

THE NERVOUS SYSTEM RESET GUIDE

Reduce inflammation, relieve pain and restore balance through an integrative approach.

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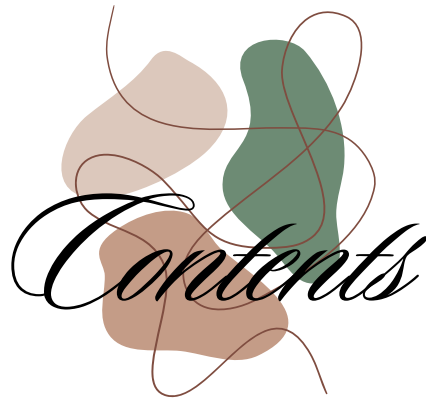


The body has an incredible capacity to heal when the nervous system is supported.

The body is not simply a mechanical structure. It is a dynamic system constantly adapting to the signals it receives.

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01 Introduction

Many people live with chronic pain, fatigue or digestive discomfort despite having normal medical tests.

02. When the Body Feels Stuck

Chronic pain, fatigue, poor sleep, digestive discomfort, inflammation.

03. The Nervous System and Health

The sympathetic and parasympathetic nervous systems, the impact of stress on the body, and its relationship with pain and inflammation.

04. The Role of Inflammation

Low-grade inflammation, its connection to stress and the nervous system, and its effects on energy, pain and digestion.

05. The Integrative Physio Method

Nervous system regulation, Sensory stimulation, Functional movements, Lifestyle and internal physiology.



06. Sensory Stimulation and the Skin.

Skin receptors, brain-body communication, and nervous system regulation.

07. Movement as a Regulatory tool

Gentle movement, breathing, and mindful awareness of movement.

08. The 10-Minute Daily Reset Routine

Morning, Midday, Evening

09. The 14-Day Reset Plan

A simple plan to put everything into practice.

10. Final Thoughts

The body has an incredible ability to restore balance when the nervous system is supported and daily habits are aligned with physiology.

1. INTRODUCTION

If you feel constantly tired, low on energy, struggle with sleep, or experience digestive discomfort or persistent inflammation—even when medical tests appear normal—you're not alone.

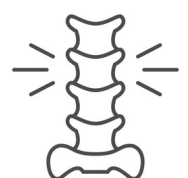
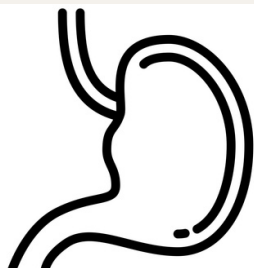
In my clinical practice, I often see people who have tried multiple treatments and still don't feel fully well.

In many cases, the body is not broken—it's simply out of balance.

The body is a dynamic system, constantly adapting to the signals it receives. When the nervous system is under constant stress, recovery, energy, and internal balance can be affected.

By supporting the nervous system, it is possible to reduce inflammation, restore balance, and help the body recover.

If this resonates with you, this is exactly what we work on in clinic—helping the body move from a state of stress and imbalance to one of regulation and recovery.



2. WHEN THE BODY FEELS STUCK

In many cases, the body is not damaged, but stuck in a state of prolonged stress.

Modern lifestyles often expose the body to continuous pressure, irregular routines and insufficient recovery. Over time, this can influence how the nervous system, inflammation processes and movement patterns function together.

When the body remains in this state for too long, it may lose its ability to regulate efficiently, leading to persistent symptoms.

If you're looking for a more personalised approach, this is exactly what we do in clinic.

The body is not broken.

It may simply need the right signals to restore balance

Chronic Stress: Chronic stress can keep the nervous system in a constant state of activation.

Inflammation: Persistent low-grade inflammation may contribute to pain, fatigue and discomfort.

Reduced Adaptation: Over time the body may lose flexibility in how it responds to stress and recovery.

3. THE NERVOUS SYSTEM AND HEALTH

The Nervous System plays a central role in how the body responds to stress, recovery and daily challenges.

It constantly receives information from the body and the environment, helping regulate processes such as movement, digestion, inflammation and energy levels.

Two main branches influence how the body functions:

- the sympathetic nervous system
- the parasympathetic nervous system

When these systems are balanced, the body can adapt, recover and maintain internal stability.

However, prolonged stress may keep the body in a state of activation, making it more difficult to regulate inflammation, restore energy and recover properly.

Sympathetic State

- alertness
- stress response
- increased heart rate
- mobilising energy

This system helps the body respond and adapt to challenges.

Parasympathetic State

- relaxation
- digestion
- recovery
- tissue repair

This system allows the body to restore balance and support recovery.

4. THE ROLE OF INFLAMMATION

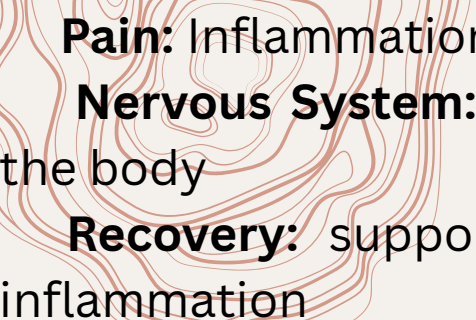
Inflammation is a natural process that helps the body protect and repair itself. When the body faces injury, infection or stress, the immune system activates inflammatory responses to support healing.

However, when stress becomes persistent and the nervous system remains in a state of constant activation, the body may develop low-grade inflammation.

This subtle and ongoing inflammatory state can influence many systems in the body and contribute to symptoms such as persistent pain, fatigue, digestive discomfort and reduced resilience.

Understanding how inflammation interacts with the nervous system is an important step toward restoring balance and supporting long-term health.

Inflammation is not the enemy. *It becomes a problem when regulation is lost.*



Pain: Inflammation can increase sensitivity in muscles and joints.
Nervous System: stress can amplify inflammatory responses in the body
Recovery: supporting the Nervous System can help regulate inflammation

5. THE INTEGRATIVE PHYSIO METHOD

As an Integrative Physio, we approach the body as an interconnected system rather than focusing only on isolated symptoms.

Many persistent health problems involve interactions between the nervous system, inflammation, movement patterns and lifestyle factors.

The Integrative Physio Method is based on four key pillars that help support the body's ability to restore balance and improve resilience.

Health improves when the nervous system, movement and lifestyle work together.

Sensory Stimulation

Stimulating skin receptors improves communication between the body and the brain.

Nervous System Regulation

Supporting the nervous system helps the body regulate stress, recovery and internal balance

Functional Movement

Gentle and appropriate movement helps restore healthy movement patterns.

Lifestyle Factors

Sleep, stress management, eating habits, and daily routines all play a key role in the body's ability to recover and restore balance.

6. SENSORY STIMULATION AND THE SKIN

The skin is one of the largest sensory organs of the body and plays an important role in how the nervous system receives information.

Through thousands of sensory receptors, the skin constantly sends signals to the brain about pressure, touch, temperature and movement.

These signals help the nervous system understand what is happening in the body and the surrounding environment.

When appropriate sensory stimulation is applied, it can support the regulation of the nervous system, improve body awareness and help reduce excessive tension or discomfort.

In integrative physiotherapy, sensory input can be used as a gentle but powerful tool to help the body regain balance and improve communication between the brain and the body.

The skin is a gateway for communication between the body and the brain.

Touch: it stimulates sensory receptors in the skin.

Brain Communication: signals from the skin help the brain interpret body sensations.

Regulation: balanced sensory input can support nervous system regulation.

7. MOVEMENT AS A REGULATION TOOL

Movement is one of the most powerful tools to support the health of the nervous system.

Gentle and appropriate movement provides important sensory input to the brain and helps regulate muscle tone, coordination and body awareness.

When the body remains inactive or moves in limited patterns for long periods of time, the nervous system may become more sensitive and less adaptable.

Small and regular movements throughout the day can help the body restore balance, improve circulation and support the regulation of stress and inflammation.

Rather than intense exercise, the goal is often consistent and mindful movement.

The body thrives on regular, gentle and varied movement.

Body Awareness

Movement improves awareness of the body and posture

Circulation

Movement supports circulation and tissue health.

Nervous System Balance

Gentle movement can help regulate the nervous system

8. THE 10-MINUTE DAILY RESET ROUTINE

Supporting the nervous system does not require complex routines or long hours of practice.

Small, consistent actions performed throughout the day can help the body restore balance and improve its ability to regulate stress, inflammation and energy levels.

The following routine is designed to provide simple daily practices that gently support nervous system regulation.

These practices can be easily integrated into everyday life and require only a few minutes.

Consistency is more important than intensity.

By repeating small regulatory practices daily, the body gradually learns to shift from a state of tension toward a state of recovery and balance.



If you find these practices helpful, a more personalised approach can help you go deeper and achieve more lasting results.

Morning: gentle breathing and movement to start the day with balance

Midday: posture reset and sensory stimulation to reduce accumulated tension

Evening: relaxation practices to support recovery and sleep

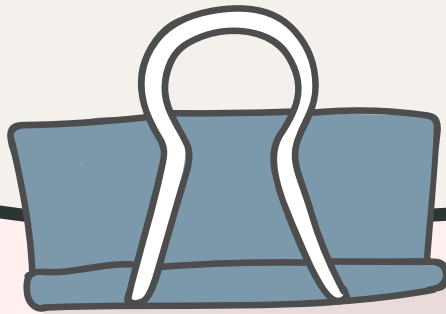
MORNING ROUTINE



How we start the day can influence how the nervous system responds to stress, energy demands and physical activity.

A few minutes of gentle breathing and movement in the morning can help the body transition from sleep to an active state while maintaining balance.

These simple practices aim to awaken the body gradually, improve circulation and prepare the nervous system for the day ahead.



Exercises

Exercise 1 – Regulating Breathing

Sit or stand comfortably.

Inhale slowly through your nose for 4 seconds, allowing your rib cage to expand.

Exhale gently through your nose for 6 seconds, letting your body soften.

Repeat for 1–2 minutes.

Focus: Slow, quiet breathing without forcing.

Benefit: Helps regulate the nervous system and gently activate the body

Exercise 2 – Gentle Spinal Mobility

Stand or sit upright.

Slowly move your spine through small, controlled movements:

gentle rotations left and right

slow forward bending

gentle extension (opening the chest)

Move within a comfortable range, without forcing.

Repeat for 1–2 minutes.

Focus: Smooth, slow movement.

Benefit: Improves circulation and prepares the body for the day.



MIDDAY RESET

As the day progresses, the body is often exposed to prolonged sitting, repetitive movements and mental stress.

This can lead to increased muscle tension, reduced movement variability and a more activated nervous system.

Taking a few minutes during the day to reset posture and provide gentle sensory input can help reduce accumulated tension and support nervous system regulation.

These small interventions can improve focus, reduce discomfort and restore a sense of balance.



Exercises

Exercise 1 – Posture Reset

Sit or stand upright.

Gently lengthen through the top of your head, as if being pulled upwards.

Allow your shoulders to relax down and slightly back.

Soften your jaw and keep your breathing calm.

Hold for 1–2 minutes.

Focus: Awareness, not correction.

Benefit: Reduces accumulated tension and improves alignment.

Exercise 2 – Sensory Stimulation

Using your hands:

Apply slow, gentle pressure along your arms, neck, or shoulders.

Move your hands at a steady pace, focusing on the sensation of touch on the skin.

Option:

- light tapping
- slow circular movements

Practice for 1–2 minutes.

Focus: Feel the contact, stay present.

Benefit: Stimulates skin receptors and supports nervous system regulation.

EVENING ROUTINE



At the end of the day, the body benefits from gradually transitioning from activity to rest.

However, modern routines often keep the nervous system stimulated through screens, stress and continuous mental activity.

Simple evening practices can help reduce this activation, support relaxation and prepare the body for sleep.

Creating a calm transition before bedtime allows the nervous system to shift toward recovery and restoration.

Exercises

Exercise 1 – Down-Regulating Breathing

Sit or lie down comfortably.

Inhale through your nose for 4 seconds.

Exhale slowly for 6–8 seconds, allowing your body to relax more with each breath.

Repeat for 2–3 minutes.

Focus: Longer exhale.

Benefit: Activates the parasympathetic system and promotes relaxation

Exercise 2 – Body Awareness-Release

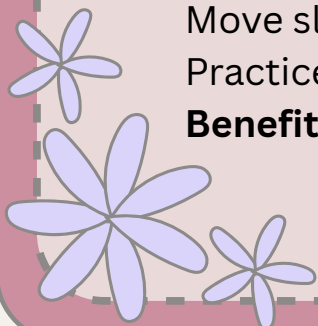
Bring your attention to different areas of the body such as the shoulders, jaw or abdomen.

Gently release unnecessary tension in each area.

Move slowly through the body with awareness.

Practice for 2–3 minutes.

Benefit: Reduces physical tension and prepares the body for rest



09. THE 14-DAY RESET PLAN

Creating lasting change in the body does not require perfection, but consistency.

By repeating small daily practices, the nervous system can gradually shift toward a more balanced and regulated state.

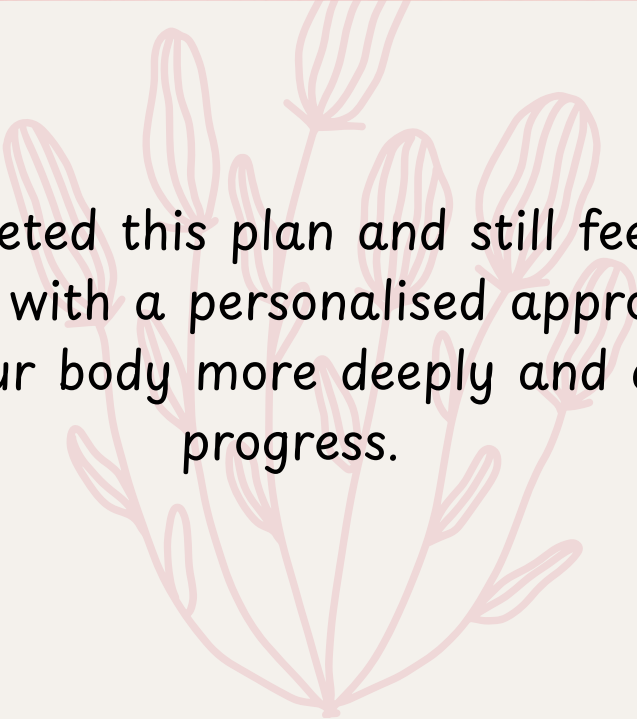
This 14-day plan is designed to help you integrate simple routines into your daily life and support the body's natural ability to reduce stress and regulate inflammation.

The goal is not to do everything perfectly, but to build awareness and consistency over time.



Tip:

These practices should feel gentle, not forced. Consistency is more important than intensity. Even a few minutes per day can create meaningful change over time.



If you've completed this plan and still feel there is more to improve, working with a personalised approach can help you understand your body more deeply and accelerate your progress.

WEEK 1- AWARENESS & INTRODUCTION

WEEK 1	DAY 1 - 3		
	Morning breathing	Midday posture reset	Evening breathing

WEEK 1	DAY 4-7		
	Morning routine	Midday sensory stimulation	Evening relaxation

WEEK 2 - INTEGRATION & CONSISTENCY

WEEK 2	DAY 8 - 10		
	Morning + gentle movement	Midday reset	Evening relaxation

WEEK 2	DAY 11 - 14	
	Full routine (morning, midday, evening)	Focus on consistency and awareness

10. FINAL THOUGHTS

Understanding your body does not require complex information, but clarity and consistency.

The most important concepts to remember:

The body is an interconnected system
The nervous system plays a central role in health

Chronic stress can influence inflammation and recovery

Sensory input and movement help regulate the body

Small daily practices can create meaningful change over time

The body has the ability to restore balance when given the right signals.

FINAL MESSAGE

Your body is constantly adapting to the signals it receives from your environment, your habits and your internal state.

Many persistent symptoms are not a sign that something is broken, but rather an indication that the body may need support, regulation and time to recover.

By introducing simple daily practices that support the nervous system, reduce inflammation and improve movement, it is possible to create gradual and lasting change.

The goal is not perfection, but awareness, consistency and a better understanding of your body.

Healing is not about fixing the body, but about supporting its ability to regulate and adapt.

About the Author

Elena Naranjo is an integrative physiotherapist based in Dubai. Her approach focuses on understanding the body as a connected system, integrating nervous system regulation, sensory stimulation, movement and lifestyle factors.

She works with individuals experiencing chronic pain, fatigue, digestive issues and stress-related symptoms, helping them restore balance and improve their overall well-being.

If you're ready to understand your body better and take the next step toward feeling balanced, energised, and pain-free, you can learn more or book a session at

www.integrativephysiodubai.com