

Is Neurogenic Tremoring Right for You?

Neurogenic Tremoring (NT) benefits most people by reducing stress, tension, and pain while improving emotional self-regulation, calmness during challenges, and body awareness.

Who Is This NT For?

NT is relaxing, easy, and beneficial, especially if you:

- Feel generally healthy
- Have no major mental health issues
- Are able to manage chronic conditions or physical limitations independently

Who Might Find It Challenging?

If you:

- Get overwhelmed by emotions
- Have a mental or physical condition needing extra support
- Experience frequent anxiety or depression

You may benefit more from learning with a qualified provider. If you feel insecure or tense during the session, seek direct supervision.

Who Should Not Do NT?

Avoid NT if you are:

- Pregnant
- Recently had surgery
- Experiencing severe physical pain

Wait until these conditions are over.

Also, if you have:

- Difficulty regulating your physical or mental well-being
- Conditions like rheumatoid arthritis, fibromyalgia, chronic fatigue, IBS, or similar
- Mental health issues like depression, anxiety, PTSD, schizophrenia, or psychosis

Please learn directly from a qualified provider instead. Reach out to info@neurogenic-integration.com

Guidance on Self-Regulation during the use of NT

A key concept in the practice of NT is self-regulation.

Self-regulation means using the neurogenic tremor response to relax your nervous system in a way that feels manageable and not overwhelming. Since stress, injuries, and trauma have likely accumulated over time, it's important to release them at a pace that feels good for your body.

Taking Pauses and Rests

It's always okay to take pauses during tremoring. Resting helps your body and brain process the changes in your nervous system.

Good reasons to pause include:

- Physical fatigue
- Emotional content or memories that might become overwhelming
- Unpleasant sensations like headaches, nausea, or pain
- Feeling cold, stiff, or tingly in your limbs

If unpleasant feelings arise, it's not necessarily bad—something meaningful may be happening in your nervous system. However, slowing down and breaking the experience into smaller parts can lead to better results.

For more information and customized guidance, please reach out directly at info@neurogenic-integration.com or alex@redbeardsomatictherapy.com