



# NEUROOPTIMAL<sup>®</sup> VS THE REST

NEUROOPTIMAL<sup>®</sup> WAS CREATED FROM A FUNDAMENTALLY DIFFERENT VIEWPOINT THAN WERE OTHER SYSTEMS. UNDERSTANDING THESE DIFFERENCES WILL HELP YOU KNOW WHETHER NEUROOPTIMAL<sup>®</sup> IS THE CHOICE FOR YOU.

## OTHER SYSTEMS

# VS

## NEUROOPTIMAL<sup>®</sup>

Focus is on treatment.

Focus is on optimizing brain functioning by improving the central nervous system's flexibility, resilience and stability. This is not treatment. It's training your central nervous system to work more efficiently and effectively. Problems and issues then naturally melt away.

Require practitioner to diagnose a problem so that a treatment plan can be mapped out.

No diagnosis is required. All users are trained in the same manner. The objective is to improve the mind and the central nervous system's flexibility and resilience. This isn't treatment. It's training your central nervous system to work more optimally. Problems and issues then naturally melt away.

Requires significant skill from practitioner to decide on the correct frequencies to work with and carefully monitor for side effects. Requires expertise on part of practitioner and is a risk if they are wrong. Frequently the "right" treatment for one disorder is the wrong treatment for another, even if both are in the same client.

The expertise is in NeuroOptimal<sup>®</sup>. No decisions for the trainer to make.

Client needs to be monitored closely within and across sessions. Practitioner changes what they do based on unwanted side effects in client.

NeuroOptimal<sup>®</sup> automatically adjusts with the client. No monitoring required.

Seeks to train the conscious mind to control brainwave activity. Requires conscious effort from the client to meet externally imposed goals.

Trains outside the awareness of the conscious mind, which is way too slow for NeuroOptimal<sup>®</sup>. Client just relaxes. Does not have to "achieve" anything.

Uses limited frequencies at the discretion of the trainer. Overtraining (and side effects) common. Working on a disorder and achieving Peak Performance are very different goals and tasks.

Simultaneously targets sixteen sets of frequencies in the same manner for all users. Multiple frequencies balance off other multiple frequencies. Cannot overtrain. Everybody gets Peak Performance as well as help with their issues.

Weekly or monthly feedback from the patient is used to evaluate and control the training regimen. This is time consuming and costly, often doubling session time at no additional benefit.

NeuroOptimal<sup>®</sup> provides moment to moment feedback on the brain's activity. The brain makes adjustments using real time feedback across a wide spectrum of frequencies meant to increase overall mental fitness. There is no separate assessment needed.

Pushes the brain to do more or less of something as decided by the practitioner.

NeuroOptimal<sup>®</sup> does not push the brain- it simply offers information. The brain does the rest, naturally.