

BENEFITS OF CORTICES

- Takes the body out of fight/flight mode
- Improves brain function and mental clarity
- Improves communication between the left and right hemispheres of the brain
- Increases a sense of relaxation and well-being
- Helps the body mind manage/process stress

Cortices address the entire body mind complex by focusing on balancing the brain, regardless of what physical or emotional imbalances are present.

The cortices are made up of the frontal, parietal, occipital, and temporal lobes of the brain.

Daily cortices and calm and relax the mind.