



TASL
HEALTH

The Nefesh Comprehensive Treatment





Treat your health like
you're a priority, not
an afterthought.

When we opened the doors of TASL Health in 2020, our vision was to give the gift of longevity, vitality, and holistic wellness. In our pursuit, we catalyzed a paradigm shift in the landscape of health and wellbeing. From its inception, TASL Health has been trailblazing the realm of natural healing through sequential therapy.

Consequently, the clinic has garnered acclaim for its unwavering commitment to preventive care, solidifying its status as a leader in the field.

The clinic's legendary Nefesh Method™ was a groundbreaking organization of advanced therapies that realigned bodies and made them less susceptible to illnesses in the future. The results were spectacular. The Nefesh Method™ brought people in from all over the world to Houston. Minds and bodies were lifted, and left guests feeling like new people.

For 20 years, those in search of profound change in their health and wellbeing have made the same journey. The Nefesh Method™, that is the foundation of every one of our programs, remains the very essence of their visit to TASL Health.

Inspired by Breath

We have dedicated the last 20 years to unlocking the secrets behind the body's natural ability to heal itself. This commitment has resulted in the best corrective and preventative treatment in the country to jumpstart your body to heal itself and enhance your physical and mental performance.

Since 2021, our pioneering and progressive approach has made airway optimization, postural & chakra realignment and oral repatterning an essential pillar of the Nefesh Method™, enabling us to build a comprehensive health map for each individual to tailor their life-changing program to meet their very specific needs.



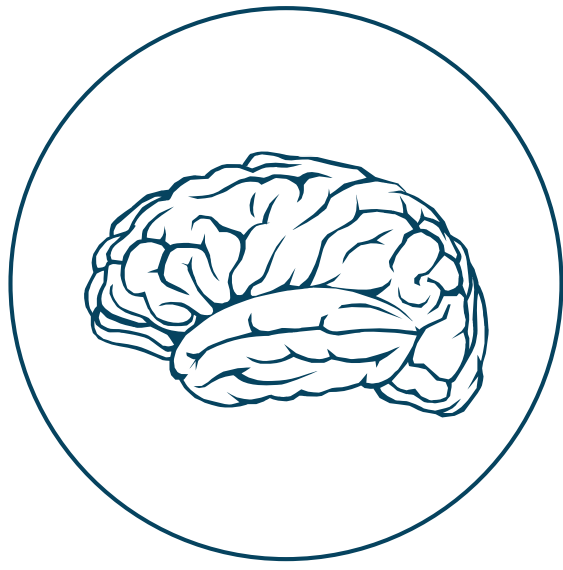
Aaron Loeb

After a year of dealing with a swollen, lopsided face and constant pain post-surgery, this program has truly transformed my life. I highly recommend it to anyone—prepare to be amazed by the changes you'll see!



The science and techniques practiced at TASL Health focus on the way the human body copes with to inadequate oxygenation, oral misposition and body misalignment that begins in childhood.

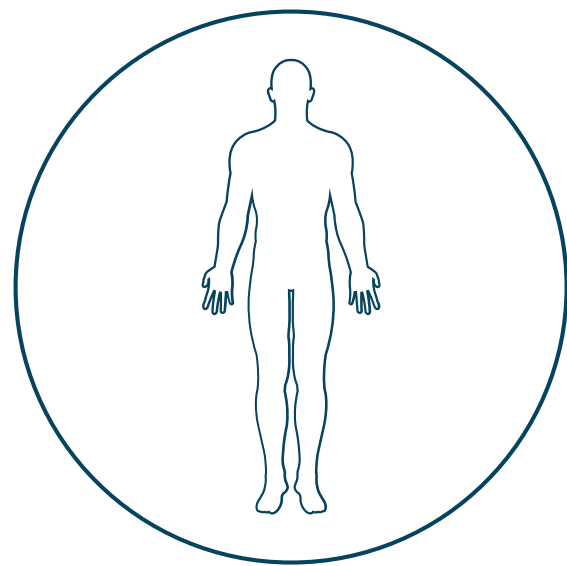
We prioritize understanding the interconnectedness of these factors and their impact on the body's ability to heal itself and function optimally.



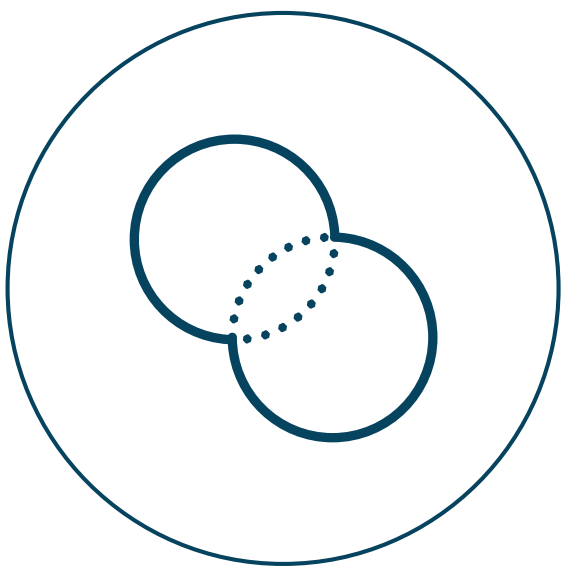
Awareness



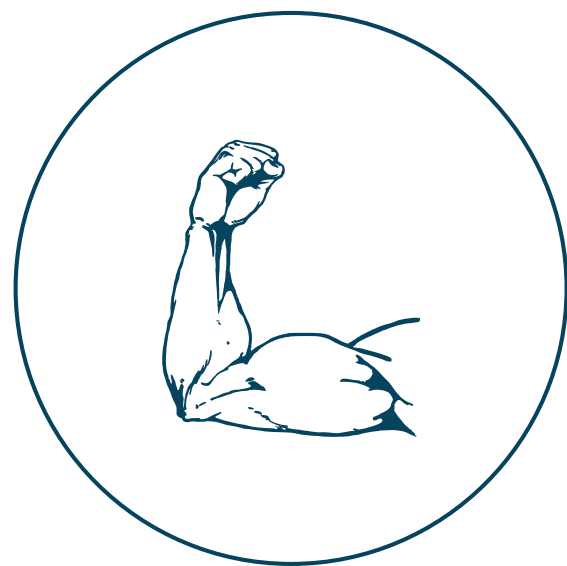
Repatterning



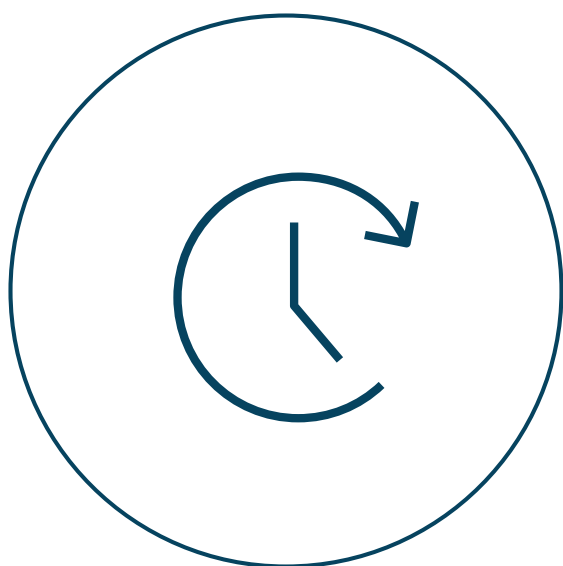
Alignment



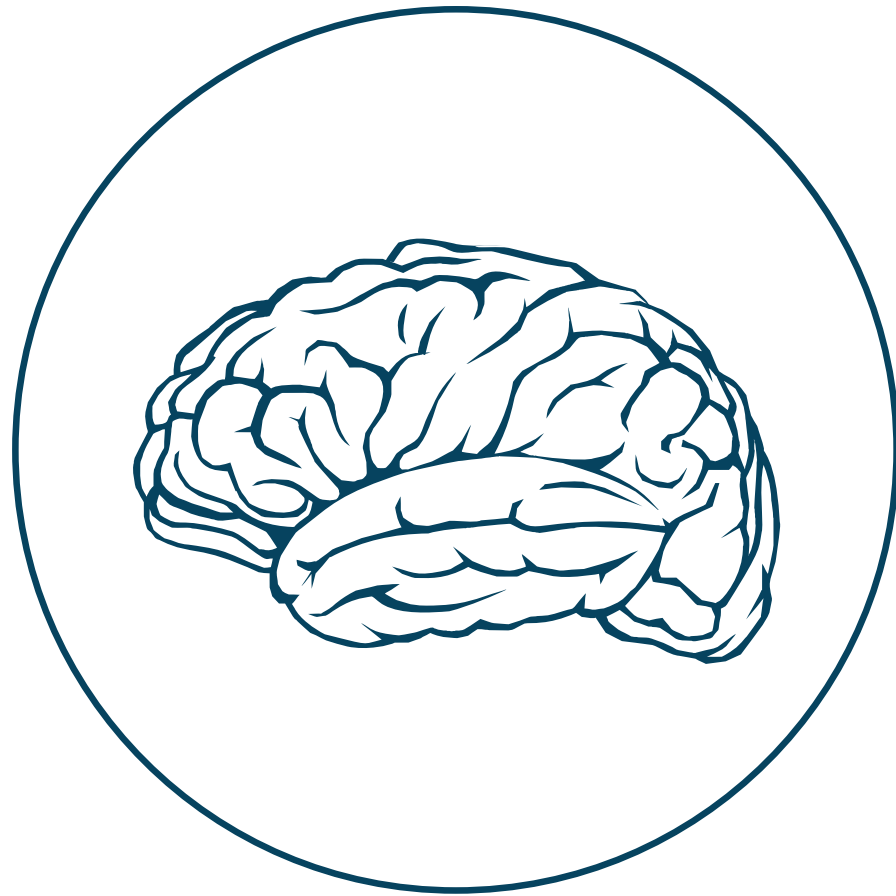
Integration



Strengthening



Preventative Care

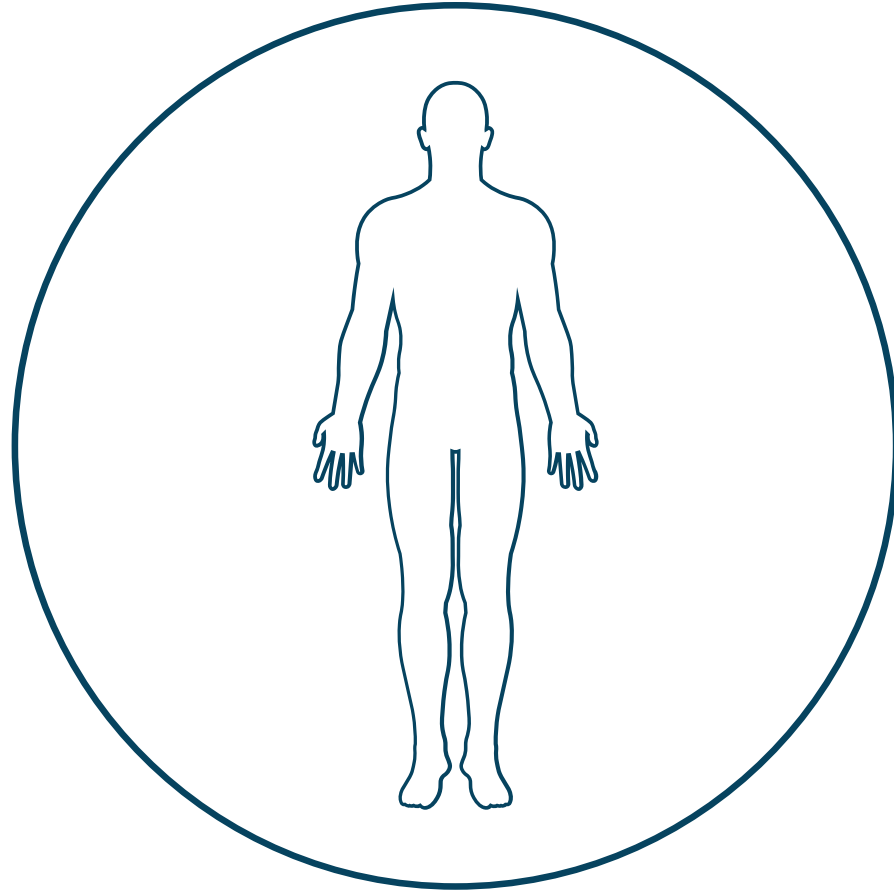


Mind-Body Awareness

From the moment you begin your journey with us, you'll embark on a transformative path of self-awareness, delving deep into the complexities of their own bodies.

This heightened awareness is crucial, as it empowers you to recognize early signs of physical discomfort or imbalance, which can lead to preventive measures and a quicker response to health issues.

When individuals are not fully aware of their body's signals or how to properly manage their posture and movement, they may inadvertently adopt harmful patterns that lead to physical strain and injury.



Alignment

Our approach emphasizes aligning the cranial and sacral chakras with the hard palate, a practice rooted in holistic wellness that targets both mental and physical health.

This alignment is aimed to improve the flow of energy and proper functionality throughout the body, leading to better stress management, increased mental clarity, and a heightened sense of balance and harmony.

For our clients, this focus not only aids in immediate relief from discomfort but also contributes to long-term health improvements.

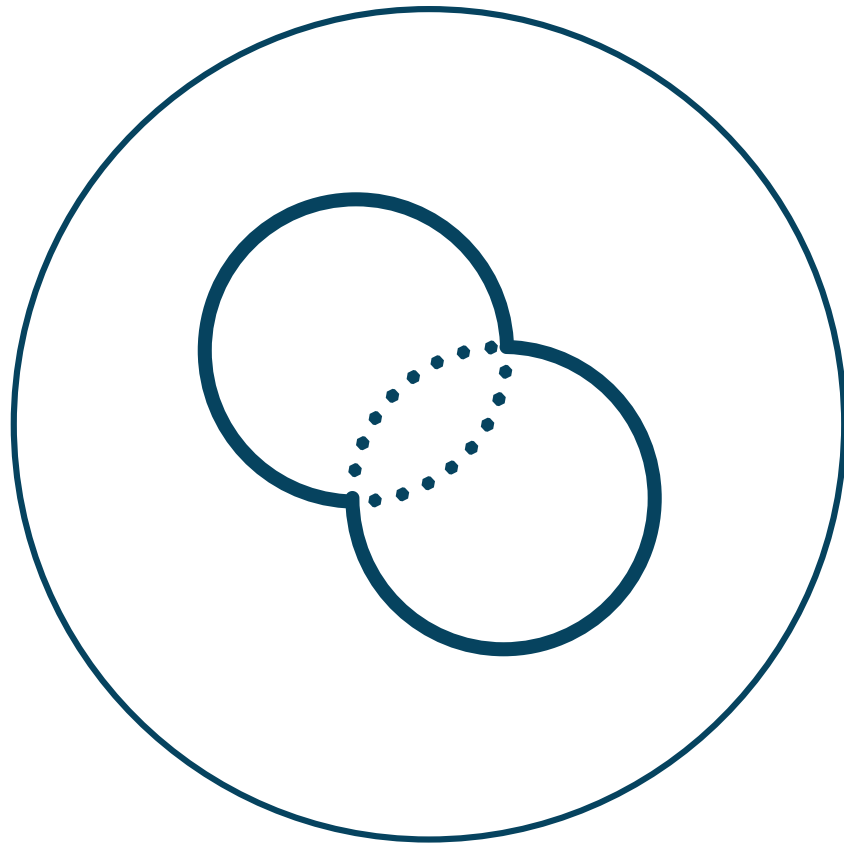


Reprogramming

Breath and muscular reprogramming is a therapeutic approach focused on improving breathing and muscle habits that may develop from stress or injury. This technique enhances oxygen intake, reduces stress, alleviates pain, and boosts physical performance.

By consciously retraining the body to adopt more effective patterns, our clients experience enhanced oxygen intake, reduced stress, alleviated pain, and improved physical performance.

This is a proactive strategy to enhance bodily function, mental clarity, and emotional balance, potentially reducing dependence on medications and other interventions.

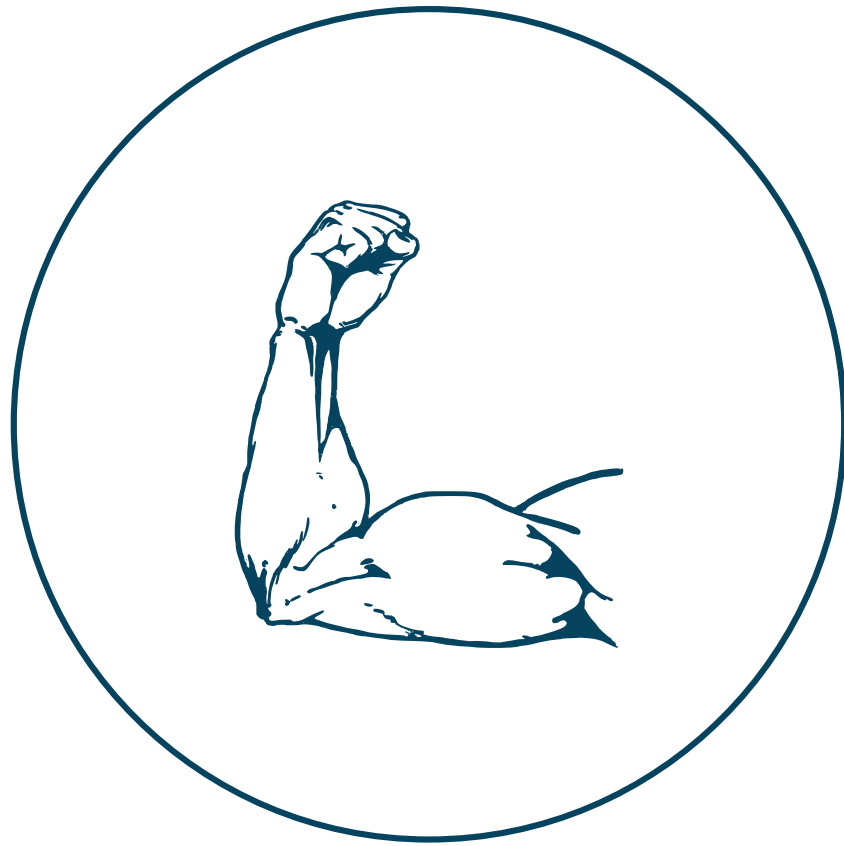


Integration

Coordinating and integrating awareness, alignment, and repatterning into daily activities such as sleep, speech, walking, and eating is crucial for maintaining a balanced and properly functioning body.

By consciously incorporating these principles into everyday routines, prepares the body to selfheal and fortify itself against future illnesses.

Integration is tailored to the individual life and habits of the client to ensure they are at peak performance on a daily basis.

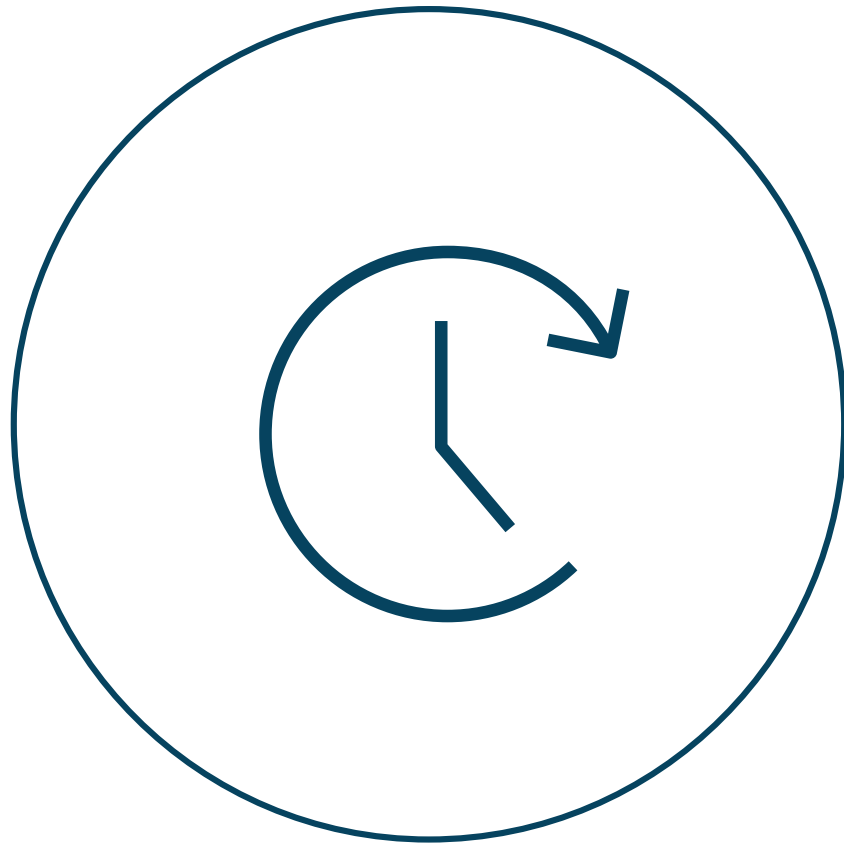


Strengthening

By focusing on enhancing and strengthening the body's ability to perform daily tasks with ease and resilience, our methods significantly reduce the likelihood of a relapse into injury or illness.

For customers, this means not only a quicker recovery but also a sustainable one, preventing future setbacks and potentially reducing medical costs over time.

This is especially important for those looking to lead a more active, healthy lifestyle without the constant fear of recurring issues.



Preventative Care

Long-term planning is vital for sustained improvement and prevention of regression. Our clients are equipped with proactive self-care techniques designed to help you effectively navigate life's challenges and avoid falling back into old habits or health issues.

This crucial phase addresses and mitigates the potential defaults that your body may naturally revert to.

This has empowered our clients to take control of their health and wellbeing, ensuring lasting benefits and a higher quality of life.



Melissa G.

I never imagined I could experience such a dramatic improvement in my sleep and overall quality of life. Thanks to this treatment, I can finally enjoy a sandwich the traditional way—no fork and knife needed!



Objectives

- Stimulate Mind-Body Self Awareness
- Stimulate the Cranial Nervous System
- Activate Cellular Repair
- Stimulate Physical & Mental Abilities
- Improve Sleep Quality
- Reduce Stress
- Build Resilience to Chronic Diseases
- Reduce Inflammatory Reactions
- Slow down daily bodily wear and tear
- Alignment of Cranial and Sacral Chakras
- Facilitate Breathing Efficiency
- Digestive Support
- Stability focused Body Strengthening

The Results

With a complex set of therapies based on 20 years of research, the program's "science of self-healing" deeply activates muscle structure, cellular repair and immune system.

95% of our client
experience immediate
improvement on the first
day...

And by the end of the program, our clients report complete satisfaction with their outcomes and goals fully met.

The Nefesh Comprehensive Treatment includes:

- 15 x 60 min sessions
- Advanced Sequenced Therapies
- TASL Home Exercise App
- Monitoring & Tracking
- Detailed Progress Summaries
- Periodic Reassessments
- Treatment Kit

The Lives
We've Impacted



Matt A.

"After suffering from a collapsed airway that led to two decades of insomnia and severe sleep issues, I felt hopeless. These sleep issues not only weakened my immune system but also left me with persistent brain fog.

At my doctor's recommendation, I turned to TASL Health's holistic approach. The results have been nothing short of miraculous.

TASL Health's comprehensive method helped me understand my body's unique needs, reducing tension in my head, neck, and jaw. Impressively, my airway has completely self-healed and reconstructed. I've worked with other therapists before, but their approaches seemed limited compared to TASL Health's, which truly considers the whole body."





Gabriella P.

“Dealing with daily tension headaches at the back and top of my head made every workday a challenge. It was debilitating. When I visited TASL Health, we discovered that these headaches stemmed from teeth grinding due to a weak core. They didn't just make a cursory assessment; they connected the dots between my weak core and other symptoms I was experiencing. In my treatment, they strengthened my core, eliminated my teeth grinding and other symptoms, and educated me on proper walking and exercise techniques. Since then, my life has changed dramatically—I sleep better and have even outpaced my colleagues at work. I am profoundly grateful for the transformation and have not only recommended TASL Health to everyone but also brought my mom and sister for consultations.”





Adan V.

“Bottom line: I was a mouth breather, which not only affected my appearance but severely impacted my confidence. The root cause, I learned at TASL Health, was a weak jaw. Through their unique Nefesh Method, which remarkably involves no tools or surgery, TASL Health reshaped my entire face naturally. They not only strengthened my jaw but also restructured my airway, offering a very specialized treatment that is hard to find elsewhere. The transformation has been incredible, and it has restored my self-esteem. I highly recommend TASL Health for anyone looking for profound, natural changes in their health and appearance.”





Lacey Wilson

I was constantly plagued by tension and pain in my head and neck, so severe that I would wake up tired and by midday, I needed to lay down because the pain was unbearable. This fatigue and pain made it impossible for me to engage with my kids—I couldn't play with them or run with them at soccer practice. Then I found TASL

Health. Since starting treatment there, the change has been night and day. I no longer feel tired; I wake up energized and my mind is clear. Remarkably, I haven't had any head or neck pain

since my second session. TASL Health doesn't just offer a one-size-fits-all solution; they really analyze how you function daily and tailor the treatment to impact every aspect of your life.

Their approach has transformed my everyday activities, allowing me to enjoy life pain-free and with newfound energy. I can now play longer and truly enjoy my time with my kids.





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REQUEST A CONSULTATION

CALL

281-406-3193

EMAIL

info@taslconsultants.com

OFFICE ADDRESS

950 Echo Lane, Ste 200
Houston, TX 77024

More About Us & Our Methods

Enhancing Ventilation and Immune
Function through the Nefesh
Method™

The Systemic Impact of Oral Posture
on Health

The Holistic Impact of the Nefesh
Method™ on Vital Systems