

# NEURO BALANCE THERAPY



The Neuro-Balance Therapy program is a unique way to improve balance and stability.



You may have been searching for a solution if you ever felt unsteady or worried about falling. The Neuro-Balance Therapy could be just what you need. This innovative program claims to activate a deep foot nerve to improve your balance, stability and confidence. We'll dive into this detailed review to discover its features and benefits.

## [NEURO-BALANCE THERAPY: OFFICIAL WEBSITE](#)



### Chris Wilson's Neuro-Balance Therapy Reviews

The Neuro-Balance Therapy program is a unique way to improve balance and stability. It targets a nerve in the foot. This 10-second routine aims to awaken a nerve that keeps you upright and falls-proof. This program was developed by Chris, a professional who has shown amazing results. MaryAnne is one of those individuals.

She was able to walk with confidence after following this program.

## What is Neuro Balance Therapy ?

Neuro-Balance Therapy claims to be a 10-second ritual which can help patients with balance issues due to dead nerves on the foot. The therapy is available to anyone, regardless of age, weight or medical conditions.

The elderly are more prone to neurological disorders. This can cause impairments and righting responses that may lead to a person tripping, bending or falling. It can lead to a fear of falling. Many people think that these symptoms are the result of aging. Research shows that a sleeping foot nerve is the main cause of this disorder, and contributes to 97% of all falls.

Harvard Cambridge University conducted a study that found the same foot issue is responsible for almost 28000 deaths each year caused by falls in men and women. There are currently several procedures that can be used to treat these neurological disorders. Some of these procedures are not effective and require complex surgery and months of rehabilitation.

It brings back the nerves in your feet that have been dead and helps you to move more comfortably. It restores strength and stability in your lower body and gives you the energy of a 20-year old.

This reduces the fear associated with walking. One can move quickly without worrying about tripping and falling down stairs.

Three common mistakes that increase the chances of falling Bosu Balls, Stability Balls and Balance Exercises Such activities are only beneficial for people in phenomenal shape. These exercises are not recommended for those who have lost strength and mobility in their lower body.

By weakening your tendons and ligaments, these types of exercises can make it harder to maintain balance. These exercises lead to an overall lack of stability and make it easier to fall over. This training does not target the nerves that control balance on the feet, which are responsible for activating muscles that allow you to stand up and walk with confidence.

### *Types of Shoes*

Numerous nerves in the foot work together to maintain balance. Nerves are able to sense the surface one is

walking on, and transmit the information straight to the brain. The type of shoe one wears, however, can have a significant impact on the coordination between the brain and nerves, leading to issues with balance.

People wear shoes the majority of the time. This causes the nerves to lose contact with the ground. Due to the loss of ground contact, the nerves become dull and slower to react. When one falls, nerves are unable to trigger foot muscles that can help you gain balance.

The risk of falling is higher for older men and women. People have believed for a long time that old age is associated with a loss of stability. The research shows that this belief is false and older people who follow the right therapy will quickly regain balance. The fact that one is getting older does not increase the risk of falling. If this were true, then many people would suffer injuries or even die from falls.

Balance is determined by the single nerve of the foot. In Kenya, a study was conducted to find the missing link. The study compared nerve-foot relationships between older people and the younger generation, who have been wearing shoes since birth.

Researchers believed that walking barefoot could lead to thickening in the foot skin and eventually, falls as people

age. They found that, despite thickening the skin on the feet, the communication between the nerves and the feet was three times stronger compared to the modern generation, who have worn shoes their entire lives.

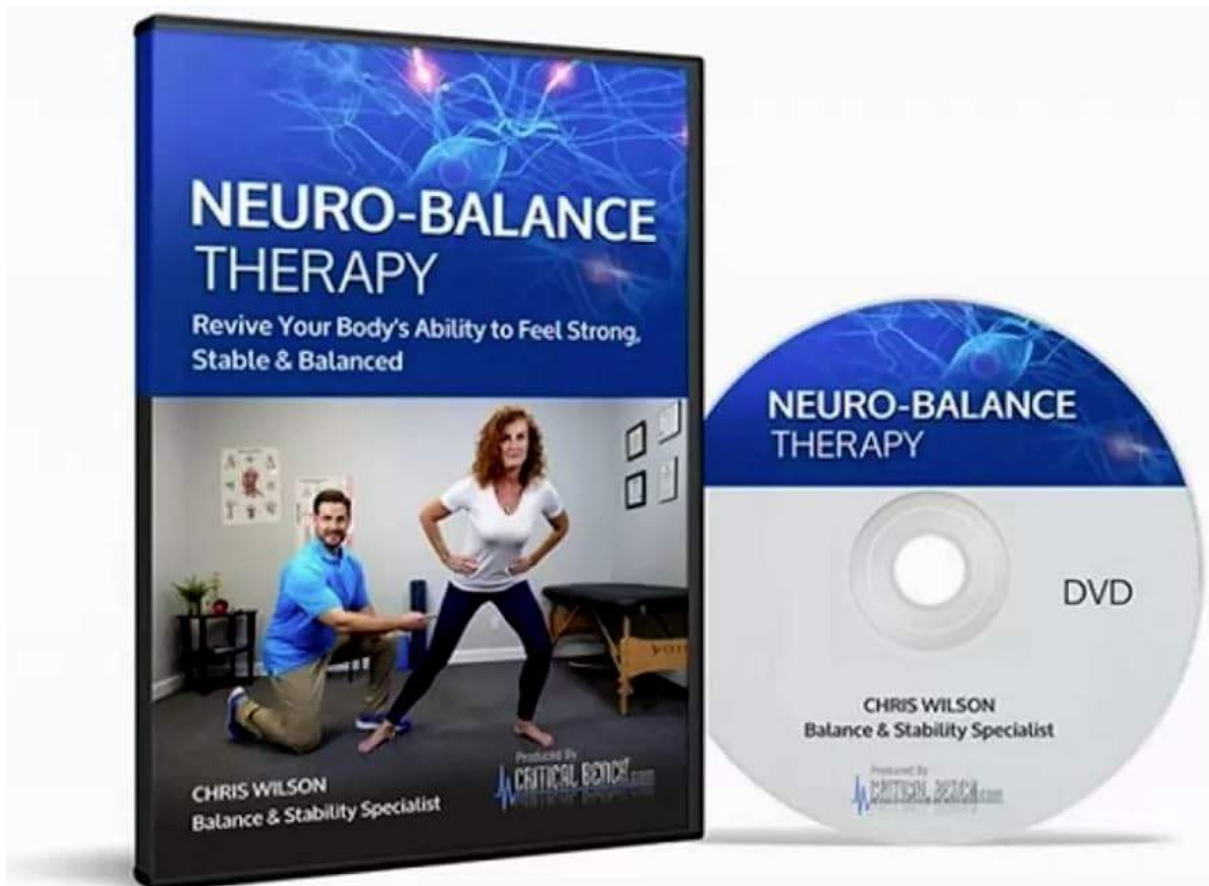
## **NEURO-BALANCE THERAPY: OFFICIAL WEBSITE**

How does the Neuro Balance Therapy DVD work?

Neuro balance therapy helps restore the natural ability of the body to walk and run. It also helps you feel stable as you take each step. It contains:

Foot on spike ball designed by computer  
Each morning, press your feet against the spiked ball. This 10-second ritual can be performed every morning, whether at home or outdoors. This real-world action helps you regain your balance so that you can walk without fear. This does not require physiotherapy, gym or new shoes.

The clip guides you through a program to rejuvenate the deep peroneal nervous system, which is responsible for stability, regardless of your age, weight or medical condition. It only takes a few minutes each day to perform the ritual.



## Neuro Balance DVD Benefits

Video therapy is not dependent on a consultation with a doctor, physiotherapist, trainer, or gym instructor. It also does not require the use of certain orthotics.

These steps are easy to follow, so you can do them while you watch your favorite show.

The Neuro-Balance Therapy, unlike other remedies is 100% natural. It also provides a quick way to become fall proof. It's completely safe. The procedure does not require any major surgeries or long-term rehabilitation programs.

Results become evident in a short period of time. These protocols are reported to have noticeable results within 14 days. This is a more practical and cost-effective way to revive a dead nerve.

This eliminates anxiety and fear, which are responsible for a reduced enjoyment of life and vitality. You can enjoy walking on different terrains and not worry about falling.

Where can I buy Neuro Balance Therapy?

Neuro-Balance Therapy is only available on the [official website](#). The DVD can be played on a desktop computer, laptop or DVD player. Each video provides a series of movements to help activate the peroneal nervous system in the foot.

It helps to improve the stability, movement and quick response on the lower body, which helps one avoid falling. The sequences are divided into beginner, intermediate and advanced. These sequences are suitable for everyone, regardless of age or experience.

The product also comes with a spike-ball. Each ball has a specific number of spikes which help to relieve tension by stimulating a dead peroneal nervous in the foot. It is not available in stores because the ball was designed by the



program developer. The crystallized particles in the balls make them both durable and relaxing.

Bonuses include:

Top 20 tips for fall-proofing your home You will receive the tips above for free once you have purchased the program. Most fatal trips and falls occur in your home. This guide offers different foolproof methods to ensure your home's safety.

Downloadable version of Neuro Balance therapy Shipping times may vary depending on distance and other factors. After purchasing the guide you will have instant access to all the materials and can start right away.

Final Word

When fear begins to restrict your freedom of movement, the world takes a negative turn. This can cause anxiety and cognitive issues. This can lead to dependency on others who are required to constantly watch you in the event of an accident. Many different remedies are available to help you regain stability. However, not all of them work. Surgery can cause permanent nerve damage, and it may take several months to recover.

The Neuro Balance Therapy is a 10-minute treatment that helps revive the peroneal nervous in the foot, without the need to visit a physiotherapist or doctor.

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