

THE HEALZ METHOD

A Practical Reset for the Mind,
Body, and Nervous System



Why You Feel Stuck, Overwhelmed,
or Burned Out and Why a Reset Works
Better Than Trying Harder

— RICO HEALZ —

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*A Practical Reset for the Mind, Body, and Nervous
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Introduction

You Are Not Broken. You Are Overloaded.

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Most people do not wake up and decide they are broken. They just start noticing the same frustrating pattern.

They are trying, but results feel inconsistent.

INTRODUCTION

They are doing the right things, but life feels heavier than it should.

They are capable, but their focus comes and goes like a weak signal.

They can function, but they cannot fully rest.

If you are reading this, there is a good chance you know exactly what I mean.

You might be carrying anxiety that never fully shuts off. Or you might feel emotionally flat, like life is happening through a foggy windshield. You might be productive, but not present. You might be successful, but still feel internally tense, like your body is always braced for impact.

So you try to fix yourself.

You add routines. You chase discipline. You force positivity. You read books. You watch videos. You try to meditate. You try to breathe your way out of it. You try to push through.

And if it does not work, you assume you are the problem.

This book exists to challenge that assumption.

Most people are not broken. They are overloaded.

And the reason so many approaches fail is because they start in the wrong place.

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You cannot solve a regulation problem with more effort. You solve it by resetting the system that has been running too hot for too long.

That system is your nervous system.

The Healz Method is built around one core idea.

Reset first. Then everything else becomes easier.

Chapter 1: The State You Are Living In and Why It Feels So Heavy

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Burnout is not always dramatic. In fact, the most common burnout is quiet.

Quiet burnout looks like waking up tired after sleeping.

It looks like having time off and still feeling unable to relax.

It looks like scrolling, snacking, or distracting yourself not because you want to, but because your brain is looking for a quick escape hatch.

It looks like snapping at people you care about, then feeling guilty, then doing it again.

It looks like feeling overwhelmed by basic tasks you used to handle easily.

Most people label this as stress. Some call it anxiety. Some call it depression. Some call it being unmotivated.

But under the surface, the same mechanism is often driving it.

Your nervous system is stuck in alert mode.

Your nervous system has one primary job: keep you safe. It constantly scans your environment and your internal world and asks one question.

Am I safe right now?

If the answer is yes, the body loosens. The mind becomes more flexible. Focus improves. Creativity comes back online. You can process emotions instead of storing them. You can think clearly without forcing it.

If the answer is no, the system shifts into protection mode. The

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body tightens. Thoughts speed up or shut down. Emotions spike or flatten. Old habits run on autopilot. You become reactive instead of responsive.

Here is the problem.

Modern life rarely signals actual danger, but it also rarely signals safety.

Deadlines. Noise. Money pressure. Family pressure. Constant notifications. Social tension. Relationship stress. Unresolved grief. Inner criticism. Overthinking. Over planning. Over analyzing.

None of it is a tiger in the room, but it still keeps the system braced.

When the system stays braced long enough, braced becomes normal.

Then one day you wake up and wonder why you cannot focus, why you feel tense, why you feel stuck, why you do not feel like yourself.

It is not because you are weak.

It is because your system has not fully reset in a long time.

Chapter 2: Why Willpower Stops Working

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When people feel off, the default response is to push harder.

Try harder. Be better. Get disciplined. Get organized. Fix your mindset.

Willpower is respected because it looks strong from the outside. But willpower is also a top down strategy. It assumes the system underneath is calm enough to cooperate.

When the nervous system isn't regulated, willpower becomes expensive.

You can force yourself for a while. You can push through for a while. You can perform for a while. But it costs you. And eventually the system collects that debt.

This is why people say things like:

“I know what I should do, I just cannot do it.”

“My brain feels fried.”

“I cannot relax even when I have time.”

“I feel stuck even though nothing is technically wrong.”

This is not a character flaw.

It is a physiology issue.

Trying to think your way out of survival mode is like trying to negotiate with a smoke alarm. The alarm is not the problem. The system triggering it is.

If your system is stuck on alert, everything you try will feel like effort. Even the right things.

That is why people bounce between extremes. They have bursts of productivity followed by crashes. They start routines

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and then cannot maintain them. They try meditation and get frustrated. They try to calm down and fail, then blame themselves.

This is the trap.

Most people do not need another strategy. They need regulation.

The Healz Method exists to provide that regulation in a structured, repeatable way.

Chapter 3: What the Healz Method Is and the Exact Order It Works In

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The Healz Method is a guided internal reset designed to help the nervous system move out of constant alert mode and return to balance.

It is not therapy.

It is not a medical treatment.

It does not require belief.

It is not about fixing you.

It is about shifting your internal state so the parts of you that already know how to heal and stabilize can actually do their job.

The method follows a deliberate sequence.

Step 1: Hypnosis First

Hypnosis comes first because most people cannot access deep calm through effort. The analytical mind keeps interrupting. It monitors, questions, critiques, and controls.

Hypnosis is not about control. It is about access.

Hypnosis helps the mind soften its grip. It reduces resistance. It quiets the constant internal narrator. It creates an internal signal of safety.

When the subconscious becomes receptive, the system becomes more willing to settle.

This is why hypnosis is first. It opens the door.

Step 2: Meditation and Brainwave Entrainment Simulta-

neously

Once the system is open, meditation and brainwave entrainment happen together.

Brainwave entrainment guides the brain into slower rhythms associated with calm, clarity, restoration, and deep regulation.

Meditation provides the structure and awareness inside that state. It helps the mind stay anchored rather than drifting back into stress loops. It creates internal space and teaches your system what calm actually feels like, not as an idea, but as a lived sensation.

This pairing matters.

Entrainment supports the brain.

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This pairing matters.

Entrainment supports the brain.

Meditation supports the experience.

Together, they stabilize the reset.

Hypnosis opens the system. Meditation and entrainment regulate it.

That is the Healz Method.

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Chapter 4: Real World Examples: What This Looks Like in Actual People

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To make this real, here are common patterns people bring into a Healz session. These are not medical claims. These are lived experiences and pain points that show up in everyday life.

Example 1: High Functioning Burnout

This person is responsible. Capable. Often the one others rely on.

From the outside, they are fine.

Inside, their baseline is tension.

They wake up already braced. Their mind is always scanning. Their body rarely fully relaxes. They can work, but they cannot recover. Even on weekends, their nervous system feels like it is still on the clock.

They have tried vacations. They have tried exercise. They have tried meditation apps. They have tried forcing a better routine.

The issue is not knowledge. It is state.

When they experience Healz, the first surprise is usually how quickly the mind quiets once resistance softens. The second surprise is how unfamiliar calm feels, as if the system forgot this setting existed.

The outcome they often describe is not “I solved everything.”

It is “I finally feel like I can breathe again.”

That changes everything.

Example 2: The Overthinker

This person is smart. Self-aware. Analytical.

They can explain their own patterns, but they cannot stop them.

They think at night. They think in the shower. They think while talking. They think while trying to relax. Their brain is always working, even when they do not want it to.

Meditation feels frustrating because the mind will not settle. Every attempt becomes a mental wrestling match.

Healz works well for overthinkers because hypnosis first reduces the mental grip, then meditation and entrainment stabilize the slower rhythm.

The result is not forced silence.

It is natural quiet.

And for the overthinker, natural quiet feels like relief.

Example 3: The Emotionally Overloaded Person

This person feels a lot, even if they hide it.

They carry stress in their body. Their chest feels tight. Their

throat feels constricted. Their stomach holds tension. Their shoulders never drop.

They might not even label it anxiety. They just feel heavy, irritated, or on edge.

Often, they have been holding it together for so long they do not know how to let go safely.

Healz works because it creates safety before release.

Hypnosis opens the system gently. Meditation and entrainment create a container where the body can soften without being forced. If emotion moves, it moves. If it does not, the reset still happens.

The result is often a calmer baseline and less internal pressure.

Example 4: The Creative Who Feels Blocked

This person does not just want to feel better. They want flow.

They want to create, but their mind feels cluttered. Their ideas feel distant. Their energy feels scattered.

Creative blocks are often nervous system blocks.

When the system is stuck in alert mode, creativity shuts down because the brain prioritizes protection over exploration.

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Healz helps the system settle, and when it settles, creative flow often returns naturally.

Not by forcing inspiration.

By removing internal noise.

Chapter 5: What a Session Feels Like and Why It Sticks

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People ask what a session feels like. The simplest answer is this.

It feels like your system is finally allowed to stop fighting.

Many people experience a deep calm that feels unfamiliar at

first. Mental noise softens. Muscles relax. Breathing deepens. Some feel emotional release. Some feel clarity. Some feel simply present.

But the most important part is often what happens after.

People notice they are less reactive. Less tense. More patient. More clear. They can focus without forcing it. Their body feels lighter. Their mind feels less crowded.

This is not because a session magically fixes life.

It is because the baseline state shifts.

When your baseline is regulated, everything becomes easier.

Not perfect. Easier.

That is why Healz can support almost anything. It targets state, and state touches everything.

Conclusion

Reset First: The Pain Point Call to Action

CONCLUSION



If your mind never shuts off, you are not imagining it.

If you wake up tired, you are not lazy.

If you feel tense for no clear reason, your body is not being dramatic.

If you have tried to fix yourself and still feel stuck, you are not failing.

You are overloaded.

And here is the hard truth.

If you do not reset the nervous system, you will keep trying to solve life from a strained state. You will keep pushing with a system that is already exhausted. You will keep collecting stress debt. You will keep repeating the same patterns, even with new strategies.

That is the cost of doing nothing.

The Healz Method is for the person who is tired of managing symptoms and ready to address the root.

It starts with hypnosis to open the subconscious, then meditation and brainwave entrainment work together to guide the nervous system into deep regulation.

If you are tired of pushing, stop adding strategies.

Reset first.

Book a Healz Method session now and give your system what it has been asking for.

Clarity begins with calm.

—> [Click here to book a live in person 1 on 1 session.](#) <—

(Here you will also find my FREE 3 min. assessment video for you to try out)