

STRESS RELIEF

Stress is a fact of life. Many diseases are related to overwhelming stress. A stressor is anything that requires you to adapt to it. Your central nervous system orchestrates adaptation to stressors in your internal and external environment. When your **brain** is trained to be more ***flexible and resilient***, you can more efficiently adapt to stressors and minimize any negative impacts.

Your Brain Waves

Delta: 1-2 hz / deep sleep

Theta: 3-7hz / trauma / meditation

Alpha: 8-13hz / relaxed alertness

Beta: 15-22 hz / high alert / fight or flight

High Beta: 23-38 hz / thought life

Gamma: 39-42 hz / peak performance

We need *all* of the wavelengths, at the right time! You don't want to be stuck in **Beta** when you're trying to fall asleep, nor stuck in **Theta** when trying to take an exam. The key is to be able to shift states effortlessly and appropriately.

Beyond Wellness:

Optimum Performance

A ***new paradigm*** of mental, physical and spiritual ***adaptability*** is taking hold. Your nervous system mediates adaptability. Train it to be more flexible and resilient. Your brain's ***innate intelligence*** sets the pace, so ***seamless transformation*** effortlessly takes place.

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ABOUT US

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Have owned and operated the LAHAINA HEALTH CENTER for more than 25 years. We are the longest-established Chiropractic Clinic in West Maui. Sometimes long clinical experience means antiquated methods, but not at the Lahaina Health Center. We have invested in cutting-edge technology to apply our clinical experience in the most effective way possible.



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It's your choice! If you believe we can help you reach your goals, then come and feel the difference that long experience combined with sophisticated technology can make for you.

For more information visit: www.zengar.com,
www.NeuroOptimal/explore.com, and braintrainers.net/
& www.lahainahealthcenter.com

Innate Brain Training



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NeuroOptimal Technology

Be Your Best

Body, Mind, and Spirit

Your Amazing Brain!

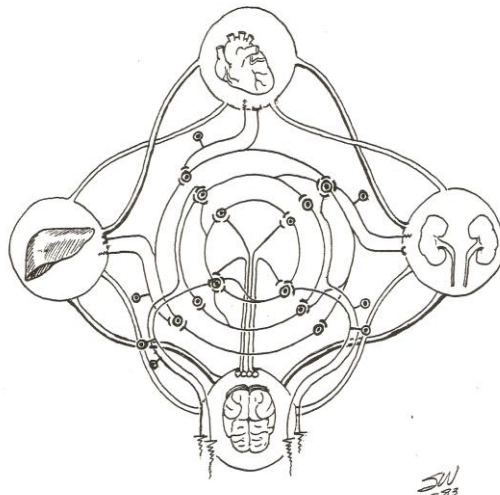
- Your nervous system is your body's **master control center**.
- Your central nervous system is so important that it is **the first system to develop in the womb** so that it can connect with *all* of your other body systems.
- It is the only organ **fully encased by protective bone** (the skull and spinal column).
- Your brain weighs only 3 pounds, yet it **burns 20%** of your body's **energy**.
- Your **biochemistry is regulated** by neural control over the pituitary gland, the liver and the kidneys.
- You have **as many nerve cells** in your brain as there are **stars in the Milky Way galaxy** (100 billion). Let that sink in for a minute... then realize that *each* of those nerves averages 7,000 connections with other nerves!
- **Complex brain function** is greater than the sum of its many parts: neuroplasticity, complex networks, ever-changing regions of excitation and inhibition, phase shifts... it goes on and on.

How can we even begin to understand all of the different ways things can go right or wrong?

The good news is, *we don't have to:* your amazing brain's **innate intelligence** is on the job.

How Does *NeurOptimal* Work?

Sensors are attached to your scalp. They detect your brain's energy patterns. As you sit in a comfortable chair listening to music while watching a computer screen, a sophisticated mathematical program alerts your brain to unusual deviations in brain wave variability. You don't want your energy to be either "**static**" or "**unstable**." When alerted to these conditions, your brain's **innate intelligence** works towards "**dynamic stability**."



Your brain becomes more efficient, consumes less energy, and handles stress with greater ease. **As brain function improves, everything downstream tends to improve as well.**

It really is that simple!

It is completely **natural, effortless and non-invasive**; nothing is done to you, yet amazing things happen!

Your Brain is the **nexus** between
Body, Mind, and Spirit

Training, not Treatment

Weight training strengthens bones, but it is **not a treatment** for osteoporosis. **Aerobics** benefits cardiovascular function, but it is **not a treatment** for heart disease.

A healthy diet lowers cholesterol and blood sugar, but it is **not a treatment** for atherosclerosis or diabetes.

NeurOptimal brain training can normalize neurology and physiology, but it is **not a treatment** for mental or physical diseases.

There is a world of difference between building health and fighting disease. Sure, as your brain function re-normalizes in healthier patterns, **symptoms** may fall away, *but that's not where it stops*: improved brain function can help **optimize performance** in all areas of life:

Addictions: dissolve desire for self-medication or escapist behaviors

Ailments: mind and body symptoms can effortlessly ebb away

Athletics: the mental game: shrug off setbacks, stay in the now and let technique flow naturally

Academics: focus, concentration, information storage and retrieval

Arts: release your right-brain creativity

Be your best you!