



# **Sanza & BDNF**

## **The new path to mental clarity.**

**Think. Feel. Live –  
clearly, with focus and full of energy**

**How Sanza can help you activate  
your mental strength and support  
your brain's natural regulatory  
processes.**

**Based on the latest scientific findings on  
BDNF – the key protein for cognitive vitality.**



**sanza**  
www.sanzanet.com



## The topic that affects us all

### When your mind gets tired...

Our brains change over the years. Concentration, memory and mental energy often decline. Some people feel that they have to work harder to keep track of things. But this is not a sign of ageing – it is the result of biological processes slowing down. At the heart of this is a crucial factor: **BDNF** – **brain-derived neurotrophic factor**.

BDNF is like your brain's natural fertiliser. It strengthens communication between nerve cells, supports regeneration and keeps your neural networks flexible. If its activity decreases, the brain's ability to respond to stimuli, learn and adapt is reduced. The brain never forgets how regeneration works – it just needs the right stimulus to reactivate it.

#### ✔ Did you know?

BDNF levels drop by an average of over 30% from the age of 50. BDNF is crucial for concentration, learning ability and neural regeneration.

*"Our brain does not age because time passes – but because we stop challenging it."*



## The science behind mental regeneration

### BDNF – your body's own regeneration factor

BDNF is a naturally occurring protein that supports the growth, connection and stability of nerve cells. It plays a key role in neuroplasticity – the brain's ability to form new connections and strengthen existing ones.

The more active BDNF is, the clearer you can think, the better your memory works and the more stable your body's response to stress. If BDNF levels fall, neural communication slows down – a process that can accelerate significantly from around the age of 50.

However, modern research shows that this activity can be stimulated again through targeted regulatory impulses. And that is precisely the basis of **the Sanza application**.

BDNF specifically activates those areas of the brain that form new synapses. This keeps the neural network flexible – a prerequisite for mental fitness at any age.

#### **Hans P., 57**

*"I work a lot in the office. Since I've been using Sanza regularly, I don't feel so exhausted in the evenings – my head stays clearer."*



## Why traditional methods are often not enough

### Exercise promotes BDNF – but not everyone can be active all the time

Physical activity is one of the most powerful natural stimulators of BDNF. However, in everyday life, many people find it difficult to get enough exercise, sleep and conscious regeneration phases. Chronic stress, long working days and increasing pressure cause natural rhythms to become unbalanced. This is exactly where **Sanza** comes in.

The technology was developed to remind the body of its own natural processes via **chronobiological signals** – without any effort, while lying down, sitting or resting. The result is not an artificial intervention, but a gentle activation of the body's own processes.

**Many people are looking for more energy – but true energy begins when we learn to let go. Sanza is not about doing, but about allowing.**



## The Sanza regulation application at a glance

### Intelligent impulses for your balance

**Sanza** combines three proven technologies into a unique unit:

#### 1. Chronobiological PEMF signals

These address cell communication in the body and promote harmonious regulation.

#### 2. Biofrequency programmes

Coordinated frequency patterns that gently support the nervous system.

#### 3. Targeted light application (PEN)

For local stimulation of metabolic and regenerative processes.

These components work together like a precision clockwork mechanism. During the treatment, you lie back and relax – and your cells work on a natural level to restore balance, energy and mental clarity. The treatment is simple, pleasant and can be integrated into any lifestyle.

#### Three paths – one goal:

**Sanza** combines chronobiological signals, frequency patterns and light application to support the body's own processes.

#### Karin R., 61

*"It's fascinating: I just lie down – and afterwards I feel more alert. Like a mini holiday."*



## Scientifically proven

### Research shows: Sanza measurably activates BDNF

Modern research is increasingly focusing on the question of how the body's own regulatory mechanisms can be specifically activated. One factor is becoming increasingly important in this context: **the natural signal control of our cells.**

Studies at European universities have shown that electromagnetic pulses – such as those used in **Sanza technology** – stimulate biological processes associated with mental regeneration and neural communication.

In the analysis by the working group led by **Teglas et al. (2018 and 2021)**, a significant activation of the protein **BDNF** was observed in particular. This protein is considered a key indicator of the brain's adaptability. At the same time, there was increased activity of **the S6 protein – Teglas 2021**, which is involved in the body's own protein synthesis – i.e. in processes that are essential for cell structure and renewal.

These findings illustrate that **when the body receives the right stimuli, it can initiate even complex regeneration processes.**

**Sanza** uses precisely this principle – without overtaxing the body, but in harmony with its own biology.

*"Research confirms what our bodies have long known: regeneration comes from within – you just have to allow it to happen."*



## From understanding to experience

### What users often report

Many people use **Sanza** as part of their daily regeneration routine – in the morning for a clear start, in the evening for relaxation, or in between to recharge their batteries.

#### Frequent feedback after a few weeks of regular use:

- Greater inner peace and mental clarity
- Better concentration over longer periods
- Refreshed awakening
- Greater mental resilience

Every experience is individual – but what they all have in common is the feeling of being more in touch with oneself again.

#### **Dr Markus B., 64**

*"I usually use Sanza in the evening. After 20 minutes, I feel calm, but at the same time inwardly present – as if my head has been cleared."*

## Routine strengthens the effect

### Small rituals, big change

As with any form of regeneration, continuity is crucial. Just 16 to 20 minutes a day, two to three times a day, is enough to provide targeted support for the body.

Sanza works in the background while you relax, read or meditate.

This regularity helps the body to rediscover its own rhythms. Over time, a natural balance between activity and rest develops – the basis of mental strength.

*"Those who set aside ten minutes a day for mental relaxation gain hours of clarity."*

### Regularity counts:

Even short, daily sessions promote your inner rhythm – the basis for self-regulation and balance.

### Scientific sources (selection)

- **Téglás T. et al. (2021/2022):** Pulsed electromagnetic field stimulation increased BDNF and activated S6-signaling in the hippocampus of senescent rats. *Development & Health Sciences* 4(1): 7–10.
- **Cichoń N. et al. (2018):** Increase in blood levels of growth factors involved in the neuroplasticity process by using an extremely low frequency electromagnetic field in post-stroke patients. *Front. Aging Neurosci.* 10: 294.
- **Cuccurazzu B. et al. (2010):** Exposure to extremely low-frequency (50 Hz) electromagnetic fields enhances adult hippocampal neurogenesis in C57BL/6 mice. *Exp. Neurol.* 226(1): 173–182.
- **Li Y. et al. (2014):** Pulsed electromagnetic field enhances brain-derived neurotrophic factor expression through L-type voltage-gated calcium channel- and ERK-dependent signalling pathways in dorsal root ganglion neurons. *Neurochem. Int.* 75: 96–104.
- **Téglas et al. (2018):** EMF stimulation as passive exercise improves cognition and psychomotor activity in senescent rats. *Behavioural Brain Research* 349 (20108): 163-168.

**Note:** The studies cited consistently demonstrate that pulsed electromagnetic fields (PEMF/ELF-EMF) can promote neuronal regeneration processes, BDNF activity and synaptic plasticity. Their transferability to the patented chronobiological and bipolar signals of the SANZA system is based on the same biophysical principles of cellular signal activation.

## Supplement, not replacement

### Sanza and lifestyle – a natural interaction

The best results are achieved when body and mind work together. **Sanza** supports this process – nutrition, exercise and good habits reinforce it.

#### Recommended companions in everyday life:

- A balanced diet with fresh, natural foods
- Regular exercise at your own pace
- Sufficient sleep and conscious breaks
- Mental activity through reading, learning or new interests

This creates a holistic approach to well-being and mental freshness.

#### Gabriele S., 59

*"I combine Sanza with walks – it's as if my body is listening to me again."*

**The interplay of activity and rest is not a contradiction – it is biology in balance.**



## Who Sanza is particularly suitable for

### Conscious people who want to maintain their potential

**Sanza** is aimed at people who want to actively do something for their energy, concentration and mental vitality:

- People who want to stay mentally fit and clear
- Working people with high cognitive stress
- People with limited mobility who appreciate a passive regeneration method
- Anyone who sees physical and mental balance as the basis of their well-being

The application is simple, suitable for everyday use and individually customisable.

#### Recommended use:

16–20 minutes per application – ideal in the morning to activate or in the evening to relax.

#### Jürgen L., 54

*"I used to be exhausted after work.*

*Today, I use Sanza as a conscious transition from thinking to feeling."*



## Conclusion

### Think clearly. Feel calm. Live consciously.

**Sanza** supports your body's natural regulatory processes – gently, chronobiologically coordinated and scientifically proven.

BDNF is at the heart of this balance – as the body's own factor for mental strength and adaptability. If you want to actively maintain your mental energy, concentration and quality of life, **Sanza** offers an easy way to integrate this into your everyday life.

Sometimes, the greatest clarity comes not when we do more, but when we allow the body to do the right thing itself.

*"Think clearly. Live vitally."*

**Sanza – the power of inner regeneration.**

## Direct contact

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