OUR MIND PROGRAM INCLUDES
- Virtual Rehabilitation
- Brain Training
- IV Therapy
- Peptide Shots
- Remote Brain Training

HOW DOES THIS PROGRAM HELP YOU?
- Improved sleep
- Increased focus
- Decreased anxiety
- Reduced pain
- Improved overall health
- Enhanced self-esteem
- Increased productivity
- Vigour

STRESS
UNINSTALLING........

Regenerative Medical Group
714-902-9979
601 E Chapman Ave
Orange, CA 92866

714-639-4012
615 E Chapman Ave
Orange, CA 92866

657-251-0453
12620 Brookhurst St,
Ste 2 Garden Grove, CA 92840

951-659-9912
54910 Pine Crest Ave,
Idyllwild, CA 92549

425-899-2525
11415 Slater Ave NE
Kirkland, WA 98033

www.rmg.life

MIND WELLNESS PROGRAM
A healthy mind leads to a healthy body!
Mental issues such as anxiety or stress are inevitable and a common occurrence across various age groups in America. Being well is more than just being free of diseases, it’s about living a holistically healthy life, which includes emotional, physiological and social well being.

Taking care of one’s mental health includes paying attention to one’s feelings, emotions, stress levels, and coping mechanisms and even getting screened just as you would for various physical illnesses.

**ANXIETY AND STRESS**

According to the Global Organization for Stress:

- 75% of Americans experienced moderate to high stress levels in the past month
- 80% of people feel stress at work

**The American Institute of Stress:**

- About 33% of people report feeling extreme stress
- About 70% of people experience stress that affects their physical and mental health
- 48% of people have trouble sleeping because of stress

**Anxiety & depression Association of America:**

- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.
- Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment

**HOW YOUR BODY REACTS TO ANXIETY & STRESS**

- You may experience:
  - Headaches
  - Nausea
  - Shallow breathing or hyperventilating
  - Heart palpitations
  - Accelerated aging
  - Gastrointestinal problems
  - Obesity
  - Cardiovascular diseases
  - Blood clots, poor circulation, strokes

**SIGNS OF AN UNHEALTHY MIND**

- Depression
- Lack of sleep or oversleeping
- Lack of concentration
- Loss of appetite or uncontrollable hunger
- Increased alcohol consumption
- Emotional outburst or Unusual aggressive behavior
- Indecision/ inflexibility
- Suicidal thoughts

**WHAT IS MIND WELLNESS PROGRAM?**

We recognise that anxiety and stress can lead to a decrease in productivity and quality of life.

That’s why our Mind Wellness Program focuses on reducing the impact of anxiety and stress by integrating a number of next generation therapies, which include therapies such as: Virtual rehab, Brain training, Peptides and IV infusion. These therapies have helped hundreds of people with various cognitive impairments reclaim their lives.