



ReNew Wellness Holistic Integration Guide

A Guide for Healing, Nervous System Regulation & Lasting Change

*"Maybe the journey is not so much about becoming anything.
Maybe it is about unbecoming everything that is not really you,
so that you can be who you were meant to be in the first place."
- Paulo Coelho*

ReNew Wellness Philosophy

Healing is not a destination. Healing is a relationship - with yourself, your body, your community, and your life.

Ketamine may open the door, but lasting change happens through integration, connection, and the small choices you make every day.

We believe healing happens through connection: connection to yourself, your body, others, community, purpose, and the life you are creating.

The Four Pillars of Lasting Healing

Safety - Helping the nervous system experience safety.

Connection - Connection to self, others, community, and meaning.

Integration - Turning insight into action.

Consistency - Small actions repeated over time.

Ketamine may open the door. Lasting healing occurs when these four pillars are cultivated consistently.

QUICK NAVIGATION

This guide is designed to be used over time, not read in a single sitting. Use the links below to jump directly to the section that feels most relevant to you today.

[**Part I - Internal Family Systems & Parts Work**](#)

[**Part II - Somatic Healing & Nervous System Regulation**](#)

[**Part III - Lifestyle Medicine Foundations**](#)

[**Part IV - Supplements & Herbal Medicine**](#)

[**Part V - Connection & Community**](#)

[**Part VI - Meaning, Purpose & Values**](#)

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How to Use This Guide

This is a living document - not a checklist to complete, but a companion to return to. Each section holds tools, practices, and reflections that support your healing between and after ketamine sessions. You do not need to read it cover to cover. Let your inner system guide you toward what feels right on any given day.

A Note on Integration

Ketamine creates a window of neuroplasticity - a time when your brain is more open to new patterns, perspectives, and connections. Integration is how you work with that window. The practices in this guide are designed to help you metabolize your experiences, tend to the parts of you that surfaced, and anchor meaningful shifts into your daily life.

Integration is not about forcing insight or making dramatic changes. Often, the most profound shifts happen quietly - in small moments of self-compassion, a new way of responding to an old trigger, or simply feeling a little more at home in your body.

PART I - INTERNAL FAMILY SYSTEMS & PARTS WORK

Through the Lens of Internal Family Systems (IFS)

Internal Family Systems teaches us that we are not one single self, but a system of parts - each with its own feelings, beliefs, and protective roles. Ketamine often gives us a glimpse of the Self: a calm, curious, compassionate center that can witness all parts without judgment. Integration, through an IFS lens, means returning to that Self-energy - and from that place, getting to know the parts that showed up during your experience.

Recommended reading: No Bad Parts - Dr. Richard Schwartz

Setting an Intention Before Your Session

Before each session, take a few moments to consider what you hope to explore, understand, or receive. An intention is not a demand or a script for your experience - it is simply an invitation.

Intention ideas to get you started:

- I want to connect with more compassion for myself.
- I want to understand the part of me that feels stuck.
- I am open to whatever needs to emerge.
- I am safe. I trust the process.

Understanding Your Parts

Managers protect you by keeping control - planning, worrying, overachieving, staying busy.

Firefighters act urgently to douse pain - numbing, distracting, using substances, rage.

Exiles carry the wounds - the young parts holding grief, shame, fear, and unmet needs.

Self is who you truly are - curious, calm, compassionate, connected, clear, courageous, creative, confident.

After Your Session: Parts Check-In

The first 48 hours after treatment are an especially important integration window. Give yourself quiet space to reflect, journal, and notice what is emerging.

WHAT PARTS SHOWED UP DURING THIS SESSION?

WHAT DID THEY SEEM TO NEED?

WHAT IS ONE THING I WANT TO REMEMBER FROM THIS EXPERIENCE?

The U-Turn

One of the most powerful IFS moves is the U-Turn: instead of directing your attention outward to people, situations, or problems - you turn gently inward and ask, "What is happening inside me right now?" Try this whenever you feel activated, confused, or disconnected.

U-Turn practice: Pause. Place one hand on your heart. Ask: "What part of me is up right now?" Notice without judgment. Say inwardly: "I see you. I'm here with you." That's enough.

Brain Dumping as a Bridge Between Sessions

Brain dumping, journaling, or simply writing a few words or feelings is one of the most effective integration tools available. It doesn't need to be polished, organized, or even make complete sense. Words are not your only option - sketching, doodling, voice-noting, or jotting fragments all count. Whatever comes, let it land somewhere outside of you. Science backs this up: externalizing your inner experience, even in raw, scattered form, is proven to help your nervous system metabolize and integrate what emerged. There is no wrong way to do this.

PROMPTS TO RETURN TO OFTEN:

What have I noticed since my last session?

What part of me needs attention today?

What is one small action I can take this week?

Unblending Practice

When a part takes over - when you feel flooded by fear, grief, shame, or anger - you are blended with that part. Unblending means creating a little space between you (Self) and the part, so you can be with it rather than being it.

Step 1 - Notice: "I'm feeling overwhelmed" → "A part of me is feeling overwhelmed."

Step 2 - Locate it: Where do you feel this part in your body?

Step 3 - Ask: "Would you be willing to give me just a little space, so I can hear you better?"

Step 4 - Be with it: Turn toward the part with curiosity, not judgment. What does it look like? How old does it feel?

Step 5 - Ask what it needs: "What do you most want me to know? What do you need from me right now?"

A reminder: It is always okay to reach out to your ReNew Wellness provider between sessions. If something difficult surfaced during your journey - something you didn't feel comfortable bringing up at the time - you do not have to hold it alone. Sending a message is enough. We are here.

PART II - SOMATIC HEALING & NERVOUS SYSTEM REGULATION

Bringing the Experience into the Body

Ketamine is a somatic experience as much as it is a psychological one. The body holds what the mind has processed - and often holds it long after a session ends. Somatic practices help you complete cycles of activation in the nervous system, discharge what was stored, and build a felt sense of safety from the inside out.

Body Scan After Sessions

Beginning within a few hours of a session and continuing daily for the following week:

Lie down or sit comfortably. Close your eyes or soften your gaze.

Starting at the top of your head, slowly scan downward - noticing sensation, temperature, tension, numbness.

At each place you notice something, pause. Don't try to change it. Just acknowledge it.

If you find a part of the body that holds emotion, say inwardly: "I notice you. You are allowed to be here."

End by placing both hands on your chest and taking three slow, deep breaths.

Orienting - Regulating Your Nervous System

Orienting is a simple polyvagal practice that signals safety to your nervous system. It is especially useful when you feel spacey, dissociated, or flooded after a session.

Slowly turn your head from side to side, letting your eyes move naturally across the room.

Notice colors, shapes, textures without naming or analyzing them.

Let your gaze rest on something that feels neutral or pleasant.

Take a breath. Notice your feet on the floor. Feel the weight of your body in the chair.

You are here. You are safe.

Pendulation

Pendulation is the practice of gently moving between a place of difficulty in the body and a place of resource or ease. It teaches your nervous system that it can move - that it doesn't have to stay stuck.

Find a sensation in your body that feels neutral or comfortable (a warm hand, steady feet, soft shoulders).

Now notice a place that holds something heavier. Acknowledge it briefly.

Return to the comfortable place. Rest there.

Gently move between the two, letting each inform the other.

MINDFULNESS & WINDOW OF TOLERANCE PRACTICES

Tending to Your Window of Tolerance

The nervous system is the foundation of healing. Ketamine can temporarily widen your window of tolerance - the zone in which you can process difficult experiences without becoming overwhelmed or shutting down. The practices in this section help you maintain and expand that window over time.

Your Three-Part Breath

This is your foundational practice. Return to it daily - especially during the integration period.

Inhale slowly for 4 counts, letting the belly expand first, then the ribs, then the chest.

Hold gently for 2 counts.

Exhale for 6-8 counts, letting the chest fall, then the ribs, then the belly.

Repeat 5-10 cycles. Notice the body softening.

A longer exhale activates the parasympathetic nervous system - your rest-and-digest state. This is the physiological basis for why slow breathing creates calm. You are not "just breathing" - you are literally changing your neurochemistry.

Mindful Awareness: The RAIN Practice

RAIN is a simple mindfulness framework drawn from contemplative tradition, compatible with IFS Self-energy.

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| R - Recognize | Name what is happening: "There is fear." "There is grief." "There is the urge to disappear." |
| A - Allow | Let it be here, just as it is. Not forever - just for this moment. |
| I - Investigate | With gentle curiosity: Where is this in my body? How old does this feel? What does this part believe? |
| N - Nurture | Offer what the part needs: compassion, acknowledgment, warmth. "I see you. It makes sense you feel this way." |

Daily Anchor Practices

Choose 1-3 of these to practice consistently during your integration period:

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| Morning Grounding | Check in with yourself before starting the day. |
| Mindful Movement | Walking, stretching, yoga, or gentle movement. |
| Evening Reflection | A few minutes of journaling or reflection. |
| Nature Time | Sunlight, fresh air, and time outdoors. |
| Digital Rest | Periodic breaks from screens and social media. |

MY ANCHOR PRACTICES (I WILL COMMIT TO THESE DURING MY INTEGRATION PERIOD):

PART III - LIFESTYLE MEDICINE FOUNDATIONS

Sleep · Nutrition · Movement

Ketamine's therapeutic window is supported - or undermined - by the ecosystem of your daily life. Sleep, food, and movement are not optional wellness extras; they are the biological substrate on which healing happens. This section offers evidence-informed guidance to help your nervous system and brain receive the full benefit of your treatment.

Sleep: The Foundation of Neuroplasticity

Sleep supports the brain and nervous system as they consolidate new patterns after treatment. Prioritizing sleep in the days following a session is one of the highest-yield actions you can take.

Aim for 7-9 hours in a cool, dark, quiet environment.

Reduce screens 60-90 minutes before bed; blue light suppresses melatonin.

Maintain a consistent sleep and wake time - even on weekends.

Avoid alcohol in the days following treatment; it disrupts REM sleep and neuroplasticity.

Consider a brief body scan or box breathing practice as a sleep transition ritual.

If sleep is disrupted post-session, discuss supportive options with your provider.

Nutrition: Feeding the Healing Brain

The gut-brain axis is deeply involved in mood regulation. What you eat directly affects inflammation, neurotransmitter production, and vagal tone. No rigid diet is required - instead, orient toward nourishment as a form of self-care.

| Support Healing With: | Minimize or Avoid: |
|---|---|
| Omega-3 rich foods (salmon, sardines, walnuts, flaxseed) | Ultra-processed foods and refined sugars |
| Colorful vegetables and fruits (antioxidants, polyphenols) | Alcohol - especially in the 72 hrs post-session |
| Fermented foods: yogurt, kefir, kimchi, sauerkraut | Excessive caffeine - can amplify anxiety |
| Adequate protein at each meal (amino acid precursors) | Inflammatory oils (refined vegetable oils) |
| Hydration: 8-10 glasses of water daily | Skipping meals - blood sugar impacts mood |
| Magnesium-rich foods: leafy greens, seeds, dark chocolate | Heavy meals immediately post-session |

Movement: Metabolizing Stress Through the Body

The stress response is designed to culminate in physical movement - it's how mammals complete the cycle of activation. Regular movement is not just physical fitness; it is emotional regulation and trauma processing in motion.

Daily walks (20-30 min) in nature significantly reduce cortisol and support vagal tone.

Yoga, tai chi, and qigong combine movement with breathwork and are particularly well-suited to integration. Expressive movement (free dancing, shaking) can discharge stored activation without requiring a "workout." Strength training 2-3x per week supports BDNF - the brain growth factor ketamine stimulates. Avoid vigorous exercise in the 24 hours immediately post-session; allow the nervous system to settle first.

MY LIFESTYLE INTENTIONS FOR THIS INTEGRATION PERIOD:

PART IV - SUPPLEMENTS & HERBAL MEDICINE

Personalized Support for Your Healing Journey

The supplements and herbal medicines listed here represent ReNew Wellness's top recommendations for supporting mental health, neuroplasticity, and nervous system regulation during the integration period. Your provider will suggest any additional products specific to your individual presentation and goals. These are supportive layers - not replacements for your treatment or therapy - that help create the internal environment in which healing can take root.

Please inform your provider of any changes to medications or supplements between sessions. Some supplements interact with medications; your safety is always the first priority.

Your Personalized Protocol

Your provider will send you your specific supplement and herbal suggestions following your session, tailored to your individual presentation, goals, and health history. These will be curated and made available to you through our FullScript dispensary - a professional-grade online supplement shop where you will receive a direct link to your personalized protocol. FullScript allows us to recommend pharmaceutical-quality supplements at a discount, conveniently delivered to your door. You can access ReNew Wellness's FullScript store directly at: <https://us.fullscript.com/welcome/renewwellness>

You will receive a personalized FullScript link from your provider after your session. This link gives you direct access to your recommended supplements, ready to order at any time.

Core Supplements Most Known for Psychiatric Support

While your individualized protocol will be sent separately, the following are among the most well-researched and commonly recommended supplements for mental health, neuroplasticity, and nervous system support:

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| TRImagnesium (TRIM) | A triple-form magnesium blend supporting nervous system regulation, cortisol management, sleep quality, and muscle relaxation. One of the most commonly deficient minerals in adults with anxiety or depression - and one of the most important for best rest and recovery. |
| NAC (N-Acetyl Cysteine) | Powerful antioxidant and glutamate modulator. Supports OCD, addiction patterns, depression, and mood stability. Works synergistically with ketamine. |

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| L-Theanine | Amino acid found in green tea; promotes calm, focused alertness without sedation. Excellent for anxiety and sleep onset. Often paired with magnesium. |
| Ashwagandha | Adaptogen; reduces cortisol, supports HPA axis regulation, improves sleep quality and stress resilience. A powerful cortisol manager. |
| Lithium Orotate (low dose) | Low-dose lithium orotate supports neuroprotection, mood stability, and may enhance neuroplasticity. Different from prescription lithium - available OTC at low doses. |
| Omega-3 (EPA/DHA) | Anti-inflammatory essential fatty acids critical for brain health, mood regulation, and synaptic function. High EPA formulations show the strongest antidepressant evidence. |

Herbal Tea Support

Herbal teas provide gentle, cumulative support for the nervous system, stress response, focus, and sleep. We recommend approximately two cups per day during the integration period, though your provider may recommend a different approach based on your individual needs.

ReNew Wellness Signature Tea Blends

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| <p>Balance Blend - Heart & Nervous System Support</p> <p>A grounding, heart-centered blend crafted to calm the nervous system, support emotional resilience, and restore a deep sense of ease.</p> <p>Contains: Oatstraw, Nettle Leaf, Hawthorn Berry, Passionflower, Chamomile, Motherwort, Skullcap, Orange Peel, Cinnamon Bark, and Lavender.</p> <p>Best for: anxiety, overwhelm, emotional resilience, nervous system regulation, stress recovery, and heart-centered support.</p> | <p>Focus Blend - Calm Focus & Adaptogenic Support</p> <p>Crafted with a calm-without-sedation philosophy, helping quiet mental noise while supporting sustained attention, resilience, and mental clarity.</p> <p>Contains: Lemon Balm, Milky Oat Tops, Tulsi, Peppermint, Lemongrass, Lemon Verbena, Skullcap, Gotu Kola, and Ashwagandha.</p> <p>Best for: burnout, mental fatigue, focus, concentration, stress-related cognitive symptoms, and calm mental performance.</p> |
| <p>How to Use</p> <p>Ask your provider which blend may be the best fit for your current treatment goals and integration plan.</p> | <p>Availability</p> <p>Both blends are available directly through ReNew Wellness.</p> |

Individual Herbs for Personalized Support

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| Ashwagandha | Adaptogenic support for stress resilience, cortisol balance, and recovery. |
| Lemon Balm | Calming nerveine that supports relaxation, anxiety reduction, and sleep. |

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| Passionflower | Helpful for racing thoughts, restlessness, and nervous tension. |
| Tulsi (Holy Basil) | Adaptogen that supports emotional balance and stress resilience. |
| Skullcap / Milky Oats | Nourishing nervous-system support during periods of stress and recovery. |
| Chamomile | Gentle calming herb that supports relaxation and digestive comfort. |

Recommended Herbal Products

Anxiety Support

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| Peaceful Times Tea | Gentle daytime support for the nervous system. Contains Chamomile, Holy Basil, and Linden flower. |
| Kava Gold | Supports anxiety, overwhelm, worry, and weepiness. Ask your provider if kava is appropriate for you. |
| Anxiet-Ease Extract | Supports mental chatter and anxiety felt in the chest. Ask your provider for personalized guidance. |

Stress & Adrenal Support

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| Stress Re-Leaf | Supports the adrenals and nervous system and may be helpful for tension and stress response. |
| Adrenal Health | Supports adrenal resilience, stress response, and anxiety as part of a broader balancing protocol. |
| Grief Relief | Uplifting and heart-supportive; may support the grieving process. |

Local Resource - Desert Sage Herbs

1728 N Alma School Rd, Chandler, AZ | (480) 785-9065

A trusted local supplier for high-quality herbal teas, tinctures, capsules, and bulk herbs. The staff can assist you in finding anything listed in your protocol. They also offer a two-hour herbal consultation for those who want personalized, in-depth guidance on building a supplement and herbal support plan.

PART V - CONNECTION & COMMUNITY

Healing Doesn't Happen in Isolation

Healing deepens when it is witnessed. While integration is deeply personal, meaningful relationships, community, and support often play an important role in recovery.

Choosing Your Integration Witnesses

Not everyone in your life will understand what you are going through - and that is okay. You do not owe anyone an explanation of your treatment. What matters is identifying one or two people with whom you feel genuinely safe: people who can hold space without trying to fix, interpret, or minimize your experience.

WHO IN MY LIFE CAN I TURN TO DURING THIS INTEGRATION PERIOD?

WHAT WOULD I LIKE THEM TO KNOW ABOUT HOW TO SUPPORT ME?

Meaningful Activities & Re-Engagement

Ketamine treatment often reconnects people with a sense of meaning, purpose, or aliveness that depression or trauma had suppressed. Integration is a time to gently explore those reconnections.

WHAT ACTIVITIES BRING ME GENUINE JOY OR A SENSE OF ALIVENESS?

WHAT HAVE I BEEN PULLING AWAY FROM THAT PART OF ME KNOWS IS NOURISHING?

ONE SMALL STEP I CAN TAKE THIS WEEK TOWARD CONNECTION OR MEANING:

A Note on Vulnerability and Parts

Some parts may resist connection - a protector that learned long ago that people are unsafe, or an exile that fears rejection if truly seen. If you notice yourself pulling back from relationships during integration, try turning toward that part with curiosity: "What are you afraid will happen if I let someone in?" You don't have to push through the protection. You can work with it.

Support Resources

Ongoing therapy with your ReNew Wellness provider

EMDR processing - speak with your ReNew Wellness provider about specific types of therapy that may complement your treatment

Support groups: peer-led grief, trauma, veterans, or mental health groups

Community contemplative practice (meditation, yoga, faith community - as resonant)

PART VI - MEANING, PURPOSE & VALUES

Returning to What Matters Most

Ketamine experiences often invite reflection on questions beyond symptom relief - questions of meaning, identity, purpose, and what matters most. This section is not about finding answers. It is about creating space for reflection.

This section is an invitation - not a requirement. Whether your sense of meaning comes through nature, creativity, connection, a spiritual path, or simply a felt sense of something larger than yourself, this space is for you. There are no right answers here. Follow what resonates.

Values Clarification

Which three values feel most important to me right now?

THE VALUES I WANT TO ANCHOR MY LIFE TO (CIRCLE OR WRITE):

Connection · Integrity · Freedom · Creativity · Service · Family · Growth · Peace · Courage · Authenticity · Spirituality · Justice · Presence · Compassion · Belonging · Trust · Hope · Joy · Humor · Simplicity · Balance · Resilience · Nature · Wisdom · Gratitude · Contribution · Adventure · Stability · Forgiveness · Solitude · Community · Healing · Purpose

WHEN DO I FEEL MOST FULLY MYSELF?

WHAT KIND OF PERSON DO I WANT TO BECOME?

Existential Questions That Often Arise in KAP

These are not questions to answer now - they are questions to sit with over time.

Who am I when I am not defined by my trauma or my diagnosis?

What would I do or be if fear were not the loudest voice in the room?

What do I need to grieve in order to move forward?

A Practice: Letter to Your Future Self

Imagine yourself one year from now. What do you hope has healed? What do you want to remember from this season of your life? What would you like to thank yourself for? Write freely.

PART VII - PERSONALIZED TREATMENT PLAN & PROVIDER NOTES

Provider Recommendations, Assigned Practices & Follow-Up Notes

Use this page for individualized recommendations from your ReNew Wellness provider.

PROVIDER RECOMMENDATIONS:

ASSIGNED PRACTICES:

FOLLOW-UP NOTES:

HEALING HAPPENS THROUGH CONNECTION

Healing often involves reconnecting - with yourself, your body, your relationships, your community, and your sense of purpose. Recovery is often less about becoming someone new and more about returning to who you have always been.

Reflection

Where do I feel most connected?

Where do I feel disconnected?

What is one small step I can take toward connection this week?

CLOSING REFLECTION

You came here with courage.

Whatever opened during this process - however tender, however uncertain - is evidence that your system is moving toward healing.

Keep going.

You are not alone.

We are honored to walk alongside you.