

TRE[®]
TENSION, STRESS & TRAUMA RELEASING EXERCISES
REPORTED BENEFITS



TRE® Reported Health Benefits

CTRL + ALT + DELETE for your nervous system = TRE®

TRE® helps regulate the nervous system by releasing deeply held stress, tension, and trauma stored in the body. This brochure outlines the reported benefits across physical, emotional, relational, and professional domains.

Physical Health Benefits

- Relief from chronic inflammatory conditions: Arthritis, Fibromyalgia, Psoriasis, Eczema, IBS.
- Reduction in chronic and localized pain: Migraines, back/knee/hip/neck/shoulder pain.
- Healing of old injuries and improved flexibility.
- Decreased muscular tension and tightness, especially in the pelvis.
- Improved mobility, autonomy, and muscle strength.
- Better sleep quality and energy levels.
- Reduction in muscle and back pain.
- Enhanced body awareness and faster recovery from physical trauma.

Emotional & Mental Health Benefits

- Reduced feelings of anxiety, fear, worry, rage, control, and doubt.
- Decrease in PTSD and post-trauma symptoms.
- Greater emotional resiliency and self-regulation.
- Relief from vicarious trauma (ideal for caregivers, therapists).
- Improved self-esteem, confidence, and autonomy.
- Less dependence on psychotherapy or medication (as reported by users).
- Supportive in recovery from addictions.
- Enhanced ability to access deep calm and safety in the body.

Relationship & Social Benefits

- Become more present, open, generous, and communicative.
- Less reactivity and conflict in relationships.
- Improved marital and intimate relationships.
- Feel more safe, loving, caring, and orgasmic.
- Enhanced social trust, expressiveness, and interpersonal confidence.

Professional & Work Benefits

- Increased focus, clarity, and decision-making.
- Become more grounded, calm, and capable under pressure.
- Less workplace stress and emotional burnout.
- Boosted endurance, creativity, and productivity.
- Improved communication and reduced workplace conflict.

Holistic System Reset

TRE® works bottom-up, neurologically discharging deep patterns of stress, tension, and trauma. It complements all other therapies-physical, psychological, or spiritual.

Global Reach

- Practiced in 91+ countries
- Over 6 million people have experienced its benefits
- Used in trauma recovery, disaster relief, hospitals, prisons, and corporate wellness programs

Disclaimer:

- These benefits are reported outcomes from individuals practicing TRE®.
- Individual results may vary.
- TRE® is not a medical treatment or diagnostic tool.
- Not evaluated by the US FDA or medical authorities.

*Reported benefits shared by participants who have been practicing TRE has been listed in this document.

*Individual results might vary between individuals, since every body shakes differently and the way we hold our pains, tension, stress, patterns are unique and different.

*TRE has not been evaluated by the US & FDA or Medical Association, This technique is not intended to diagnose, treat or cure or prevent any disease. There are no guarantees, expressed or implied.

General Disclaimer: Tension & Trauma Releasing Exercises (TRE®)

Tension & Trauma Releasing Exercises (TRE®) is a somatic self-care practice designed to assist the body in releasing deep muscular patterns of stress, tension, and trauma. Its primary purpose is to support the regulation and restoration of the nervous system in a safe and natural way.

TRE® is a non-religious, non-political, and non-sectarian method. It is offered solely as a body-based approach to enhance personal well-being and does not promote or endorse any specific:

- Caste, religion, or spiritual belief
- Gender, sex, or sexual orientation
- Nationality, ethnicity, or country of origin
- Political views or ideological positions
- Cultural or social identity

TRE® is inclusive and accessible to people of all backgrounds, identities, and walks of life. The practice is based on universal human physiology and is not aligned with any one system of belief, tradition, or worldview.

Please note: TRE® is not a substitute for medical or psychological diagnosis or treatment. Individuals with a history of severe trauma, psychiatric conditions, or complex medical issues are strongly advised to consult a licensed healthcare provider before beginning this practice.

Participation is voluntary, and facilitators are committed to creating a safe, respectful, and non-discriminatory environment for all.

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