

Self-regulation and neuroregeneration for all generations

A modern guide to greater health, serenity, and connection in everyday family life.



sanza
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Foreword

The future of family health begins with regulation.

Today's children grow up in an environment that puts their natural self-regulation abilities to the test: digital overload, pressure to perform at school, limited freedom of movement, and constant availability characterize everyday life.

At the same time, parents are experiencing an intensification of everyday life with growing responsibilities, increasing mental stress, and less and less room for regeneration.

The result: the autonomic nervous system of many family members is in a state of constant stress. This is where **Sanza** comes in – a medical technology platform that uses chronobiological and bipolar signals to activate the body's own regenerative potential.

Scientifically based and developed in collaboration with leading research institutions, **Sanza** supports neurophysiological balance, improves cell communication, and strengthens emotional resilience—regardless of age, easy to use, and without side effects.



Chapter 1

Self-regulation from an early age – Why children need Sanza

A child's neurobiological development is not linear – it depends on environmental influences, hormonal phases, and emotional resonance. Many childhood abnormalities such as sleep disorders, emotional impulsivity, or psychosomatic complaints are expressions of dysregulated stress systems.

Neurobiological basics:

- The child's nervous system is highly adaptive, but also sensitive
- Chronic stress affects the development of the prefrontal cortex (concentration, self-control)
- Lack of rest can lead to overstimulation, fatigue, and unstable behavior

Sanza works on several levels:

- Harmonizes the autonomic nervous system (balance between sympathetic and parasympathetic nervous systems)
- Supports mental clarity and emotional stability through regulating frequency pulses
- Promotes a healthy sleep-wake cycle – crucial for growth, recovery, and the hormonal system

Typical areas of application:

- Difficulty falling asleep and staying asleep
- Lack of concentration, learning blocks, nervous restlessness
- Exam anxiety, emotional overload
- Stress-related complaints such as stomach aches or tension headaches

Sanza creates a safe space for regeneration – whenever your child needs it.



Chapter 2

Parents as role models – why they need Sanza too

Parents take on many roles every day – coordinator, coach, listener, partner, and mentor. Their own energy levels often suffer as a result. Studies show that parents' emotional balance directly influences their children's perception of stress.

Sanza as a bioenergetic reset:

- Reduces the physiological stress response (HP A-axis)
- Supports energy production through improved mitochondrial function
- Strengthens focus and emotional stability in everyday life
- Promotes deep sleep phases for lasting recovery

Particularly relevant for:

- Mothers in the postpartum phase (exhaustion, hormonal changes)
- Fathers with demanding careers
- Families in stressful situations (e.g., separation, caregiving, illness)

Balanced parents are the greatest gift for a stressed child.



Chapter 3

Scientific background – Why Sanza works

Numerous studies have proven the effect of frequency pulses on vegetative functions and regenerative capacity:

- Chronobiological research shows that external stimuli can stabilize circadian rhythms (Czeisler et al., Harvard Medical School).
- Frequency-based stimulation has a positive effect on sleep architecture, concentration, and emotional balance (Thut et al., Nature Neuroscience)
- Studies on signal therapy demonstrate an improvement in cell regeneration and blood circulation
- **Sanza** is working with over 12 university research partners to further develop this technology

This solid scientific basis conveys safety – especially for parents who consciously choose drug-free and natural support.



Chapter 4

Regulation as a preventive model for the future

Families who regenerate together develop greater mindfulness, bonding, and health in the long term. **Sanza** becomes a daily resource—a biological Wi-Fi for serenity and vitality.

Recommended use in everyday life:

- Morning (7:00–8:00 a.m.): Mental activation—16 minutes for energy and focus
- Homework time (3:00–4:00 p.m.): Cognitive centering – 16 minutes for concentration and inner peace
- Evening ritual for children (7:00–8:00 p.m.): Sleep program – 16 minutes to promote relaxation and sleep quality
- Regeneration for parents (9:00 p.m.): Relaxation module – 16 minutes for stress reduction and emotional stabilization
- Immune or inflammation program (as needed): 20 minutes of targeted support in particularly stressful situations

Long-term benefits (from a preventive medicine perspective):

- Fewer stress-related complaints (e.g., tension headaches, lack of sleep, exhaustion)
- Stronger immune system
- Improved family dynamics and communication
- More serenity, clarity, and emotional strength



Chapter 5

Testimonials – when families can breathe easy again

In a world that is becoming increasingly loud, fast-paced, and demanding, many families are under constant pressure. Children are showing the first signs of stress, parents feel exhausted, and evenings are often tense rather than harmonious. But what if there was a natural way to find peace again – together, as a family? **Sanza** offers exactly that space. A moment to pause. A chance to rebalance body and mind . And not just theoretically – but tangibly, in everyday life.

Voices from practice – how Sanza really helps families: Dr. Julia S., pediatrician:

"In my practice, I am seeing more and more stressed children with sleep disorders and stomach aches.

***Sanza** helps promote regulation without medication."*

Christian, father of three children:

*"Evenings used to be a challenge. Now, **Sanza time** is our shared ritual. The children fall asleep faster—and we are more relaxed."*

Miriam, 8 years old:

*"When I do **Sanza**, my head feels really light. I sleep much better then."*

Conclusion:

Sanza creates a new quality in everyday family life—more peace, more connection, more regeneration.

These testimonials are not exceptions, but examples of what is possible when the body and nervous system are specifically brought into self-regulation. For more sleep. For more serenity. For healthy togetherness.

Because real change begins in everyday life – and that's exactly where Sanza comes in.



Chapter 6

The growth factor for the brain and how Sanza supports its activation in the whole family

In modern neuroscience, BDNF – the so-called brain-derived neurotrophic factor – is considered one of the key growth factors for the human brain. It is crucial for the formation of new nerve cells, the strengthening of neural networks, emotional stability, learning ability, and mental resilience. And this applies not only to children – but to all of us.

Why is BDNF so important for the whole family?

Whether you are a child, parent, or grandparent, BDNF accompanies us throughout our lives. It is the key to mental fitness, mental freshness, and emotional strength:

- **It promotes the growth and maturation of nerve cells** – in children in development, and in adults for maintenance and regeneration.
- **Supports learning and memory formation** – at school, at work, and in everyday life.
- **Protects the brain from stress-related damage** – an important factor in our stimulus-saturated and often overwhelming world.
- **Contributes to emotional balance and resilience** – particularly valuable in times of high stress.

What affects BDNF production?

It is typical everyday issues that block BDNF – and they affect all age groups:

- Chronic stress and constant emotional tension
- Lack of exercise, irregular rhythms, too little sunlight
- Sensory overload from digital media
- Poor sleep quality and lack of rest periods



How does Sanza support the natural activation of BDNF?

Sanza works via patented bipolar frequency signals that specifically regulate the autonomic nervous system and strengthen the body's own rhythms. Studies show that harmonized circadian timing, improved sleep quality, and reduced stress hormones create the ideal conditions for increased BDNF production.

Sanza brings the nervous system into a state in which learning, emotional development, mental strength, and regeneration become possible again—across all age groups.

Conclusion:

BDNF is the key to a strong, adaptive, and resilient brain—from infancy to old age.

Sanza not only supports well-being externally, but also promotes it internally. the processes that keep us mentally fresh, emotionally stable, and capable of learning.

Used regularly, Sanza helps the whole family to develop their full mental potential – in a natural and profound way.

BDNF represents the future potential of our brain –

Sanza activates precisely this potential.



Chapter 7

Sanza as immediate aid for injuries – first aid reimagined

In everyday family life, minor accidents happen almost daily: a fall from a bicycle, a wild tackle on the soccer field, or a hard impact while horseback riding. In addition to the initial shock, the result is bruises, abrasions, grazes, or strains.

This is exactly where **Sanza** shows its particular strength – through targeted application after acute stress.

Areas of application:

- **Sports injuries:** sprains, bruises, overexertion
- **Falls & impacts:** bruises, abrasions, local pain reactions
- **Everyday stresses:** tired legs, muscle tension, overexertion after activity

How Sanza works in acute situations:

- Relieves pain by activating the body's own regulatory mechanisms
- Supports local inflammation regulation and blood circulation
- Promotes faster regeneration through targeted signal impulses
- Calms the nervous system – even in cases of emotional stress after an accident

*"My son was really upset after the fall – after **using Sanza**, he was calmer and ready to go again the next day."*

Tip:

Sanza can also be used preventively in sports activities – before the game for activation, afterwards for better recovery.



Chapter 8

Your Sanza family plan – how to get started

Getting started in the world of **Sanza** is easy, practical, and can be tailored to each family's individual situation. Without any complicated preparation or specialist knowledge, it can immediately become part of your everyday routine. It's not about perfection, but about regularity and conscious breaks – alone or together.

1. Take advantage of personal advice: In a non-binding consultation, we will work with you to find out how **Sanza** fits into your everyday life.
2. Select programs individually: Depending on age, needs, and time of day, suitable applications can be easily set up.
3. Establish family rituals: 16 minutes a day is enough to promote lasting new energy, inner balance, and serenity.

Even if you don't have much time, it's worth getting started – because a family that regenerates together can face challenges in a more relaxed and conscious way.

Conclusion: Regulation is relationship. And relationship is health.

"Strength is not about perseverance—it's about regeneration."

Direct contact

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