

Is Your Brain Functioning Efficiently?

Your brain is capable of optimal functioning, but for most of us our central nervous system gets knocked off by the challenges of daily life and the brain operates inefficiently.

Manifestations of a less than optimally functioning central nervous system can include:

- memory problems
- poor performance on tasks
- not waking refreshed
- feeling low
- difficulty paying attention
- overactivity
- feeling nervous
- drinking more alcohol than is good
- head hurting
- 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®

NeuroOptimal® is not a system of diagnosis nor a medical treatment. It is a training that allows the brain to optimize itself. Every single person, no matter how challenged, benefits when their brain operates more effectively. 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 outbursts or feel discouraged; I don't feel overwhelmed, not biting my nails, less tension in my jaw, no sweaty hands, no speeding tickets...All of these and many other 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.**

Game Changer

Everyone should be assigned a NeuroOptimal® System at birth! **C.B., 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 As and continues to do well. **D.B., USA**

Note: Any concerns mentioned are intended as examples only and not meant to suggest that NeuroOptimal® treats, mitigates, cures, or diagnoses any listed concern. Instead, identified concerns are one of many ways to measure shifts in brain functioning and perception.

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, listen to music and close your eyes or watch a 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 most feel refreshed, relaxed, and in a higher state of mental alertness and flow.



How Do I Know it Really Works?

In well over 3 million hours of training since 1999, trainers around the world have shown NeuroOptimal® to be safe and demonstrating extraordinary efficacy levels across a broad range of people with a broad range of goals.

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.



NEUROPTIMAL®

ADVANCED BRAIN TRAINING SYSTEMS

TRANSFORMING LIVES SINCE 2000



Experience

PERSONAL TRANSFORMATION
WITH NEUROPTIMAL® DYNAMICAL
NEUROFEEDBACK® TRAINING



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