

Achieve the ultimate *EDGE* over the competition with

# NEUROFEEDBACK

*It is all in your mind...*

***Train your brain to achieve your sporting goals and more!***



Now you can achieve peak performance for your brain with our revolutionary Neurofeedback training. This can be the missing link in your training, that will separate you from the competition. Generally athletes train physically, eat well and look after their health. It has been proven that you also need to be mentally strong, in order to achieve your goals. That this is the key to success!

The Neurofeedback training stimulates the brain to function on its optimal level- just like strengthening a muscle in gym, one can strengthen and train the brain too. This often leads to permanent, positive results.

After assessing the brain with help of a QEEG, we formulate a training plan that is tailor-made for each client. During the training we use sensors that are placed on the client's scalp. The sensors stimulate the brain with the correct brainwave frequency whilst the client sits in front of a computer screen that gives continual feedback. If the client's brainwaves are in the correct frequency the program on the screen runs smoothly. However, if the client's brain is not in the right frequency, e.g. loss of concentration, the program gives the client immediate feedback by closing the screen down, blocking the audio and changing the screen to a grey colour. The stimulation and constant feedback trains the brain to function optimally. A number of training sessions are needed to help the brain keep those changes and to create new, desirable pathways. The exiting fact is that the brain can be trained and can change.

***Great results have been seen with:***

***Peak performance in athletes:*** the clients felt calmer, stress free, able to perform better in stressful situations, think quicker, make better decisions, feel more in control and have better memory access.

***Anxiety:*** a calmer, happier feeling set in after a few sessions and clients felt more in control of their anxiety.

***Depression:*** clients felt happier, more motivated and energized and reported greater self-esteem.

***Sleeping problems:*** new sleeping patterns were set, the brain was calmed down, the constant thoughts stopped, allowing the clients to fall asleep quicker, sleep deeper and longer.

***Memory problems:*** the short term memory was improved, words and names could be remembered better and concentration was enhanced.

*Neurofeedback/Brain training can be done from age 5-99. It is fun, effective, can be permanent and without side effects.*

***For more information visit [www.eq-advantedge.co.za](http://www.eq-advantedge.co.za) or contact us on: 031-2668563.***

