

‘Your Thoughts your superpower’ ®

Mental Health ThoughtSwitch Calm
Breathwork Grounding SleepScience

*Evidence based neuroscience applied with
Neuroplasticity, Epigenetic, Self-Awareness*

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Nature Therapy, with Interventions for-
Addicted brain, Anxiety disorders,
Depression, Bipolar, Memory recall,
Ageing, Dementia, Schizophrenia,
Movement disorders, Loneliness, Panic

SUPERMIND NATURE BLISS 

Brain Health Practitioner | Coach - **Amrish Shah**

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A Member with the Society for Neuroscience- Washington

With Gratitude