

THE REASET APPROACH

A NOVEL, EFFECTIVE AND COMPREHENSIVE HANDS-ON HEALING APPROACH FOR A FAST-CHANGING WORLD

Tom Meyers

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A 4-DAY INTENSIVE TRAINING COURSE

PARTICIPANTS WILL LEARN

A novel comprehensive hands-on treatment method build on one fundamental principle.

By the end of this course, participants will have a better understanding how to reaset the autonomic nervous system and facilitate health in body and mind.

THE REASET APPROACH IS

An integral treatment solution for a.o. stress-related dysautonomia, one of the most misdiagnosed medical conditions and cause of not only musculoskeletal disorders and mental health problems, but also multimodal disorders that at first don't seem to be symptoms of a medical condition (MUS).

Participants will go home with a comprehensive and effective treatment protocol they can use straight away, use it for a wide range of medical conditions and get immediate better results in their therapy practice.

PURPOSE OF THE REASET APPROACH

Offering pain relief and increased quality of life in patients through an individualised hands-on methodology to bring the patient out of a state of stress and into ease (autonomic balance); restore structural and functional balance; and facilitate healing of symptoms.



THE REASET APPROACH

COURSE INTRODUCTION

In this 4-day course, participants will learn the integrative (full body) hands-on body mind and educational "Reaset Approach". The "Reaset Approach" is a novel comprehensive (pre)treatment method that brings about a reaset of the ANS developed by osteopath, body-centred stress coach and wellbeing futurist Tom Meyers (Belgium).

The main objective and difference with other holistic treatment modalities is that the "Reaset Approach" considers reassembling the autonomic nervous system (ANS) as the key to facilitate the patient's healing processes, alleviate pain and promote health and wellbeing from within.

// Health is the dynamic balance of physical, mental, social, and existential wellbeing and the ability to adapt to changing conditions of life and the environment."

Current treatment modalities tend to focus on the pain (symptom) or associated structural dysfunctions but rarely look at the role of the ANS in the cause or effect of a health problem the patient seeks help with. Many treatment modalities also tend to have a disease-by-disease focus rather than looking for the common thread that binds them, for example the ANS.

Furthermore the "Reaset Approach" is unique in its methodology because it is based on one fundamental principle. A principle that is applied during the whole of the treatment in a personalised and body-centred way and includes (1) balancing of the ANS and stress-response (HPA-axis) before continuing to initiate healing of primary and/or secondary dysfunctions and lifting of restrictions in the cranium and sacrum, fascia, viscera and musculoskeletal systems (2) before the treatment of the patients symptoms (3). Symptoms that in this fast-changing world are often exacerbated or caused by the rising levels of stress.

// Chronic stress sets in when the demands (stressors) outweigh ones resources to rebound and stress-related dysautonomia sets in."

Chronic stress i.e. stress-related dysautonomia (the dysfunction of the ANS with an overactive sympathetic nervous system) - has become one of the main contributors to many, if not all of today's health problems including musculoskeletal pain, cardiovascular disease, migraines, burnout, long-covid..., and mental health problems like depression and anxiety.

This root problem hasn't been addressed before because there was no easy-to-apply modality or treatment protocol to restore autonomic balance. The "Reset Approach" developed by Tom Meyers is probably the first of its kind that can in a fast and effective way.

During this 4-day course, participants will expand their way of thinking about health and healing and explore new horizons to elevate themselves and their skills to the next level with as a result improved patient outcomes.

The material given is immediately applicable in any clinical setting and can be adapted to the therapists and patients needs. The added value of Tom's teaching style is also that ones the participant understands the principle and learns how to apply it they will be able to create their own treatment modalities.

WHY MANUAL THERAPISTS NEED TO LEARN THE REASET APPROACH

In a fast-changing world, the nature and cause of disease are changing. For example, there is an increasing rise in the coexistence of multiple complaints and multimodal disorders (MMD's) among patients that don't appear to be symptoms of a medical condition (MUS).

Current treatment modalities have a disease-by-disease focus, which can be counter-productive and often without the desired results.

More and more research is pointing in the direction that these MMD's and MUS' are caused by stress-related dysautonomia. Dysautonomia is an umbrella term for the dysfunction of the autonomic nervous system (ANS). Stress-related dysautonomia, as it says, is the dysfunction of the autonomic nervous system due to a maladaptive stress response.

PRIMARY SYMPTOMS RELATED TO DYSAUTONOMIA TREATED WITH THE REASET APPROACH

Back pain, lumbago	Migraines & headaches	Lack of energy
Neck and shoulder pain	Brain fog	Agitation and frustration
Trapped (sciatic) nerve	Long-COVID	Depression
Digestive problems	Excessive sweating	Stress & Anxiety
Injuries (sport or other)	Mood changes	PTSD
Cardiovascular problems	Concentration problems	Burnout and boreout
...

But how do you treat stress-related dysautonomia and its many (seemingly unrelated) symptoms? There is no medication known to man that can improve the balance between the sympathetic and parasympathetic nervous system, nor can it be done as effectively and comprehensively with other means like, for example vagal or transcranial magnetic stimulation – as it can be done through the integrative (full body) hands-on body mind and educational “Reset Approach”.

A 4-day intensive hands-on training course has been created by the founder Tom Meyers. Tom’s firm believe is that physical therapists (physiotherapists, osteopaths, Holistic Manual Medicine Practitioners,...) have a vital role to play in the treatment, management and prevention of dysautonomia when they know how the “Reset Approach”. Because with the “Reset Approach” in hand and the mindset to go with it, physical therapists can make the difference needed to avoid a health disaster from happening.

Another aspect of the “Reset Approach” is that it can be used as the basis on which the therapist can integrate all their existing knowledge and treatment techniques, or they can integrate the “Reset Approach” into their existing method of working and not only achieve better outcomes but also improve the speed of recovery of most, if not all, health problems.

However, a profound change is needed in how therapists see health and approach healing. During the training, participants will be guided to let go of some old belief systems and create new ones because the health problems of today and the future cannot be solved with the same level of thinking that created them.

There is a proverb that expresses why we need to change rather well: “We can't change the direction of the wind, but we can adjust the sails.” Humanity will need to adjust its sails to be able to cope with the magnitude of changes coming our way. Still, we, as physical therapists and the medical profession at large, we too need to adjust our sails to respond to the changing needs of our patients.

COURSE PROGRAM INCLUDES

DAY 1:

- History of the "Reset Approach";
- Introduction to the guiding principle underlying the "Reset Approach";
- **Reset of the cranial system;**
- Reset Yourself exercise 1;
- Questions & Answers (Q&A).

DAY 2:

- Introduction to Body-centred Stress Management and ANS resetting;
- **Reset neurocranium;**
- **Reset of articulations and myofascial system (full body);**
- **Reset of the the lower back, sacrum and pelvic region;**
- Reset Yourself exercise 2;
- Questions & Answers (Q&A).

DAY 3:

- Introduction to the future of dis-ease;
- **Spinal Decoaptive Reset Adjustments (musculoskeletal system);**
- **Reset of the abdominal cavity and diaphragm;**
- **Reset of chronic whiplash syndrome;**
- Reset Yourself exercise 3.
- Questions & Answers (Q&A).

DAY 4:

- Review and summary of day 1-3;
- Demo: The influence of the "Reset Approach" on HRV
- **The complete "Reset Approach" protocol;**
- Questions & Answers (Q&A).
- Certification.

FOLLOW-UP

- A 1h online webinar for Q&A (Time T.B.C.)

PS: Changes to the order of the program can happen but all will be seen by the end of the course.

BIO OF THE FOUNDER AND INSTRUCTOR



Tom Meyers (1970), Belgium Belgium

- M.Sc. in Osteopathy (2019)
- Osteopath D.O. (2015)
- Founder of the "Reset Approach" (2010) & "Futurize Yourself"
- Osteopath at Ostéo & Co Brussels, Belgium (2007)
- Author of "Futurize Yourself – Design your life on purpose"
- Author of "The Futures Effect – Change Your Story, Change Y'our Future!"

Tom Meyers was born in Antwerp, Belgium in 1970. His life has been eventful, to say the least, but he came to an abrupt halt at age 29 when his gourmet deli business failed, leading him into an existential crisis. Three revealing steps – what he now calls "Futurizing Yourself" – saved his life and helped him overcome his limiting beliefs and make his preferred future into an ongoing reality.

Today, Tom is an osteopath and body-centred stress coach with a private practice in Brussels. He promotes health and wellbeing and is the founder of the "Reset Approach". Tom combines his health practice with his work as a wellbeing futurist, speaker and author. His mission is to help people flourish and thrive as they prepare for the future with confidence.

Websites: www.reset.com & www.futurizeyourself.com

THE REASET APPROACH INTRODUCTION VIDEO



Watch the introduction video on YouTube: <https://youtu.be/MpeO9ZTm0eU>



After attending your course, I treated a patient with Guillain Barré syndrome. The patient was weak, could not walk properly and had weakness in upper and lower extremities combined with severe back pain.

After 3 sessions, the patient improved. After the 5th session, she had no more back pain; her strength and sleep improved (she was not sleeping from the pain and also because of anxiousness about her condition).

She is completely normal now. Today, I'm continuing to treat the remaining 20% of the bells palsy - that I was treating before the other problems started.

Your course, Tom sir and Giuseppe sir, helped me approach this patient in a different way and with success.

Thank you

Dr. Suraya Prabha
Hyderabad



You guys are awesome sir. We students are really lucky to have teachers like you. You opened doors to a new subject.

The techniques you taught are really amazing. Our way of approach to patients treatment has changed and giving amazing results. Thank you for being my teacher.

Anil (Hyderabad)



Hi Tom, today I got a feedback again of one of my patient who has cervical radiculopathy and breathing issues.

After of my complete assessment and diagnosis, I found a lot of medical history including hypertension, high blood sugar, fatty liver, abnormal breathing patterns and severe tightness in the occipital area.

After the Reaset Approach, visceral release and whole body readjustment my patient was completely relaxed and pain free.

After two sessions and a proper life style modification program my patient has 90% relief.

Thank you for this magical technique

Dr. Abhishek Chadar
Founder of revive pain care Jabalpur India



Day by day, I'm getting better at feeling the cranial movements by gently holding the head. I've noticed that my working capacity and energy are increasing to another level; at the end of the day, I am not getting tired after seeing lots of patients, which is really amazing !!!! Every day I enjoy The Reaset Approach.

My hands now resonate at a good frequency. Maybe this is healing energy as they become warm when I touch any head and feel my patient's pain.

I remember your advice to focus ... So, I'm focusing more and more.

Every day patients say something new that never happened to them before.

I'm getting genuinely magical results 🙏

Thank you, Tom Meyers, once again 🙏

Dr. Sandeep Hase
(Marmaveda Chiropractic, Nashik)



I had a patient suffering from insomnia due to stress. The last 20 days he hadn't been sleeping properly. He also complained having severe headaches.

After only one sitting where I treated him with the Reaset Approach to balance his ANS and some adjustments his pain reduced and he was able to sleep normally again.

Now he is very happy with my treatment and also said to me very humbly: "Sir, I'll pay anything for this treatment."

Thank you sir

Dr Chandresh Patel
Arogya physiotherapy & rehabilitation centre Jabalpur



An 11 years old boy with sign of distress was brought to my clinic by his mother a client of mine. She told me the boy is always quiet and doesn't want to play with his friends or siblings. He gets complaints from school often because of his inactivity in games. At home, he doesn't like to answer his parents. Often he locks himself up in the washroom or his room for a long time. I treated him for three days with the techniques you taught. After the first session his mother said I could see he was trying to talk to us and started smiling. After the second session, she said the boy played with his cousins and asked his parents for his favourite foods. After the third, the boy came smiling, playful and cheerful to my clinic like a normal child. The whole family was thrilled to see this change.

Dr. Shabnam Fatima
Pioneer Physio Care, Hyderabad



I'm applying the Reaset Approach and osteopathic techniques to my patient's and get amazing results especially acute cases now recover faster... Thank you 🙏

Dr. Narsimha
Hyderabad



I used the recently learned techniques for one of my patients today who is suffering for a long time ... after completing treatment the patient said I just got relieved from this long lasting pain, thank you.

Dr. Murly (Hyderabad)



The Reaset approach is giving me an other dimension to treat everyone in a holistic manner and giving me awesome results.

Thank you Tom and Giuseppe.
Dr Laxmikanth (Hyderabad)

PRACTICAL NEEDS FOR A GREAT TRAINING EXPERIENCE

- 1 table (70cm wide) per 2 participants
- Beamer and projection screen
- Whiteboard
- Anatomical skull and spine model
- WIFI
- Printout of syllabus
- 1 toroflux per participant