NEUROPTIMAL®

ADVANCED BRAIN TRAINING SYSTEMS

TRANSFORMING LIVES SINCE 2000

NeurOptimal® V3

GETTING STARTED
MANUAL

zengar institute inc.

NeurOptimal® Professional **Tablet Bundle**

NeurOptimal® Personal **Tablet Bundle**

NeurOptimal® Professional **Laptop Bundle**

Running NeurOptimal® Sessions:

This Getting Started Manual will guide you through the process of running Client Sessions. This manual and our Tutorial Video Library (located in the Tools menu within NeurOptimal®) both provide you with all the information you need to run effective Client Sessions. While this is only the tip of the iceberg in terms of what is available to you in NeurOptimal®, it is all you NEED to know to set the stage for effective Client change. When you are ready to learn more you can explore the following resources.

Resources Guide:

Video Library in the NeurOptimal® program

Facebook "NeurOptimal® Community Group"

NeurOptimal® V3 PASS Support Group

Documents in PASS

Forms in PASS

PASS forums

New User Webinars

PASS Webinars

Basic and Advanced Certification Courses

Business Building online workshop

MouseCalls

NeurOptimal® YouTube channel

# Table of Contents:

A | Connecting your Hardware

1 Find your zAmp
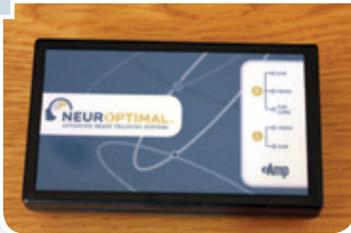
2 Find your USB cable

3 Connect the USB cable into zAmp

4 Connect the other end of the USB cable into your system

5 Find and remove colored wire sensors from packaging

6 Firmly connect the colored sensors to the zAmp by plugging them into the color coded inputs (note the right side has three wires)

7 The results should look like this, blue wire in blue hole, black wire in black and so forth

8 Place the zAmp where you will be working with it, clipped to the front or back of a shirt or back of a chair is common

NOTE: Visit the Video Tutorials section found in the NeurOptimal® program by tapping and holding the Tools icon to watch videos made especially for new Trainers.

9 To set up audio for your Client, connect the long headphone extension cord •••

9b •••to one set of earbuds (Professional Systems: Keep the second set as a spare)

10 Connect the headphone extension cable to the headphone jack on your system

B | Setting Up the Client Monitor

NOTE:

If you are seeing Clients you will likely want to hook up a conveniently positioned "Client Monitor". This is what the Client will watch during their Session. Monitors are included with the Professional Bundles.

1 Find the "Client Monitor"

2 Find the HDMI and mini display to HDMI adapter

3 Connect the HDMI cable to the mini display to HDMI adapter

4 Connect the mini display to HDMI adapter to the corresponding port on your tablet

5 Connect the other end of the HDMI cable to the HDMI port on the back of your Client monitor

6 Switch on the monitor by pressing the Power Button, make sure the blue light goes on.

7 Repeatedly press the "input select" button (to the left of the power button) until HDMI is selected

NOTE: Your system has been configured to boot into dual monitor ("extended desktop") mode so your Client can see their own screen. These instructions are included only in case you have to reset it.

8 Power up your NeurOptimal® system. If you see the NeurOptimal® wallpaper on the Client monitor you can continue to the next section. If not, tap the "Action Center" icon at the bottom right of your screen and continue with Step 2
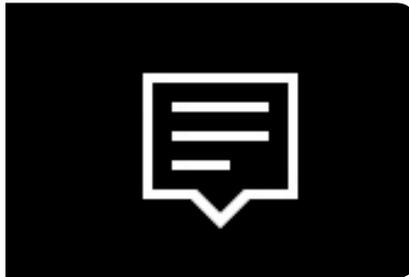
9 Tap "Project"

10 Select "Extend"
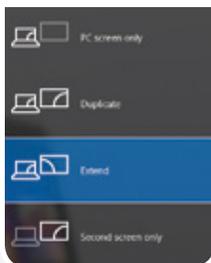
TIP: For ease of use, we highly recommend using a keyboard/trackpad with your NeurOptimal® tablet if you plan to use an external monitor with it. You can gain access to your monitor by moving the mouse pointer all the way to the right (and off of) of your tablet screen. The mouse pointer will then appear on the Client monitor. To bring the mouse pointer back to the tablet screen, move the mouse all the way to the left of the Client monitor.

C | Connecting Your System to Wi-Fi

⚠️ **IMPORTANT!**
Your system must be connected to the Internet at least once every seven days to keep licensing up to date. The simplest way for you to ensure this is to keep your system connected to a wireless network.. If you know you will not have access to Internet for longer than seven days and wish to run Sessions during that time, please contact us.

How to connect to Wi-Fi on Windows 10

1 Click or tap on the Wi-Fi icon found at the bottom right of your screen

2 Choose your Wi-Fi network from the list and tap on it

3 Select "Connect Automatically" so it connects each time the system is on and in range
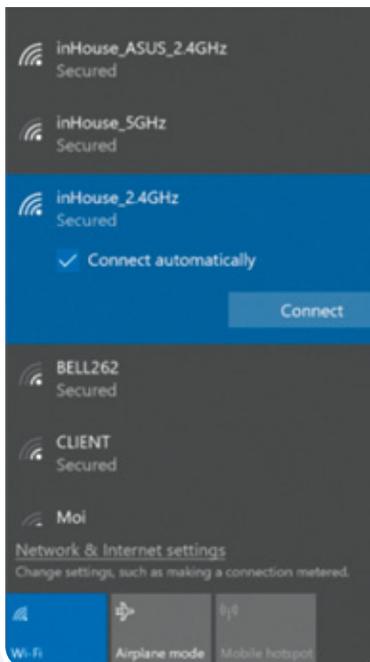
4 Enter the Wi-Fi password, tap "Next" and wait for the connection to establish
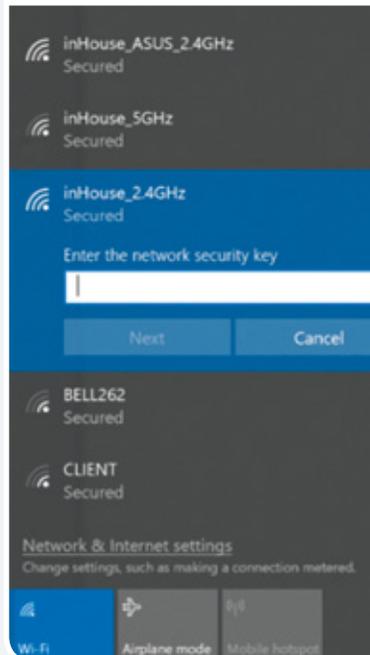
5 When it says "Connected" you are successfully online
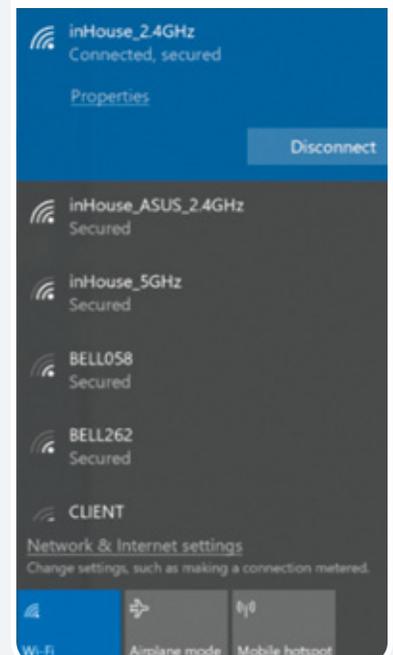
PART 2 — Hooking-Up a Client

Putting On the Sensors

1 Before starting, have the following items handy- paste, tissues and/ or babywipes

2 Find the zAmp and separate the right and left sensors
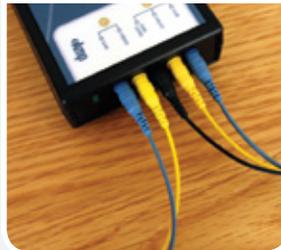
3 Place the zAmp in a comfortable spot. Hooked onto the front or back of a shirt or the chair is common. Drape the left and right side sensors over the corresponding shoulders.

4 We'll first hook up the right side. Squeeze open the right blue clip

5 Scoop or squeeze paste onto sensors so the paste resembles an ice cream scoop on both sides, without touching the paste with your fingers

6 Squeeze the clip onto the top of the right ear (some paste should ooze out, forming a ring)

7 Apply paste in the same way to the black sensor clip, and gently squeeze onto the ear lobe. No need to remove earrings, just make sure the paste is not touching them. It is ok to adjust clip positioning to work around them
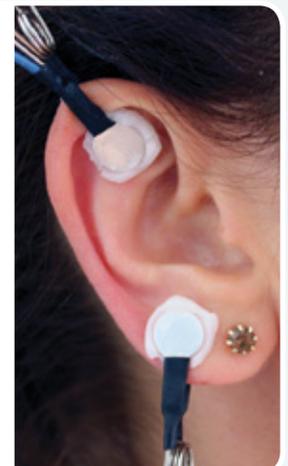
8 Pick up the yellow sensor and fill it with an ice cream scoopful of paste (be generous)

9a If you slide your fingers over the scalp at the halfway point between the top of the ear and the top of the head, you will feel a bump with a dip right above it
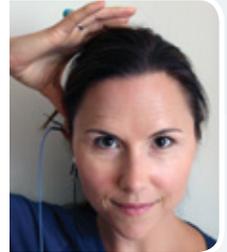

9b That dip is your spot. If you can't find a bump/dip, apply the sensor to the halfway point between the top of the ear and the top of the head

10 Cleanly part the hair exposing the scalp and press the sensor down firmly so a ring of paste forms. A good way to know it is attached correctly is if it feels cool on the scalp

11 Now hook up the left side similarly, attaching the blue clip to the top of the ear (the same way you did on the right side)

12 Find the dip above the midpoint between the top of the ear and the top of the head on the left side •••

13 ••• and place the yellow sensor of the left side of the head (mirroring what you did on the right)

14 Well done! You are now ready to start your Session

PART ③ Running a Session

A | Launching NeurOptimal®

1 Make sure your system is connected to the internet. If it is not, follow instructions on page 10

2 Launch NeurOptimal® by tapping on the NeurOptimal® icon in the Task Bar at the bottom of the screen
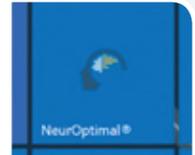
Shortly afterwards you will see the NeurOptimal® logo appear on the task bar at the bottom of your screen. You will see three icons on your taskbar when it is fully launched.

WINDOW ①

3 There are four main windows in NeurOptimal®

VAULT:
This is the hub of NeurOptimal®. You control everything when you are not actually running a Session, here.

PRO SYSTEM

Client	Session	Professional
Digit, Al		
	December 12, 2017 10:59	
	December 04, 2017 12:19	
	November 11, 2017 12:5	
	October 23, 2017 12:13 F	
	June 02, 2007 04:00 PM	
	April 26, 2007 06:35 AM	
	October 24, 2006 07:59 F	

PERSONAL SYSTEM

Client	Session	Personal
Digit, Al		
	December 12, 2017 10:59	
	December 04, 2017 12:19	
	November 11, 2017 12:5	
	October 23, 2017 12:13 F	
	June 02, 2007 04:00 PM	
	April 26, 2007 06:35 AM	
	October 24, 2006 07:59 F	

WINDOW ②

G-Force for NeurOptimal®:
This is the window that is pulled to the Client monitor during the Session and is the one the Client watches throughout their Session.

WINDOW ③

NeurOptimal® Media Player (NOMP):
This is the window you use to control the Media during the Session.

WINDOW ④

Media Center:
This window is comes into play when using non-default audiovisual sources like movie files, DVDs and Streaming Sources.

B | Navigating NeurOptimal®

The VAULT:

① Header Line	⑤ Active Client Index	⑨ Dustbin
② Client Name	⑥ NeurOptimal® License Type	⑩ Tools
③ Highlighted Session	⑦ Archive (Pro only)	⑪ Message
④ Session Date & Time	⑧ Move To	⑫ Legend

Navigating NeurOptimal® is easy. You can invoke responses in the VAULT two ways.

1

Touch and Hold:

Touch the screen, leave your finger on it for a moment and then release. This will bring up a menu of actions that can be taken from there. This is the equivalent of a right click on a mouse.

2

Double Tap (tap an item twice)

Double tapping anywhere in the VAULT will result in the most popular use immediately being invoked:

Double Tap Cheat Sheet:

IF YOU DOUBLE TAP:	THIS IS WHAT HAPPENS:
"Client" in Header	"Add a Client" window appears
"Client Name"	Session begins for that Client
"Session" in Header	Client list appears, asking you to select who you would like to start a Session for
Session Date (Pro Only)	"Tunnels" appear for that Session
Tools Icon	"Preferences" window opens
PRO ONLY, IN 4 COLUMN VIEW	
"Trainer" in Header	"Add a Trainer" window appears
"Location" in Header	"Add a Location" windows appears

C | Starting a Session

1 First we will add your new Client. To do this, touch and hold (with finger or stylus) or right click the word "Client" in the header and select "Add a Client" from the context menu OR simply double click on "Client" in the header.
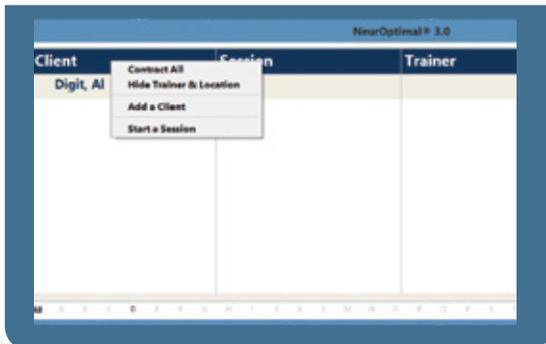
2 The "Client Information" window will appear

3 Enter as much or as little Client information as you would like. The only required fields are the first and last name.

If you have a Personal System, jump to # 5

4 Select the Trainer tab. This is where you will assign a Trainer to the new Client you are adding.

a

Make sure the Diamond is next to the Trainer you wish to be the Default Trainer for this Client.

Client Information ✕

Name | Address | Phone and Email | Trainer | Notes

Trainers
◆ Default, Trainer
  Diavatis, Samantha
  Test, Test
  <Add a Trainer>

OK   Cancel
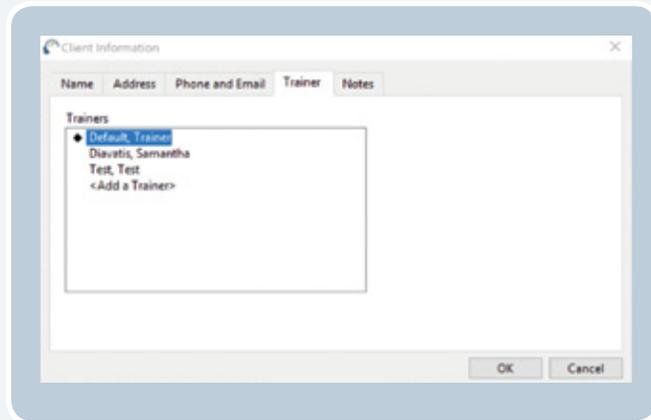
b

To change the Trainer that is selected, tap on the diamond so it disappears from the current selection.

Client Information ✕

Name | Address | Phone and Email | Trainer | Notes

Trainers
  Default, Trainer
  Diavatis, Samantha
  Test, Test
  <Add a Trainer>

OK   Cancel
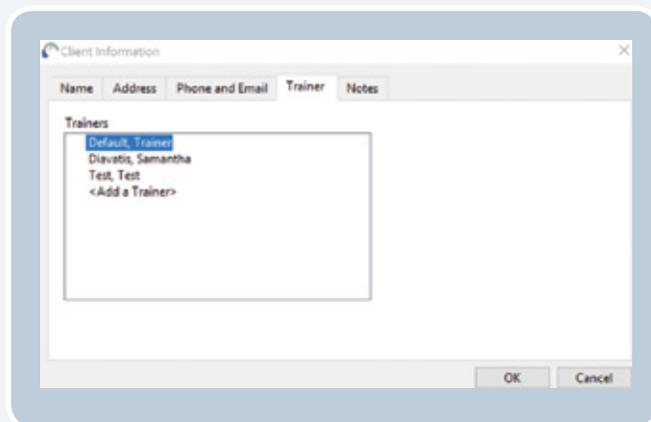
c

Tap on the Trainer name you wish to assign to your new Client. Tap OK to save.

Client Information ✕

Name | Address | Phone and Email | Trainer | Notes

Trainers
◆ Diavatis, Samantha
  Default, Trainer
  Test, Test
  <Add a Trainer>

OK   Cancel
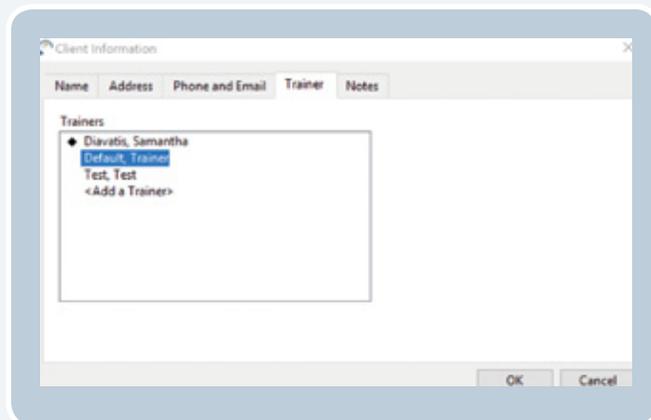
You should now see your new Client listed. In this example, the new Client is "Doe, John"
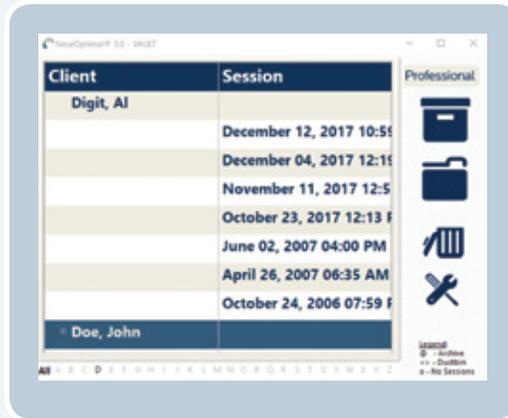
5 Double Tap or Double Click on the Client name to start a Session.

You will know the Session properly started when...

PRO SYSTEM

The VAULT disappears, the Spectra Display appears, the music has begun, G-Force is invoked and the timers on the NOMP window have begun.

PERSONAL SYSTEM

The music has begun, G-Force is invoked and the timers on the NOMP window have begun.

CONGRATULATIONS! You have successfully started your Session! To learn more about the rest of the features in NeurOptimal®, please visit our library of How to Videos, accessible by Touch and Holding or Right Clicking on the Tools icon in the NeurOptimal® program.

Unhooking your Client

1 Remove each sensor from the Client, trying to keep the paste clear of the hair as best you can. Be sure to clean the sensors of all paste with a tissue or baby wipe.

2 Clean the Client's ears and hair as best you can with a tissue, then offer them a baby wipe to remove any remaining paste. The paste removes easily with water.

3 To close NeurOptimal® Tap the "x" at the top right of the VAULT. To shut down your system, tap the Windows icon on the lower left of your screen and shut down from there.

NOTE: It might seem challenging at first, but soon you will be able to do a hook up (on yourself or a Client) in less than a couple of minutes. You can have Clients doing Sessions with time for a break in between, comfortably in hourly slots. NeurOptimal® AutoNav feature allows you to run multiple Clients concurrently if you wish, with each Client at their own NeurOptimal® station.

TIPS on preserving the integrity of your sensors:

1 Make sure you clean your sensors gently yet thoroughly immediately after you have finished each Session. We recommend using baby wipes or placing under running hot water (be sure to thoroughly dry once clean). Any lingering paste can cause corrosion and will reduce the lifespan of your sensors.

2 Do not soak in water.

3 When scooping paste put your forefinger on the back of the cup for support, preventing bending and possible sensor damage.

4 Do not kink, braid or wind your sensor wires tightly.

5 Damaged sensors should be replaced. Do not attempt to use questionable sensors.

PART **5** **Tracking Progress**

A Progress Tracking Tools, What Are They?

Progress Tracking Tools are THE way to help you track real life shifts as they happen throughout NeurOptimal® training.

B Why is it Important to Use Them?

The most important thing to look at during Training is how it is affecting someone's everyday life. As the brain shifts it can be difficult to accurately remember what the starting point was unless there is a record of it. The happiest Clients are the ones who can spot the changes in their life - our Progress Tracking Tools help make that easy. By implementing them as part of your Client routine (whether using NeurOptimal® in a business or not), you are ensuring the highest rate of "success".

C How Should They be Used?

Have the Client fill out a set before the first Session and every 10-15 Sessions afterwards for comparison.

Progress Tracking Tools | D

CHECKLIST OF CONCERNS

Client Instructions:

Circle any item that currently pertains to you. If you aren't sure if you should circle something or not, use the last week as a guide.

Trainer Instructions:

When they hand you back the completed form add up the items and write down the number.

TIP: Getting the DIFs (Duration/Intensity and Frequency) for any item not included on the "Tracking Your Shifts" Sheet can be handy to use for comparison down the road.

NEUROPTIMAL®
ADVANCED BRAIN TRAINING SYSTEMS

CHECKLIST OF CLIENT CONCERNS

NAME:

DATE: PRE/ONGOING/POST DATE:

Below is a list of items that clients frequently describe to us. Please check off any that match your current concerns. If you are not sure whether to choose an item, use the past week as a guide. Feel free to add any comments as necessary. Thank you.

Immune System
1. Allergies
2. Asthma
3. Frequent colds, infections
4. Yeast infections
5. Fatigue

Sleep
6. Difficulty falling asleep
7. Wakeful or restless during night
8. Waking up early
9. Difficulty waking up
10. Nightmares or night terrors
11. Snoring
12. Sleep walking

Skin/Hair/Nails
13. Problems with skin
14. Hair
15. Nails

Eyes
16. Double or blurred vision
17. Blind spots
18. Spots in your vision

Ear/Nose/Throat
19. Hearing loss
20. Ringing in ears
21. Earaches
22. Sense of smell changed or lost
23. Nose or sinuses blocked
24. Grinding your teeth
25. Sense of taste changed or lost
26. Hoarseness or sore throat

Heart/Lungs
27. Problems breathing
28. Heart problems
29. Hypertension
30. Palpitations
31. Dizziness

Intestines
32. Nausea or vomiting

33. Gastric pain
34. Gas or bloating
35. Irritable bowel
36. Diarrhea
37. Constipation

Hormonal/Blood
38. Appetite problems (e.g. wanting to eat when not hungry, etc)
39. Diabetes
40. Desire for sweets or carbohydrates
41. Sensitivity to heat or cold
42. Thyroid problems
43. PMS symptoms
44. Hot flashes
45. Other menopausal symptoms
46. Low interest in sex
47. Excessive interest in sex

Bones/Joints/Muscles
48. Pain or stiffness in joints or muscles
49. Sore trigger points
50. Fibromyalgia
51. Bodily fatigue

Nervous System
52. Headaches or migraines
53. Fainting
54. Seizures
55. Memory loss
56. Blocking on words
57. Reading problems
58. Difficulty speaking
59. Tremor (shaking)
60. Weakness
61. Hyperactivity
62. Problems with balance
63. Motor or vocal tics

Cognition
64. Difficulty focusing
65. Easily distracted
66. Make mistakes
67. Decision Speed
68. Memory

69. Difficulty organizing activities
70. Not completing tasks
71. Lose train of thought
72. Difficulty completing schoolwork
73. Getting into trouble at school
74. Inverting letters/numbers
75. Spatial problems (e.g. difficulty building things, understanding how things should be put together)
76. Difficulty with particular subjects

Bowel/Bladder
77. Difficulty urinating
78. Difficulty holding your urine
79. Difficulty controlling your bowels
80. Frequent bladder infections

Habits
81. Sometimes drink too much
82. Smoke cigarettes
83. Concerns about your diet
84. Desire caffeine
85. Use marijuana
86. Other addictions

Behavior/Emotions
87. Mood swings
88. Feeling down, depressed or flat
89. Feeling sad
90. Feeling anxious
91. Panic attacks
92. Worry
93. Thoughts that won't leave your mind
94. Need to repeat actions or words over and over
95. Bingeing
96. Restricting your food intake
97. Making yourself vomit
98. Phobias- avoiding things
99. Feeling others are against you
100. Behaviors that get you into trouble, or are not good for you
101. Feeling angry a lot
102. Impulsive
103. Feeling overwhelmed
104. Feeling Lonely

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TRACKING YOUR SHIFTS

Client Instructions:

Choose 3-5 items that you circled on the Checklist of Concerns, and mark them down on this sheet. Then assign a Duration (how long an episode lasts), Intensity (how intense an episode lasts when it happens) and Frequency (how often this item happens per day or per week) for each item. In the following example, we will use headaches as the item we wish to track.

Duration: When you get a headache, how long does it last? Is it a few minutes? A few hours? Estimate this, not counting when you are asleep and write it down for each item. (It doesn't matter if you think you had your headache while asleep. If we always exclude sleeping for measuring purposes, our scale will be consistent across time).

Intensity: What is the average intensity, 0-10 of your head pain when it happens?

Frequency: Using the past week as a guide, ask yourself "How many headaches did I have"? You can write down how many times you experienced something (3, for e.g.), but if you have a lot of something it is easier to ask "How many days this week did I have a headache"? So if you had a headache every day last week, your number would be 7/7 (7 days out of 7). If something happens really often, measure how many times per day it is happening.

Medication use: If you take medication, write down the medication and your dosage. Needing less medication as you go through your training is an important sign of shifts. Of course, your physician will always supervise adjustments to prescribed medications. Please do not do this on your own.

Trainer Instructions:

On this sheet you will simply double check if the DIFs (Duration, Intensity, Frequency) have actually been assigned to each item the Client wrote down. If they have not, ask questions.

MY WISHLIST

Client Instructions:

Write down the items you are hoping to see shifts in as you continue with your NeurOptimal® Sessions. How will you know this is helping you? Please write down measurable statements (ie. I am sleeping seven straight hours per night vs. "I am sleeping better").

Trainer Instructions:

When they hand you back the sheets, have a look at the statements. Are they indeed measurable? If they are not, ask questions to get you measurable information. Ie. What does "sleeping better" mean to you? It can also be interesting to ask questions about a Client's everyday life, to pull more statements out of them. Ie. if the Client has children, ask them how the dinner/homework/bathtime/bedtime routine is in their house. Do they have a difficult time keeping it together? If yes, what happens? How often in the week does this happen? What would need to be different in this routine for them to feel NeurOptimal® has had an effect on that part of their life? This can pertain to anything-- morning routine, work life, etc.

CONSENT FORM

Because NeurOptimal® only provides information, not direction, to your brain, it is incredibly safe. However, the process of change can be unfamiliar to many and some may find it disorienting. For this reason, we feel every person who runs on NeurOptimal® should be provided full information on what they might expect ahead of time. Please have every person you run read and sign the Consent form. This provides them with important information and you with written confirmation of their willingness to be run. We like to keep our documents for ten years (mainly because tax forms are kept for seven and then we add some leeway), but if you have legal counsel that suggests differently, that's fine. Current copies of the consent form are always available through PASS>Forms section.

PART 6 — Tips & Troubleshooting

A | Tips

① Internet Connection

Your system must be connected to the Internet at least once every seven days to keep licensing up to date. The simplest way for you to ensure this is to connect your system to your wireless network. If you know you will not have access to Internet for longer than seven days and wish to run Sessions during that time, please contact us.

② Hardware Registration

It is important to register your hardware. Please visit the Microsoft Website to register your device. This will ensure your warranty begins on the date you purchased, not the date the unit was manufactured.

③ Antivirus Registration

Please follow the instructions included in your bundle RE: setting up Antivirus on your system. Your NeurOptimal® system will be susceptible to viruses if the installation process is not completed.

④ Windows Updates

Large Windows Updates are typically released the second Tuesday of every month. Leaving your system on overnight every Tuesday (ensuring it is plugged in and connected to the internet) allows updates to be installed, ensuring it is always up to date and operating smoothly.
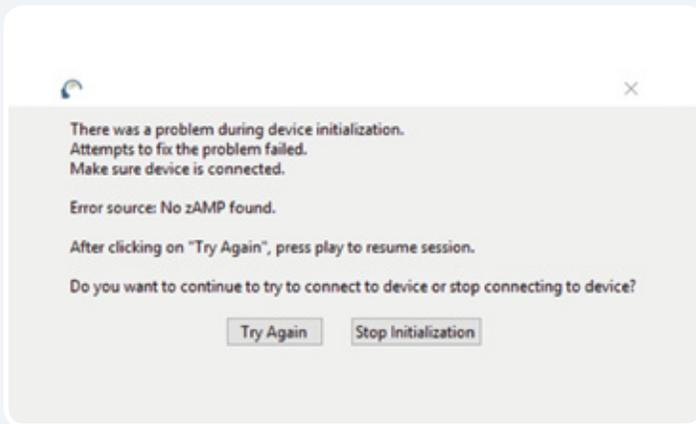
Error Message **B**

1 This error message means that your system is for some reason, not detecting your zAmp when trying to start a Session or suddenly during a Session. The most common solution to this problem is to verify your zAmp is properly connected to the USB cable and that the cable is properly connected to your system. Tap the "Try Again" button after this has been verified and then press the "Play" button in the NeurOptimal® Media Player to resume the Session. Another option is to press the "Stop Initialization" and start the Session again from the beginning. If this does not resolve the issue, try using the spare USB cable included with your bundle at time of purchase. If this still does not resolve the problem, please log on for a Mousecall.

There was a problem during device initialization.
Attempts to fix the problem failed.
Make sure device is connected.

Error source: No zAMP found.

After clicking on "Try Again", press play to resume session.

Do you want to continue to try to connect to device or stop connecting to device?

Try Again   Stop Initialization

C | Frequently Asked Questions

① The NeurOptimal® Media Window is fullscreen and I can't get out of it.
This can occasionally happen if a Client monitor is not connected. Tap the / button to get out of fullscreen.

② How do I hook up my External CD Drive?
To use the optional external CD/DVD drive, connect the included USB hub to the Surface Pro USB port and insert the drive USBs. The drive will automatically install. This will allow the use of music CDs and DVDs with NeurOptimal®. Please note that using this setup will require you to connect the zAmp USB to the USB hub rather than the tablet USB port. Using physical CDs and DVDs can be tricky at times, we recommend using movie files or playlists on your hard drive to simplify things. Instructions to run using alternative media can be found in the Video Tutorials section within NeurOptimal® > Tools.

③ My tablet feels HOT!
This is perfectly normal, unlike a laptop, the tablet does not have a keyboard from which the heat can dissipate. If your tablet is indeed overheating, it will shut down.

④ My NeurOptimal® system is very slow.
Partially installed Windows updates can cause your system to dramatically slow down. If this happens while a Client is in the chair, be very patient and allow the Session to run (it may take up to a minute for each key stroke to take effect). After your Client is gone (when you have some time), reboot your system. The problem very likely is that windows updates were downloaded and only partially installed, due to the system needing to be rebooted. It can sometimes take a while for updates to install so do this only during a time you don't have Clients coming in. Leaving your system on overnight on Tuesdays (as outlined in the TIPS section) can prevent this. DO NOT shut down your system while updates are occurring— this could corrupt Windows.

⑤ My Surface Pro battery dies quickly.
NeurOptimal® systems are shipped set to the highest power settings – this ensures your system does not go to sleep in the middle of a Session. It is normal that a battery charge does not last very long under these circumstances. We recommend remaining plugged in when doing a Session.

6 **A blue bar appears and then disappears when doing a Session while watching a video.** This is a known issue and will be resolved in a subsequent version of NO3. It does not affect the Session in any way.

7 **I have set up my system and run some Sessions. Although I am beginning to feel comfortable doing this, what other resources are available to me to get my questions answered and learn more?**
See list on p.3.

8 **How do I access Technical Support?**
Technical Support is provided through our NeurOptimal® V3 PASS Support Group or our MouseCalls service if you need a technician to take over your system remotely. There is no charge for MouseCalls for PASS members. To access MouseCalls simply visit www.neuroptimal.com and tap the Technical Support tab at the top of the screen. Follow the prompts from there.

9 **What if I apply the sensors to the wrong place?**
We use C3 and C4 - ie: the midpoints on each side of the head between the top of the ear and the top of the head. If you get them close to those points, then there is no "wrong place".

10 **Where do I purchase paste and/or sensors?**
Paste and Sensors may be purchased at www.zengar.com

11 **I'd like to speak to someone in person. Who can I contact?**
Call us at (866) 990-OPTIMAL
or Email customercare@zengar.com
We will be happy to assist you.

D | Key Contacts

Hours

Offices	**9am-5pm EST**
Mousecalls	**7am-7pm EST**

Inside Sales Representative

CarolAnn Mahoney	**carolann@zengar.com**

General Inquiry

Toll Free (USA & Canada)	**1-866-990-OPTIMAL (6784)**
Direct	**1-514-312-6006**
Email	**karen@zengar.com**
Fax	**(815) 361-9192**

Product Inquiry:

Toll Free (USA & Canada)	**1-866-990-OPTIMAL (6784) x742**
Direct	**1-514- 312-5799**
Email	**carolann@zengar.com**
	alain@zengar.com

Order Status Inquiry:

Toll Free (USA & Canada)	**1-866-990-OPTIMAL (6784)**
Direct	**1-514-667-1500**
Email	**jenny@zengar.com**

Tech Support / Mousecall:

Email	**support@neuroptimal.com**

CE

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: 1. Reorient or relocate the receiving antenna. 2. Increase the separation between the equipment and receiver. 3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected. 4. Consult an experienced radio/TV technician for help.

NEUROPTIMAL®

ADVANCED BRAIN TRAINING SYSTEMS

TRANSFORMING LIVES SINCE 2000

www.zengar.com
CUSTOMERCARE@ZENGAR.COM
1.866.990.OPTIMAL (1-866-990-6784)

zengar institute inc.

Founded 1996

We know that given the right information, the brain can transform itself effortlessly.

With NeurOptimal® the expertise is in the software—making powerful and safe transformation accessible for everyone.