# Breakthrough wearables that stop stress in its tracks.

TouchPoints are patented wearables that use gentle vibrations to reduce stress by over 70% in 30 seconds. Developed by neuropsychologists, TouchPoints deliver powerful stress relief without drugs or side effects. By using gentle alternating vibrations on both sides of the body, TouchPoints shift you from your "fight or flight" stress response to a peaceful, calm response, increasing feelings of calm and focus, improving sleep, and reducing anger and cravings. The devices are designed to be worn on your wrists, clipped to clothing, or held directly.

## INDUSTRY-LEADING STRESS REDUCTION THROUGH BLAST

TouchPoints' patented BLAST (bi-lateral alternating stimulation-tactile technology) is scientifically proven to alter the body's "fight or flight" response caused by stress. The wearables gentle vibrations disengage your default stress response which can impact your performance and health. This unique process of shifting from one brain area to another has been proven to create new behavior patterns that lessen your reaction to stress over time.

Impact on Excess Beta Waves
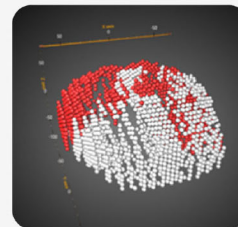
Before Using TouchPoints
Excess beta wave activity in red
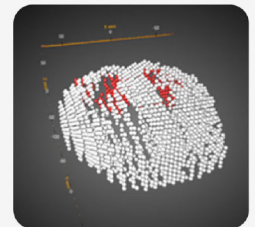
After Using TouchPoints
Significant, immediate reduction in excess beta waves (stress)

TOUCHPOINTS IMPROVE:

STRESS   ANXIETY   PERFORMANCE   SLEEP   FOCUS   AUTISM

thetouchpointsolution.com

TOUCHPOINT®

WHAT TOUCHPOINTS DO

PHYSICAL IMPACT

Immediately reduce debilitating body sensations caused by stress like increased heart rate, headaches, upset stomach, muscle tension, chest pain, dry mouth and insomnia.

MENTAL IMPACT

Shift from your stress-induced "fight or flight" sympathetic nervous system to your logical, peaceful parasympathetic nervous system, helping you to think clearly.

LASTING IMPACT

Using TouchPoints to shift your body's reaction to stress creates long-lasting new behavior patterns which lessen the negative impacts of stress.

HOW TOUCHPOINTS WORK

STRESS HITS

Stress engages your "fight or flight" sympathetic nervous system, impacting your concentration and sleep

ACTIVATE TOUCHPOINTS

TouchPoints, placed in pockets, socks or on wrists, gently vibrate activate your "calm" parasympathetic nervous system

FEEL CALM

In seconds, you gain control over your stress, thinking clearly and experiencing balance and calm
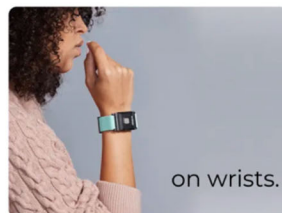
CHANGE REACTION

This process creates long lasting new behavior patterns, lessening the affect of the onset of stress over time

WHERE TO WEAR

There are lots of ways to wear your TouchPoints, as long as you place one on the right and one on the left side of your body.
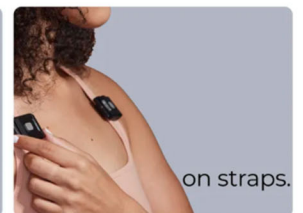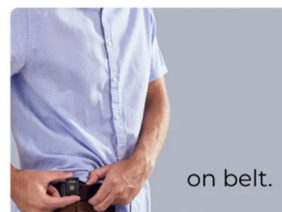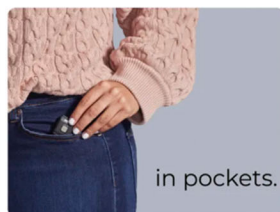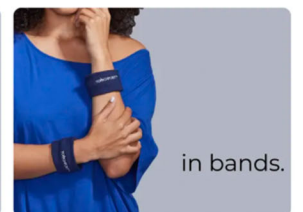
on wrists. in palms. on socks. on straps.

on belt. in pockets. on bag. in bands.

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