

## Potential benefits of training may include:

- Improved Sleeping Patterns
- Relief from Chronic Pain
- Resolution/Management of Psychological Conditions
- Reduction of Irritability and Mood Swings
- Post Traumatic Stress Recovery
- Improved Emotional and Cognitive Stability.
- Increased Self-Awareness
- Improved Personal Relationships
- Improved Attention and Focus
- Improved Memory
- Improved Performance and Productivity
- Improved Problem Solving, Increased Motivation, Energy and Creativity
- Improved Learning
- Personal Confidence and Self Esteem
- Improved Performance in areas such as Music, Public Speaking, Career and Sports.
- Improved Behaviour

A resilient and flexible brain improves our state of mind. And nothing impacts the quality of our lives more directly than our state of mind.

The goal of NeurOptimal® is simply and profoundly to allow each brain to self balance and stabilize the nervous system as a whole.



Brain Health's Practitioner is

Catherine Coventry RN. RM. M&CH

- Accredited NeurOptimal® Brain Trainer
- Registered Nurse
- Registered Midwife
- Paediatric and Adolescent Health
- Maternal and Child Health

*Providing Brain Training for all ages and stages.*

### Brain Health

By Appointment only

Old Castlemaine Gaol

36-48 Bowden Street, Castlemaine, Vic. 3450

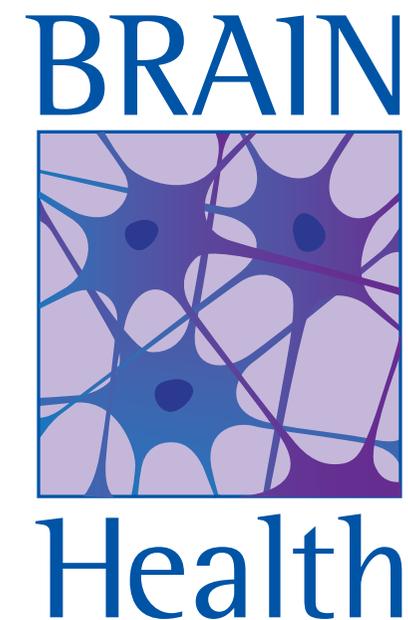
At other locations by arrangement.

Ph: 0401 128 856 64

Email: [info@brainhealth.biz](mailto:info@brainhealth.biz)

[www.brainhealth.biz](http://www.brainhealth.biz)

Individual sessions or discounted packages of 5 sessions are available.



## Neurofeedback Brain Training

For Adults, Adolescents  
and Children



# Empowering People to Achieve Their Full Potential

## NeuroOptimal®'s Neurofeedback

NeuroOptimal®'s neurofeedback is a unique, leading edge, Neurofeedback system that works directly with the psychological healing and transformational capacity of the Brain and the Central Nervous System (CNS). Neurofeedback training provides a multitude of benefits for the brain and body, including: improved sleep, heightened mental clarity and enhanced cognitive performance. Adults, as well as children, have used NeuroOptimal® neurofeedback to address the negative effects arising from depression, anxiety, PTSD, Alzheimer's, autism, sleep disorders, misophonia and other complaints.

## Specific Cognitive, Emotional, or Physical Challenges

NeuroOptimal® neurofeedback is effective for stress reduction and it encourages an overall positive mental outlook. NeuroOptimal offers help for depression. It can dramatically help with anxiety. Recent research documented positive outcomes when NeuroOptimal® neurofeedback training was utilized to address a plethora of difficult issues arising from ADD, ADHD, PTSD disorder, Alzheimers disease, autism, sleep disorders, insomnia and cognitive dysfunction from chemo-therapy. A recent Norwegian study found neurofeedback training to be just as effective as Ritalin for treating children with ADHD.

## Enhance Academic Performance:

NeuroOptimal® is a phenomenal learning tool. It helps with focus, engagement and significantly increases one's attention span. Students of all ages can learn more quickly and effectively. They retain more of what they read and study. Teachers and parents often notice positive changes in performance and behaviour after just a few sessions. NeuroOptimal® can even have a positive impact on your IQ.

## Slow the Effects of Brain Aging

Brain fitness is important at any age, but it is especially critical after age forty when anatomical changes can adversely affect our brains. Memory loss, loss of neural circuitry, loss of brain plasticity and an overall thinning of cortex are well-documented age-related phenomena. NeuroOptimal® neurofeedback can help slow and even reverse the detrimental effects of brain aging keeping the brain fit and resilient.

## Peak Performance for Athletes and Artists:

Neurofeedback is also widely used by people whom want to increase physical and mental performance, such as athletes, sportspeople, businesspeople, musicians, performers, and students.

Using leading edge technology NeuroOptimal® simply offers the brain the information it needs to organize and re-organise itself.

# Questions and Answers

## What happens in a session?

Nothing invasive is involved with the training process. Some tiny sensors are attached to your scalp and some clips on your ears pick up delicate electrical activity of your brain. Your trainer will then give you some earbuds, start the program and then the brain training begins. You might listen to music, during which you may notice very brief pauses in the sound. The very precise timing of these interruptions gives the brain vital information it needs to reorganize itself to operate more optimally.

This is what makes NeuroOptimal® neurofeedback so enjoyable: you just need to sit back and relax. You can sit with your eyes closed, listen to music, watch a fractal image or play a game on your iPad! You are not expected to actively carry out any particular physical or mental exercise.

## How many sessions?

Everyone's Central Nervous System is unique. Some achieve their desired outcome in less than ten sessions. Some require between ten and twenty sessions, with some requiring more. Remember, you do not need to do ten or twenty sessions to experience benefits.

## How effective is it?

Neurofeedback Brain Training is effective non-invasive and safe. For more information see <http://www.zengar.com/research>