



## A Non-Pharmacological, Evidence-Based Approach to Improving Capacity and Durability Under Stress for Warriors

Rooted in Neuro-Integration™ research, The FLYT for Warriors Programs carefully curate cutting-edge **vibroacoustic, pulsed light, and photobiomodulation** to help recalibrate the nervous system, repair coherence, and restore cognitive flexibility for veterans, first responders, and others who must perform daily under extreme stress.

### How It Works: Your 1-Hour, Multi-Sensory Session

The program is personalized and includes a minimum of 12 **FLYT Experiences** (2 sessions across 6 phases of focus over 6 weeks). Your program begins with an assessment to determine your **Fundamental Frequency, cognitive capacity** and wellness goals, followed by the development of precisely tuned, customized audio tracks you keep and use forever. Each session follows this flow, guided by your personal **FLYT Attendant**:

1. **Mindfulness + Breathwork + Therapeutic Touch:** Guided meditation, breath-focused awareness, and gentle human contact to ground you in safety, deepen relaxation, and strengthen body perception.
2. **Sound + Vibration (Vibroacoustic Therapy):** Low-frequency sound waves (20–120 Hz) in your Fundamental Frequency are delivered through a specialized vibroacoustic bed. This gently entrains the body toward deep calm, balancing the Autonomic Nervous System. This is a physiological, not emotional process.
3. **Light + Frequency (Photobiomodulation & Pulsed Light Therapy):** Near-infrared and pulsed light stimulate cellular repair and mitochondrial energy. Rhythmic pulsed light synchronized with sound frequencies promotes hemispheric balance and flexible, restorative brain states.

### Key Benefits for Warriors

FLYT supports holistic recovery and helps prevent physiological cascading that drives PTSD, anxiety, and depression, improving the way you function under stress. The multi-modal experiences are designed to:

- **Rebalance the Autonomic Nervous System (ANS)** and restore **HRV** (Heart Rate Variability), a key marker of resilience.
- **Reduce chronic sympathetic dominance** (fight-or-flight response).
- **Calm hyperarousal** and enhance focus.
- **Improve sleep quality, cognitive clarity,** and emotional regulation.
- **Support tissue and cellular healing** (e.g., after concussion or blast injury).
- **Build lasting, drug-free capacity and resilience under stress.**

The cost is \$1570. Funding is available. Call or click today to apply. 757-452-3934

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