

DOCTORS' PERFORMANCE REQUIRES REGULATION

Your own regulation
is not a luxury anymore.
It is becoming a necessity.

*Nervous system regulation
is the foundation of
a sustained clinical performance.*



CLICK PAUSE®

FOR DOCTORS AND PARAMEDICAL PRACTITIONERS

THE DOCTOR'S CRISIS

*You give so much
to others,
who is there for you?*

DOCTORS' REALITY

92% Cognitive overload

94% Emotional fatigue

97% Hyperstimulation

89% Postural collapse

93% Chronic inflammation

99% Nervous system exhaustion

94% Clinical pressure

89% Loss of embodiment

81% Decision fatigue

Medical science evolves,
but where is the syllabus
to take care of doctors?



THE QUESTION WE MUST ASK

Why the nervous system regulation,
the postural tools,
the breath techniques
and the emotional recovery keys,
not considered essential knowledge
for those who heal.

It's time to change that.

YOU MATTER



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WHY REGULATION MATTERS?

Because doctors operate in a world designed for speed while the human body and the mind function in real time.

The metabolism is under constant pressure, pushed beyond its physiological limits.

WHY REGULATION IS ESSENTIAL?



Nervous system regulation
reduces overload and restores capacity.



Better breathing
improves oxygenation
and autonomic balance.



Postural realignment
optimizes function and
reduces chronic strain.



Lower inflammation
protects tissues and
supports long-term health.



Emotional recovery
improves resilience,
focus and relationships.



Restored clarity
enhances clinical judgment
and decision-making.

Doctors' regulation is no longer wellness,

it is **CLINICAL
LONGEVITY.**



Doctors *bravely* train for years,
invest in technologies,
carry immense responsibility,
and face patients with
increasingly complex, chronic,
and unexplained conditions,
which is very stressful
to their own health condition.



*We care for you.
We care for you all.*



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THE RESET PATHWAY

Structured functional reset protocol.

01 FUNCTIONAL ASSESSMENT® UNDERSTAND

Precise evaluation of:

- nervous system load
- posture and breathing
- recovery
- cognitive pressure

→ The starting point.

02 REALIGNMENT SESSION® RESET

Hands-on neuro-postural re-regulation
focused on:

- sternum unlocking
- systemic decompression
- nervous system downshifting

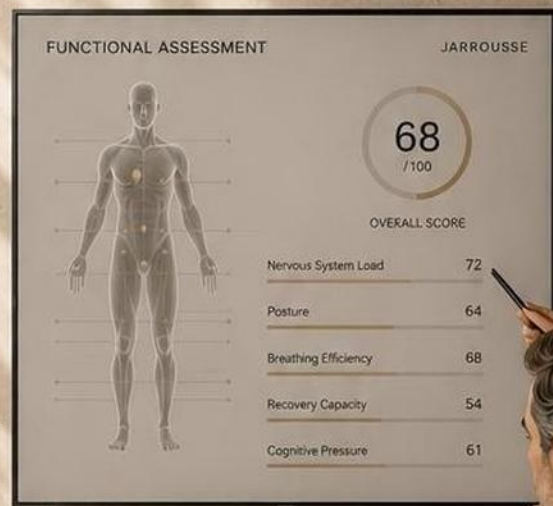
→ The body re-organises.

03 BODYLOG'IN® INTEGRATE

Progressive flow-based
neuro-postural training combining:

- breathing techniques
- body awareness
- stress regulation

→ Regulation becomes sustainable.



You cannot sustain
clinical performance
without your
own
systemic regulation.



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FOR DOCTORS AND PARAMEDICAL PRACTITIONERS

EXHALE[®]

The Reset Experience
for Doctors

You are finally
allowed to stop.

We take you towards
the awakening.

DAY 01

BODY RESET[®]

DAY 02

FACIAL RESET[®]

DAY 03

LYMPHATIC RESET[®]

DAY 04

MINDSET RESET[®]

DAY 05

DEEP INTEGRATION[®]



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NEUROFUNCTIONAL RECOVERY PATHWAY



- Nervous System Load
- Posture & Breathing
- Recovery Capacity
- Cognitive Pressure
- Stress Regulation



You spend your life
holding others together.
This space is designed for you.

For **5 days**,
your nervous system
finally stops defending.

STERNUM UNLOCKING CHANGES EVERYTHING.

A new method to
regulate body and brain.

CPR®

COGNITIVE &
POSTURAL
REALIGNMENT

by Jarrousse®



01

3 DAYS

POSTURAL REALIGNMENT

- Modern sedentarity
- Postural compensation
- Sternal unlocking foundations

02

3 DAYS

EMOTIONAL REGULATION

- Burnout & cognitive overload
- Nervous system fatigue
- Regulation through sternal unlocking

03

3 DAYS

THE EXTRAORDINARY POWER OF THE STERNUM

- Locked vs. unlocked sternum
- Deficits vs. benefits
- Neuro-postural regulation



CLINICAL IMMERSION IN SPAIN

15 DAYS OF INTENSIVE
PRACTICAL TRAINING ON SITE

04

5 DAYS

UNLOCK STERNUM — PHASE 1

With arms

05

5 DAYS

UNLOCK STERNUM — PHASE 2

With legs

06

5 DAYS

UNLOCK STERNUM — PHASE 3

With spine

INCLUDED IN EVERY MODULE



Step-by-step clinical sequencing



Neurocognitive reorganization



Manual realignment integration



Practitioner supervision



CPR® CERTIFICATION

by Jarrousse®

FOR DOCTORS & PARAMEDICAL PRACTITIONERS

*Bridging regulation,
posture and clinical performance.*

CERTIFICATION & OUTCOMES

More than a certification.

A transformation in your practice.



CLINICAL EXCELLENCE

A new perspective that changes the way you assess, understand and treat.



PATIENT ENGAGEMENT

Stronger relationships and better outcomes through active participation.



INTEGRATIVE TOOLS

A method that connects posture, regulation and clinical performance.



PROFESSIONAL DIFFERENTIATION

Stand out with a specialized, evidence-informed approach.



NERVOUS SYSTEM UNDERSTANDING

Work at the root by addressing the body's regulatory core.



POSTURAL INTELLIGENCE

Refine your clinical eye and therapeutic precision.



EXPANDED PROFESSIONAL POSITIONING

Elevate your expertise and grow with confidence.



*More impact. More efficiency.
More alignment.*

A practice that is more fulfilling,
more effective and more sustainable.



*A new standard
for modern practitioners.*

Because the future of healthcare
belongs to those who integrate
body, brain and behaviour.



CPR® CERTIFICATION
by Jarrouse®

FOR DOCTORS & PARAMEDICAL PRACTITIONERS

*Elevate your practice.
Empower your patients.*

THE SHIFT IN PATIENT EXPECTATIONS.

Patients are no longer
looking for quick fixes.

They want understanding,
involvement and real change.

THEY EXPECT:

-  Fewer medications
-  More prevention
-  Nervous system regulation
-  Body awareness
-  Movement-based recovery
-  Integrative approaches
-  Active participation in their health

*They are ready
to take part in their health.*

AND THEY LOOK TO YOU
TO GUIDE THEM.



YOUR EXPERTISE
CAN CHANGE
THEIR FUTURE.

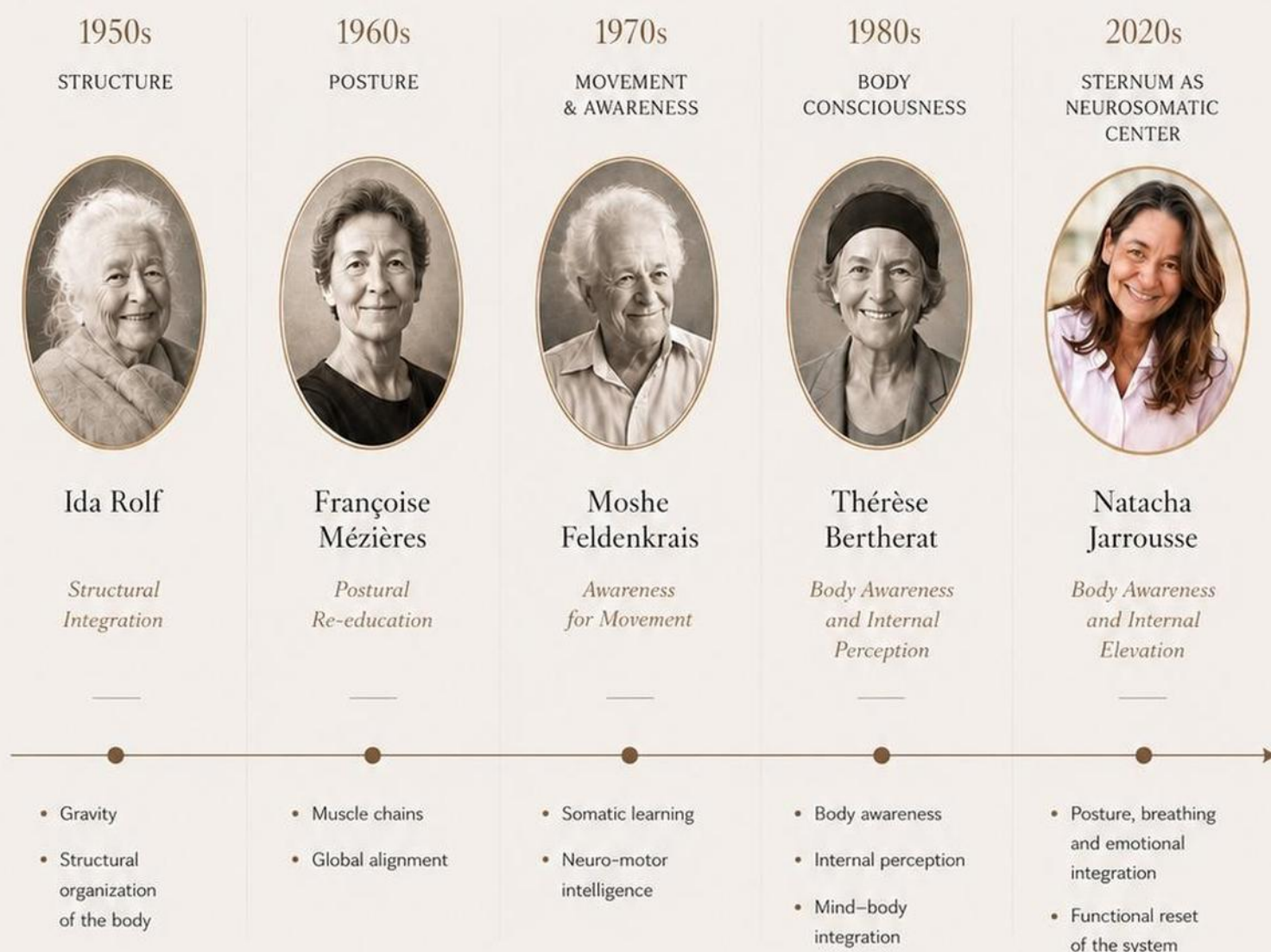
Patients no longer want to be passive.
They want to understand and participate.

The world is moving.
Make sure your practice moves with it.

LINEAGE & HERITAGE

FROM STRUCTURAL INTEGRATION TO NEUROSOMATIC INTELLIGENCE

A CONTINUUM OF BODY INTELLIGENCE



Each generation expanded body awareness,
Jarrousse reconnects the system.

A PROGRESSIVE EVOLUTION OF SOMATIC EDUCATION
TOWARD INTEGRATED HUMAN PERFORMANCE.



Real change starts with real regulation.

I help doctors and health practitioners
pause, regulate, and elevate their practice
towards a more integrative vision of health.

Because health is
no longer fragmented.

I look forward to supporting
you and your patients on this journey.



Natacha Jarrousse

Founder of the Jarrousse Method®

LET'S CONNECT



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FOR DOCTORS &
HEALTH PRACTITIONERS

