

We are often asked: 'Who uses NeuroOptimal®?'
And we reply with a smile...'Anybody with a Brain.'

This is because training your brain with NeuroOptimal® will get you functioning at your best, **WHATEVER THAT BEST IS**. We are used by peak performing athletes, artists, and business people who want to achieve and maintain their edge. We are used by individuals who are not functioning at their best and want a drug-free approach to feeling and functioning better. And we are used in the care of adults and children with severe impairments.

How is it possible that one tool works for widely different brains and purposes? It's all to do with brain optimization. The various complaints we all suffer from can be considered signs the brain is not functioning at its optimal level.

Training with NeuroOptimal® can change that. And it doesn't matter if you are looking for changes on a physical, emotional or mental level– you only have one brain and it affects everything. You may have one reason for using NeuroOptimal®, but shifts will manifest through all areas of your life. You **CAN** have it all!

Many NeuroOptimal® users report life changing results. Elite athletes have used NeuroOptimal®, reporting improvement of their physical performance and mental stamina.

Insomnia sufferers report improved sleep. Veterans use it, stating it helps relieve the extreme challenges they face in returning home from a war zone. Brain injury victims using NeuroOptimal® tell us how they've recovered more rapidly and more fully than their doctors expected. And brain

training with NeuroOptimal® has helped improve the lives of children with severe neuro-biological issues, communication and social challenges and general difficulties focusing in school. And in America, neurofeedback is FDA approved for stress reduction.

Practitioners who use NeuroOptimal® love it because even though Zengar offers courses, you do not need to spend time or money on education to learn how to use it. You are up and running almost immediately. It is also very easy to use in the office. You do not have to spend time on client assessment– ever! Practitioners also love it because the client does not have to do anything except sit in the chair– there is nothing to have to do! Yet despite being so easy, the change clients' experience is a comprehensive one. The benefits are across the board. No more plugging away at individual symptom relief. Practitioners also love the support they get from Zengar, as well as being part of a warm, innovative, committed community of people. And finally, they love NeuroOptimal® for its record of safety.

And we haven't even mentioned the many features that make NeuroOptimal® the most advanced option for brain training on this planet!

Rest assured, whatever your situation, you can probably significantly upgrade your quality of life by brain training with our unique neurofeedback system.

SOME SUGGESTIONS FOR ITS USE ARE:

- Wellness Enhancement
- Stress Reduction
- Enhanced Return of Veterans into home and work life
- Academic and Job Enhancement
- Athletic and Sports Training
- Optimizing Your Intelligence
- Preparation for Testing: improved focus, attention and retention, reduction of test anxiety
- As part of an Anti-Aging program
- Enhancing Creativity and Awareness
- Personal and Spiritual Development in Individual and Group settings
- Enriching Couple, Family and Work Relationships
- Groups Running in Retreat Settings