



“Because you are alive, everything is possible.”  
– Thich Nhat Hanh

“It always seems impossible until it’s done”  
-Nelson Mandela



# BioBites

a virtual house call for  
your health and wellness

## Fostering Children's Wellbeing with the R2E Method

Tuesday, November 7th, 12 noon ET  
with Dr. Viktor Paul Giangrosso, R2E Method



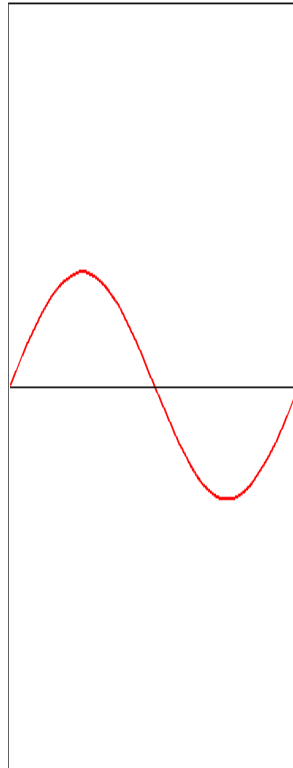
[VIKTORPAUL.com](http://VIKTORPAUL.com)

[R2Emethod.com](http://R2Emethod.com)

# Today's Focus

- Presence, Compassion, and Curiosity
- Who am I?
- What is Reality in America 2023?  
-“The Tragic Four”
- What is Productivity?
- Introducing “The R2E Method”





## Presence, Compassion, and Curiosity

What is missing?

- The most powerful force on the planet
- Internal self-regulation versus external control
- Fed/Nourished versus overfed/undernourished
- Abundance versus scarcity mindset

# Presence, Compassion, Curiosity and Meditation

## Meditation and the Brain

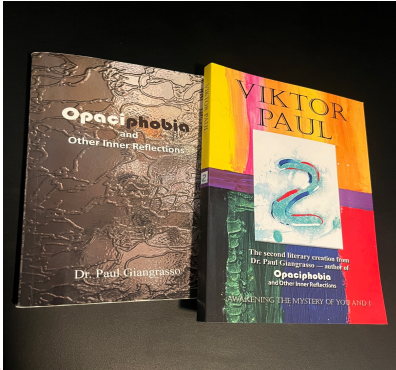
- Clarity versus fear
- Understanding versus judgement



# Who am I?



Professionally:  
Dr. Viktor Paul Giangrasso



- Body/Mind Wellness Practitioner
  - Licensed Physical Therapist
  - Group Meditation Facilitator
  - Published Author
  - Creator of The R2E Method

BioBites “Fostering Children’s Wellbeing with the R2E Method”  
November 7<sup>th</sup>, 2023

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# Who I was?

Personally:

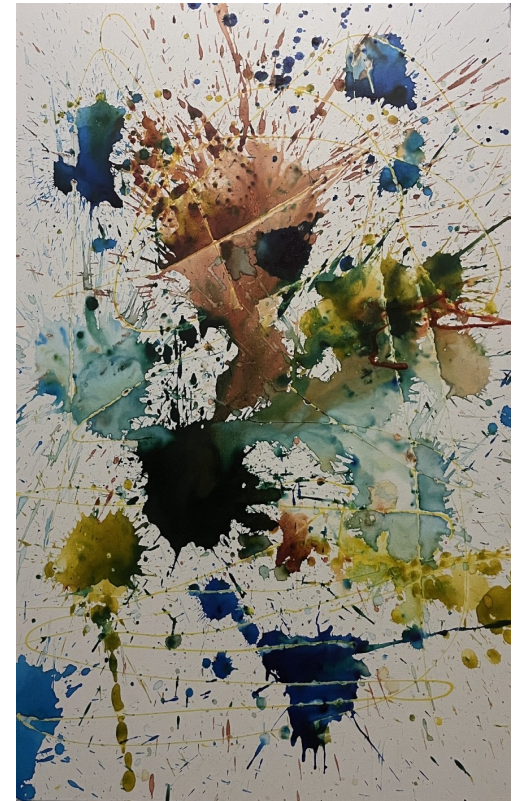
Born: Paul Giangrasso

- 30-year battle with depression
- Life long struggle with body dysmorphia/binge eating disorder/obesity



# Personal and Professional Mission:

To prioritize children in America by empowering parents, caregivers, educators, and clinicians with practical tools and a transparent window into my life of struggle and triumph over significant mental/physical dysregulation.



# Reality of 2022- 2023 America: “The Tragic Four”

10

## 1) The Growing Physical Health Crisis:

“Obesity Prevalence in Children and Adolescents is Still Too High”

- CDC.gov (2022)

## 2) The Growing Mental Health Crisis:

“Study finds ‘huge’ increases in children going to the emergency room with suicidal thoughts”

- CNN.com (2022)

# Reality of 2022- 2023 America: “The Tragic Four”

## 3) Rising Rates of Developmental Disabilities:

“Increase in Developmental Disabilities Among Children in the United States”

- CDC.com 2022

## 4) Continued Gun Violence in Schools

”More than 311,000 students have experienced gun violence at school since Columbine”

-Washingtonpost.com, 2022

“Boy, 6, stole mom’s gun from home and put in backpack before shooting his teacher”

- MSN.com, 2023

## WHAT IS PRODUCTIVITY?

- This is a major problem that must be addressed directly!
- We have a responsibility to guide children to wellbeing.
- Positive change in the wellbeing of children is possible in the microcosm:
  - Ourselves and our relationships in the moment
- Positive change in the wellbeing of children is possible in the macrocosm:
  - The healthcare and education systems in place (and beyond)



# Introducing – The RECONNECT TO EMPOWER Method

## Breath Posture

- Develop an inner awareness of:
  - The flow of air in and out
  - The inner experience of your abdomen, chest, throat, mouth, and nose.

## Body Posture

- Develop an inner awareness of four postural muscle groups:
  - PF
  - TVA
  - ST
  - CF's/CE's

## Mind Posture

- Develop an inner awareness of thought:
  - Mantra
    - A word, sound, or phrase

# Quite simply, The R2E Method is: A Posture of the Heart

- Chinese “Xin”

The heart as center of human cognition

- Japanese “Kokoro”

Heart, mind, or inner nature



## “THE POWER 4”

(31 – 12 – 2)

DR. VIKTOR PAUL GIANGRASSO

We appreciate your  
present, compassionate,  
and curious heart!

VIKTORPAUL.com

R2Emethod.com

[opaciphobia.2.win@gmail.com](mailto:opaciphobia.2.win@gmail.com)

Thank you:

Amanda Darbani, Colin Barry, Liz Wiley, and Jessica Frank

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– Nelson Mandela



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