



FORWARD FOCUS
Holistic Wellness



Forward Focus Holistic Wellness

Solina has over 20 years of experience as a Board-Certified Pediatric Occupational Therapist. Throughout her experiences, she has developed a deep passion for finding natural ways to treat the person as a whole, mind, body, and spirit.

She is a certified Life Coach with expertise in holistic and traditional Occupational Therapy. Solina has advanced studies in:

- Supplementation and Nutrition
- Microcurrent Point Stimulation (Dolphin MPS)
- Cupping
- Sensory Integration
- Neurodevelopmental Treatment (NDT)
- Oxidative Therapies

She also specializes in calming the hyperactive nervous system using electro-acupuncture, essential oils, and water therapy.

She has learned that combining all practices creates a holistic approach to therapy and overall wellness from which people of all ages and walks of life can benefit.



Meet **SOLINA**
Brainin-Mattos, OTR/L

BURNT OUT FROM NOT FEELING WELL?

You've tried everything to feel better, but the doctors give you a band-aid to cover up what's happening. You're not interested in medication, and you know there is a better way to handle all that's on your plate.

If you are burned out and overwhelmed, are experiencing unresolved pain or recurrent headaches, have had a physical injury keeping you from living your life, or feel like your immune health is compromised, we can help you.



Conditions we treat at Forward Focus:

- Scar (Recent and Old Scar)
- Concussion Recovery
- Pain (Chronic and Acute)
- Stress & Anxiety Relief
- Sensory Processing
- Chronic Fatigue
- Fibromyalgia
- Headaches
- Pinched Nerves
- Back & Neck pain
- Muscle tension
- Post-Surgical recovery
- Athletic Performance
- Sciatica
- Vaccine Reactions
- Long-Haul Covid Recovery
- Adrenal Fatigues

WE ARE COMPLEX BEINGS

NERVOUS SYSTEM

Breath Work
Vagal Tone
Stress Response
Energy Flow

CIRCULATION + CELLULAR HEALTH

Lymphatics
Muscle/Soft Tissue
Bone/Joints
Cardiovascular
Cardiopulmonary

NUTRITION

Anti-Inflammatory Lifestyle
Amino Acids
Nutraceuticals
Oxidative Therapy

MIND

Subconscious
Conscious
Mindfulness
Mood Enrichment

DETOXIFICATION

Acidic pH
Heavy Metals
EMF
Parasites

**There is no one
size fits all.**

I would like to share some of my life
experiences and teach you some
of the short cuts I have learned.



The Forward Focus Approach

HOW WE HELP:

Stress impacts the body more than we realize, from being able to get a good night's sleep to how our bodies heal. Not feeling well mentally, emotionally, and physically will keep you from being the best version of yourself and showing up in all the right places for the people who need you.

At Forward Focus, we tackle issues where they start, the central nervous system. We calm your body from the inside out while empowering you at home with the tools you need to find relief naturally.

- Electro-acupuncture
- Cupping
- Cellular/Molecular Balancing (PEMF/Kloud)
- Oxidative Therapy
- Red/Near Infrared Light Therapy
- Vagal Nerve Stimulation
- Concussion Recovery Therapy
- Health and Wellness Coaching
- Breathwork and Mindfulness
- Hydrotherapy
- Scar Tissue Release Therapy
- Aromatherapy/Essential Oil Use
- EMF Mitigation

VAGUS NERVE IMPORTANCE

The two branches of the Vagus Nerve (VN) are part of the autonomic nervous system and are considered the “brakes” of the body. This 10th cranial nerve is vital in its contributions to our immune system, inflammation management, and cardiopulmonary performance, among other important roles.

Stress is a killer. As the leading cause of 90% of human deaths is reportedly stress-related conditions (Salleh 2008). So activating and maintaining a strong and vibrant vagus nerve benefits our well-being much more than people realize.



NEW FIELD of Medicine: Vagus nerve stimulation (VNS), an emerging field of bioelectronic medicine, has been proven to regulate inflammatory responses and is supported in science as a promising therapy for the treatment of COVID-19 Long-Haul symptomology (Azabou et al, 2021).

- Dolphin Vagal Nerve Stimulation (VNS) is a promising new therapy to combat the lingering adverse effects patients are experiencing with COVID long-haul symptoms.
- Dolphin VNS is a safe procedure that may be administered in the home or clinical setting, typically requiring less than 30 min per session.
- Vagus nerve stimulation (VNS) is now supported in science as a viable therapy for the treatment of many stress-related disorders.
- This potent relaxation therapy has been published in science to provide amazing results, surpassing many other therapeutic approaches.

DOLPHIN VAGAL NERVE THERAPY

CENTROPIX SYSTEM FOR MOLECULAR ACTIVATION



- Combine the currently widest Range of frequencies and intensity, spectra available on the market in one device.
- Amplify the “Tesla Power” of treatment through patented design.
- Tap into the broadest and probably the most effective frequency range of any at-home resonance frequency device.
- Experience up to 2,000 amplitudes per second through eight large coils, reaching every molecule in the body.

KLOUD Maxi + KLOUD Mini

Centropix KLOUD complete system includes 2 applicators – the KLOUD Maxi and KLOUD Mini. Both applicators come equipped with 8 coils generating the same intensity and desired benefits. The Mini is small enough to fit in your backpack or handbag!

IMAGINE BEING ABLE TO ACCESS NEARLY ANY FORM OF STIMULATION YOUR BODY NEEDS—AT WILL!

Thanks to Prof. Dr. Kafka’s discovery, almost all signals that could have a positive effect (through molecular activation) on the body are now available. It’s the ultimate answer to the modern-day stressors that put a strain on our body’s homeostasis and affect our well-being.



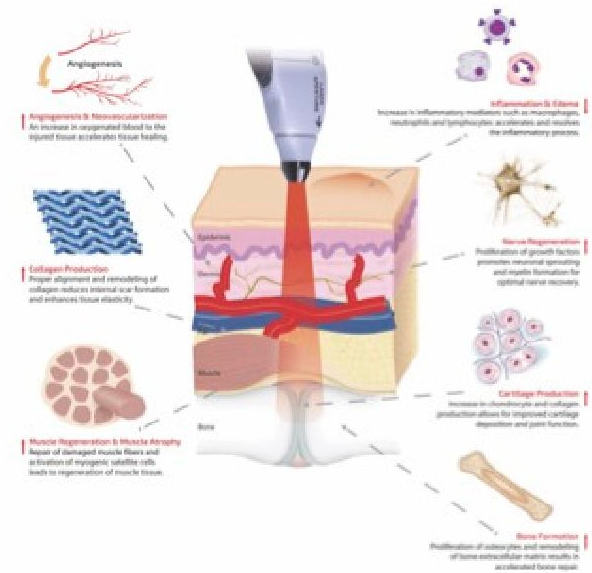
WHAT IS LIGHT THERAPY?

Bioflex Light Therapy, also known as red/Infrared Light Therapy, is a light-based technology proven to be highly effective in the treatment of musculoskeletal problems, wound healing, and other ailments.

This technology is non-invasive, non-toxic, and is currently utilized in many countries worldwide.

CLINICALLY PROVEN BENEFITS

- Improved pain relief
- Decreased edema and stiffness
- Decreased scarring
- Decreased recurrence of injury
- Increased patient satisfaction
- Decreased recovery time
- Increased range of motion
- Faster return to activities
- No side effects



WHAT IS CLO₂, CHLORINE DIOXIDE?

Chlorine dioxide is the gas from the reaction of sodium chlorite (NaClO₂), activated with diluted Hydrochloric acid.

Chlorine dioxide is known to be the best-known disinfectant. It is capable of eliminating bacteria, fungi, viruses, and small parasites. It has been used for 80 years to disinfect drinking water without causing any problems.

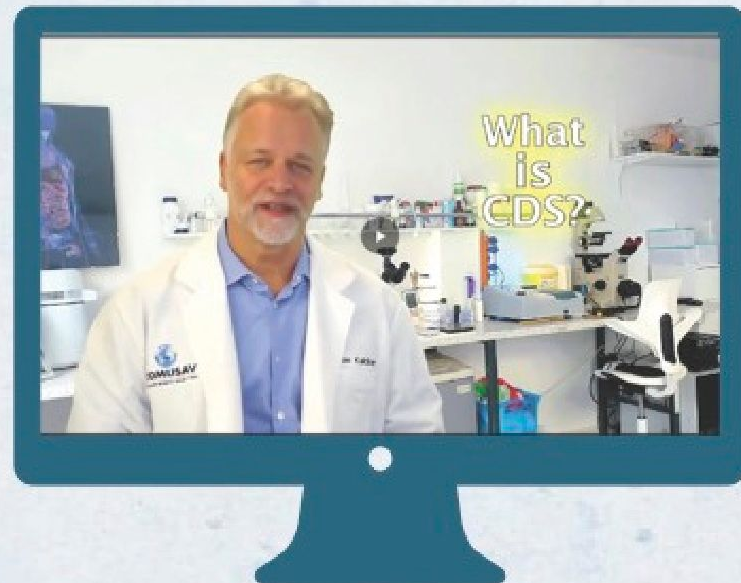
When taken internally, it helps oxygenate our cells, especially in acidic areas. In contrast to pharmaceutical products, its known side effects are minimal to none, being less toxic than caffeine.

For more information:

<https://andreakalcker.com/>

<https://www.comusav.com/>

WHAT IS OXIDATIVE THERAPY?



Please see the following videos before your appointment.

<https://www.brighteon.com/1beefdda-5c55-4b5b-bf36-3d72e403a921>

<https://theuniversalantidote.com/>

MEDICINE CAN BE FREE!

Never lose Hope. You have free tools you can use every day right now!



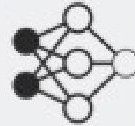
GROUNDING



SUNLIGHT



MOVEMENT



DEEP
CONNECTIONS



COLD PLUNGES



CREATING



QUALITY
SLEEP



BOUNDARIES



REST



SELF-MASSAGE



MUSIC



BREATHING



PRACTICING GRATITUDE

There have been many studies that have proven that gratitude makes us happier and healthier. Like any emotion, gratitude can't be forced, but we can cultivate our feelings.

Gratitude can be practiced anytime and anywhere! Create a habit where you do it regularly:

- Upon waking up
- Before you go to sleep
- On the subway home
- When you're having a challenging day

5 Things Gratitude Tool: "The Do Anywhere Gratitude Exercise." Think of five things you can be genuinely grateful for and write them down.

Need help thinking of 5? Look around you and think smaller and smaller until you can come up with five things.

Now challenge yourself to make this a regular habit.

ADDITIONAL TOOLS

Here are some additional tools that help cleanse and nourish our bodies! At Forward Focus we coach you on how to incorporate these tools into your daily life.

NOURISH TOOLS:

- Wholesome Foods
- Food based supplements
- Magnesium
- Vitamin D & K
- Digestive Enzymes
- Omega 3
- NAC/Liposomal Glutathione
- Trace Minerals

CLEANSING TOOLS:

- Parasite Cleanse
- Sweat (Infrared Sauna)
- Breath Work
- Grounding/Earthing
- Ionic Foot Detox
- EDTA
- Zeolite
- Alkaline Water



GRATITUDE JOURNALING SHEET

I'M GRATEFUL FOR

DAILY AFFIRMATION:

THINGS I'VE ACCOMPLISHED:

HIGHLIGHT OF MY DAY :

HOW HAVE YOU CARED FOR YOURSELF TODAY?



GROUNDING



SUNLIGHT



MOVEMENT



DEEP CONNECTIONS



QUALITY



BOUNDARIES



REST



SELF-MASSAGE



COLD PLUNGES



CREATING



MUSIC



BREATHING

MY INTENTIONS FOR TODAY :



FORWARD FOCUS HOLISTIC WELLNESS

Solina Brainin-Mattos
solina@forwardfocus.info
www.forwardfocus.info
407-376-2592