of safety in the body, heart rate coherent, breathing deeply, open posture, neck mobilization, feelings of relaxation and wellbeing, being more curious and engaged, clearer thinking and better focus, able to listen, feelings of connection, able to emotionally self-regulate

Image created by Andre Medina [www.AndreaMMedina.com](http://www.AndreaMMedina.com)

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# Take Care Of Your Nervous System



*Help the body  
come out of survival  
mode by turning on  
the body's natural  
support systems.*

*Cultivate ways for  
the body to  
feel safe.*

The Central Nervous System (CNS) is like the command center for the body and brain

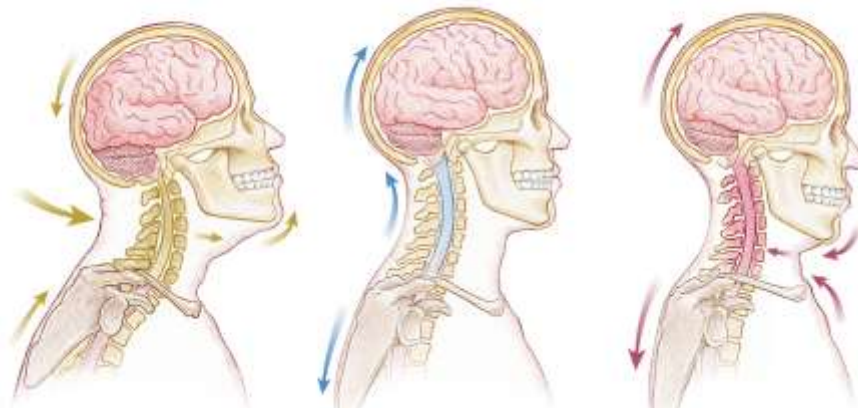
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## Our Goal is to Get More Circulation and Oxygen to the Brain

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*If you change the alignment of a human form,  
you will change the psychology of that person.*

*~Dr. Ida Rolf*

Image created by Aron Cserveny [www.sciencevisual.at](http://www.sciencevisual.at)

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## Emerging Approaches for Nervous System and Brain Healing

- **Mind-body and movement practices** provide stress relief and promote restoration.
- **Neurofeedback** including whole brain systems, EMDR, auditory and sound therapy, neurostimulation etc.
- **Stellate Ganglion Block (SGB)** therapy for PTSD, anxiety, and traumatic brain injuries.
- **Psychedelic assisted therapy** for PTSD, anxiety, depression, and SUD.
- **Personal wearable technologies**, med-tech, and meditation or breathing apps

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*Repetition changes the program.*

*~Dr. Bruce Lipton*

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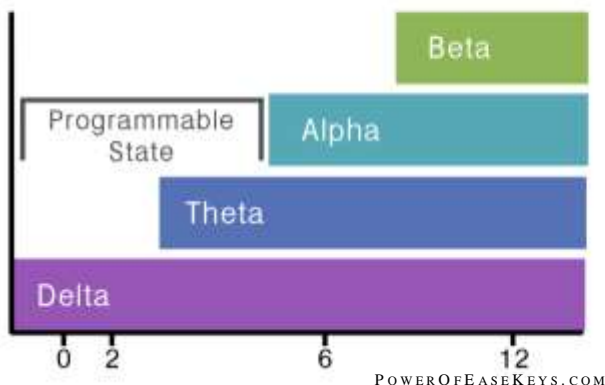
## Neurostimulation is a Pain Management Tool

- The pain signal from the broken ankle *travels up the nerves* of the leg to the sacrum and then up the nerves in the spine to get to the brain.
- The pain signal can be interrupted along the way, *the nerves can be soothed*. (e.g. at knee, thigh, sacrum)
- **Neurostimulation can inhibit the brain-body pain circuit.**

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## Teaching Self-Regulation in Early Childhood is Transformational

### EGG Activity



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What influences  
your body's health  
and healthspan?



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## The Game of Cell Health and Metabolism

Starting Score: 1-10    ★★ My next play(s)

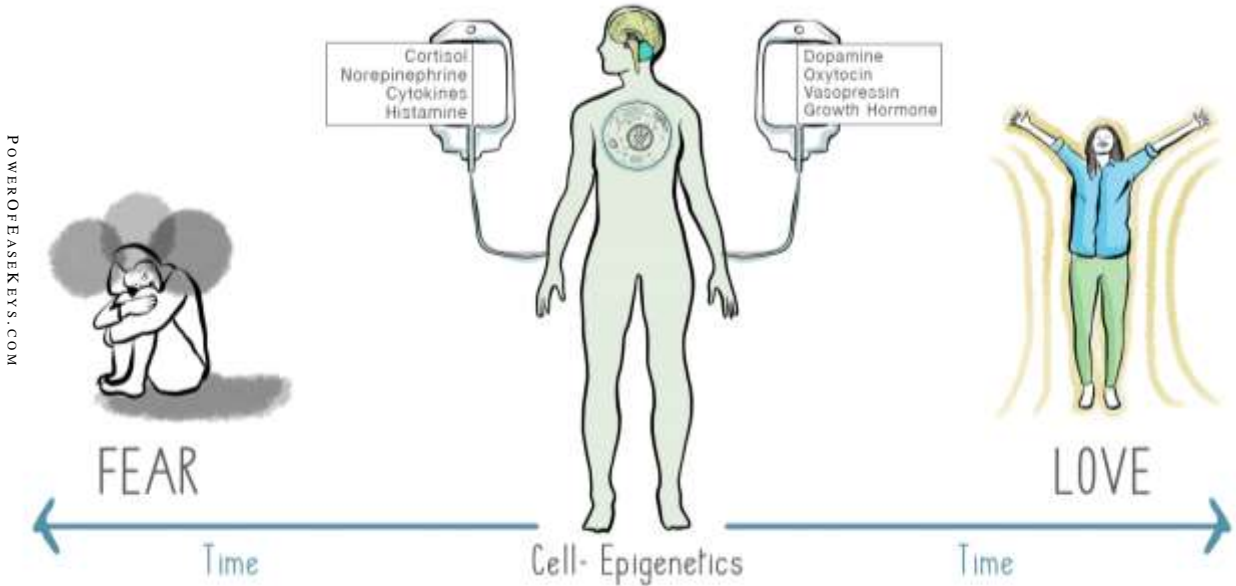
- Mind-body practices relieve stress symptoms and promote cell restoration.
- The power of memory - emotions, and thoughts signal the cells.
- Vital foods give your cells what they need to thrive.
- Exercise is powerful medicine.
- Sleep washes our brains and rests digestion.
- Positive relationships, friendships, and social connections powers happy cell chemistry and help us live longer.
- Having purpose improves health and longevity. Live your passion and purpose!

*We have the DNA to thrive.  
~Kien Vu MD*

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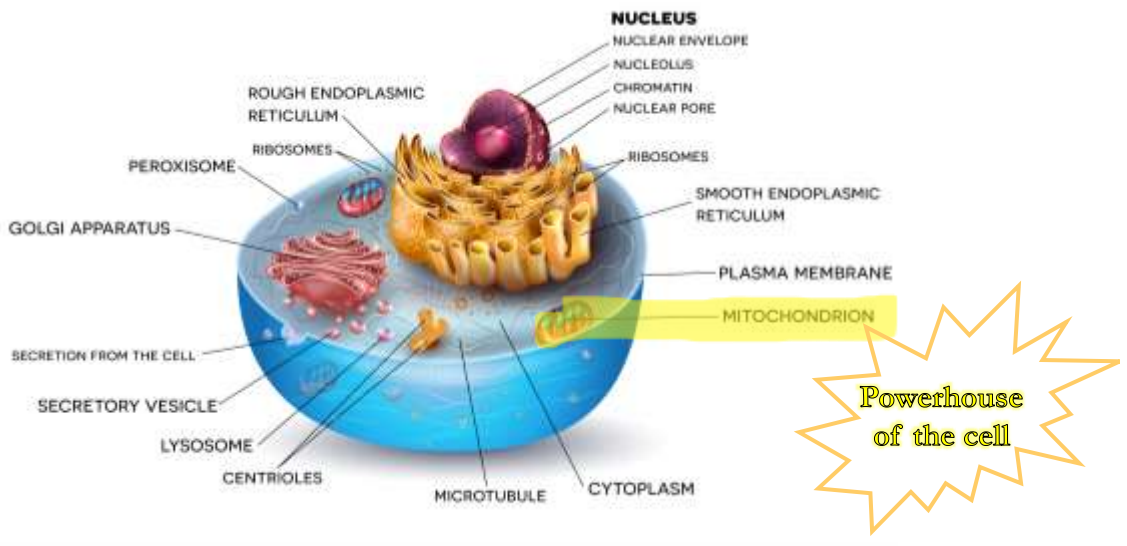
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## You Are Always Having an Epigenetic Effect



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## Powerhouse of the Cell



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## Olympic athletes turn to diabetes tech in pursuit of medals



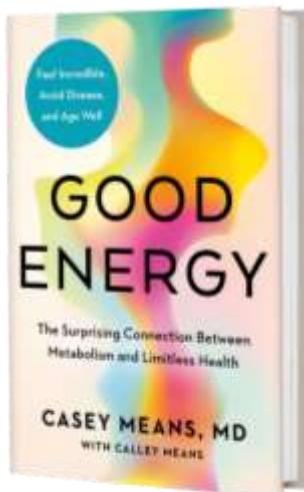
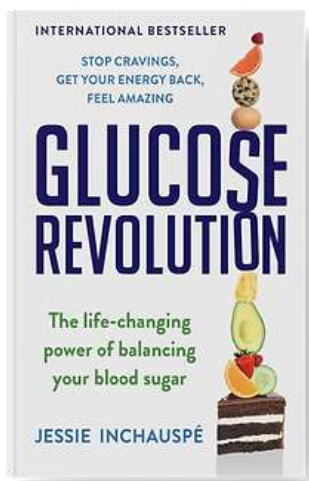
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The Somali-Dutch marathoner Abdi Nageeye, who won silver at the Tokyo Olympics, said he and his coaches are monitoring blood glucose as an indicator of the body's available energy, part of his quest for an "effortless run".

“Glucose is your energy, actually, that is your fuel. We have to monitor that.” said Nageeye.

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## Healthspan and Longevity Fields Blossom



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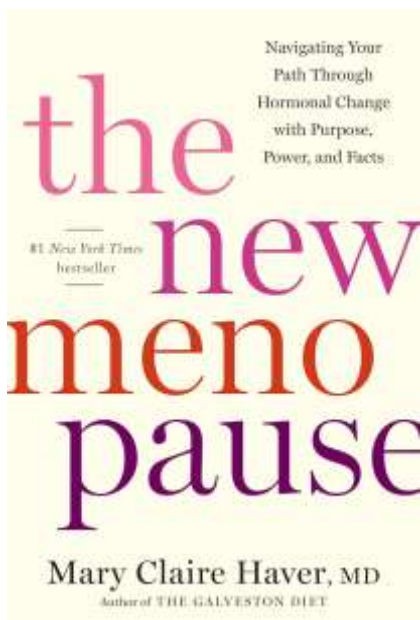
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## Your Cravings are Not Your Fault

- Solution is to solve some biological, biochemical mechanisms going on in our bodies.
- Sugar (glucose) & alcohol activate the craving center in the brain.
- When glucose levels are stable, the craving center of the brain does not light up.
- We can help stop cravings, get our energy back, and improve our moods.

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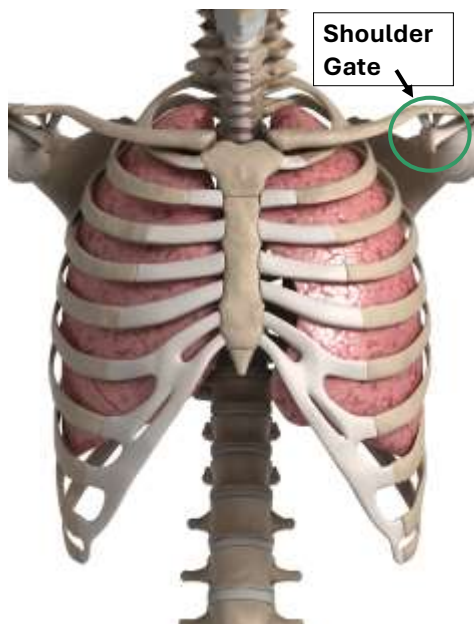


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## Women's Mental Health Evolution

- Hormone Replacement Therapy (HRT) is a clinically proven depression treatment approach for perimenopausal and menopausal women.
- HRT is also shown to improve mood, energy, cognitive function, memory, and more.

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## Our Cells and Brains are Oxygen Loving

- Open the airways for the breath:
- Lungs reach above the top rib.
  - When shoulders are rolled forward the breath is constricted.
  - Open the shoulder gate and lengthen the neck and spine to breath fully.
  - Yawn to get a deep breath.

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Ease Keys Practices for Mental Health  
August 6<sup>th</sup> 4:00-5:30PT

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Create a Strong Foundation for Wellbeing  
August 6<sup>th</sup> 12:00-1:30PT



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WHEN YOU WAG  
YOUR TAIL,  
WHAT ELSE MOVES?

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