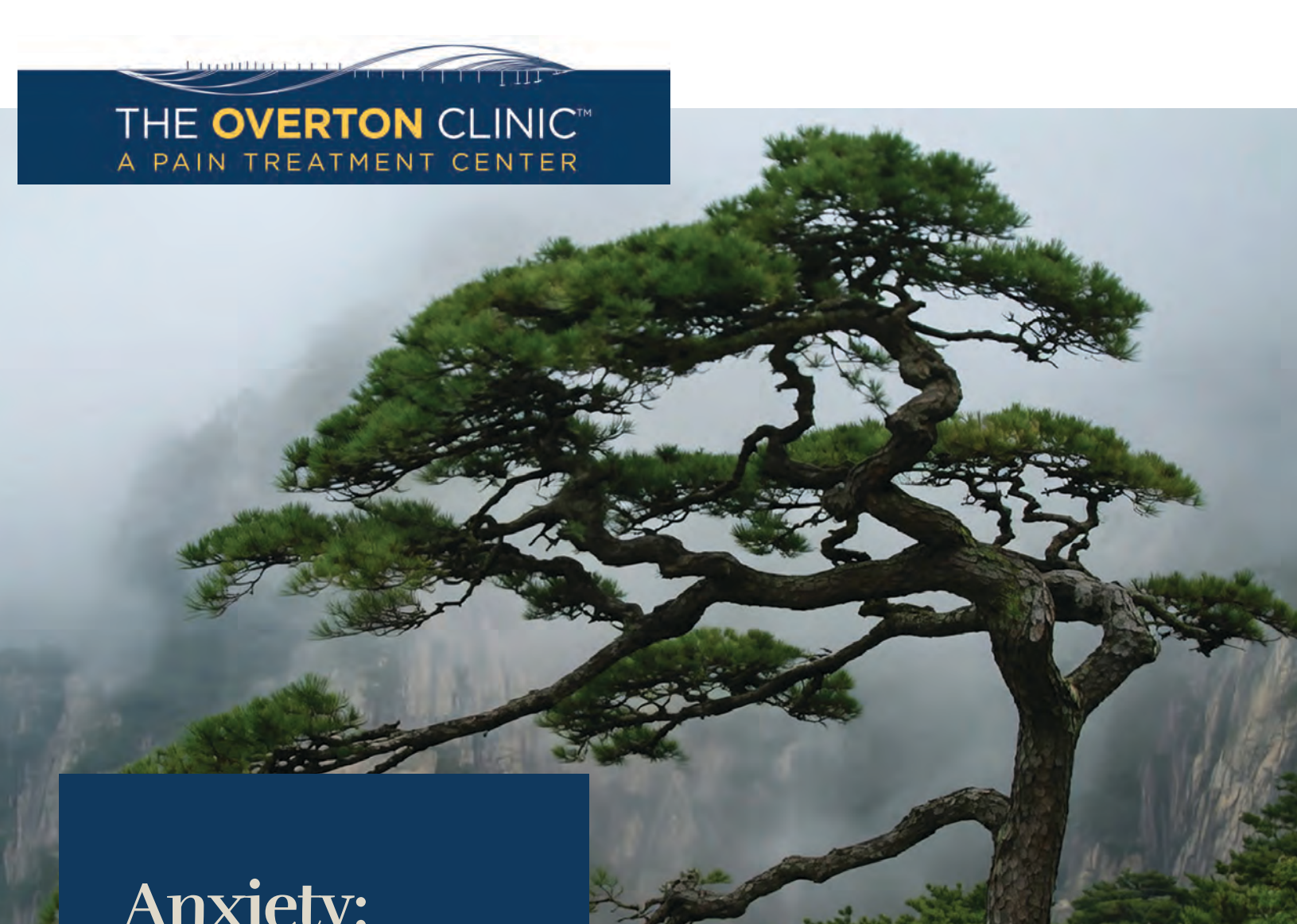




Anxiety: How Neurosomatic Therapy Treats the Root Causes

Neurosomatic Therapy for Anxiety

Neurosomatic therapists address anxiety by targeting its root physiological cause: a dysfunctional breathing and inner-core pattern that triggers the body's survival response. When the inner core is inactive, the body recruits the diaphragm to create false core stability, locking it in a low, spasmed position. This forces reliance on auxiliary breathing muscles which cannot sustain 20,000–30,000 breaths per day. The result is chronic hyperventilation, impaired oxygen delivery to brain cells and a perceived “drowning without water” state.

The brain interprets this as mortal danger, activating an animalistic survival response that escalates from low-level anxiety to full anxiety attacks. Over years, this pattern becomes neurologically facilitated, creating a self-reinforcing vicious cycle of muscle spasm, improper posture, disc damage, spinal-cord impingement, disrupted CSF flow, and secondary issues like hiatal hernia, pelvic-floor dysfunction, and organ dysfunction.

In many cases, medication only masks symptoms. It may not be enough to break the physiological cycle. Neurosomatic therapy interrupts the cycle at the root by systematically restoring proper diaphragmatic breathing and inner-core function.

The process follows three sequential steps:

- ❶ Release spasmed muscles facilitating dysfunctional patterns.
- ❷ Stretch and activate muscles to allow proper musculoskeletal function and endurance.
 - a. Restore gut function that is often affected by anxiety.
- ❸ Facilitate and retrain functional patterns.
 - a. Restore the gut biome.

RELEASE SPASMED MUSCLES

The therapist assesses posture, breathing, and gait, then manually releases the overworked and spasmed muscles so the patient can finally breathe without auxiliary recruitment.

STRETCH SHORTENED MUSCLES

After release, targeted stretching prevents immediate refacilitation of the old pattern. Simple, gentle exercises are introduced in order to return endurance to long forgotten postural muscles.

FACILITATE AND RETRAIN THE CORRECT PATTERN (HOMEWORK)

The patient learns to activate the true inner-core stabilizers while breathing exclusively with the diaphragm. Proper ergonomics are emphasized: alternating sit/stand every hour at a height-adjustable desk and walking every 20 minutes to activate the soleus muscle and restore venous return. Repetition rewires the nervous system, replacing the facilitated dysfunctional pattern with a healthy one.

Once the core-breathing pattern is restored, patients can self-intervene at the first sign of anxiety by switching to diaphragmatic breathing, calming the nervous system and breaking the fight-or-flight loop. This also prevents downstream issues (hiatal hernia, pelvic-floor prolapse, disc degeneration, headaches, organ dysfunction).

Gut Health

Anxiety keeps the body in fight-or-flight, shutting down rest-and-digest functions; undigested food then feeds harmful gut bacteria that produce toxins, erode the mucosal lining, and cause IBS, ulcers, and hemorrhoids. Proper gut bacteria (introduced via daily fermented foods the patient enjoys, plus fiber/complex carbs they cannot digest) outcompete harmful strains, protect the gut wall, communicate with DNA to modulate immunity, and supply essential neurochemical precursors (serotonin, dopamine, melatonin, etc.) that the human body cannot produce alone. Diets high in complex carbs without proper bacteria or fasting/keto approaches that starve harmful bacteria have been observed to reduce bipolar symptoms, supporting the link between microbiome balance and neurological health.

Neurosomatic Therapy treats anxiety as a treatable physiological pattern rather than an inevitable psychological state: release → stretch → retrain breathing + inner core + posture + gut support. This breaks the vicious cycle, restoring the body's natural ability to meet its most basic survival need—oxygen—without triggering the animalistic survival response.



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