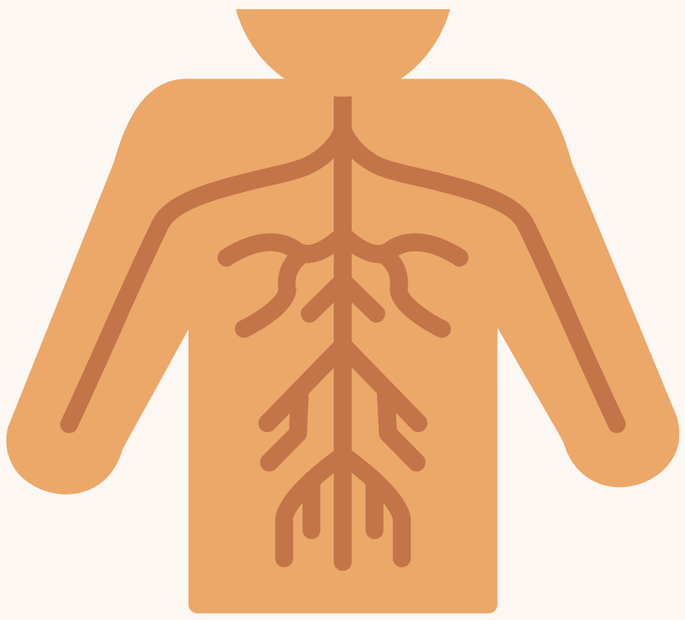
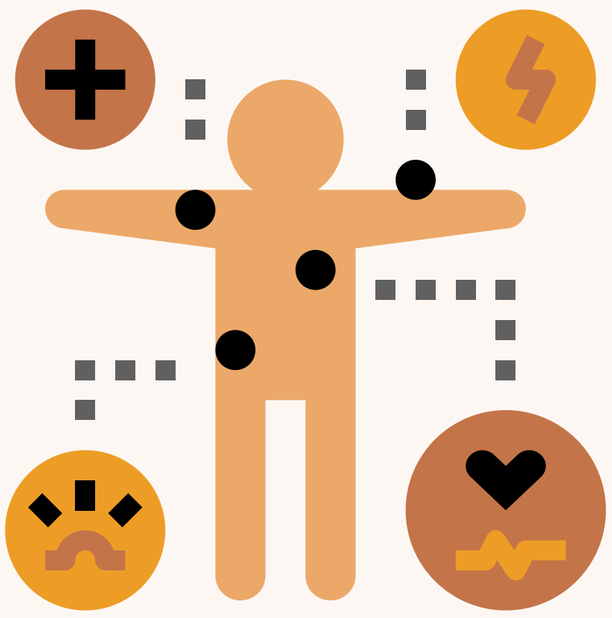
# The nervous system can drive symptoms without damage.

When the brain processes **fear, injury, or stress**...



...it puts the nervous system in a **hypervigilant** state...



...creating real symptoms without a **structural or bodily cause.**

## Healing requires teaching your nervous system ***safety*** again.

App Store

**Nervana: Chronic Symptom Coach**