



Dr. Sudha Moola
MD, FACOG
818 Magnolia Ave #102
Corona, CA 92879

(951) 732-7834
drmoolaobgyn.com

Exomind

About:

Mental clarity, emotional resilience, and cognitive sharpness are essential pillars of optimal wellness—but stress, trauma, and chronic inflammation can interfere with the brain's natural balance. That's where Exomind comes in.

Exomind is a non-invasive, FDA-cleared brain stimulation treatment designed to support mental well-being and enhance neuroplasticity. By using targeted Transcranial Magnetic Stimulation (TMS) technology, Exomind activates specific areas of the brain associated with mood, focus, and emotional regulation.

This treatment offers a gentle yet powerful reset for the nervous system—without medication, downtime, or side effects. Patients often report increased mental clarity, improved sleep, reduced anxiety or depression symptoms, and an overall sense of calm and motivation after a series of sessions.

Treatment time is 30 minutes, typically done in a series of 6–12 sessions for optimal results.

Pre-care:

Avoid caffeine and alcohol for 4–6 hours prior to treatment. Remove any metal hair clips or accessories. Hydrate well—aim for half your body weight in ounces of water the day before and the day of your session.

Post-care:

You may resume normal activities immediately after treatment. Stay hydrated. Light movement like walking is encouraged. Avoid alcohol and recreational drugs for 24 hours post-treatment. Journal or track your emotional and mental state to monitor improvements. Continue with supportive lifestyle practices like good sleep, healthy diet, and stress management techniques.

Date	Emotional/Mental State	Improvements	Issues