

# Neural Therapy

Pathways of Healing and Regulation



Where Consciousness, Fascia, and Voltage  
Converge

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# Introduction

## Remembering How the Body Heals

You don't need another supplement, another diet, or another diagnosis. You need your body to remember how to communicate again. If you're reading this, something in your system isn't moving the way it should. Maybe it's pain that doesn't make sense, fatigue that none of the many tests you've tried can explain, anxiety that appears out of nowhere, or weight that refuses to respond no matter how carefully you eat or how hard you work. You've tried to push, fix, optimize, and understand—but something deeper keeps looping, trying to course-correct. That "something" isn't you failing. It's your system asking for connection. Modern medicine is extraordinary in crisis, but not always in communication. It can identify every part of the body, yet often struggles to restore the conversation between them. Your body is electrical long before it is chemical: a living network of signals and voltage where nerves, fascia, lymph, and subtle energy systems are constantly in dialogue. When that conversation breaks down—after surgery, infection, trauma, or chronic stress—symptoms appear. Not because your body is broken, but because it's adapting to interference.

Neural Therapy works at that level: the level of communication. It doesn't force the body into submission; it helps the body remember how to self-correct. Using procaine, a simple medicine with remarkable clinical intelligence, we can reopen circuits that have gone quiet. Pain softens. Warmth returns. Breathing deepens. Sleep steadies. Digestion strengthens. Not because something new was added, but because the static was removed. This book is an invitation to understand that process—to see how nervous system regulation, fascia, light, water, oxygen, and mindset belong to the same field of healing and coherence. These are the foundations behind every therapy that truly works, and often the missing context behind those that don't. You don't have to believe in "energy" or "quantum physics" to benefit from this. You only need to notice what happens when your body and mind finally get back on the same page. Healing isn't about doing more. It's about restoring communication. Once that happens, the body does what it has always known how to do: heal, adapt, and thrive.

# Chapter 1

## The Body That Remembers

Every body holds a story . Not just in thoughts or emotions, but in the way muscles tighten, breathing becomes shallow, or energy fades. Long before a symptom has a name, the body is already speaking through sensation.

Neural Therapy is a way of listening.

I first encountered Neural Therapy after years of watching people chase their pain - trying new diets, new scans, new medications - always treating the surface signal while the deeper pattern stayed hidden. I then saw what could happen when a small amount of procaine was placed with precision into a scar or nerve point; color returned to the skin, warmth spread, breathing became softer, and the whole system shifted. It was as if the body had been waiting for someone to flip a forgotten switch.

Sometimes there were tears, sometimes laughter, often a visible easing that moved through the body. This wasn't the kind of relief that comes from willpower. It felt more like recognition. The body wasn't "fixed". It was seen. I learned something essential: it isn't only the injection that matters - it's when the nervous system feels safe, it allows release. That healing "container" includes clear intention, a slow pace, and an environment that helps the body feel supported enough to let go. That moment changed how I understood healing.

## The Electrical Nature of Healing

Our biology is electrical before it is chemical. Every cell, nerve, and organ communicates through tiny currents and rhythms. When that communication is disrupted—after trauma, surgery, infection, or chronic stress—the body can't complete its messages. So it holds them. That holding may show up as tension, inflammation, fatigue, or pain. Neural Therapy helps the system speak again. It uses tiny injections of procaine—a gentle, short-acting anesthetic—to briefly quiet an irritated nerve, reset its electrical charge (polarity), and restore normal signaling. In that short window of quiet, the body takes the cue and reorganizes itself. This isn't about blocking pain. It's about restoring flow. You can think of it like a circuit board after a power surge. When one connection shorts out, everything downstream begins to flicker. No amount of forcing, stretching, or patching can fully help until the circuit is reset. Once the current flows again, the lights come back on—steadily and naturally.

## What This Can Look Like in Real Life

I've watched this happen in hundreds of ways, including:

- A woman's chronic hip pain easing after we treated an old appendix scar.
- A veteran's headaches and insomnia softening after clearing neural points along the neck.
- A client with years of digestive discomfort feeling their abdomen relax and their mood lift in the same breath.

Each one said some version of the same thing: "I feel like myself again."

That is the body remembering.

## Modern Life, Overload, and Why "More" Often Fails

Most of us live with the accelerator slightly pressed—notifications, noise, unfinished stress, constant demands. The result is a nervous system that stays "on," trying to do more with less stability and coherence. We often respond by adding more: more supplements, more protocols, more inputs. But when the circuit breaker is off, adding more power doesn't bring the lights back on—it only strains the system. Neural Therapy works because it restores communication first. And once communication returns, nutrition, movement, and mindset can finally reach the places they're meant to support. Healing isn't about doing more. It's about removing what blocks communication so your innate intelligence can move freely again. Neural Therapy offers a way back into that dialogue. It meets the body where it has been stuck—and invites it to rejoin the conversation of life.

## Chapter 2 The Nervous System: The Body's Electrical Language

Every living thing communicates through charge. Your brain is electric. Your heart is electric. The nervous system is the body's electrical language—translating thought into chemistry, emotion into motion, and intention into physiology. It carries every instruction the body gives itself, from a heartbeat to a sigh of relief. We often imagine nerves as static wires, but they're not. They're a living web of light and information. Each nerve impulse is a tiny flash that coordinates muscles, glands, and organs. When those flashes happen in balance, we feel vitality—alert but calm, responsive but steady.

### Two Currents: Action and Rest

The autonomic nervous system has two main streams:

Sympathetic – the accelerator.

It mobilizes you. It sharpens attention. It prepares you for action.

Parasympathetic – the brake.

It restores you. It digests, rebuilds, and repairs.

Health isn't about shutting one system down. It's about rhythm. When life asks for movement, we rise. When safety returns, we settle. This natural oscillation—expansion and contraction—is the dance of regulation.

Unfortunately, modern life rarely allows for settling. Noise, screens, constant demands, chronic tension, and emotional strain keep the accelerator slightly pressed. Over time, the nervous system forgets what “off” feels like. Sleep becomes lighter, digestion slows, pain thresholds drop, and the system stops dancing and starts bracing.

When was the last time you felt truly off? Safe? Present?

For many people, it's hard to remember. They reach for stimulants to wake up or sedatives to wind down—trying to recreate something the body once did naturally. When communication breaks down, the nervous system spends energy compensating. Cells leak charge faster than they can replenish it. You end up feeling wired and tired—alert but anxious, exhausted but unable to rest.

## Regulation Is an Energy Economy

Every cell is a battery. When voltage is clear and consistent, energy flows easily. You wake refreshed, recover quickly, and feel grounded in your body. But when too many systems are compensating for interference—old scars, toxins, chronic inflammation, emotional stress loops—those batteries drain. You may look “fine” on paper while feeling chronically depleted in real life.

Neural Therapy helps restore that energy economy. It doesn't add more charge; it stops the leaks. Once communication resumes, the energy that was being wasted on compensation becomes available again—for healing, creativity, resilience, and calm.

## The Language of Safety

At its core, the nervous system listens for one question: Am I safe?

Every physiological process—digestion, immunity, hormone balance, repair—depends on the answer. When the answer is yes, the body shifts into restoration automatically. Blood flow returns to the organs, inflammation settles, and heart and breath find their natural rhythm. When the answer is no, the body diverts resources to survival.

Safety isn't only emotional. It's electrical and biochemical. A cell that feels unsafe behaves as if it's under siege: metabolism slows, repair pauses, and inflammation rises. Procaine, through its brief action, can provide a clear signal of safety. It quiets an overactive nerve, restores healthy polarity, and tells the system, It's safe to reset. Often, that moment is enough for the body to reorganize what's been stuck.

## For the Skeptic

You don't need to “believe” in any of this to experience it. Neural Therapy is physiology, not philosophy. The electrical language of your body existed long before modern medical technology—we're simply helping reactivate what has always been there.

## Chapter 3

### What Is Neural Therapy?

Neural Therapy is one of the simplest—and most elegant—ways to help the body remember how to heal. At its core, it isn't about numbing symptoms or chasing pain from one place to another. It's about restoring communication: the electrical dialogue between nerves, fascia, organs, and the mind. When that electrical conversation is clear, the body can regulate itself. When it's interrupted, the body compensates—often in ways that create chronic symptoms over time. Neural Therapy helps remove the interference so regulation can return.

#### How It Works

Every nerve carries an electrical charge, and every cell depends on that charge to function well. When trauma, surgery, infection, or chronic inflammation disrupts signaling, the body adapts by rerouting communication. You may still “get where you need to go,” but it takes more effort and energy. Think of it like driving through town when a bridge is closed. You can still reach your destination, but you'll take detours, burn extra fuel, and arrive more depleted. Neural Therapy helps reopen the bridge.

Procaine - a gentle local anesthetic - briefly quiets and overactive nerve and supports a reset of its normal electrical polarity. In that moment of calm, the body can refind its rhythm. Blood flow improves, tissues relax, and the autonomic nervous system recalibrates.

It's less about the need and more about the message:

**“You can let go now.”**

## The Medicine

Procaine was developed in the early 1900s by German chemist Alfred Einhorn as a safer alternative to cocaine. In the 1920s, two physicians—Ferdinand and Walter Huneke—noticed something remarkable: when they injected procaine into a scar to relieve local pain, distant symptoms sometimes disappeared. Migraines, joint stiffness, even chronic fatigue could ease within seconds. They saw this repeatedly and realized they weren't simply blocking pain. They were restoring communication within the nervous system. They called this sudden systemic shift the "lightning reaction." That discovery laid the foundation for Neural Therapy: a medical approach aimed at regulating the body's electrical system rather than suppressing its signals.

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Over the 20th century, Neural Therapy spread through Europe and became a cornerstone of bioregulatory medicine—a bridge between conventional physiology and the body's natural capacity for coherence. Today, physicians across Germany, Austria, and Switzerland continue to use procaine, both locally and intravenously, to support regulation, reduce inflammation, and promote tissue repair.

## The Science of Procaine's Metabolites

Once procaine enters the body, it breaks down into two primary metabolites:

PABA (paraaminobenzoic acid)

DEAE (diethylaminoethanol)

These metabolites are not inert byproducts. They help explain why procaine may support both local and systemic healing.

PABA functions as an antioxidant and connective tissue stabilizer. It can reduce histamine activity, support collagen and elastin integrity, and enhance cellular respiration in the extracellular matrix—improving the body's ability to restore structure and energy flow.



DEAE acts as a neuromodulator and a precursor to acetylcholine, a key neurotransmitter for parasympathetic function. It may support calm focus, mood stability, and membrane fluidity—helping cells maintain healthy voltage and communicate efficiently.

Together, these metabolites contribute to procaine's anti-inflammatory, antioxidant, and neuro-regulatory effects. In biological medicine, we might say they help re-establish rhythm between the nervous system, connective tissue, and cellular environment—the biochemical reflection of restored coherence.

## What a Session Feels Like

A Neural Therapy session is usually gentle and straightforward. Tiny injections are placed just under the skin—sometimes over scars, sometimes near nerve pathways or organ reflex zones. Most people feel a small pinch or pressure, followed by warmth, softening, or lightness. Because we're working with the nervous system—the body's communication hub—each person responds in their own way:

Some feel an immediate wave of calm, clarity, or “settling.” Others notice gradual changes over the following days, like deeper sleep, steadier energy, or reduced tension.

Occasionally emotions or memories surface. This isn't dramatic or forced; it's simply the nervous system completing a story it once had to pause. A tear, a yawn, a soft laugh—these are often signs of regulation unfolding in real time. The magic isn't in the needle. It's in creating enough safety for the body to trust itself again.

## Why It's Different

Most therapies do something to the body. Neural Therapy works with it. It doesn't impose a new chemical state. It restores the electrical current that allows systems to communicate. When charge flows again, fascia softens, circulation improves, and the mind quiets. Pain eases not because it's suppressed, but because the signal becomes coherent.

## For the Skeptic

This isn't "woo woo" treatment. Every living cell maintains a voltage gradient across its membrane. When that voltage weakens, repair slows and regulation falters. Procaine supports membrane stability and repolarization—a measurable biological event—so cells can return to clearer, more coordinated function.

## Why Cell Membrane Voltage Matters—and How Neural Therapy Engages It

Every living cell is an electrical being. Across its membrane, each cell maintains a tiny voltage—often around  $-70$  to  $-90$  millivolts—that acts like a biological battery. This voltage is created by ion gradients (mainly potassium, sodium, and calcium) and sustained by mitochondrial energy.

When this voltage is strong, the cell can communicate clearly, move nutrients in and waste out efficiently, repair damage quickly, and stay well-regulated within the larger system.

When voltage weakens, the cell becomes sluggish and reactive. In low-voltage states, inflammation rises, repair pauses, and communication blurs—patterns commonly seen in chronic illness.

## The Language of Healing: Electricity and Coherence

Neural Therapy works with this bioelectric aspect of physiology. Each nerve, organ, and fascial plane carries not only chemical messages but also electrical signals that organize healing.

When an old injury, infection, or scar disrupts that signaling—what bioregulatory medicine sometimes calls an interference field—communication in the autonomic nervous system can become "short-circuited."

Neural Therapy injections introduce a brief, precise reset through the anesthetic's membrane- stabilizing effect. This can help cells repolarize—restoring the charge difference across the membrane and, with it, normal signaling.

In simpler terms: Neural Therapy doesn't just numb tissue; it reminds it how to talk again—electrically, not only chemically.

Scientific Foundations in Plain Language: Membrane voltage reflects cellular vitality. Healthy, well-regulated tissue maintains a stronger negative charge, while chronically inflamed or damaged tissue tends to depolarize (lose voltage). Bioelectric fields help guide repair. Research shows that small voltage gradients influence cell growth, regeneration, and wound closure. Mitochondrial charge and membrane voltage are linked. When mitochondrial voltage drops, energy output falls and oxidative stress rises. Supporting nervous-system regulation and circulation can help restore both.

## Why It Matters

Restoring cell membrane voltage means restoring the body's organizational language—the electrical coherence that allows tissues to self-correct.

You can think of it this way:

Voltage = vitality

Flow = communication

Coherence = healing

Neural Therapy helps the body return toward this natural electrical balance, where regulation, repair, and resilience can unfold more easily again.

## Chapter 4

# Scars, Fascia, and Interference Fields

Every experience leaves an imprint. Some are visible—scars, injuries, dental work. Others are less obvious—past infections, emotional shocks, chronic tension. Each can leave not only a physical trace, but also an electrical one.

### The Body's Web of Communication

Your body is a living network of fascia, nerves, lymph, and tiny electrical currents—all in constant conversation. This is how organs coordinate their rhythms, muscles know when to contract or release, and the immune system knows where to respond.

When one area becomes blocked—by injury, surgery, infection, or even prolonged stress—the current detours. Energy still moves, but less efficiently. These detours are what we call interference fields: localized zones of “static” that subtly distort the larger signal.

An interference field may look fully healed on the surface, yet still broadcast confusion beneath it—like a faint but persistent patch of static on a radio frequency.

### What Is an Interference Field?

An interference field is any site where normal bioelectrical communication is disrupted. It can be a surgical scar, an injured joint, dental or jaw irritation, a vaccination site, a chronically tense muscle, or tissue that remains reactive after an emotional shock.

Because the nervous system works as a whole-body network, a small distortion in one place can create symptoms elsewhere. A knee scar might contribute to hip strain or digestion changes. A dental site may influence headaches, mood, or fatigue. The body reroutes energy around these blockages, but the cost is constant compensation.

## Fascia: The Living Network

Fascia is more than connective tissue. It is a sensory, communicative organ that transmits mechanical and electrical information, responds moment-to-moment to posture and stress, and reflects emotional states through tension or release.

When fascia is well-hydrated and flexible, information and lymph flow smoothly. When it becomes tight, thickened, or dehydrated, communication slows. Scars and long-term stress can tighten fascia like a kink in a garden hose. You can pour in all the water you want, but flow won't fully return until the kink releases.

## Scars as Electrical Blockages

A scar isn't only a surface mark—it is also an electrical event. Scar tissue tends to carry lower electrical potential than surrounding skin, creating small “quiet zones” that can confuse autonomic signaling. When procaine is injected into a scar, it can help reset that local voltage. Blood flow improves, tissue softens, and sensation or warmth often returns quickly. Many people describe this as, “It feels alive again.”

## The Universal Scar: The Navel

The navel (belly button) is sometimes called the universal scar. Before birth, it was our lifeline—carrying oxygen, nutrients, and early biological regulation through the umbilical cord. After birth, it becomes a central anchor point in the fascial web, influencing how tension distributes through the abdomen, spine, and pelvis. In many healing traditions, this area is also seen as a center of vitality and regulation (often referred to as the solar plexus or hara). Clinically, treating the navel region can feel like releasing an old tether—allowing the body to stand more fully in its own circuitry and movement. When approached with respect and precision, working with this area may support whole-body fascial balance and nervous system settling.

## The Emotional Echo

The body doesn't separate physical and emotional experience. A scar from surgery may also hold the shock, fear, or grief from that time. When we treat the tissue, the nervous system sometimes completes what it couldn't finish then. This isn't mystical—it's regulation. The body finally closes a loop it had to pause. People often feel lighter, clearer, or even unexpectedly relieved. The scar stops “speaking” in pain and begins participating in flow again.

## For the Skeptic

Electrical mapping, thermography, and heart-rate variability (HRV) testing often show measurable shifts in autonomic tone when scars or interference fields are treated. What may look like subtle “energy work” from the outside is, in many cases, observable neurophysiology in action.

## Chapter 5

### Indications and Examples: Where Neural Therapy Helps

Neural Therapy isn't about chasing symptoms. It's about restoring communication. When that communication returns, pain, fatigue, and dysfunction often improve naturally because the system is no longer fighting itself. Below are seven of the most common and effective ways I use procaine in practice—areas where Neural Therapy can powerfully reset signaling and help the body return to flow.

#### 1. Scars — The Body's Interference Fields

Every scar is a story written in voltage. Even when a scar looks fully healed, it can still disrupt communication through fascia and nerves. That's why scars are often treated first—they are frequently the body's highest-priority interference fields.

When a scar softens, the surrounding fascia relaxes, circulation improves, and the nervous system often settles. Many clients describe a feeling of “coming back inside themselves,” as if the body finally exhaled.

#### 2. Perispinal Injections — Rebooting Nerve Roots

Along the spine are hundreds of nerve roots—the brain's communication lines to every organ, muscle, and region of the body. When these nerve pathways become irritated or congested by inflammation, injury, or stress, their signals can distort.

Perispinal Neural Therapy uses small injections along either side of the spine to support clearer signaling—much like resetting a router so connection can return. People often feel a spreading warmth, ease, or grounded calm within minutes.

This approach can be especially helpful after emotional shock, long-standing pain, or chronic stress—times when the body's communication system has been “offline” for too long.

#### 3. Stellate Ganglion — Calming the Accelerator

The stellate ganglion sits in the lower neck and helps regulate the sympathetic nervous system—your fight-or-flight response. When it stays overactive, the body can remain stuck in survival mode: elevated stress hormones, poor sleep, cold hands and feet, rapid heartbeat, and an anxious or racing mind. Treating the stellate ganglion often helps calm that overdrive and improves balance with the vagus nerve, the body's primary parasympathetic (rest-and-repair) pathway.

Clients frequently report immediate shifts such as easier breathing, warmer hands, a quieter mind, and a sense of safety returning to the body. This technique is also supported by growing clinical research on stellate ganglion blocks for PTSD, anxiety, and autonomic dysregulation.

#### 4. Inferior Hypogastric Plexus — Root Restoration

Deep in the pelvis is a dense network of nerves called the inferior hypogastric plexus. It helps regulate the reproductive organs, bladder, and lower bowel. Childbirth, pelvic surgery, injuries, infections, or chronic tension can leave this area holding both physical and emotional strain.

Treating this plexus can restore circulation and clearer communication between the pelvis and the brain. Many people describe feeling more grounded, with steadier energy and subtle improvements in mood, comfort, or libido.

In men, this may support prostate or bladder function. In women, it can aid pelvic balance and hormonal regulation—especially when the pelvis has been “braced” for years.

#### 5. Tonsils — The Forgotten Gatekeepers

We hear a lot about the gut microbiome, but we often forget the tonsils—one of the body’s first immune gatekeepers. Rich in lymphatic tissue and nerve endings, they help coordinate immune communication between the mouth, sinuses, and digestive tract.

Chronic tonsil infections, tonsillectomies, or unresolved inflammation can disrupt this signaling and contribute to immune imbalance elsewhere in the body.

Treating the tonsillar fields may help restore these reflex pathways and improve immune regulation. Many people notice fewer inflammatory flares, clearer sinuses, or improved resilience. Emotionally, the throat is also tied to self-expression. Releasing this field can feel like reclaiming your voice—physically and psychologically.



## 6. Dental Fields — Where Pain, Immunity, and Energy Intersect

The mouth is one of the body's most important—and most overlooked—areas when it comes to overall regulation and health. In many healing traditions, each tooth is connected to a meridian, or energy pathway, that can influence organs, joints, hormones, and even mood.

When the teeth or gums experience trauma—such as infections, extractions, root canals, or even certain fillings—these events can sometimes create what we call “interference fields.” Think of these as disturbances in the body's electrical communication system. Because the mouth is so electrically active, these disturbances may ripple outward and show up as symptoms that don't seem related to dental health at all. People may notice fatigue, migraines, digestive issues, sinus congestion, hormonal changes, or chronic pain without realizing the mouth could be part of the picture.

Neural Therapy can help calm and reset these signals. For lasting, long-term healing, it often works best in partnership with a biological dentist who understands the mouth's connection to the rest of the body. This approach is not meant to be scary or fear-based—it's simply body-based. The mouth plays too central a role in the body's electrical and immune balance to ignore.

## 7. Tattoos — A Silent Modern Source of Stagnation

Once a tattoo has healed, it usually doesn't hurt. Because of that, most people assume it has no ongoing effect on their health. But from an electrical and fascial perspective, tattoos can sometimes act like small areas of stagnation. This may be due to pigment particles in the skin, subtle lymphatic congestion, and the micro-trauma created as the needle passes through fascia.

### For the Skeptic

Each of these regions corresponds to well-mapped neural and lymphatic networks. The results aren't mystical—they are what can happen when coherence returns to a distributed electrical system. Neural Therapy simply helps the body find its signal again.

## Chapter 6

# IV Procaine - A Systemic Reset for a System That's Overloaded

Most people first learn about Neural Therapy through local treatments—such as scar work, perispinal resets, or ganglion injections. These approaches can be powerful when the body is dealing with a specific interference pattern in one area.

But there is another layer of healing that becomes important when the whole system is overwhelmed—when your physiology isn't just struggling in one place, but operating in a constant state of overload. This is where IV Procaine comes in.

IV Procaine is not simply “Neural Therapy in a bag.” It is a systemic regulatory therapy that has been used for decades in European biological medicine. Its role is to calm sympathetic nervous system overdrive, reduce neurogenic inflammation, stabilize membrane voltage, and restore coherence in bodies that have been running too hot, too long, for too many years. It is safe. It is simple. And for many people, it brings a level of relief and clarity that feels both surprising and deeply logical once you understand the body's electrical and nervous system foundation.

## Why IV Procaine Exists

Local Neural Therapy focuses on local interference fields—such as scars, ganglia, dental regions, tattoos, fascial tension, pelvic plexus involvement, and more.

However, some people aren't dealing with one isolated issue. They are living in a global pattern of dysregulation. This whole-body strain is often shaped by things like:

- chronic inflammation mold and biotoxin illness (CIRS)
- MCAS persistent infections (Lyme, EBV, co-infections)
- autoimmune flares early neurological changes (including Parkinsonian patterns)
- chronic sympathetic overdrive
- unresolved trauma concussion or head injury
- long standing anxiety or panic loops
- systemic pain syndromes
- cancer-related inflammation or recovery from treatment

In these states, the nervous system is not miscommunicating in just one area—it is broadcasting distress across the entire terrain. IV Procaine is designed to work at that level.

### What IV Procaine Actually Does

When procaine is infused into the bloodstream, its effects extend through the autonomic nervous system, circulation, and the fascia-rich organ environment. This creates a system-wide reset through several key mechanisms:

#### 1. Reduces sympathetic overdrive

IV Procaine doesn't "shut you down." Instead, it helps the body shift out of persistent defensive mode. People often describe experiences such as:

- "My brain finally quieted."
- "My chest feels open."
- "I can breathe again."

This is autonomic recalibration—not sedation.

#### 2. Stabilizes cell membrane voltage

Low membrane voltage is a common finding in states like:

- chronic inflammation
- neurodegeneration
- cancer
- terrain mold/biotoxin illness
- persistent pain trauma physiology

When voltage improves, cells can do what they are meant to do: repair, signal clearly, detoxify, and regulate.

This is one reason IV Procaine often feels like "clarity returning."

#### 3. Interrupts dysfunctional neurogenic inflammation

Many chronic patterns - pain, anxiety gut dysfunction, autonomic instability- are driven by nerves that are essentially "stuck on". Procaine helps reset these loops.

#### 4. Improves microcirculation and oxygenation

Especially in areas such as:

- the brain
- the heart
- fascia
- pelvic organs
- lymphatic regions
- Better blood flow supports better function.

#### 5. Calms systemic reactivity without blunting the system

People living with MCAS, POTS, CIRS, autoimmune conditions, or chronic anxiety often describe a constant “buzzing” baseline. IV Procaine quiets that noise so the body can regain accuracy and stability.

#### Why Procaine’s Metabolites Matter

Once in the bloodstream, procaine naturally breaks down into two important metabolites:

PABA — a gentle antioxidant that supports connective tissue stability, reduces histamine activity, and helps mitochondrial communication.

DEAE — a precursor to acetylcholine, a key neurotransmitter for parasympathetic tone, emotional regulation, and cognitive clarity.

Together, these metabolites help explain why IV Procaine often feels:

- calming
- clarifying
- anti-inflammatory
- “like turning down static”

They support the same biology Neural Therapy works with—helping the system return to coherence.

## Who Benefits Most?

IV Procaine is not for one specific diagnosis. It becomes relevant anytime the body is globally overwhelmed, especially when:

- inflammation feels widespread, not local
- the nervous system is running too fast, even if you seem “okay”
- rest is hard to access (light sleep, digestion off, low HRV)
- your system feels stuck despite supplements, therapies, or mindset work
- physical and emotional symptoms are layered together symptoms are widespread across brain, gut, joints, mood, hormones, skin, circulation
- you carry a diagnosis that reflects whole-body dysregulation, such as:
  - CIRS MCAS autoimmunity
  - ME/CFS mold toxicity
  - chronic Lyme
  - early neurological disease
  - chronic pain syndromes
  - cancer-related
  - inflammatory burden

IV Procaine does not treat cancer or any diagnosis directly. Instead, it restores the terrain that every system relies on to function correctly.

## Why This Matters (Your Personal “Why”)

If your system has felt overwhelmed, inflamed, or “stuck” for longer than makes sense, IV Procaine can help create the internal clarity your body has been waiting for.

It doesn’t override your biology. It helps it come back into rhythm.

## Why Clinicians Value It

IV Procaine addresses common physiology beneath many complex conditions, including:

- chronic sympathetic drive
- cell danger response
- neuroinflammation
- voltage collapse
- mitochondrial shutdown
- fascial rigidity
- emotional–autonomic freezing
- vascular stagnation

It is not a cure. It is a reset.

And once the system resets, everything else you're doing—lifestyle work, peptides, therapy, movement, supplements—often has traction again.

In Plain Terms

IV Procaine is for people whose bodies are working hard, but working against static. It creates enough electrical quiet for the system to:

- perceive safety
- restore regulation
- re-establish coherence
- regain accuracy and move forward

This is why IV Procaine has been used across many fields in European biologic medicine—from trauma physiology to autoimmunity to oncology terrain care.

## Chapter 7

# The Healing Process: From Regulation to Creation

Healing isn't about doing more or pushing harder. It begins the moment the body feels safe enough to reorganize. What we call "healing" is really the return of communication. Cells stop defending and start connecting. Organs synchronize. Breathing deepens. The whole system exhales.

### Regulation Is the Foundation

Regulation is where everything starts. Before detox programs, supplements, or performance strategies can truly help, the body has to remember its rhythm—the natural back-and-forth between alertness and rest, contraction and release.

When the nervous system senses safety, blood flow improves, the vagus nerve activates, mitochondria "wake up," and inflammation begins to quiet. It's the body's version of turning the lights back on.

Regulation isn't passive. It's an active recalibration. As you enter this state, the system starts updating itself in real time—adjusting patterns that may have been stuck for years.

### Unclogging the System

Once regulation begins, the body often starts clearing what it has been holding—stagnation in lymph, fascia, or long-quiet pathways of repair. This process isn't always graceful.

You might feel warmth, fatigue, emotion, or new sensations as tissues open and circulation returns. This doesn't mean something is wrong. It usually means the body finally has permission to move what it couldn't move before.

Neural Therapy can act as a spark for this shift. Procaine helps repolarize irritated nerves, fascia softens, and drainage pathways that were "offline" begin to wake up again.

### Flow Returns

As communication restores, movement follows naturally. Lymph starts to drain, fascia becomes more elastic, breathing deepens, and the mind grows quieter.

This is the phase where people often say:  
“Something feels different, but I can’t explain it.”

You don’t have to explain it. You just have to allow it.

When systems synchronize, subtle order returns. The body stops wasting energy on constant compensation. That reclaimed energy becomes available for healing, clarity, creativity, and joy.

### Regeneration and Creation

When flow sustains, the body moves into true regeneration - not just repair, but creation. Mitochondria begin producing energy more abundantly. Hormones stabilize. Sleep deepens. Strength and vitality return.

Creation isn't only physical rebuilding. It's the ability to meet life from coherence - to think clearly, act intuitively and expand into new possibilities.

This is where healing and performance intersect. Whether someone is recovering from trauma or optimizing for longevity, both paths rely on the same sequence:

Regulation → Release → Flow → Creation

### For the Skeptic

These phases aren't philosophy. They describe measurable shifts in the autonomic nervous system and cellular metabolism. When the body perceives safety, parasympathetic tone increases, nitric oxide rises, circulation improves, and physiology moves from defense towards repair and energy production.



## Chapter 8

# Complementary Modalities and Integration

Neural Therapy doesn't exist in isolation. It's one instrument in a larger symphony of healing. When communication is restored, other supportive practices—from light exposure to mindset—often start working better, because the body can finally receive and use them.

This chapter outlines foundational modalities that help sustain coherence after a reset. Each could be a book on its own. What follows are distilled insights—not exhaustive science, but practical invitations to return to basics that are often overlooked.

### 1. Mindset and Emotional Regulation

Thoughts carry electrical patterns. Emotions shape our internal “field” of experience. Together, they influence the tone of the nervous system.

When thoughts and emotions are out of sync, the body can feel like it's accelerating without direction—busy, tense, and unsure how to settle. Neural Therapy may help reestablish coherence in the nervous system, but what you repeatedly hold in your mind and heart helps determine whether that balance stays or slips.

Start simply: pause before reacting, breathe before deciding, and name what you feel instead of pushing it away. Even small moments of honest self-awareness can shift physiology in real time. Healing doesn't happen in a state of self-criticism. It happens in a field of curiosity and compassion.

### 2. Oxygen

Oxygen is a basic currency of healing. Your mitochondria—your cellular energy generators—depend on it. Yet many people live mildly oxygen-deprived due to shallow breathing, tight posture, or persistent stress.

After Neural Therapy restores communication, improving oxygen delivery can amplify recovery. Modalities such as IHHT (Intermittent Hypoxia-Hyperoxia Training) or HBOT (Hyperbaric Oxygen Therapy) may support mitochondrial function and resilience for some patients.

But you don't need high-tech tools to start. Gentle movement, time outdoors, and relaxed, spacious breathing can increase oxygenation naturally.

Breathing isn't about forcing deeper inhales; it's about creating enough internal space for oxygen to arrive on its own.

### 3. Water

Water is one of the body's main conductors. It supports circulation, cellular energy, detoxification, and electrical signaling. When hydration is low, voltage drops, detox slows, and communication falters.

Mineral-rich, well-structured water may support this process by helping the body maintain charge and move waste efficiently. Some people also benefit from silica-rich or hydrogen-infused waters, depending on their needs.

Drink with attention. Let water move through you, not just into you.

### 3. Light

Light isn't decoration—it's information. Sunlight helps regulate circadian rhythm, hormones, immune timing, and neurotransmitters. Red and near-infrared light (used in photobiomodulation) may support mitochondrial activity and tissue repair in certain contexts.

During Neural Therapy sessions, I sometimes pair treatment with red-light exposure to reinforce internal regulation. Many people notice that light helps the body "hold on" to coherence longer.

Morning light and evening dimness are simple, powerful medicine. Light teaches your biology when to activate and when to restore.

### 5. Lymph and Fascia Flow

The lymphatic system is the body's quiet detox network, and it relies on movement to circulate. When fascia is tight and lymph becomes stagnant, inflammation rises and the terrain feels heavy or sluggish.

After Neural Therapy, lymph often begins moving more freely as the nervous system relaxes. You can support that shift with gentle practices such as rebounding, dry brushing, sauna, flow-vibe platforms, walking, or manual lymphatic drainage.

This isn't about pushing harder. It's about creating space for exhalation at the cellular level.

## 6. Frequency

Everything in the body is rhythmic: heartbeat, breath, brainwaves, muscle tone, and cellular signaling. Sound, vibration, and subtle electrical inputs can sometimes help the system entrain back toward harmony.

During sessions, I may use frequency-based tools —subtle electrical feedback, low-intensity vibration, or systems like Sound of Soul that translate heart-rate variability into personalized music. These aren't "extras." They're another language the nervous system can understand.

Frequency can support integration by gently aligning tissue signaling with the restoring rhythm of the nervous system.

## 7. How I Integrate These in Practice

Neural Therapy helps open the circuitry. The supporting modalities—mindset, oxygen, water, light, lymph, and frequency—help teach the body how to stay open.

I don't follow a rigid formula. Each session is intuitive but structured, guided by observation, testing, and the client's readiness. Sometimes that includes pairing procaine with homeopathic or Sanum remedies for microbial balance or drainage support. Sometimes it means adding infrared light or frequency therapy to help the nervous system integrate more smoothly. And sometimes it means doing less—letting the body settle before layering anything new.

Healing happens at the pace of safety, not urgency.

## For the Skeptic

Each element here—light, oxygen, hydration, vibration, emotional regulation—has measurable effects on human physiology. What we often call "energy" is simply biology and physics in action, whether or not we choose that language.

## Chapter 9

### Living Regulated

Healing doesn't end when you leave the clinic. It continues in the quiet choreography of your days—in sunlight, rest, laughter, movement, and stillness.

Living regulated isn't about perfection. It's about rhythm. When the body feels safe, it naturally organizes around coherence.

#### 1. Light and Circadian Rhythm

Morning light tells your body it's time to awaken; evening darkness tells it to repair. Just a few minutes of natural sunlight in your eyes each morning helps reset your circadian clock, guiding cortisol, melatonin, and daily energy patterns.

Artificial light—especially at night—can confuse that rhythm. Dim your screens in the evening. Step outside during the day. Let natural light teach your biology what time it is.

#### 2. Movement as Flow

Movement is how your body says yes to life. It doesn't have to be formal exercise. Walk, stretch, sway, dance, float—anything that invites fascia and lymph to breathe.

When you move with awareness rather than force, you circulate charge through your tissues. The effects can be subtle, but deeply regulating.

#### 3. Hydration and Minerals

Water carries charge. Minerals help hold it. Drinking clean, mineral-rich water supports voltage, circulation, and detoxification.

Many chronic symptoms are, at least in part, the physics of dehydration. Hydration isn't just about “more water”—it's about water your body can use, paired with the minerals that help cells stay electrically stable.

#### 4. Rest and Sleep

Deep rest isn't laziness. It's repair mode. During sleep, the brain's glymphatic system clears waste, memory consolidates, and tissues rebuild.

Create an evening ritual that signals safety to your nervous system—soft light, a quieter home, gentle music, gratitude, stretching, or slow breathing. Your body is always listening for one message: “You are safe to rest.”

#### 5. Purpose and Meaning

Purpose isn't abstract. It's physiological. When you know why you want to feel better, the nervous system shifts from survival to creation.

Clarity of purpose influences hormones, motivation, and energy availability. Your “why” is voltage—it sustains healing long after the session ends.

#### Living in Coherence

Regulation isn't a single moment. It's a relationship.

When you live in rhythm—resting when tired, laughing often, breathing before reacting—you're participating in your own medicine. Healing is less about control and more about communication.

And once the body remembers how to listen, every day becomes a continuation of the session: a steady, gentle conversation between your biology and your awareness.

## Chapter 10

### Working with Dr. Sienna & AwareHouse

Healing is not something done to you. It's something that happens with you—through safety, communication, and collaboration.

At AWARE·HOUSE, every session begins as a conversation between nervous systems: yours, mine, and the quiet intelligence of your body. We don't impose. We listen.



#### Our Philosophy

Your body isn't broken.

It's brilliant—constantly adapting to help you survive, even when those adaptations show up as fatigue, inflammation, pain, or disconnection.

Our work is to help you remember what regulation feels like: to restore flow between systems that may have been overloaded or silenced by stress, trauma, illness, or time.

This is not functional or integrative medicine in the conventional sense. It's foundational medicine—restoring coherence at the electrical, emotional, and structural levels.

Neural Therapy is one doorway into that process. But healing at AWARE·HOUSE unfolds in layers, guided by a team whose skills meet the nervous system, the psyche, and the deeper field of awareness as one integrated whole.

## Your Care Team



### Steve Comer

Steve Comer specializes deep nervous system regulation and coherence work to help the body remember how to feel safe. He integrates interpersonal neurobiology, mind mapping with somatic sequencing, and advanced neuro-electric feedback. Known for his grounded presence and deeply intuitive approach, Steve helps clients shift long-held stress patterns, restore emotional balance, and reconnect with their natural state of regulation. He creates experiential containers where science, nervous system science, and embodiment converge to support profound personal transformation. His sessions help the body relearn safety through movement, using the NeuX system to support grounding, coordinate on, and calmer autonomic tone. Clients often feel more at home in their bodies—steady, connected, and less braced against life.

### Oz Comer

Özlem is a complementary medicine practitioner bridging energy psychology, resonance practices and heart rate variability science to help the system function in coherence. She helps uncover patterns that may be invisible to the conscious mind but clearly held in the nervous system—often across generations. Her work supports emotional clarity, inner alignment, and a sense of release that feels both personal and deeply rooted.

### Dr. Sienna Steckel

Dr. Sienna is a physician who blends bioregulatory medicine, neurophysiology, and quantum biology to reveal how the body's electrical, emotional, and cellular systems communicate. Her work focuses on identifying the hidden interrupters — scars, stress imprints, toxic load, subconscious patterns — that keep the system stuck in inefficiency. She offers a structured, science-grounded pathway to restore coherence, resilience, and true regulation. Her lens is both clinical and conscious, inviting clients to experience their biology as something brilliant, intelligent, and completely capable of repair. Dr. Sienna integrates Neural Therapy with lymphatic and fascial release, bioregulatory approaches, and coordination with biological dentistry when needed. Her focus is helping your system find its rhythm again—restoring voltage, improving communication, and rebuilding self-trust in your body's ability to heal.

Together, our team forms a living ecosystem of care. We don't see you as a collection of parts—we see you as a whole field of communication, with every layer influencing the others.

### What to Expect

- **Consultation** We start with a thorough conversation about your story: health history, symptoms, surgeries and scars, emotional stressors, and your current physiology. This helps us identify where communication may be disrupted—and where your body is ready to reconnect.

- **Evaluation (as needed)**

Depending on your needs, we may use tools such as OligoScan, thermography, or HRV to assess mineral status, inflammation patterns, and nervous system balance. These are not required for everyone, but they can provide valuable guidance.

- **A Personalized Plan**

Your plan is layered, individualized, and paced to your nervous system. It always begins with safety and regulation. Often we start with Neural Therapy to reopen communication, then support integration with gentle lymph or fascia work, nervous-system regulation practices, and regenerative or mitochondrial support when appropriate.

You won't be handed a rigid "protocol." You'll be guided through a process that respects your timing, capacity, and readiness.

Healing isn't about adding more. It's about removing what blocks what is already intelligent within you.

### **The AWARE•HOUSE Experience**

Many patients describe their sessions not as treatments, but as returns—to energy, to presence, to themselves. The shifts are often subtle and deeply real. Less force. More rhythm. More you.

When your nervous system remembers safety, your body reclaims coherence. And from that coherence, new possibilities open.



That's the work. That's the invitation.

"When the nervous system remembers safety, the soul remembers home."

#### Client Testimonial

"For most of my life, my nervous system didn't know how to rest. It only knew how to survive.

I spent years living in fight or flight, pushing, performing, holding it all together, without realizing how deeply the state was shaping how I felt in my body, my mind, and my outlook on life.

My experience at AwareHouse last weekend felt less like doing something to my body and more like giving it permission to finally settle. Through gentle work on interference fields, places the body quietly holds old stress, injuries, and unresolved patterns, my system began to soften in a way I didn't even realize was missing.

My breath deepened. My mind cleared. My body felt lighter, as if it no longer needed to brace. The shift was subtle, but profound – a deep reset for the nervous system that rippled through everything else.

I was guided through this experience by Dr. Sienna, an extraordinary physician and human who holds this work with so much presence, precision, and care. Her ability to listen to the body is something truly special.

What stayed with me most wasn't just the calm, but the sense of safety. When the nervous system remembers what regulation feels like, the mind follows, and the body finally knows it can rest.

So many of us are living in survival mode without realizing it. Healing doesn't always mean pushing harder or doing more. Sometimes it's about allowing the body to exhale and remember its natural rhythm again."

# Chapter 11

## The Intelligence of the Body

If there's one truth that ties everything in this book together, it's this: your body is brilliant.

It doesn't forget how to heal—it forgets that it's safe enough to do so.

Neural Therapy is not the only doorway back to healing, but it is one of the most direct. Each injection, each breath, each quiet pause is an invitation for communication to resume. And when communication returns, physiology and consciousness begin moving together again.

Healing isn't linear. It's rhythmic—contraction and release, rest and renewal, silence and song. We don't command the body to heal. We create the conditions for it to remember.

### A Note on Healing and Flow States

The body's natural healing rhythm often mirrors what many people call a flow state or alpha state: calm alertness, where energy, focus, and repair align. When safety and coherence return, the nervous system naturally shifts here.

This isn't mystical. It's measurable, reproducible, and deeply human.

Healing is often what happens when you stop interrupting your own current.

### A Final Word

If you remember nothing else from this book, remember this:

Your body is not your enemy. It is your story, your intelligence, your home.

Every symptom is communication. Every release is recognition. Every exhale is the return of self.

When you stop forcing and start listening, flow returns. And when flow returns, healing becomes inevitable.

## Glossary of Core Concepts

**Regulation** — The body's ability to move smoothly between activation and rest. This rhythmic flexibility is the foundation of healing.

**Coherence** — When physical, emotional, and energetic systems communicate in harmony. Coherence often feels like ease, stability, and clear presence.

**Interference Field** — A site (such as a scar, unresolved trauma, chronic infection, or irritated nerve) that disrupts normal electrical communication and drains energy through compensation.

**Voltage** — The electrical potential that drives cellular repair and communication. Health is supported by strong, consistent cellular voltage.

**Fascia** — The connective-tissue web that links every part of the body. Fascia conducts force, fluid, electrical signaling, and often reflects emotional state through tension or release.

**Lymph** — The body's drainage and immune-transport network. Healthy lymph flow supports detoxification, immune clarity, and vitality.

**Frequency** — The vibrational quality of all matter—sound, light, movement, and even thought. Healing is supported when the body's frequencies organize into harmony.

**Flow State (Alpha State)** — A balanced state of calm and alertness where healing, creativity, and performance intersect.

**Procaine** — A gentle local anesthetic used in Neural Therapy to support repolarization and restore electrical balance.

**PABA & DEAE** — Primary metabolites of procaine that contribute to antioxidant, anti-inflammatory, and neuro-regulatory support.

**Neural Therapy** — A medical technique that restores autonomic and bioelectric communication through targeted microinjections of procaine.

## Closing Reflection

This work isn't about quick fixes or esoteric promises.

It's about remembering the architecture of your own intelligence—the quiet order that has been there all along.

Your body has never been your obstacle. It has always been your compass. Every pulse, every scar, every breath is information.

When you learn to listen, healing stops being a mystery. It becomes your native language.