TOUCHPOINT®
BETTER LIVING THROUGH NEUROSCIENCE®

TOUCHPOINTS AND CRAVINGS:

Amy lives with cravings, anxiety, sleep issues, negativity, and more. She also reported getting headaches due to stress and having trouble starting on tasks throughout the day.

Amy started using her TouchPoints throughout the day as needed. Once she began this routine and continued therapy, Amy noticed they help specifically with her alcohol cravings. She also feels calmer during the day and gets better sleep most days.

Amy's therapist recommended TouchPoints to her, prompting her to apply and earn the TouchPoint Scholarship. Through the Scholarship Program. Amy was able to find a solution to her daily challenges with TouchPoints.

CASE STUDY SUMMARY:

USER PROFILE:

- Amy, 56 years old
- Cravings

CHALLENGES:

- Anxiety
- Breaking Bad Habits
- Can't Get Started on Tasks
- Headaches due to Stress
- Inability to Stay Calm
- Negativity
- Obsessing
- Sleep Issues
- Therapy

SOLUTION:

- TouchPoints several times a day as needed

KEY RESULTS:

- Better sleep
- Curved cravings
- Calmer overall demeanor

ABOUT TOUCHPOINTS:

TouchPoints are twin neuroscientific wearables that are worn on either side of the body preventatively or on-the-spot for 15 minutes before, during or after a stressful situation. They were designed to provide fast relief from stress and anxiety at the push of a button. Using gentle, haptic microvibrations called BLAST (bilateral alternating stimulation tactile). This technology is backed by decades of scientific and academic research on bilateral stimulation that quantifies significant brain changes after just seconds of use.

TouchPoints give the user a gentle vibration that affects the brain and alters the body's fight, flight or freeze response to restore calm nervous system functioning. This not only helps to reduce the amount of perceived stress experienced, but also the associated body sensation that comes with it (i.e. stomach butterflies or tightness in the chest). TouchPoints are a natural and effective solution to anxiety and focus issues, and can enhance performance and sleep

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