

# READY TO EXPERIENCE PERSONAL TRANSFORMATION WITH NEUROPTIMAL™?

## TRY IT...

Contact your local trainer or find a trainer near you at [www.zengar.com](http://www.zengar.com) to book a session.

Already training with NeurOptimal™ but wanting a more convenient, affordable option?

## TAKE NEUROPTIMAL™ HOME

NeurOptimal™ Personal is a “take-home” version of NeurOptimal™ that you can use between your sessions with a trainer, while you are traveling, or remotely if you live at a distance. The pre-configured system comes with everything you need to train yourself, including an instructional DVD and pre-loaded with 60 sessions.

## RENT IT...

Contact your local trainer to find out about renting a NeurOptimal™ Personal system.

## BUY IT...

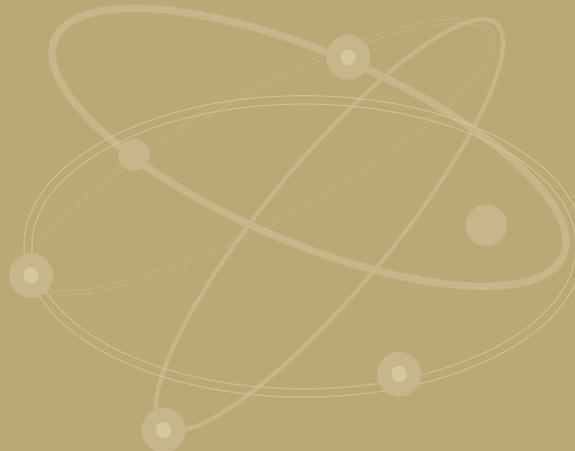
Want to invest in your health and the health of your family and friends? Ask a trainer about purchasing your own NeurOptimal™ Personal system.



**NEUROPTIMAL™**  
POWERED BY NEUROCARE®

**zengar** institute inc.  
Founded 1996.

We know that given the right information, the brain can transform itself effortlessly. With NeurOptimal™ the expertise is the software—making powerful and safe transformation accessible for everyone.



Your Local Trainer:

**TOLL-FREE:**

1.866.990.Optimal (1-866-990-6784)

[info@zengar.com](mailto:info@zengar.com)  
[www.zengar.com](http://www.zengar.com)



**NEUROPTIMAL™**  
POWERED BY NEUROCARE®



## EXPERIENCE

PERSONAL TRANSFORMATION WITH  
NEUROPTIMAL™ BRAIN TRAINING.

[www.zengar.com](http://www.zengar.com)

## Is Your Brain Functioning Efficiently?

Your brain is capable of optimal functioning, but when your central nervous system is off kilter your brain operates inefficiently.

Symptoms of a malfunctioning central nervous system can include:

- memory problems
- poor performance on tasks
- difficulty sleeping
- feeling low or sad
- difficulty paying attention
- overactivity
- feeling anxious
- addictions
- head aches
- catching colds and infections
- irritability
- feeling stressed and overwhelmed

## What is NeurOptimal™?

NeurOptimal™ is considered by many to be the most highly evolved form of neurofeedback available today. After more than 20 years in the neuroscience field and related disciplines, Dr. Valdeane Brown and Dr. Susan Cheshire Brown, Zengar Institute founders, have developed a safe, effective system that gives feedback directly to your brain allowing it to regulate itself more efficiently.

## The Benefits of NeurOptimal™

Though NeurOptimal™ is not a medical treatment for illnesses, many people have experienced relief from physical, mental, and emotional symptoms. Athletes, business professionals, students and musicians have also experienced enhanced performance.

### Here's what Clients are saying:

#### Peak Athletic Performance

*After my 6th session [with NeurOptimal™], I beat the pants off a guy in world team tennis. 6-0, 7-5. He was 20 years younger and NOT happy ...*

**David Mayen, California, USA**

#### Free From Depression<sup>1</sup>

*With multiple symptoms including depression, fatigue and lack of concentration, my daughter was on many medications...With the [NeurOptimal™] sessions she is free from the symptoms of depression, fatigue and lack of concentration and is no longer taking the medications.*

**Cynthia Kessenich, Michigan, USA**

#### Help for Kids with ADD<sup>1</sup>

*I'm quite impressed with the speed at which I see improvement in the kids with ADD. I first started neurofeedback with my 10 year old son three years ago and saw amazing results after just five sessions.*

**Linda Alaniz-Hornsby, France**

<sup>1</sup> "NeurOptimal™ is not a medical treatment. NeurOptimal™ trainers neither diagnose nor treat, medical disorders."

## What Happens In a Brain Training Session?

During a NeurOptimal™ brain training session, you wear two tiny sensors™ on your head and ear clips on your ears that record your brain waves. You sit in a comfortable chair and listen to music while watching a never-repeating fractal image or a movie. The music and images respond to your brainwaves as unproductive brain patterns create brief interruptions in the music or visual display. These interruptions signal the brain to self-correct into a more natural, relaxed and effective pattern. After a 20 to 40 minute session you feel refreshed, relaxed, and in a higher state of mental alertness and flow.

## How Do I Know it Really Works?

After training thousands of clients during 1.2 million hours of training over the last 8 years, trainers around the world have shown NeurOptimal™ to be 100% safe and reporting higher efficacy levels\* than those claimed for many medications

\* Zengar Institute Survey of Trainers Dec 2008