



Exercises to help inhibit primitive reflexes

Here you can access multiple video packages demonstrating exercises that promote the **inhibition of primitive reflexes**. Each video package contains exercises for a specific reflex; i.e., Moro, ATNR, CTGR, etc.

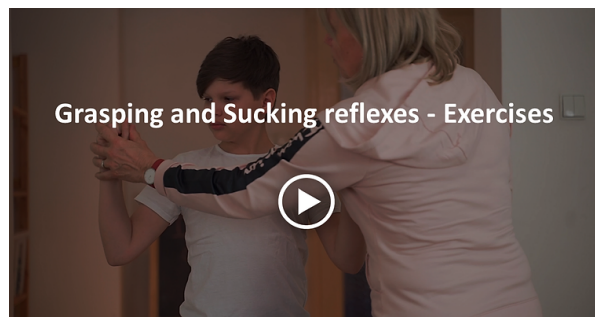
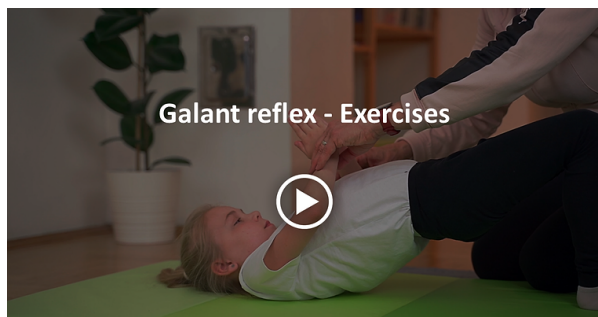
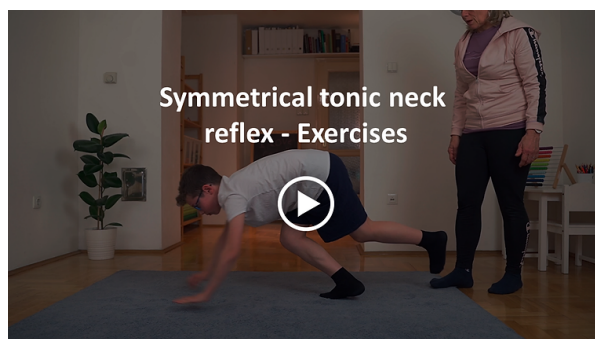
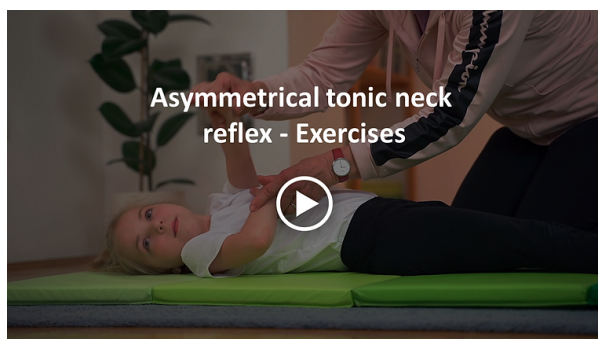
If, based on the results of **testing for the presence of primitive reflexes**, the reflexes can still be elicited after the age of two and a half to three years, it's worth investing time and energy in the daily performance of simple exercises.

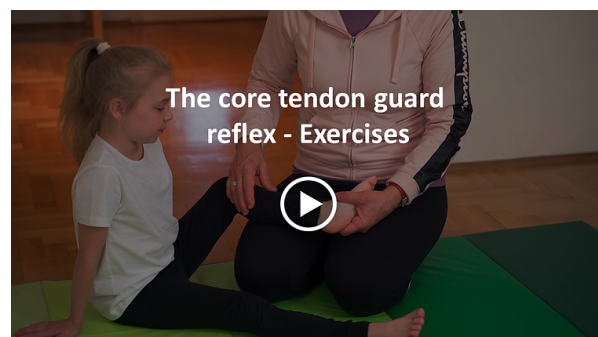
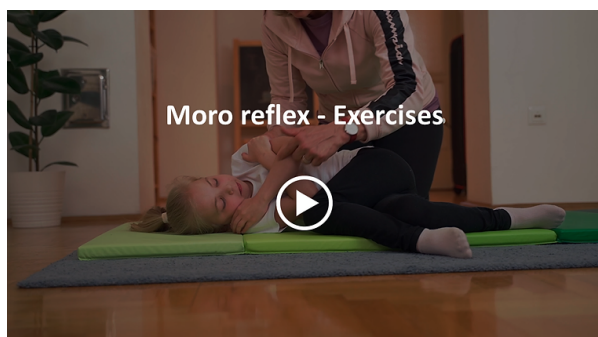
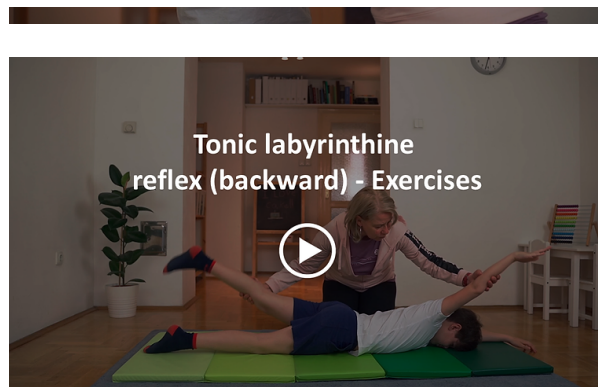
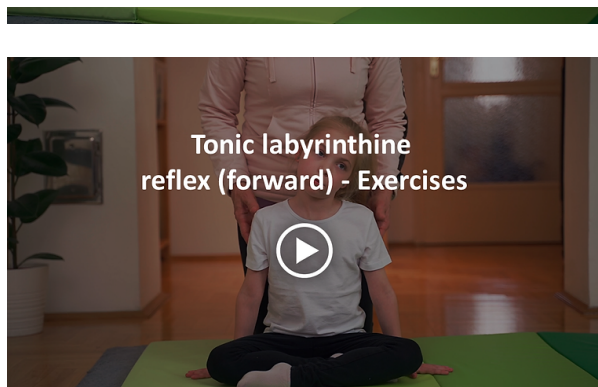
These tests are not only for children! If an **adult** is experiencing issues with **attention**, managing **emotions**, perhaps dealing with **anxiety**, **forgetfulness**, daily exposure to **stress**, or has problems with **motor coordination**, it's also worth doing the **primitive reflex tests**. You can do this with the **test video package** or using the "checklists" in **my book**. Very often, inhibiting primitive reflexes provides a solution to problems that make life difficult.

The videos feature **primitive reflex integration exercises**. The purpose of these exercises is to generate stimuli to which the **nervous system** responds, resulting in the **inhibition** ("disappearance") of the **retained primitive reflexes** which cause many symptoms such as ADHD, Anxiety, Hypersensitivity, Bedwetting, etc.

Performing these exercises opens the door to a more balanced life. Embrace the opportunity!

You can also find more information about primitive reflexes in my book **The Stephens-Sarlós Program**.





When you rent a reflex integration exercise package, you get **unlimited personal access** to view the exercise videos on the Vimeo platform for 1 year. **Click on an image above** to go to the corresponding reflex integration exercise package on Vimeo.

To rent a video series, you must first register on Vimeo and then pay by bank card or PayPal. In case you need help, I created a page with **instructions on how to purchase the packages**.

You can also browse my other **video exercise packages**. If you have **questions** about the videos send them to **questions.drsarlos @ gmail.com** and I will be glad to help.

You carry out these exercises at your own risk. Always consult your child's or your doctor if the child/you have any condition that may conflict with the performance of the exercises (including but not limited to stroke, cancer, epilepsy, shunt, and orthopedic disorders).

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