



Neural Reset Therapy®

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Facts About NRT

What NRT Is Not:

How does NRT differ from the usual methods of massage, physical therapy, or chiropractic?

- No massaging of muscles
- No deep pressure required
- No lotions or creams
- No face down positions required
- Done fully clothed
- No stretching
- No need to touch the muscle being reset
- Can be done from the opposite side of the body
- No joint adjustments
- No mechanical or electronic devices required
- No needles
- No drugs or any substances applied

How Does NRT Work?

In your body, there are specialized nerve bundles called mechanoreceptors. The receptors respond to pressure, velocity, vibration, stretch, and other forces. When receptors detect a change, a signal is sent to the spinal cord and then relayed to the brain.

With NRT, the therapist briefly stimulates the receptors embedded in the selected muscle by asking the patient to hold a position or make a movement in a particular direction. Or the therapist taps on a muscle in such a way as to cause receptors to send a special message to the spinal cord.

That new message travels through the spinal cord integration center, which resets the nervous system, thereby optimizing the muscle neurologically. With the reset, the muscular pain and tightness disappear within seconds.

Can NRT Help Me?

Commonly, we see the following conditions improve greatly or disappear completely:

- Neck and back pain
- Muscle spasms
- Headaches, esp. tension type
- TMJ issues
- Tennis and golf elbow
- Carpal tunnel syndrome
- Rotator cuff pain
- Pain from unknown causes
- Persistent pain after trauma
- Hip pain

During each session, the NRT therapist will thoroughly evaluate each area for pain and tightness. Resets are performed for any muscles that are dysfunctional. The reset of the nervous system will allow the muscles to obtain an optimal condition. All treated areas are rechecked to ensure they are now clear.

How long do the effects of NRT last?

NRT is so quick and effective that people often ask how long this will last. At a minimum, the long-term effects of NRT in lengthening and relaxing muscles to alleviate pain are at least equal to those of traditional therapies, such as neuromuscular/medical massage/ deep tissue/myofascial release/activated isolated stretching. Therapists and clients report that the results of NRT have often been observed to last longer and to have more profound effects. Sometimes, chronic conditions that never seem to make any progress start to show improvement.

NRT resets the muscles to a more optimal state; however, there are negative factors that are under the client's control through lifestyle choices. Many people who suffer from pain will have a number of these factors. The more they bring to balance or make healthier choices in their lives, the longer before their muscles will need a reset.



Even if you have some factors that negatively affect your health, NRT can still improve your quality of life. Some of these factors are:

1. Chronic overuse patterns
 - exercising until fatigued
 - repetitive stress
 - too rapid of increase in exercising
2. Chronic underuse patterns
 - little to no exercise
 - extended bed rest after an illness or surgery
 - sitting for extended periods of time
3. Chronic poor postural habits
 - forward head position
 - slouching in chairs or couches
 - standing on one leg
 - resting on one arm or elbow
4. Under-hydration and/or low blood sugar
 - Muscles require water and energy to operate optimally.
5. Lack of quality sleep
 - decreased production of human growth hormone
 - inadequate muscle restoration time
6. Nutritional deficiencies
 - Even the USDA recognizes that only 10% of the American population eats a good diet. There are widespread deficiencies in zinc, iron, B vitamins, magnesium, calcium, vitamins C and E, essential fatty acids, fiber, chromium, and vitamin D.
7. Hormone imbalances and/or deficiencies
 - hypothyroidism
 - hyperthyroidism
 - diabetes
 - estrogen and testosterone
 - cortisol
8. Unresolved psychological issues
 - anxiety
 - depression
 - anger
9. Medical conditions
 - neurological disorders
 - alcohol and drug addiction
 - recent infection
 - allergies
 - medications
 - pregnancy
 - obesity
 - cancer
 - arthritis
 - chronic fatigue syndrome/fibromyalgia
 - radiculopathy
10. Lack of stretching

Are we the only animal that does not routinely stretch?
11. Structural imbalances
 - leg length inequalities
 - small hemipelvis
 - long second metatarsal (Morton's foot)
 - scoliosis
 - short upper extremities
12. Lax ligaments



Upper Body Workshop

Imagine being able to eliminate all the trigger points, bands, and nodules for all of the upper body in less than the time you are now spending on the upper trapezius, levator scapula, and the area between the scapulae. Could you even do this without massaging or stretching anything?

NRT will teach you an ingenious way to use the nervous system to release muscle tension. In this upper body class, you will learn how to apply established neurological/physiological laws to quickly banish the pain and tightness found in dysfunctional muscle tissue.

Step into the 21st century and practice manual therapy that yields rapid and reliable results, pleasing your clients and significantly reducing the wear and tear on your body.

Teaching materials:

Each class member will receive a 104-page manual, complete with detailed information on all the topics taught in the class and on each technique, accompanied by easy-to-see photographs. A richly illustrated PowerPoint presentation will cover the anatomy and theory for the course.

Teaching styles:

The upper body is divided into 20 zones to make it easier for students who are anatomically challenged. Each zone has a list of possible resets for that area. The reset techniques are prioritized from the most likely to the least likely needed to release the muscle tissues in that zone.

Anatomy is taught through both visual presentations and hands-on palpation.

Techniques are demonstrated by an instructor, and then students practice those techniques with personal guidance from an instructor. We want you to have a maximal learning experience.

Topics of the course:

1. The origins and development of NRT – how it came to be and the six powerful insights that allowed this approach to become a powerful tool for any hands-on therapist.
2. Understanding how NRT works – develop a deeper understanding of the importance of mechanoreceptors in any type of manual therapy.
3. Contraindications
4. Updated information about trigger points, bands, and nodules
5. How to optimally palpate in NRT – with practice labs.
6. The importance of communication with your clients. NRT emphasizes that clients actively participate in their healing process.
7. The six application methods and tweaking developed to reliably reset the muscle tonus – with practice labs.

8. The Rules for Optimal Results – a complete set of guidelines to ensure that the therapist will succeed.
9. The Zones – the upper body has been divided into discrete zones to make it easy for the therapist to know which techniques to use and to serve as a checklist for a very thorough treatment session.
10. The Muscles – covered both in the classroom and in the hands-on portion of the course.
11. The Techniques – 31 techniques developed for the live course. You will be able to release the muscular pain and tightness in the neck, TMJ area, the arms, and the anterior and posterior trunk from T12 and up.

Class size is limited to maximize your personal attention time from the instructor. Sign up today to take your practice to the next level!

Important: The above information pertains to the live class module for the upper body. See Training Information for the Home Study module.



Lower Body Workshop

Do you spend a lot of time and energy on your client's tight hamstrings and IT bands? Could you provide thorough treatment for them in under a minute or two? Do your hands hurt after trying to eliminate all the trigger points, bands, and nodules in someone's buttocks? Could you even do this without massaging or stretching anything?

NRT will teach you an ingenious way to use the nervous system to release muscle tension. In this lower body class, you will learn how to apply established neurological/physiological laws to quickly alleviate the pain and tightness found in dysfunctional muscle tissue.

Step into the 21st century and practice manual therapy that yields rapid and reliable results, pleasing your clients and greatly reducing the wear and tear on the therapist's body.

CLASS DETAILS:

Teaching materials:

Each class member will receive a 93-page manual complete with detailed information on all the topics taught in the class and on each technique, accompanied by easy-to-see photographs. A richly illustrated PowerPoint presentation will cover the anatomy and theory for the course.

Teaching styles:

The lower body is divided into 15 zones to make it easy for those students who are anatomically challenged. Each zone has a list of possible resets for

that area. The reset techniques are prioritized from the most likely to the least likely needed to release the muscle tissues in that zone.

Anatomy is taught through both visual presentations and hands-on palpation.

Techniques are demonstrated by an instructor, and then students practice those techniques with personal guidance from an instructor. We want you to have a maximal learning experience.

Topics of the course:

1. The origins and development of NRT – how it came to be and the six powerful insights that allowed this approach to become a powerful tool for any hands-on therapist.
2. Understanding how NRT works – develop a deeper understanding of the importance of mechanoreceptors in any type of manual therapy.
3. Contraindications
4. Updated information about trigger points, bands, and nodules
5. How to optimally palpate in NRT – with practice labs.
6. The importance of communication with your clients. NRT emphasizes that clients actively participate in their healing process.

7. The six application methods and tweaking developed to reliably reset the muscle tonus – with practice labs.



8. The Rules for Optimal Results – a complete set of guidelines to ensure that the therapist will succeed.
9. The Zones – the lower body has been divided into discrete zones to make it easy for the therapist to know which techniques to use and to serve as a checklist for a very thorough treatment session.
10. The Muscles – covered both in the classroom and in the hands-on portion of the course.
11. The Techniques – 28 techniques developed for the live course. You will be able to release the muscular pain and tightness in the thighs, psoas, calves, hips, glutes, low back, and abdominals.

Class size is limited to maximize your personal time with the instructor. Sign up today to take your practice to the next level!

Important: The above information pertains to the live class module for the lower body. See Training Information for the Home Study module.



Advanced Workshop

Complete your study of Neural Reset Therapy®! This workshop will maximize your skills as an NRT therapist as you go deeper into the work. Some of the exciting new topics that will be covered in the final class will be:

How to Maximize Your Success with the Reset. We will explore 12 different methods for achieving a reset, even with the most challenging clients. New and in-depth information will be given about the Twin Reset. A brand-new tweak will be introduced.

Introducing 2 new application methods.

In the basic classes, you learned six application methods. You will learn amazing and even easier ways to initiate the resets. Do NRT without the client taking any action.

Beyond muscles

You will learn how to apply NRT to eliminate trigger points located in the skin, tendons, ligaments, and the periosteum of bones. Even if these structures have been painful for decades, you will be able to quickly remove the pain from these areas.

Healing organs with NRT

Learn how to apply NRT in very specific ways to help heal dysfunctional organs. Eyesight, hearing, liver function, cardiac conditions, and other organ issues may be improved by applying the principles of NRT to reset the tissues that reflexively affect these organs. This is based on research conducted by Russian and German scientists.

Sports Specific Resets

If you work with athletes or the more common weekend warriors, you will be able to help them even more by tailoring NRT specifically for tennis, swimming, basketball, baseball, dance aerobics, and many other types of sports activities. You will learn how to do this even though you were not successful using the basic NRT techniques.

The NRT Universal Reset and The Brain Reset

Apply NRT in a global way to get amazing results. What to do when you don't know what to do!

More Muscles

Did you think you had learned all the muscles in the basic classes? 23 more sets of muscles will be taught along with the techniques to reset them.

Expanded, Revised, and New Techniques for the Muscles You Already Know

You will learn 16 new, easier, and/or more complete approaches to reset muscles that were covered in the basic classes.

How to Create Resets for Any Muscle (plus 6 more new muscles)

Create new resets on your own - the step-by-step process

Beyond the Spinal Cord Integration Center: Learn about the higher integration centers of the brain and how NRT interacts at that level to affect emotions and organ functions.



The Miraculous Sequence

Learn how to do a complete NRT session without using a massage table! Think about what you could do in a locker room, airport terminal, on the sidelines of an athletic event, or any other place where a massage table would be unavailable or inconvenient to use. Over 20 brand-new, effective techniques will be introduced. Even if you have a massage table available, you may choose to use this sequence for many of your clients, as the Miraculous Sequence is the easiest way to perform NRT. Very little effort is required from the therapist.

Advanced Body Maps and the Advanced Recommended Sequence Charts

Just like the basic class manuals, you will find the advanced body maps and the advanced recommended sequence charts to be helpful tools in your study and practice of NRT.

Workshop Details

The advanced class will be taught over three consecutive days. Each day will be from 9:00 a.m. to 5:30 p.m., except for the last day, which will be from 9:00 a.m. to 5:00 p.m. Continuing education units are approved for 22 hours by the NCBTMB. Early bird discount will be \$695.

As with the basic classes, there is an Advanced Home Study module available to those attending the live class.

It has been approved by the NCBTMB for 25 CE hours. The current price is \$275 which includes a 126-page manual

and video. An optional exam is available for those seeking CE hours and/or interested in becoming certified in NRT.

The Everything Reset Sequence:

You will learn how to reset 321 muscles (160 pairs plus the respiratory diaphragm) in a quick flow that requires no pushing, pulling, or tapping by the therapist. This is all done with the client sitting and lying on a table. You will be able to easily treat anyone of any size with amazing results!



Frequently Asked Questions

1. When will you be teaching classes in NRT in my area?

One of the certified instructors for NRT would be delighted to visit your area. Since we are not subsidized by any company or government agency, we have limited resources to find a suitable location for teaching the class and to attract therapists. If you find a suitable place at a reasonable cost, such as a local massage school, and register 12 to 17 people (depending on the travel distance for the instructor) who want to take the class, you can take the live class for free!

That would be the fastest way to get us to your area. We are also collecting the names of people who have emailed us from this website or our Facebook page, requesting classes in their area. Once we reach a certain number of requests in an area, we will make the arrangements to come.

2. Can I just buy the home study module?

The home study module was created so that therapists would only have to attend the live training for two days instead of four. It is an extension of each live course, not a replacement. Each home study module contains a set of DVDs, a thumb drive, or online access, plus a manual. that includes demonstrations of all the techniques taught in the live module of the course, as well as all the new additional techniques, but it does not contain the core information presented in the live module of the course.

We want all therapists to have a quality learning experience. In the live module of each course, there is extensive mentoring of students, enabling them to

practice NRT confidently and competently at home. That is why we sell the home study courses only after the student has completed the live portion of each course.

3. I cannot wait for NRT to come to my area. Can I purchase both the live module and the home study module at regular price and learn it on my own?

There was a highly educated, competent, and well-experienced massage therapist who had witnessed numerous NRT sessions and received several sessions himself. He was given a copy of the videos and a manual. His results were not very good when he tried the techniques on his clients because he had an incomplete understanding and no mentoring. Having now taken the live classes, that story has changed. Sorry, but no.

5. Will NRT ever offer a complete home study course that will ensure a quality educational experience?

That could happen if we spent an additional year creating supplemental training materials, including perhaps another \$200,000 for the expanded video time to cover the core information that is absolutely essential for therapists to reliably and successfully execute the techniques. The entire NRT program is certified for 111 CE hours by the NCBTMB. Will we have an online training program at some point? Yes, but in a few more years.



6. I took a live basic module but did not purchase the home study module. Am I missing out on anything?

Well, yes, you are missing out on half of the course. The primary reason for creating the home study module was to avoid attending a live class for four consecutive days. There are additional zones and many more techniques to learn for each of the home study courses. You save on the costs of not having to be in a hotel or away from your practice for another two days, there is less burnout through information overload, and the home study module costs only about half that of the live module.

7. Can I still buy the home study module?

If you have taken the live module of a basic course, contact us at neuralresettherapy@gmail.com to purchase the home study module for that course.

8. How complicated is it to learn NRT? I am a massage therapist, but do not really know anatomy all that well.

I purposely included in the classes a group of people who had no prior therapy experience - just individuals who wanted to help their families but had no previous education in the health field. They were able to understand this modality and have reported to me that they get good results for their friends and family. I have created a program that can be done by almost anyone, with or without prior experience. The body is divided in zones with a suggested list of techniques for each zone. You do not have to know any anatomy, but if you do, you will spend less time per client.

9. Many of my clients are bigger or stronger than me. Can NRT help me work with these clients?

Absolutely! The client does not have to use maximum effort to successfully do a reset. You will be taught in class how to properly position your body to work easily with such clients. Because we do not use our thumbs and wrists extensively, NRT will greatly extend your career.

10. Can we still do what we used to do for our clients?

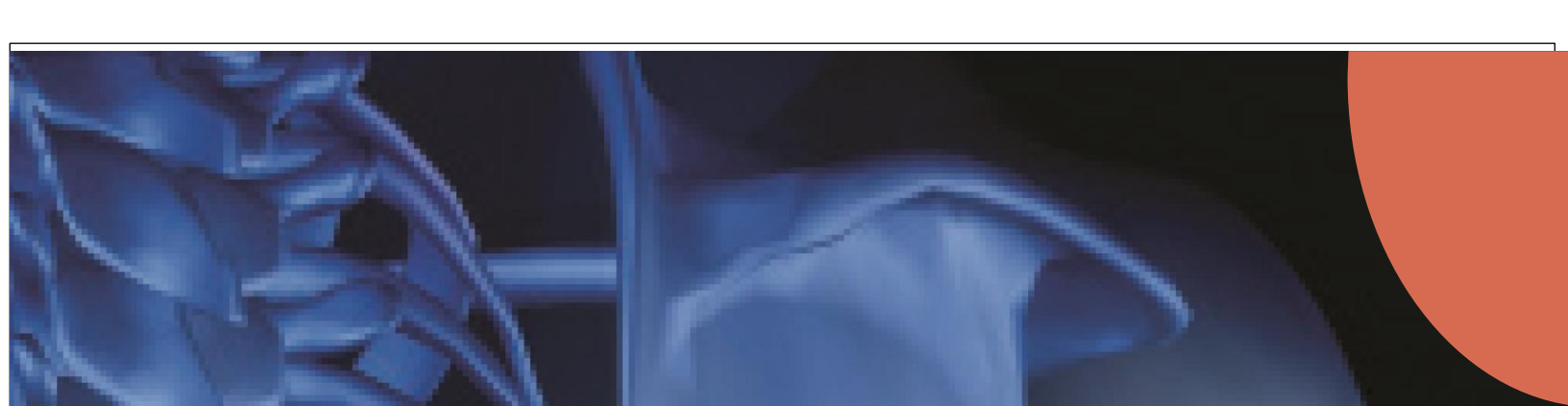
Of course. If you do the NRT first, the muscles will become soft and pliable quickly. Then you can do any other modalities of your choice to complete the session.

11. The NCBTMB has approved the NRT modules for 16 CE hours each? Is that 16 hours total for the upper or body modules, including the home study module?

Each basic module is approved for 16 hours. So, if you attend the live upper body module and complete the home study module, you will receive 32 hours of CE. Add the lower body coursework, and you will receive a total of 64 CE hours. The Advanced Workshop adds an additional 22 CE hours. The Advanced Home Study module completes the NRT training with an additional 25 CE hours.

12. What is your refund policy?

For details, see our Workshops page on this website. The deposits are non-refundable. Attendance Policy: Must attend at least 90% the advertised module



hours (time) to receive the CE Hours offered. No partial hours can be awarded. (Sorry - NCBTMB Rules)

13. Can anyone take these courses?

Anyone may take the courses, including the Advanced course. To qualify to take the Advanced training course, you must have attended both of the live modules and have purchased both of the home study modules of the training. If you are not a therapist or have certain physical limitations, please contact us to see if you are a good candidate before signing up for a class. Whether you can legally practice on anyone outside your immediate family is up to the laws in your area.



Students

Classes are open to any hands-on therapist who wants to help people out of the most common source of pain, which is from dysfunctional muscles. Classes are taught for all skill levels. Massage therapists, physical therapists, chiropractors, osteopaths, physical trainers, acupuncturists, or naturopaths who do manual bodywork will all enjoy the speed, ease, and power of NRT.

The better educated will be able to learn NRT more quickly and apply it in a more efficient manner. Lay persons may apply for admission, but the path to certification is available only to professionals. All students should be able to move limbs and push, pull, or rotate the neck and trunk of clients.

The Basic Classes

There are two basic live class modules, one for the upper body and one for the lower body. Students may take either module first. It is not possible to teach either NRT class in a two-day workshop. It would take a minimum of 4 days to cover all the topics and techniques for either the upper body or the lower body. Financially, four-day workshops can be challenging for students. Having four basic live class modules is not a viable solution.

We have developed a way to reduce the costs. Professionally recorded and produced videos, as well as an additional manual, will be available for sale exclusively to students of each live workshop module. These materials will include all the techniques taught during the live class module, as well as all the additional techniques and materials that could not be covered during the live class module.

The cost of each basic level home study module is currently \$195. Not only are you saving there, but also on hotel expenses and time away from work. The home study modules, as well as the live seminar modules, have been approved for 16 CE hours from the NCBTMB. Approved provider number is #101.

Preparing for Class

Wear thin, soft, flexible clothing for the classes. Materials like t-shirts, yoga, and exercise clothing are excellent as long as they are thin, soft, and pliable. No face cradles or oils/ lotions/ creams are used. Bring your table unless instructed otherwise.

Taylor reflex hammers are used for certain techniques. That is the tomahawk style. (Other types are less effective.) They will be available at each workshop at a reasonable cost (\$10) if you do not own one or forget to bring yours.

The Trail Guide to the Body, in its 4th – 6th edition, serves as our primary reference anatomy guide for this class. All of the class manuals have page numbers linked to this book. It features excellent illustrations that make it easy for therapists to locate the muscles and their attachment sites. This book is not mandatory, however is strongly recommended. We suggest that you study the muscles that attach to the bones before class time.

Other Details

Starting times, time for lunch, and end times may need to be adjusted for each location's requirements. Come prepared to stay for the entire class. There is active class learning for the entire workshop. We are trying to fit in as much material as possible.

This agreement is mandatory for all attendees.

The Five Agreements

1. I will honor the livelihoods of those who developed and brought these teachings to me by not teaching, loaning, giving, or selling any of the NRT training materials or the information I have learned in any NRT class. Purchase of the live or home study materials grants access to the intellectual property, but not to the right to distribute those materials in any manner whatsoever. I will not publish or post videos or any other original content demonstrating or discussing the techniques of NRT without prior approval from NRT Trainings, LLC. I may use or distribute content that is posted on the NRT website and the NRT YouTube channel.
2. I will not blame or sue anyone associated with the NRT trainings for any adverse outcomes from the practice of this work on my friends, family, and clients. I understand that is up to me to practice safely and responsibly within the scope of my licensure. It is my responsibility to investigate the laws of my area of practice to know if it is legal for me to practice what I learned in any NRT class or from any of the teaching materials.
3. I give permission, for the purpose of any NRT class experience, for my classmates and instructors to work on me. I will not hold them responsible for any trauma that I might experience. I understand that in learning situations, accidents or unusual effects can happen. I also understand that it is my responsibility to inform the people who are working on me of any contraindications I might have to this manual therapy.
4. I understand that I am responsible for my personal belongings and will not hold anyone else responsible for any damage to or loss of my things.
5. I give permission for video, audio, and photographic recordings made during any NRT class to be used to educate and promote the teachings of NRT.

Please print legibly. We need your contact information to ensure you receive credit for continuing education hours with NCBTMB. NY, GA, and FL students only, add license number.

Print Name: _____ Date: _____

Signature: _____

Mailing address: _____

Email: _____ Phone: _____



What To Study Before the NRT Classes

Muscles to Study for the Lower Body Live Class

Be aware of the location of these muscles and the actions they produce:

- **Abdominals** – External and Internal Obliques, Rectus Abdominis
- **Adductors of the Hip** – Adductor Magnus, Adductor Longus, Abductor Brevis, Pectineus, Gracilis
- **Calf (Anterior)** – Peroneus Longus and Brevis, Tibialis Anterior Extensor Digitorum Longus, Extensor Hallucis Longus
- **Calf (Posterior)** – Gastrocnemius, Soleus, Flexor Digitorum Longus, Flexor Hallucis Longus, Tibialis Posterior
- **Erector Spinae** – Iliocostalis, Longissimus, Spinalis
- **Gluteus Maximus**
- **Hamstrings** – Semitendinosus, Semimembranosus, Biceps Femoris
- **Iliopsoas**
- **Latissimus Dorsi**
- **Quadratus Lumborum**
- **Quadriceps** – Rectus Femoris, Vastus Intermedialis, Vastus Lateralis, Vastus Medialis
- **Rotators of the Hip (Lateral)** – Piriformis, Quadratus Femoris, Obturator Internus, Obturator Externus, Gemellus Superior, Gemellus Inferior
- **Rotators of the Hip (Medial/Abductors)** – Gluteus Medius, Gluteus Minimus, Tensor Fascia Lata
- **Transversospinalis Group** – Rotatores, Multifidi



Muscles to Study for the Upper Body Live Class

Be aware of the location of these muscles and the actions they produce:

- **Biceps Brachii/Brachialis**
- **Deltoid (Anterior)**
- **Erector Spinae** – Iliocostalis, Longissimus, Spinalis
- **Infraspinatus**
- **Latissimus Dorsi**
- **Levator Scapula**
- **Masseter**
- **Pectoralis Major and Minor**
- **Pterygoids** – Medial and Lateral
- **Rhomboids** – Major and Minor
- **Scalenes** – Anterior, Middle, and Posterior
- **Serratus Posterior Inferior**
- **Splenius Capitus and Cervicis**
- **Sternocleidomastoid**
- **Suboccipitals (Posterior)** – Rectus Capitis Posterior Major and Minor, Oblique Capitus Superior and Inferior
- **Subscapularis**
- **Temporalis**
- **Teres Minor**
- **Transversospinalis Group** – Rotatores, Multifidi
- **Trapezius** – Lower, Middle, and Upper
- **Triceps Brachii** – Long, Lateral, and Medial



Muscles to Study for the Advanced NRT Class

Be aware of the location of these muscles and the actions they produce:

- Abductor Hallucis
- Adductor Hallucis
- Coracobrachialis
- External and Internal Intercostals
- Longus Colli and Longus Capitis
- Muscles of Facial Expression
- Muscles of the Pelvic Floor
- Muscles that move the eyebrows and nose
- Opponens Pollicis
- Respiratory Diaphragm
- Sartorius
- Serratus Anterior
- Serratus Posterior Superior
- Subclavius
- Transverse Abdominis



Certification In NRT

Prerequisites to Obtain Certification Status

- A. Must be legally allowed to perform NRT professionally where you practice.
- B. Must have attended the live Upper Body, Lower Body, and Advanced courses.
- C. Must have purchased the Home Study courses and passed the examinations.
- D. Must pass a written and practical examination by an authorized NRT examiner.

Master Level Certification

Examinations done from memory. Only the zone charts are allowed.

***The certification exams will be based only on the knowledge taught in the basic courses – both the Live class modules and the Home Study modules. Therefore, the student may take the exams before attending the Advanced course.** When passed and after attending the Advanced course and passing the Advanced home study exam, certification status will be granted.

Opportunities to take these examinations will be offered during non-class hours at any seminar taught by an authorized NRT examiner. Scheduling must be pre-arranged through the examiner.

Retakes of the certification exams are available if the therapist does not pass the exams that day. .

There is a separate and equal fee of \$175 total for each testing occasion.

There is only one written and one practical exam for the Certification process and they are done live with an instructor.

Notes on how to prepare for the exams are available upon request.



Neural Reset Therapy®

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