

Peak Performance!

Beyond "Wellness"

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.

Article Excerpts:

BMC Neuroscience 2009:

"Optimizing microsurgical skills with EEG neurofeedback"...

"By enabling individuals to self-regulate their brainwave activity in the field of optimal performance in healthy individuals, **neurofeedback has been found to improve cognitive and artistic performance**. Here... neurofeedback training provided significant improvement in surgical technique whilst considerably reducing time on task by 26%."

Wall Street Journal, July 2012:

"This technology has been used to enhance brain performance in Broadway musicians, executives—**athletics are a new frontier**," says Robert Coben, chief neuropsychologist of NeuroRehabilitation & Neuropsych Services, in Massapequa Park, N.Y.

... The brain training "seems to help athletes stay where they need to be in their minds to perform tasks and stay in the moment," says Dr. Coben. **"A golfer, for example, is able to keep distractions out and focus on a shot.** Or a tennis player who had a bad shot can refocus quickly and get back into the zone."

BE YOUR BEST!

ABOUT US

Dr. Stevan Walton, D.C., F.I.C.C.
and
Dr. Dianna Walton, D.C., R.N.

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.



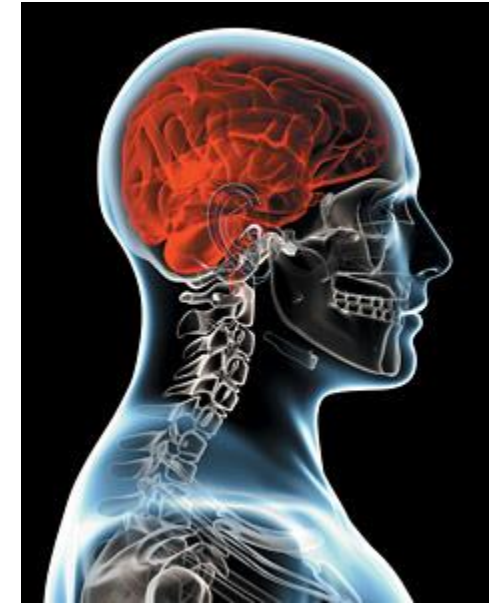
180 Dickenson Street, Suite 204
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(808) 667-6268

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
and
www.lahainahealthcenter.com

NeuroTrophic Adjustment

LAHAINA
CHIROPRACTIC
CENTER



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*The Latest Advance in
Chiropractic Technology
Adjusts Both Spine and Brain
To Build Health From
The Inside-Out*

NeuroTrophic Adjusting

...is a powerful combination of two high-tech systems: the **PulStar** analysis and adjusting Instrument and the **NeuroOptimal** Innate Brain Training system. Each system has a *synergistic effect* on the other to produce *maximum benefit in minimum time*.

A 3-step process:

1. The **PulStar** accurately locates and **removes spinal fixations** to restore normal proprioceptive nerve input, reducing pain while **enhancing spine and brain function**:

"Cervical spine manipulation alters sensorimotor integration."
Clinical Neurophysiology 2007. Concluded that: "Spinal manipulation of dysfunctional cervical joints can lead to transient cortical plastic changes."

2. Global **activation of the body's proprioceptive stability system**. (proprioceptors are thought to be the sensory arm of the trophic reflex).

3. The **Innate Brain Training** process of **enhanced recovery** builds on the effects of the adjustment and **guides the CNS to a more balanced state**.

For more information about each system see their respective brochures.

Russian Research

A.D. Speransky, M.D., was director of pathophysiology in Pavlov's laboratory and twice nominated for the Nobel Prize. His book "A Basis for the Theory of Medicine," recounts his discovery that altered function of the nervous system, the body's master control system, is the common element in "all the forms of local pathological processes known to us." He called this altered nerve function "neurodystrophy" to differentiate it from the normal *trophic* (growth, repair, healing) function of the nervous system.

Optimal neural function is our goal.

Hence, the name:

"NeuroTrophic Adjusting."

There really is no satisfactory definition of what constitutes "health." The World Health Organization defines health as "not merely the absence of symptoms, but a state of complete physical, mental, and social well-being." This definition points out that lack of symptoms is not an index of health, and also expands the definition to the mental and social arenas. Yet, the concept of "health" is equated to a state of "well-being," a form of word substitution that doesn't tell us much. Also, most concepts of health and wellness are based on statistical averages. **If "average" describes your goals, that's fine. But some of us intuit that we have greater potential.**



We can be much more than "well," we can be peak performers!

We propose that mental, physical and spiritual adaptability are the source of intelligence, health and well-being.

Adaptation is change. **Fixations** prevent change. We **remove spinal fixations** with the PulStar. Then we **remove mental fixations** with Innate Brain Training. This sequencing of Hi-Tech spinal core optimization with Hi-Tech mindfulness brain training is safe, effective, and so non-invasive you'll wonder if anything is "really happening"... until you and others around you notice the improvements. While the *process* can be described as "underwhelming," the *results* can be profound.

It is difficult to find either of these new technologies alone; impossible to find them together! We are the pioneers of combining these powerful methods.

When your CNS and neurospinal axis are resilient and dynamic, you are poised for *optimal performance*.

Combined mindfulness and spinal flexibility? Sounds almost like...

Yoga-Tech or Golf-Tech

Yes, Presence of Mind and a Flexible Spine...

...can only enhance your performance in *every* aspect of your life.

It is no surprise that the same things that will move your *yoga* to the next level will similarly benefit your *golf* game!

Health comes from Above→Down and the Inside→ Out.