



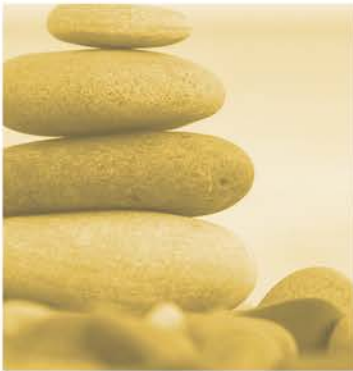
# NON-DIETING HEALTH

Non-Dieting Health is pleased to announce the addition of a new, technology-based, therapy that fosters healthy eating patterns by supporting metabolic health, appetite regulation, and the mind-body connection



# BIOREGULATION THERAPY

Featuring the powerful Lux Pro Plus and Mobile Port devices



Bioregulation Therapy (BRT) is a safe, non-invasive, bio-resonant, therapy approach that uses advanced pulsed electromagnetic field technology and targeted BRT protocols to help improve the body's biological communications at the cellular level. Well-functioning communications between every cell in the body is crucial for maintaining optimal physical and emotional health. By working at the cellular level, BRT can help to calm the nervous system, relax the body, and foster the internal conditions that support healthy eating patterns to develop.

## **BRT in the office, at home or on-the-go**

The professional **Lux Pro Plus** BRT device is designed to address a broad spectrum of physical and emotional issues, including chronic stress and trauma that contribute to disordered eating states and body image struggles. The **Mobile Port** is convenient, lightweight and easy to use. Both the Lux Pro and Mobile Port BRT devices can be used alone or work together with neurofeedback and psychotherapy – or any other modality – to create healing synergies that support recovery from disordered eating and body image struggles.



## **Benefits of BRT**

BRT offers a wide variety of benefits and can be a key factor in helping to shift from disordered thinking and behaviors to a calm mindset, positive body image and healthy lifestyle.

*Increases relaxation • Calms the nervous system • Reduces stress and anxiety • Improves sleep quality • Helps with depression • Aids in digestion • Supports metabolic wellness • Balances energy • Strengthens the immune system • Improves focus and mental clarity • Reduces muscle tension • Eases the symptoms of trauma and PTSD • Detoxifies the body • Assists in clearing “therapy blocks”*



For more information about BRT, or any of our other services, call or text us at 323-620-4600, email [info@nondiethinghealth.com](mailto:info@nondiethinghealth.com) or visit [nondiethinghealth.com](http://nondiethinghealth.com).