

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 less than optimally functioning central nervous system can include:

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

What is NeuroOptimal®?

NeuroOptimal® is considered by many to be the most highly evolved form of neurofeedback available today. After more than 40 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 NeuroOptimal®

Though NeuroOptimal® 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:

Cutting Edge Technology

A blazingly fast, highly cost effective and pleasant way to achieve Optimal Form and Functioning. NeuroOptimal® is indescribable in words but must be experienced.

C.P., Israel

Life Changing

I no longer overeat, overdrink, overwork, have anger outbursts, no longer depressed, no panic attacks, no bulimia, no nail biting, less pain, no TMJ, no sweaty hands, no speeding tickets and NO MEDICATION...All of these gains are still intact after losing my spouse and the love of my life. I used [NeuroOptimal®] as a grieving tool and it kept me stable. I am thriving. **S.T., USA.**

Peace of Mind

My son was on 4 different medications before starting NeuroOptimal®. He is now off all of them. **J.H., USA**

Academic Success

A 14 year old boy was failing all of his courses in September and October of this year. After just six sessions of NeuroOptimal®, he started getting straight A's and continues to do well. **D.B., USA**

"NeuroOptimal® is not a medical treatment. NeuroOptimal® trainers neither diagnose nor treat, medical disorders."

What Happens In a Brain Training Session?

During a NeuroOptimal® brain training session, you wear two tiny sensors on your head and ear clips on your ears that record the electrical activity of your brain. You sit in a comfortable chair and listen to music while watching a never-repeating fractal image or a movie. Through tiny pauses in the music, NeuroOptimal® is communicating with the brain, letting it know what it has just done. These interruptions give the opportunity to the brain to self-correct into a more natural, relaxed and effective pattern. After a 33 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 over 2.2 million hours since 1999, trainers around the world have shown NeuroOptimal® to be 100% safe and report higher efficacy levels* than those claimed for many medications.

* Zengar Institute Survey of Trainers Dec 2008, 2013

ARE YOU READY TO
EXPERIENCE PERSONAL
TRANSFORMATION
WITH NEUROPTIMAL®?



TRY IT...

Contact your local trainer or find a trainer near you at www.zengar.com to book a session.

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

TAKE NEUROPTIMAL® HOME

NeurOptimal® Personal Trainer 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. Speak to your trainer about purchasing or renting one today!



Your Local Trainer:



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.

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www.zengar.com



NEUROPTIMAL®
ADVANCED BRAIN TRAINING SYSTEMS



Experience

PERSONAL TRANSFORMATION
WITH NEUROPTIMAL® DYNAMICAL
NEUROFEEDBACK™ TRAINING



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