



VITAL-SIDE

rewire your brain
reclaim your health
reconnect with your Vital-Side™

Hi, y'all!
I'M LINDSAY
MITCHELL...

...your personal brain retraining coach!
Vital-Side was conceptualized through my own experience with chronic illness, as well as my medical background as a physician assistant and extensive neuroplasticity training, to provide a unique framework designed to effectively regulate the nervous system. This supports optimal health & wellbeing while you address the other systems of the body in your recovery from chronic conditions.



Join Rewire THE VITAL-SIDE MEMBERSHIP

The resources inside the Vital-Side Membership are designed to help you retrain your brain out of the chronic stress response to provide relief from **chronic symptoms**. A variety of tools have been incorporated including mental exercise, somatic tools, and visualization techniques.

WHAT THE MEMBERSHIP INCLUDES:

- Access to a Comprehensive 5-Module Virtual Brain Retraining Course
- Personalized Guidebook
- Access to the Vital-Side Private Forum
- Limbic System-Specific Morning, Nighttime & Reminder Meditations
- Discounted Private & Group Sessions

Visit:

<https://vital-side.com/pages/vital-side-membership>
or



Scan here



Use code "Coheel0"
for 10% off at
checkout.

Join Reboot

The resources inside are designed for you if you're on the **verge of burnout**. If you're finding yourself running on the hamster wheel of life, unable to feel connected because of **stress & overwhelm**, Reboot will be a resource to you as you re-discover who you are after you have experienced acute trauma like going through a move, break-up, becoming a parent, losing a loved one, or stepping into a new era of life.



WHAT THE MEMBERSHIP INCLUDES:

- Access for 3 months (before autorenewal)
- 5 hours course, broken up into 15- minute modules.
- Personalized Guidebook combining information from the videos, journal prompts, and more to allow you to turn inwards.
- A private community & direct messaging with Lindsay & the Vital-Side Team

In Reboot, we work to:

- 1. Become Aware of our survival responses and how they have shown up in our lives
- 2. Learn to Accept how our survival responses have been showing up.
- 3. Take Action to model to your body and brain a new way of being - one of safety & ease

Visit:

<https://vital-side.com/pages/rebootmembership>
or

Scan here

Use code "Coheel0"
for 10% off at
checkout.

