



When symptoms persist, the nervous system
may still be on *high alert*

Scan to download Nervana



**\$50 off with your clinician's
referral code!**

What Nervana does

Nervana is a science-based app that helps calm and retrain an overprotective nervous system.

It offers short daily lessons, guided reflection, and supportive AI coaching—at your own pace.

How Nervana helps

Nervana helps people understand what can trigger or amplify symptoms and learn new ways to respond.

75% of Nervana users reported increased quality of life, and 63% reported decreased symptom severity by week 3.

Symptoms people use Nervana for:

- Chronic pain
- IBS or digestive symptoms
- Migraines
- Fatigue or brain fog
- Insomnia
- ...and more

Note: Nervana is an educational, nervous-system training tool and is not a replacement for medical care.

www.trynervana.com