



Chronic pain? Migraines? Insomnia? IBS?

Still searching for relief from chronic symptoms?



www.trynervana.com

Understanding chronic symptoms

Many people continue to experience symptoms like pain, fatigue, IBS, or migraines—even when there is no ongoing injury or tissue damage in the body.

These symptoms are *real*. In some cases, the nervous system has learned to stay on high alert, continuing to send danger signals even when the body is safe.

People love Nervana

75%

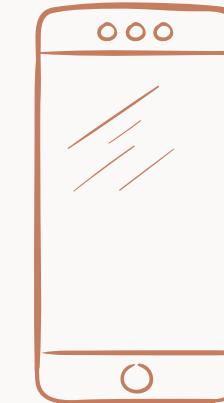
of users reported increased quality of life by week 3

63%

of users reported decreased symptom severity by week 3

“I’ve learned more about myself in the three days than I have in the past couple of years.”

- Nervana App User



- **Bite-sized, 15-min sessions**
- **Go at your own pace!**

What is Nervana?

Nervana is a science-based app designed to help people calm and retrain an overprotective nervous system.

It combines short daily lessons, guided reflection, and supportive AI coaching to help break cycles of stress and symptoms—at your own pace.

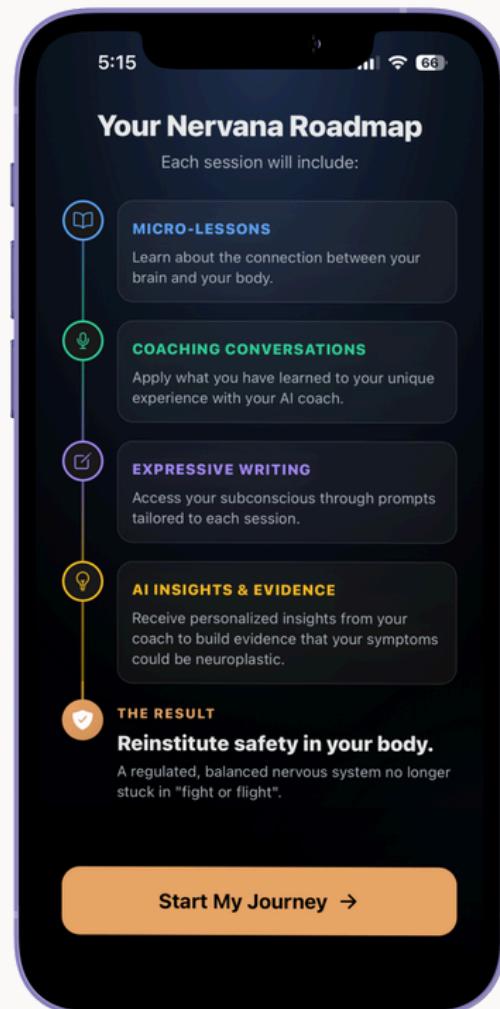
How does Nervana help?

Nervana helps people better understand what can trigger or amplify their symptoms, and learn new ways to respond with calm and safety.

It is designed to complement existing medical care, especially when symptoms persist despite normal testing, or when stress or certain situations seem to make symptoms worse.

What you'll do in Nervana

- Short daily lessons
- Gentle reflection and journaling
- Supportive AI coaching when symptoms come up
- Weekly symptom check-ins to notice patterns
- Optional reports you can share with your clinician



How this fits with your care

Nervana is designed to complement the care you're already receiving.

Many clinicians recommend it when symptoms persist despite appropriate testing, or when stress or emotional triggers seem to play a role.

How Nervana was developed

Nervana is based on approaches used by clinicians who specialize in treating persistent symptoms. It draws from therapies like Pain Reprocessing Therapy and Emotional Awareness and Expression Therapy, which focus on calming the nervous system and changing learned symptom patterns.

Nervana was developed in collaboration with clinical advisors, including Dr. Dave Clarke, President of the Association for The Treatment of Neuroplastic Symptoms.

Disclaimer

Nervana is an educational and coaching-based program designed to help people manage neuroplastic symptoms. It is not a diagnostic or medical treatment tool and has not been evaluated by the FDA.



For people who have tried everything under the sun, try Nervana

Scan to get started!



Created by a founding-team that first-hand understands chronic symptoms



Nervana: Chronic Symptom Coach
www.trynervana.com