



### Testimonials Related to Health and Well Being

Once a type-A+++ , angry, stressed out, worried, overly concerned about every little cent, burned out mom, my life has turned 180 degrees.

'My family (children aged 6, 9 and 11 and their parents) attended the NeuroOptimal "gym for the brain" over the course of summer 2011. We experienced this as a gentle yet profound transformation. The emotional tone of our family has changed for the better: since the parents are able to be more relaxed (yet on top of things more of the time), the children intuitively respond in a positive way. In turn, because the children are more compliant (and joyful), it reinforces the parents' confidence in their role and the hope that "things are going to be OK". A kind of 'virtuous circle'. Husband and wife are able to rediscover themselves and each other. Stressful situations do happen, but we get out of the frustration zone much quicker. A child with social and attention issues is now able to peacefully focus on homework and deal better with the stresses of daily life.

While I used to excessively worry about a number of things, parasite thoughts have now disappeared. As I see it, neurofeedback with NeuroOptimal opened the gates of personal transformation, releasing the positive energy that had accumulated over years of trying to bring about change in my life."

V.R. 37 year-old male, Montreal

"NeuroOptimal® with Marie-Laure Wagner (NeuroOptimal® Trainer in CA) has been a blessing. I initially started the sessions to 'reprogram' the negative thinking that had been taking a toll on my marriage. But the sessions worked much deeper than I had imagined. We discovered and were able to work on the deep trauma that affected all aspects of my life. Now my marriage is moving towards harmony and better communication. NeuroOptimal® has eliminated these deep issues that keep me stuck in the same patterns. The added benefit is my overall clarity. I not only perform better in my relationship, but I handle the stress of work and motherhood with remarkable ease these days."

M.W. 32 years old, female, CA

"The NeuroOptimal® sessions virtually eliminated my PMS symptoms! No fretting, worrying, irritability...I can't adequately express how lovely that was! :)" and

"Had great results with my NeuroOptimal® sessions this month: noticeable improvement in mood, energy and focus/concentration!"

Barb, Victoria, BC, after using the NeuroOptimal® Personal Trainer unit in her home for one month

"NeuroOptimal® can profoundly shift the way we see ourselves in the world; our boundaries within our self and the outside world shift. We become very clear in what we want and do not want in our lives."  
Penny Hyndman, NeuroOptimal® Trainer, Port Moody, BC

"In the amount of time I had purchased NeuroOptimal I have had even more improvements. I have used most other neurofeedback that neuropsychologist have recommended and I would always leave their office worse than when I went in, and they would blame me for not improving. I even use this with my 3 year old nephew with no side effects. My mom was having different medical problems as well. Using NeuroOptimal she has more energy and is sleeping better. She was having problems with blood pressure and catching her breath- All of that has been improving.

So thank you for everything!"

Mary Beth, Dearborn, MI

