

est. 2016

balanced healing

with juliana

a holistic approach to your overall wellness

Nervous System Regulation

handout

Your nervous system plays a central role in how your body responds to stress, inflammation and healing. Many chronic symptoms are driven by an overactive limbic system and an under-supported vagus nerve. The tools below work by calming these systems and restoring a sense of safety in the body. When paired with physical detox and foundational support, nervous system regulation becomes a powerful part of healing.

Vagus Nerve Toning

These exercises help shift your body into a calmer, more grounded state.

- **Cyclical sighing:** Take a big inhale through the nose, immediately followed by a second short inhale through the nose as if topping off the breath, then a long slow exhale. Repeat for several rounds.
- Humming, gargling or gentle chanting
- Cold exposure if tolerated: Splash cold water on the face and neck (not recommended for women)

[Example of Cyclical Signing, click below](#)



Somatic Awareness & Regulation

These practices help you respond rather than react by tuning into the body.

- **Body scans / Vipassana Meditation:** Notice where tension sits without judgment. Bring awareness to the sensation and observe it without trying to change it.
- **Gentle shaking or stretching** to move stored tension and stagnant energy

[Vipassana Meditation Tutorial, click below](#)



Polyvagal Safety & Co- Regulation

Your body moves toward calm when it feels safe.

- Seek safe social cues: eye contact, a warm voice, slow breathing
- Spend time with steady, grounded people
- Pets are excellent nervous system buffers and powerful co-regulators

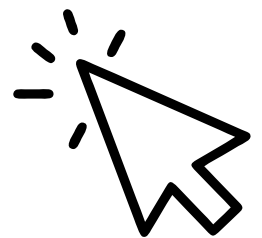
[PolyVagal Theory Made Simple, watch below](#)



Neuroplasticity- Based Healing Programs

These approaches work by retraining the brain and calming the limbic system. Both programs focus on calming the limbic system and supporting vagal tone. When paired with physical detox supports, they can significantly enhance nervous system healing.

- **Primal Trust**: A neuroplasticity-based program designed for chronic illness and nervous system dysregulation (paid program)
- **DNRS (Dynamic Neural Retraining System)**: A structured program to interrupt the limbic loop and reduce chronic stress responses (paid program)



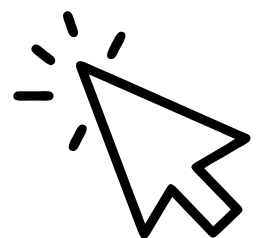
Emotional Freedom Technique (EFT / Tapping)

A powerful tool for emotional desensitization using
meridian points.

- Gently tap on acupressure points while acknowledging the feeling
- Helps reduce activation and soften mental loops
- Especially helpful for overwhelm, anxiety or racing thoughts

Favorite EFT video (anything by Brad Yates is excellent)

→ <https://www.youtube.com/watch?v=wP70Et2d3Lw>



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Infra-Red Sauna (If Tolerated)

Supports circulation and activates the parasympathetic nervous system, shifting the body into rest, digestion, relaxation and recovery.

- Aim for up to three sessions per week if well tolerated
- You should feel neutral or lightly energized afterward
- If you feel wiped out, reduce heat or duration until you find your sweet spot
- Always rehydrate afterward
- Check with your provider if you take medications or have health conditions

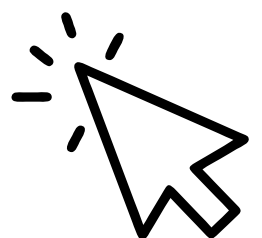
ANT Therapy (Automatic Negative Thoughts)

A simple tool for interrupting anxious loops.

Pause, write down the thought and walk through these grounding questions:

- Is this actually true?
- If it were true, then what?
- What's the worst that could happen?
- How likely is that?
- Would I still be okay?
- This process slows the spiral, separates fear from fact and brings your body back into the present moment.

Video → <https://www.youtube.com/watch?v=55BQVEjCqhU>



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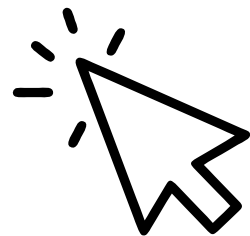
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Helpful Perspectives

Think of your mind like a toddler having a tantrum. You don't fix it by fighting it. You soothe it by witnessing it. You don't have to believe every thought. You notice them and choose what to feed it.

A helpful resource for learning this skill is the book *Practicing the Power of Now*

Book → <https://amzn.to/45AxUD4>



Meet the Founder

Balanced Healing with Juliann (formerly Balanced Healing of Jacksonville) was founded by Juliann Abecassis-Walsh in 2016 with a heartfelt mission: to create a space where patients felt seen and where healing is possible. Juliann built a thriving practice in Jacksonville, Florida, where she led a team of wellness professionals and also worked part-time as an acupuncture physician at Mayo Clinic's Department of Integrative Medicine. Over time, she transitioned away from her clinical director role to focus more intimately on individualized patient care. After the birth of her son, she closed her physical office and embraced a telehealth model—with the exception of bi-monthly injections offered at Sanders Chiropractic in Jacksonville—allowing her to continue serving patients with flexibility and focused attention.

Through Balanced Healing, Juliann offers a telehealth experience that meets patients where they are - creating a connected, accessible, and deeply personal approach to wellness. Her clinical focus includes complex or "mysterious" illness (often related to mold toxicity, Lyme disease, and co-infections), hormone and gut imbalances, stress-related conditions, and restoring the body's natural ability to heal through integrative care.

