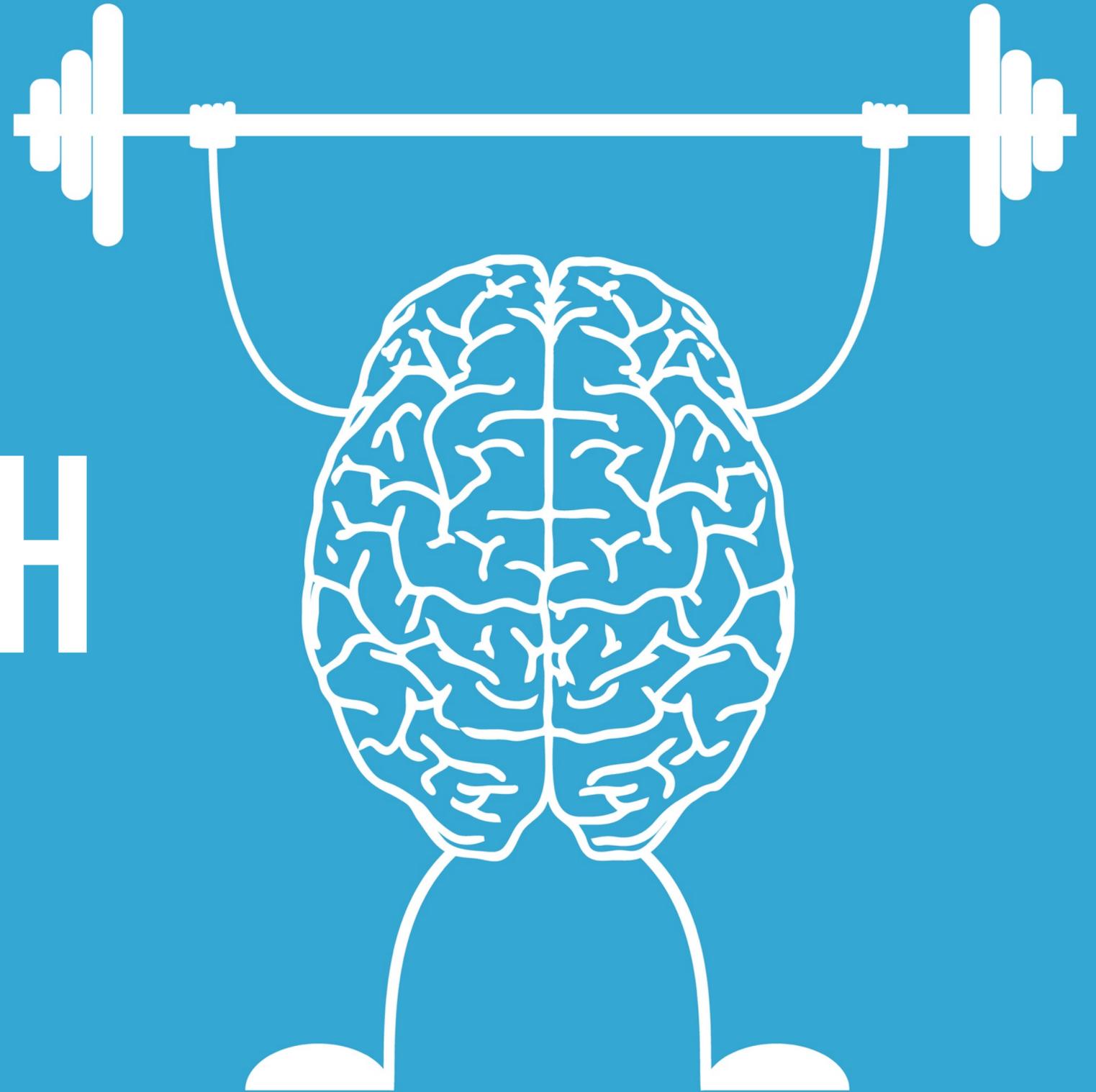


*The*

**BRAIN HEALTH**

**WORKSHOP**



# I ACKNOWLEDGE YOU



**HEAL YOUR BRAIN**

**TRANSFORM**

**YOUR LIFE**



---

**WHY ARE YOU HERE?**



**WHATEVER YOUR MOTIVATION,  
I FULLY SUPPORT YOU**

---







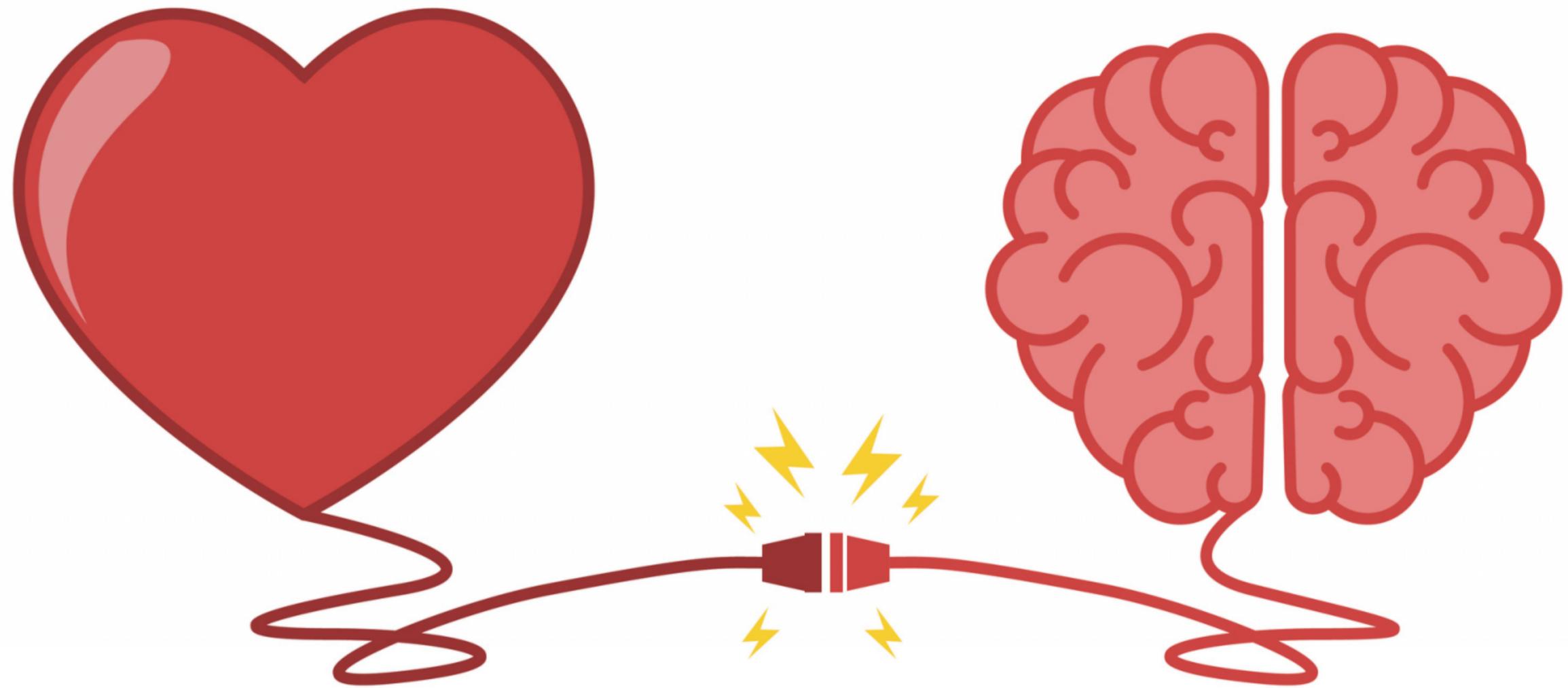


AMERICA  
ASIA AUSTRALIA

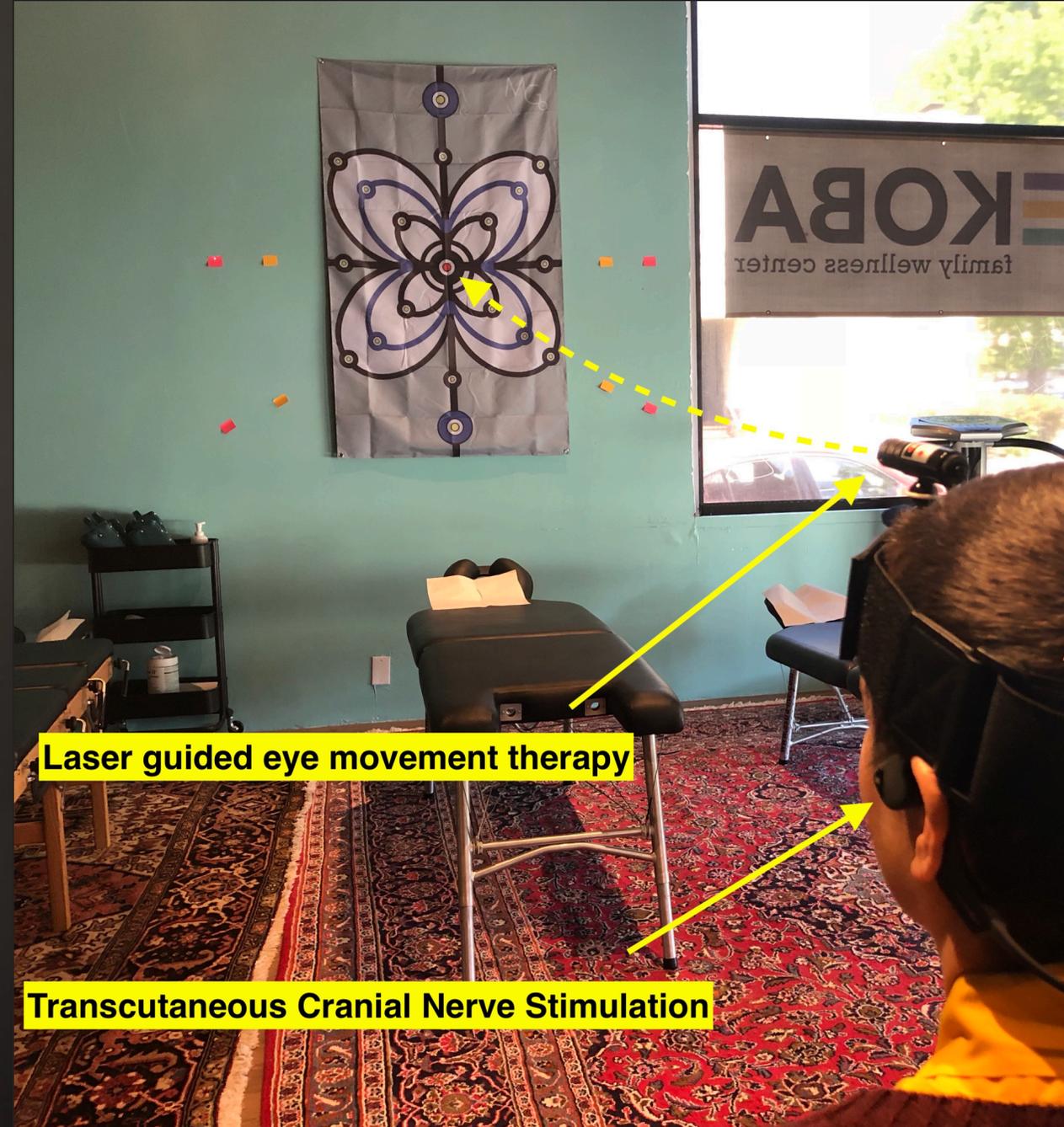


change  
your  
mindset





# 14+ YEARS IN PRIVATE PRACTICE



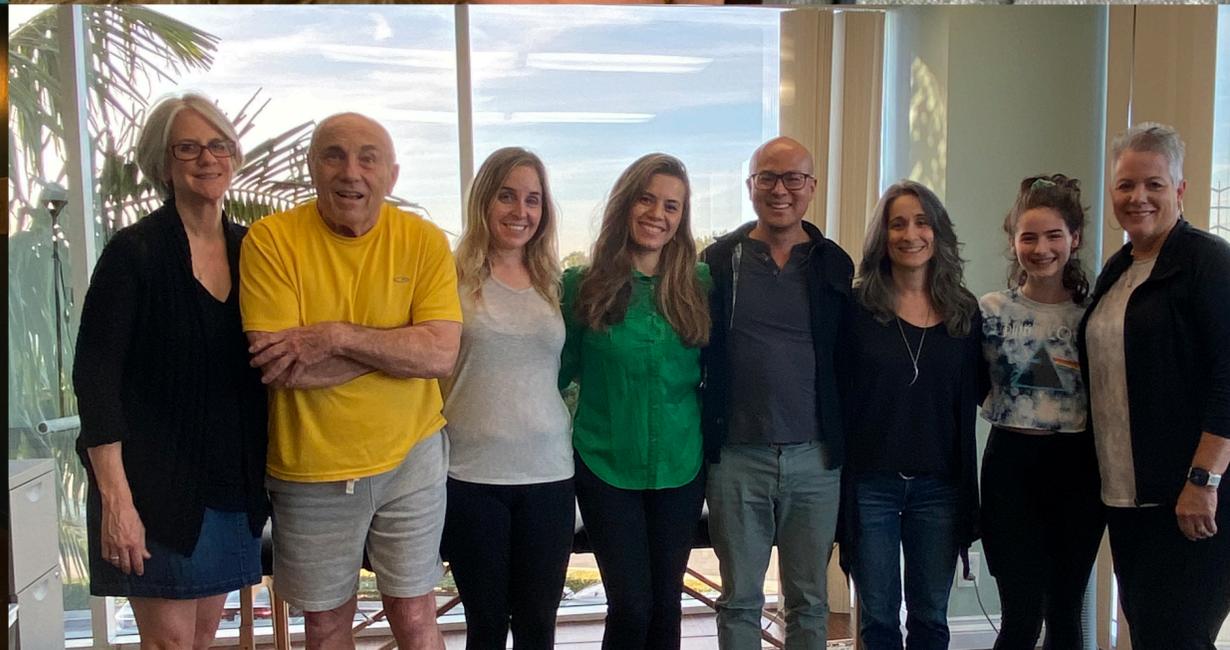
Laser guided eye movement therapy

Transcutaneous Cranial Nerve Stimulation

# 13+ YEARS AWARD-WINNING EDUCATOR



# THOUSANDS OF AMAZING PATIENTS



**MY EXPERIENCES AS A**

**BRAIN HEALTH EXPERT**

**AWARD-WINNING EDUCATOR**

**CONCUSSION SURVIVOR**

**PRINCIPLES**

**SHORTCUTS**

**SECRETS**

Healing is  
Possible

---

**WHO'S READY TO DIVE IN??**

# PLAN FOR TODAY

- ▶ **Root Cause Neurology**
- ▶ **Top 3 Physical Reasons Why**
- ▶ **Self-Assessment Tools**
- ▶ **#1 Missing Ingredient**

## TODAY'S AGENDA

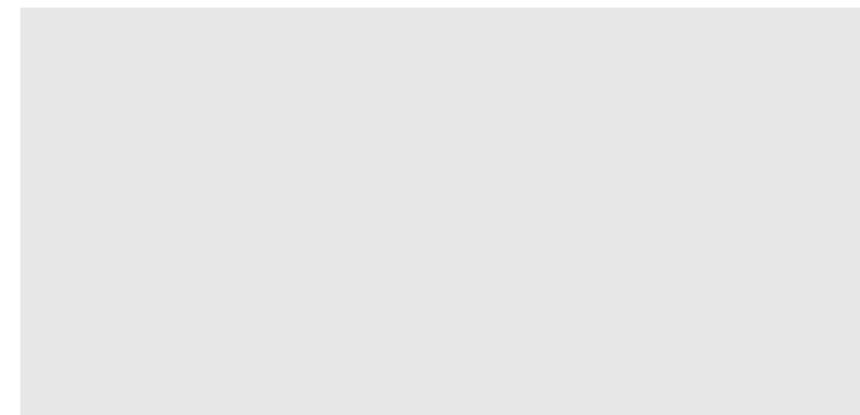
### Daily Tasks



### Schedule for Today



### Inspirational Quote





**Any information in this workshop is provided for educational purposes only and is not intended to diagnose, treat, cure, or prevent any specific diseases or medical conditions.**

**You should always speak with your physician or other healthcare professional before taking any nutritional, herbal, or homeopathic supplement or adopting any treatment for a health problem.**

**Information and statements regarding dietary supplements, have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat cure or prevent any disease.**

**For a full Disclaimer, go to [brainsave.com](http://brainsave.com)**



**CRISIS**

**50 MILLION**

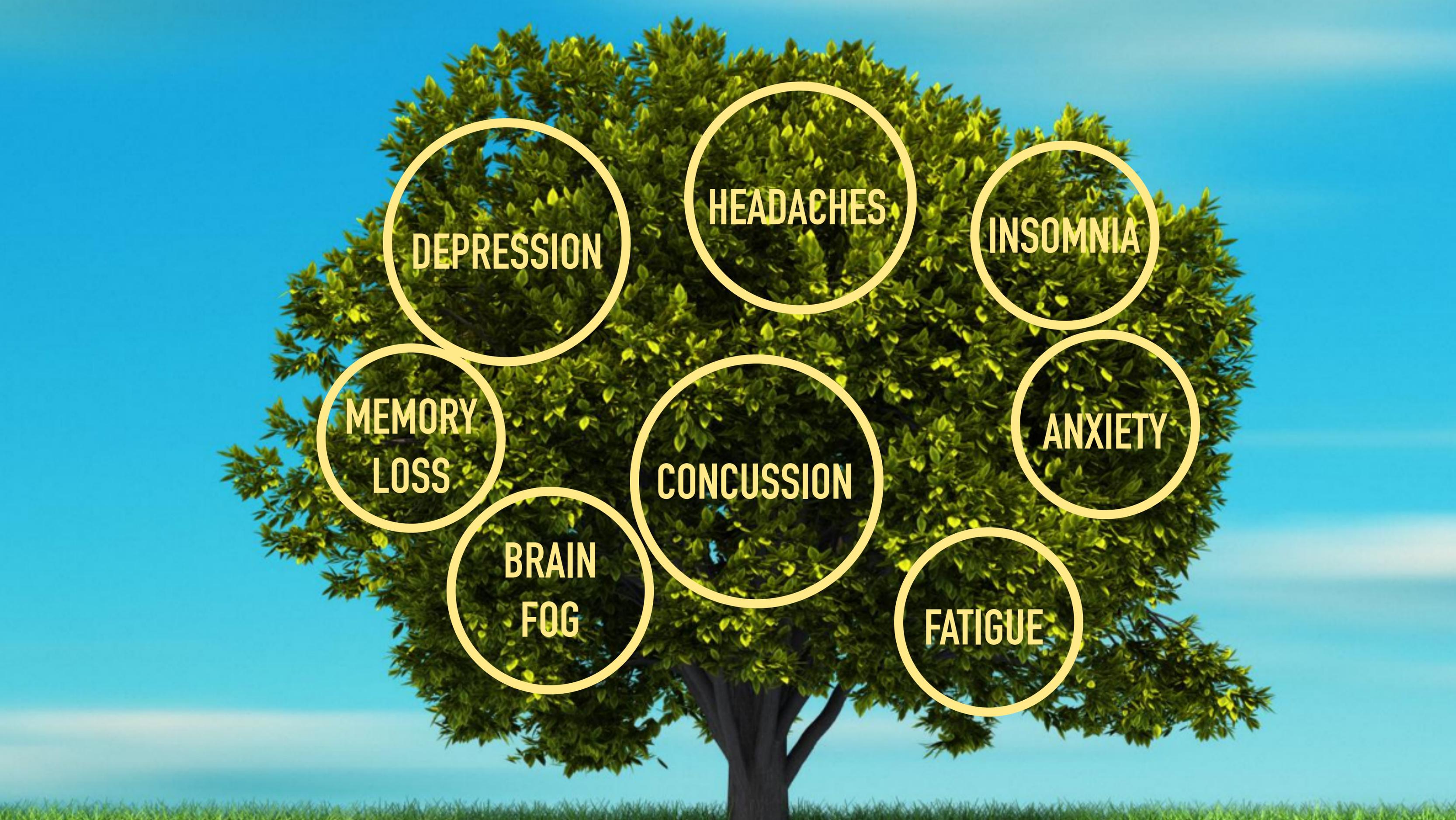
**40 MILLION**

**\$330,827**

**WHY???**

**SYMPTOMS**  
**VS**  
**ROOT CAUSE**





**DEPRESSION**

**HEADACHES**

**INSOMNIA**

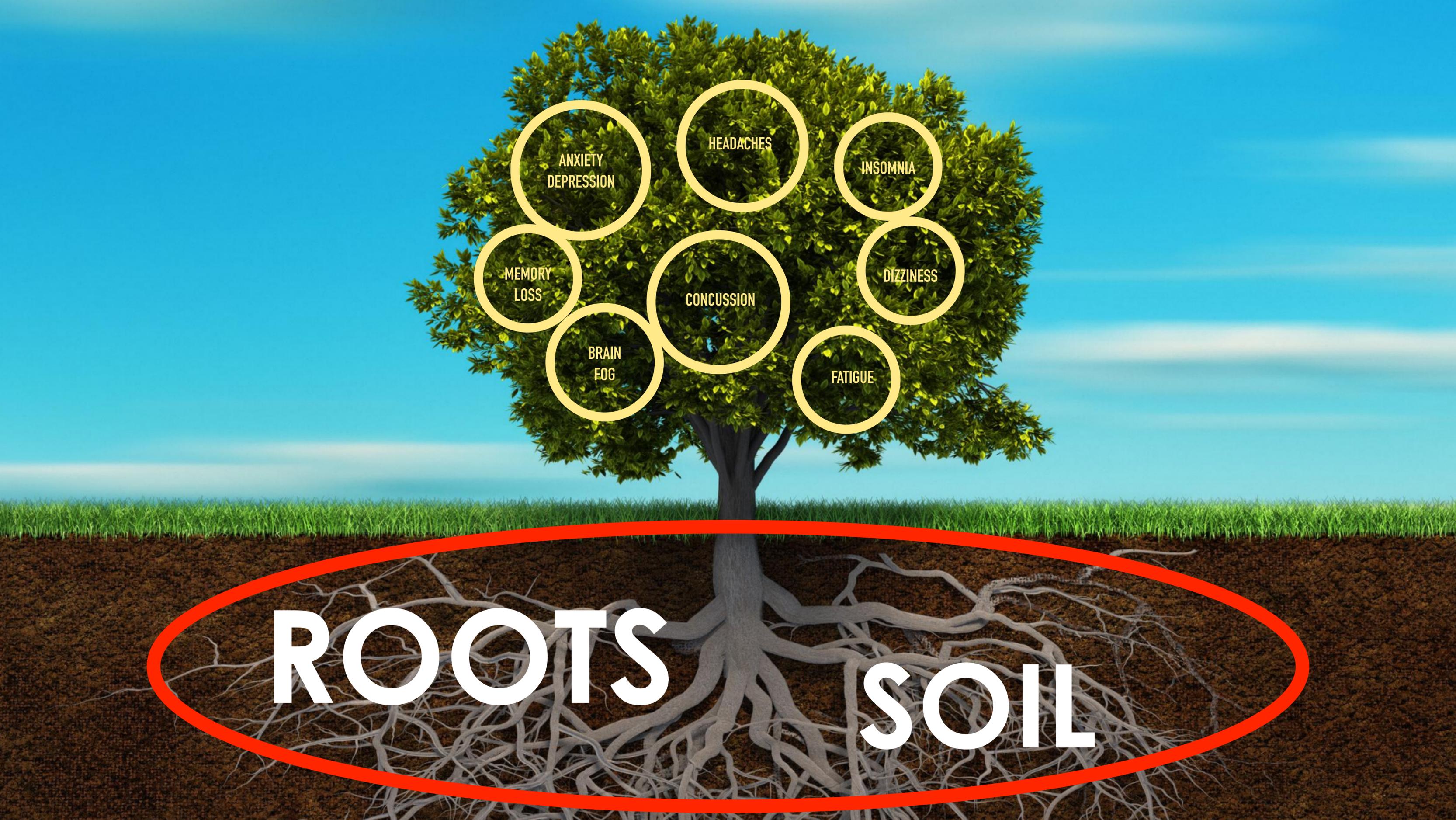
**MEMORY  
LOSS**

**CONCUSSION**

**ANXIETY**

**BRAIN  
FOG**

**FATIGUE**



ANXIETY  
DEPRESSION

HEADACHES

INSOMNIA

MEMORY  
LOSS

CONCUSSION

DIZZINESS

BRAIN  
FOG

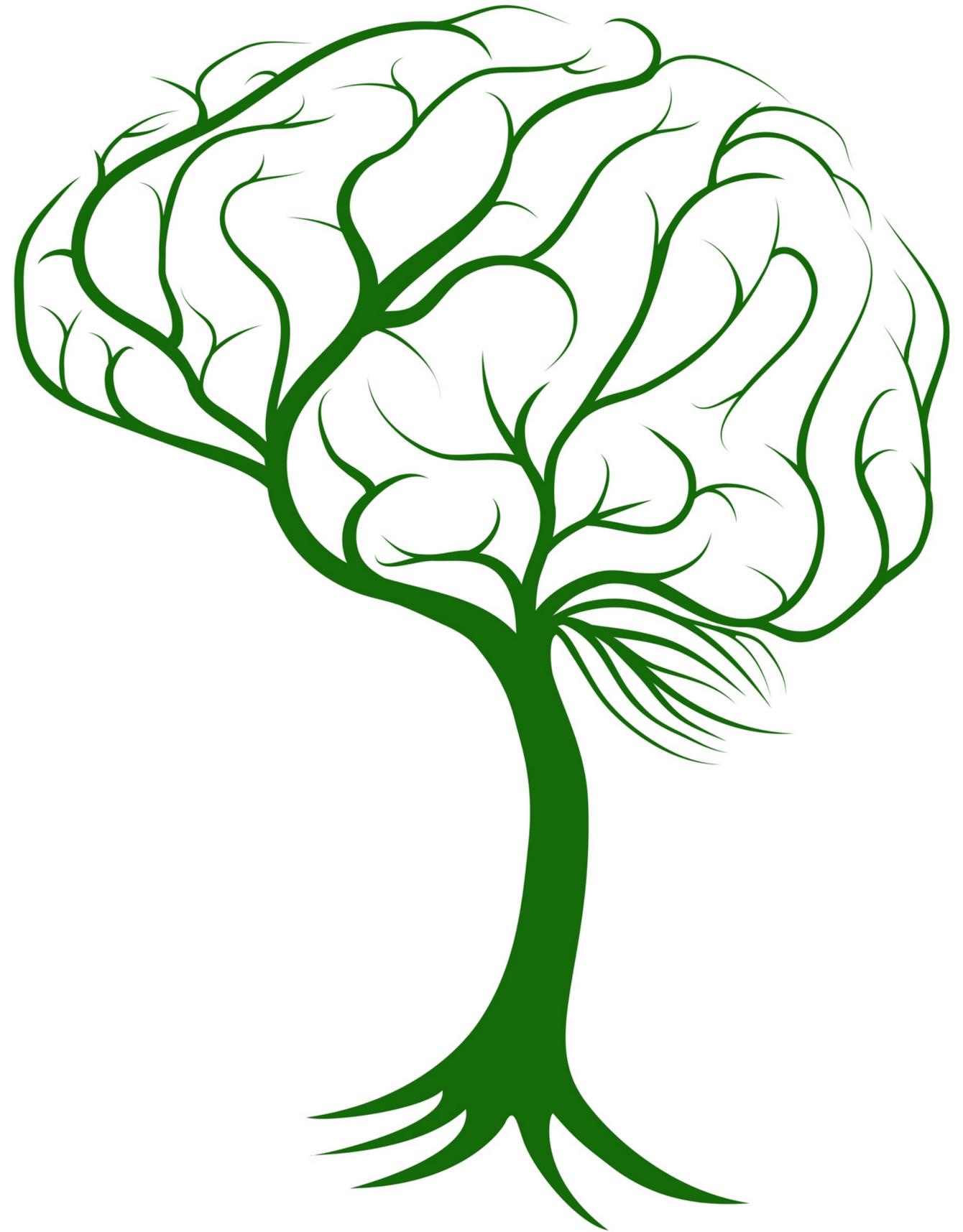
FATIGUE

**ROOTS SOIL**

# ROOT CAUSE NEUROLOGY



**WHAT IS THE  
ROOT CAUSE?**



**IT'S ALL IN YOUR HEAD**

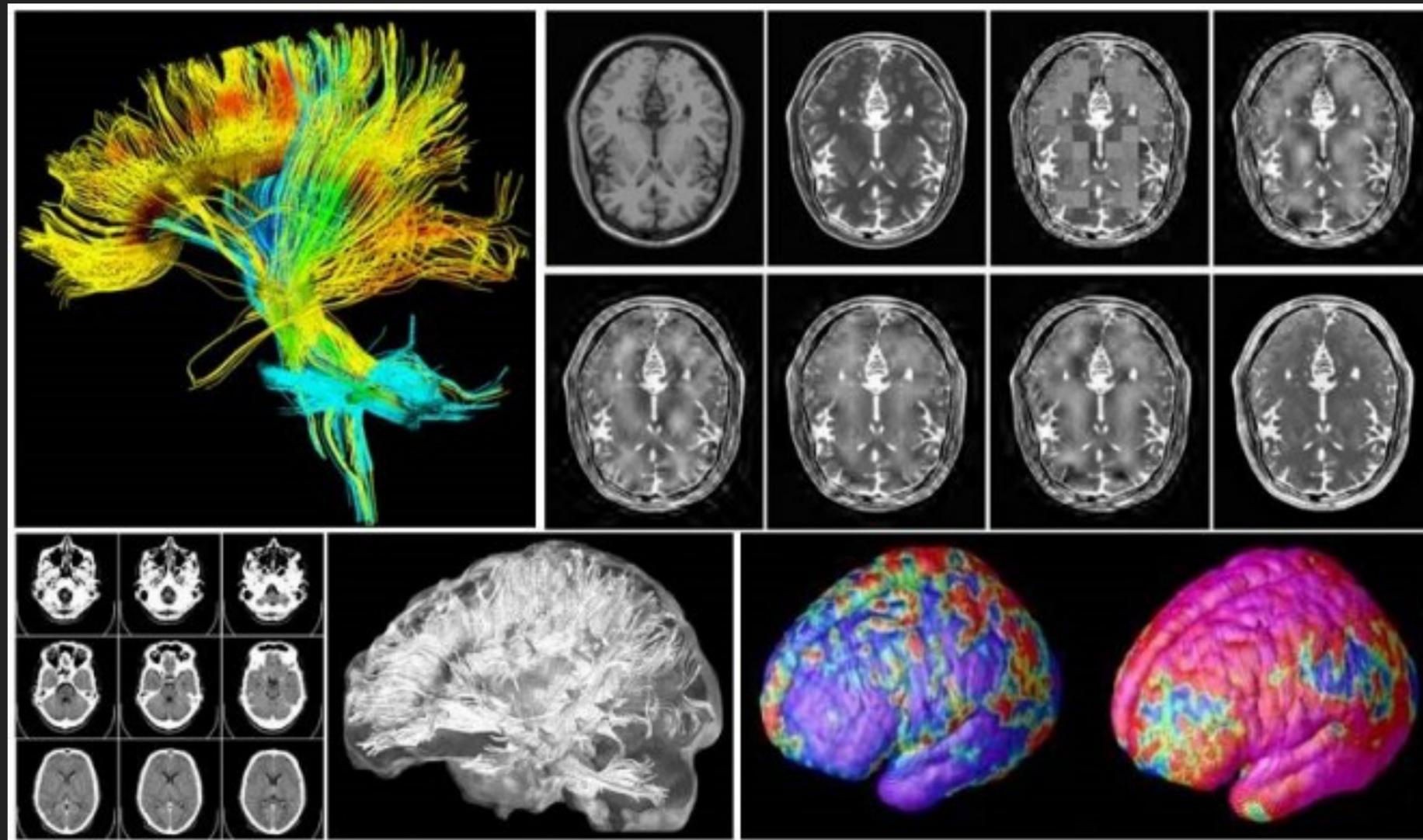
# **YOUR AMAZING HUMAN BRAIN**





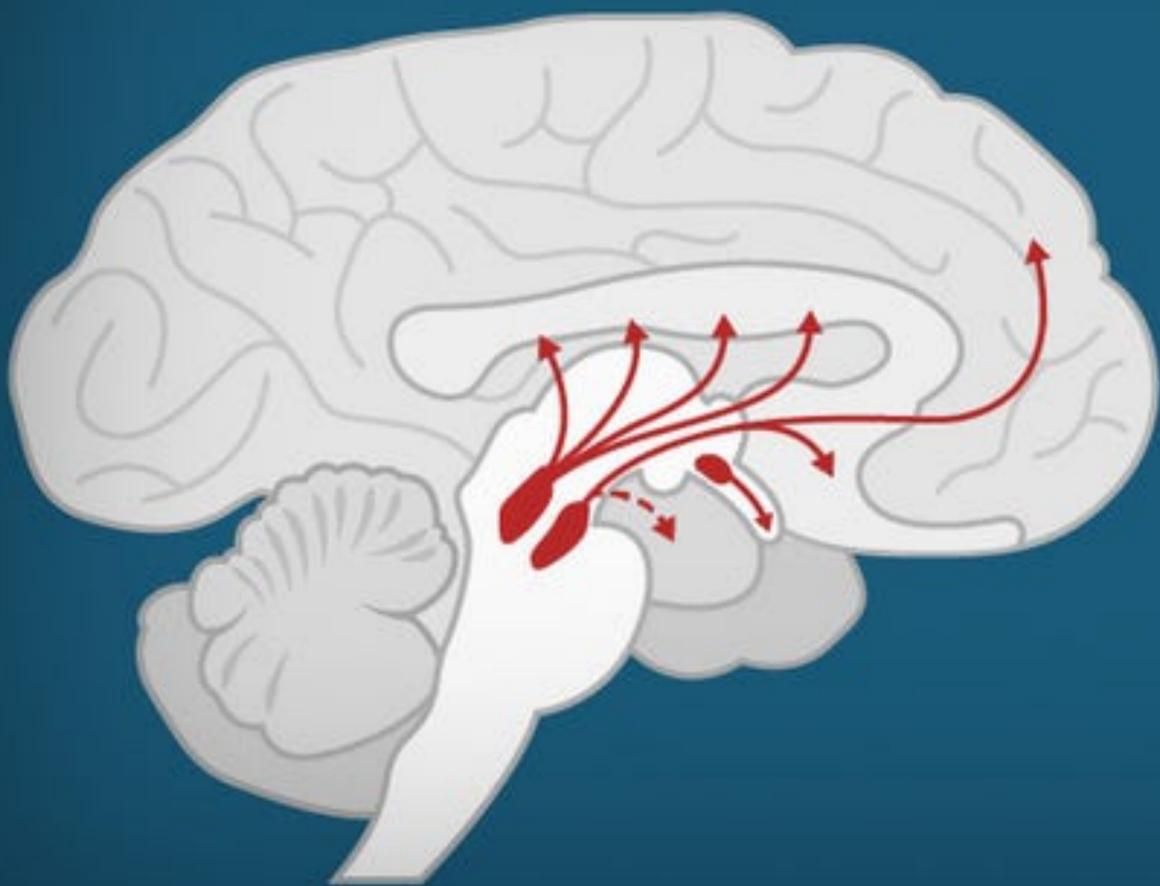


# Communication Networks

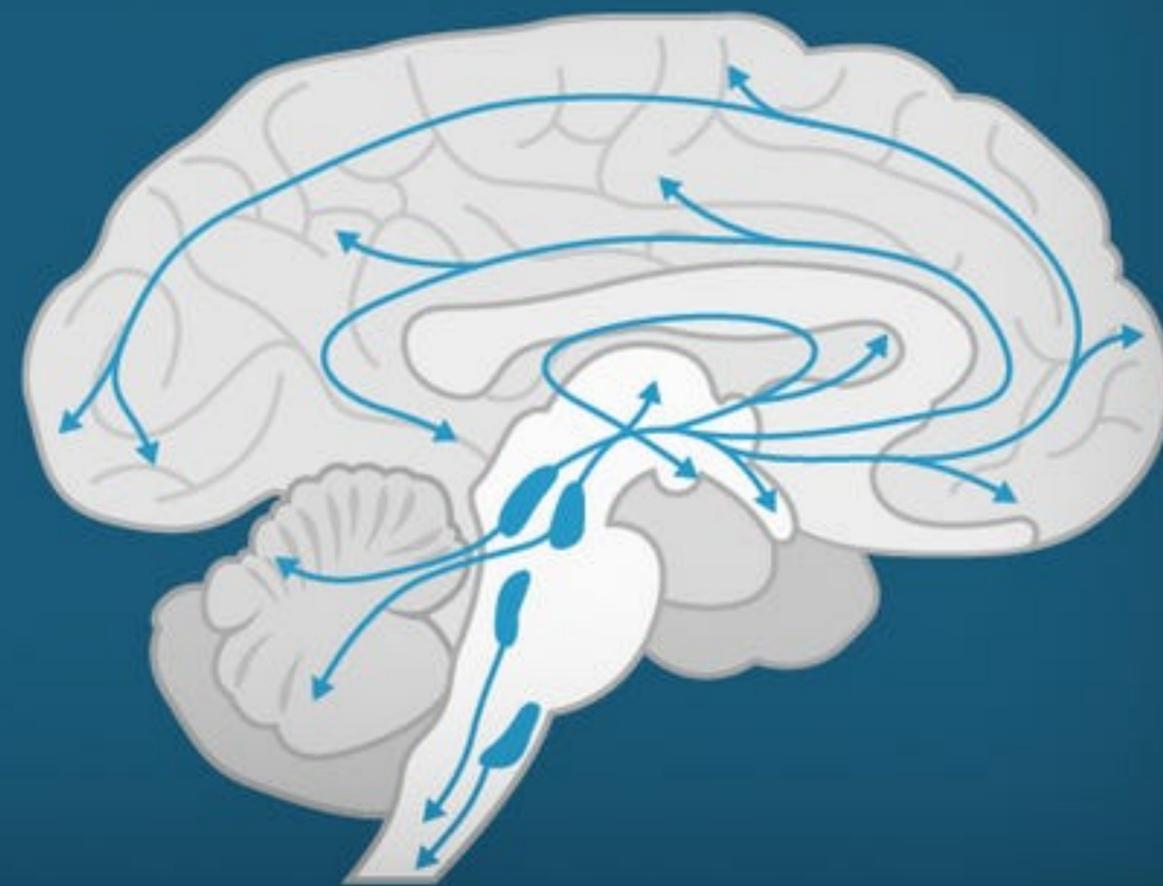


**NEURAL NETWORKS**

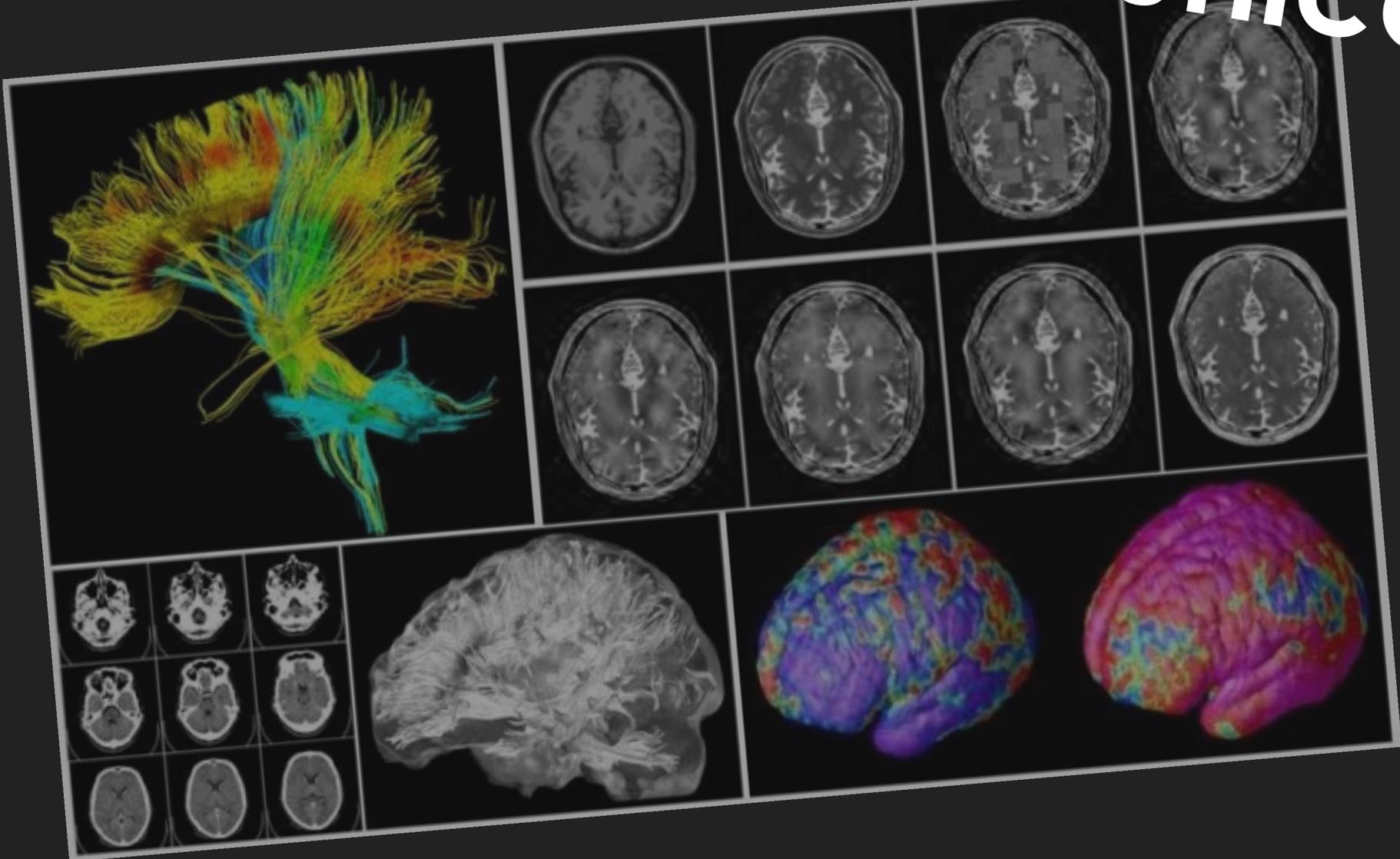
## Pleasure



## Happiness



# Breakdown in Communication



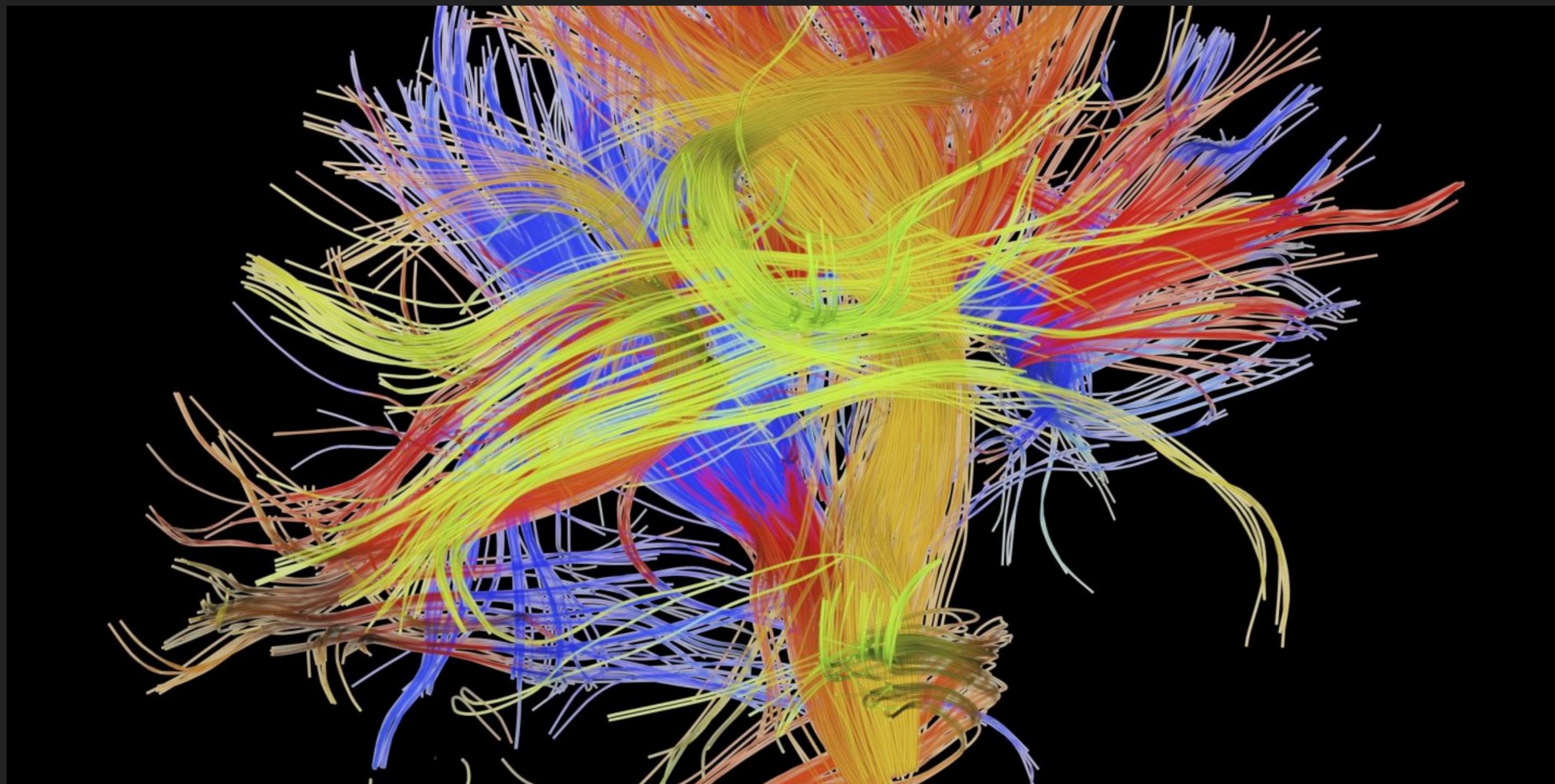
# BRAIN SYMPTOMS

- **Brain fog**
- **Memory problems**
- **Cognitive decline**
- **Anxiety & Depression**
- **Chronic Stress**
- **Concussion**
- **Insomnia**
- **And more**

**BROKEN NEURAL NETWORKS =  
ROOT CAUSE**

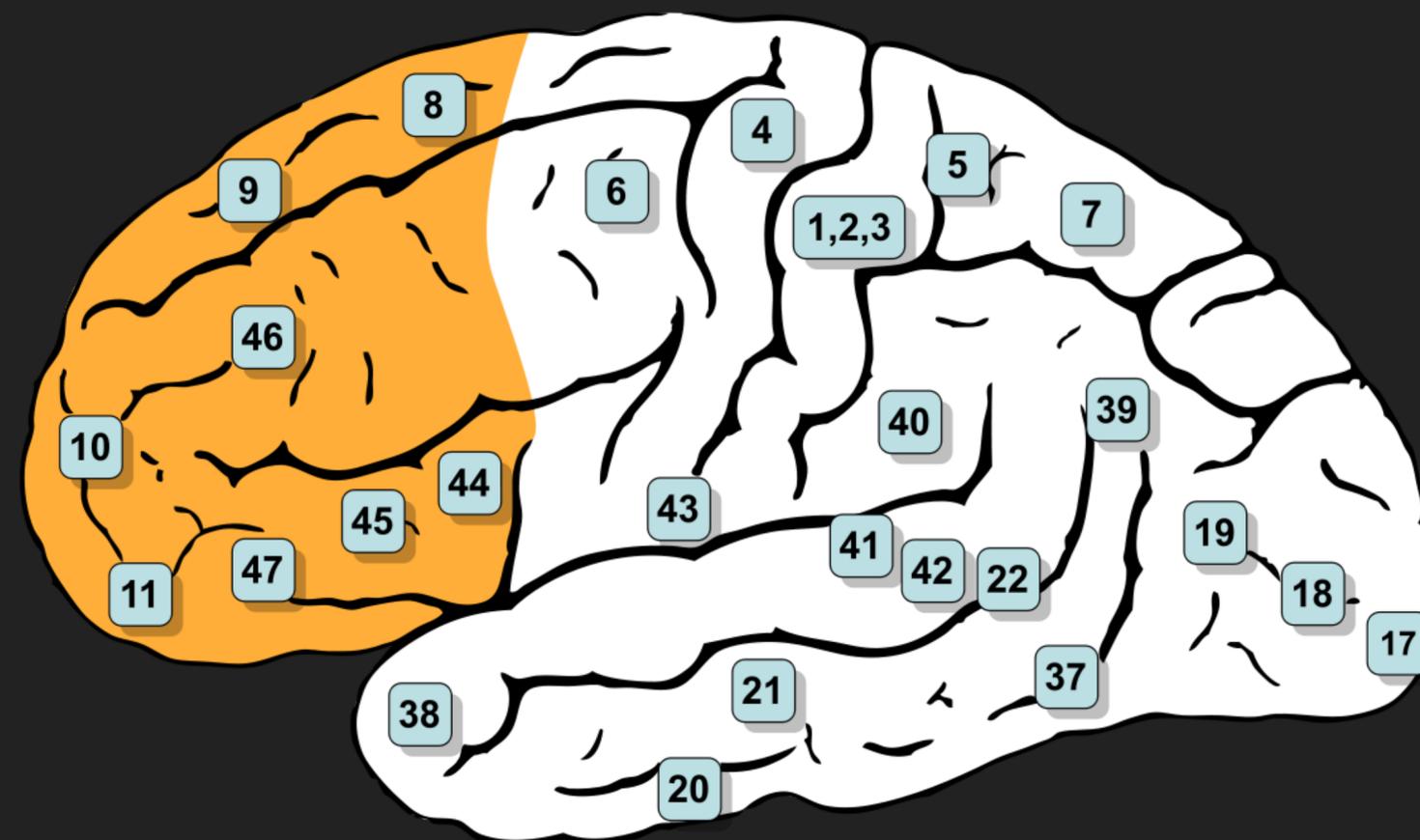
**PHYSICAL REASONS WHY  
YOU FEEL THE WAY YOU DO**

# 100'S OF NEURAL NETWORKS



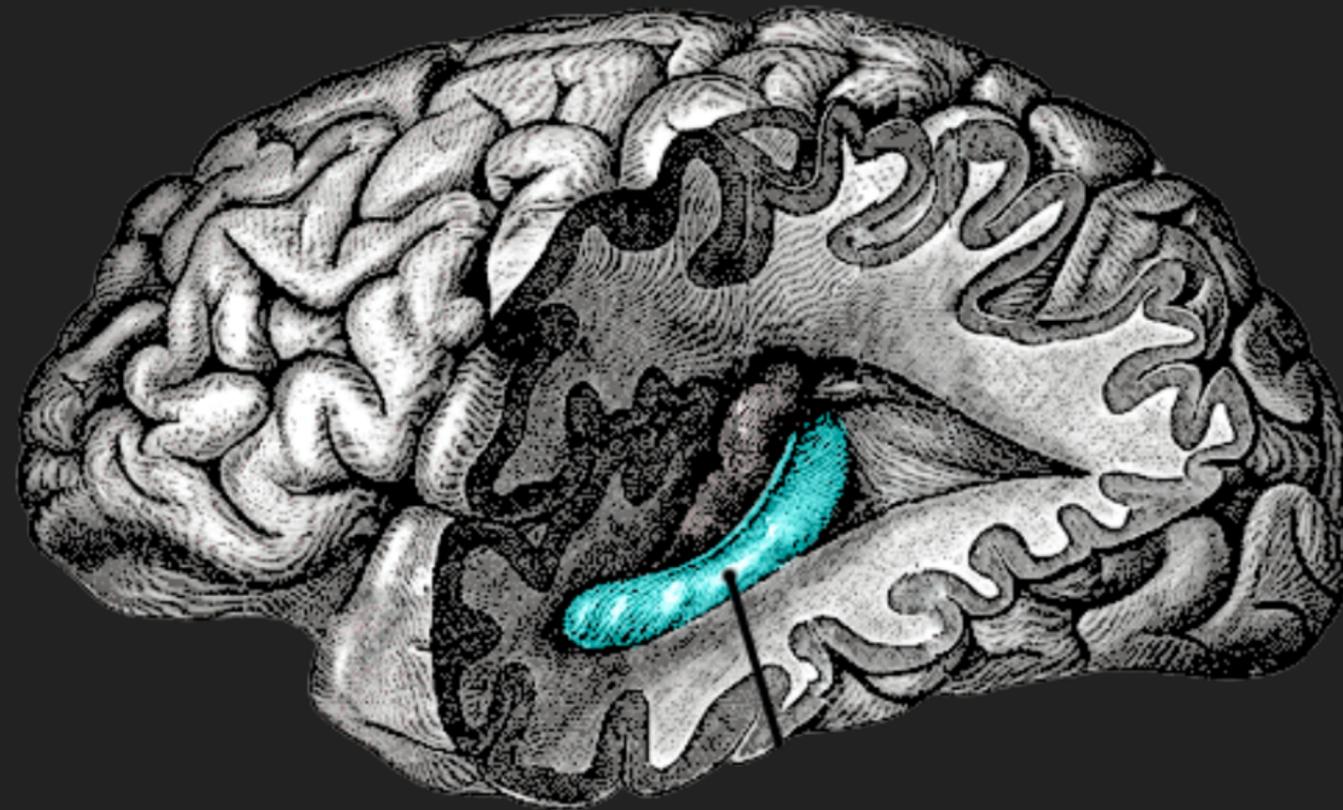
# INTRO TO THE TOP 3 NEURAL NETWORKS

# NEURAL NETWORK #1



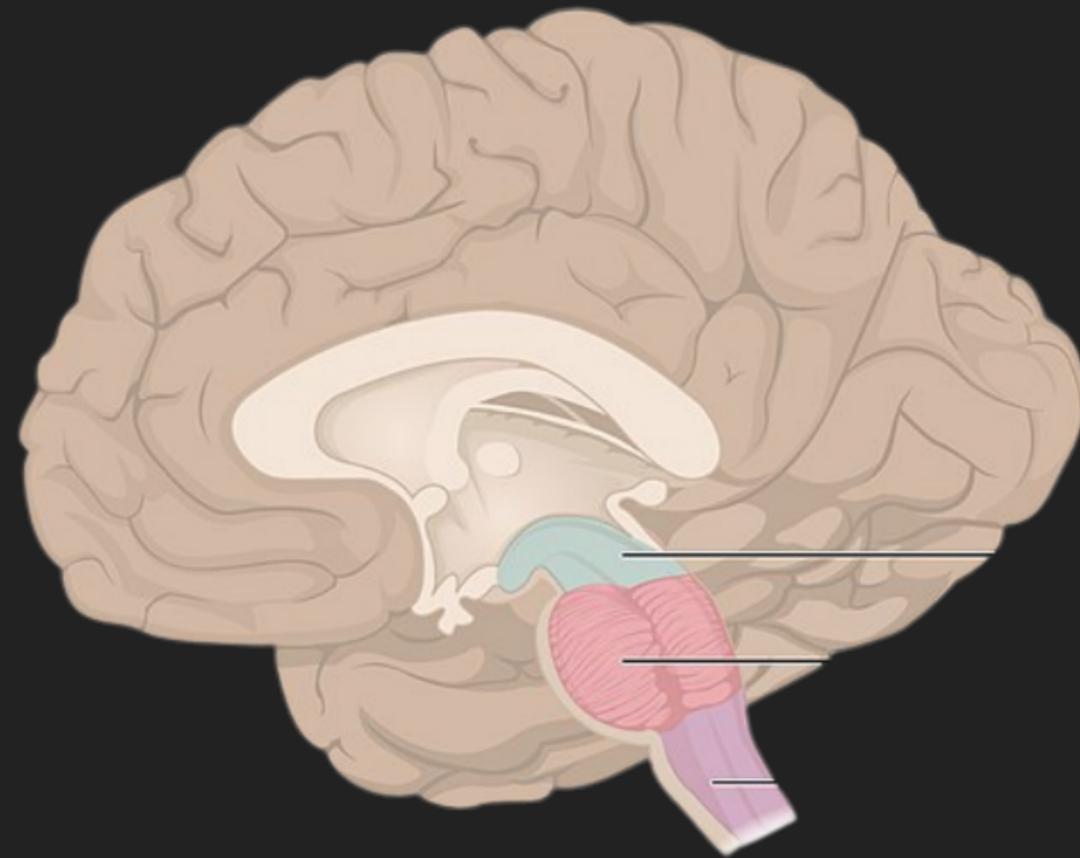
**Prefrontal Cortex**

# NEURAL NETWORK #2



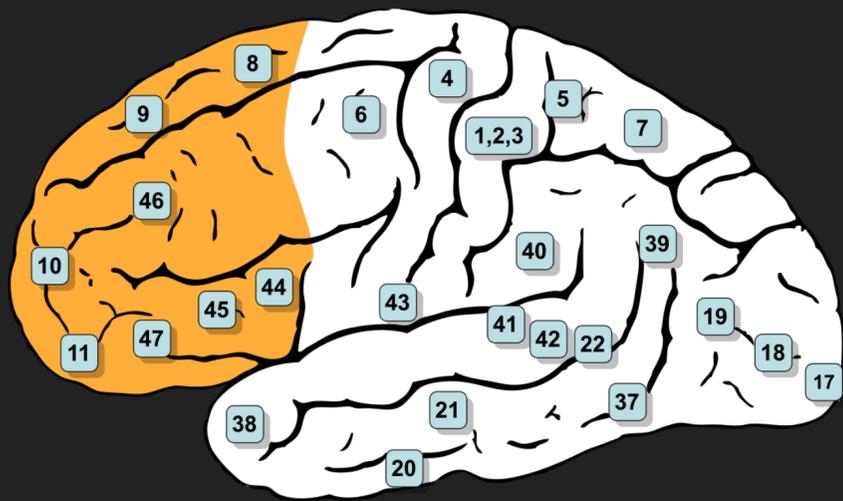
**Hippocampus**

# NEURAL NETWORK #3

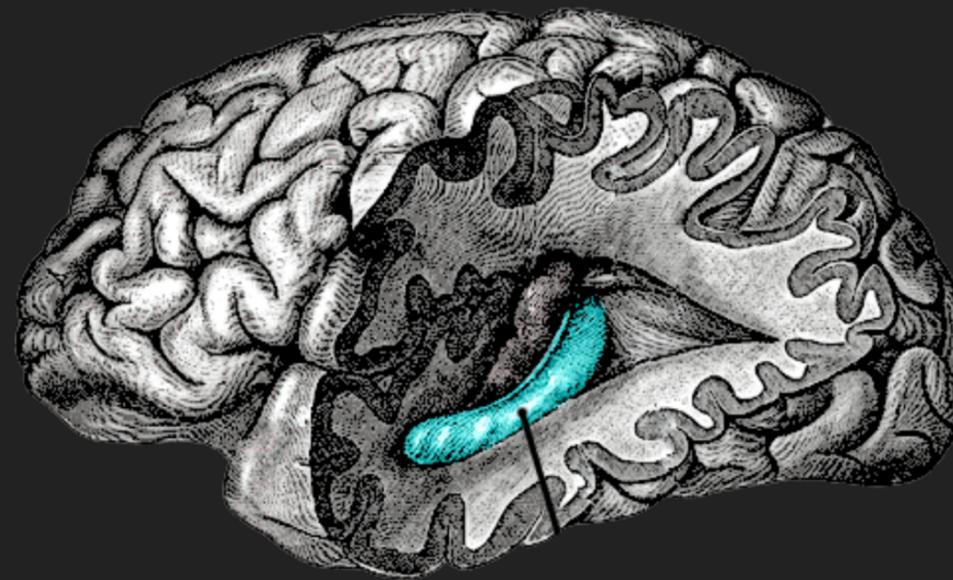


**Brainstem**

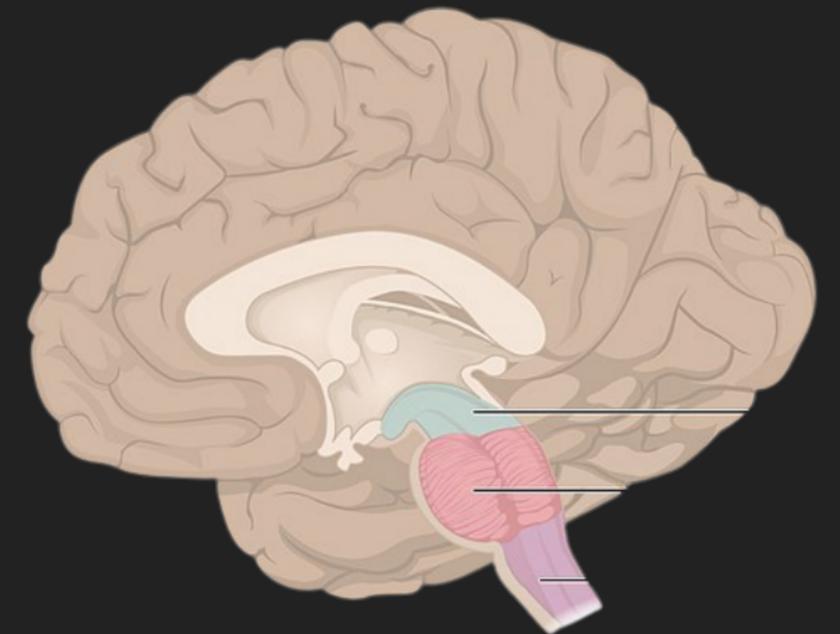
# TOP 3 NEURAL NETWORKS



**1. Prefrontal Cortex**



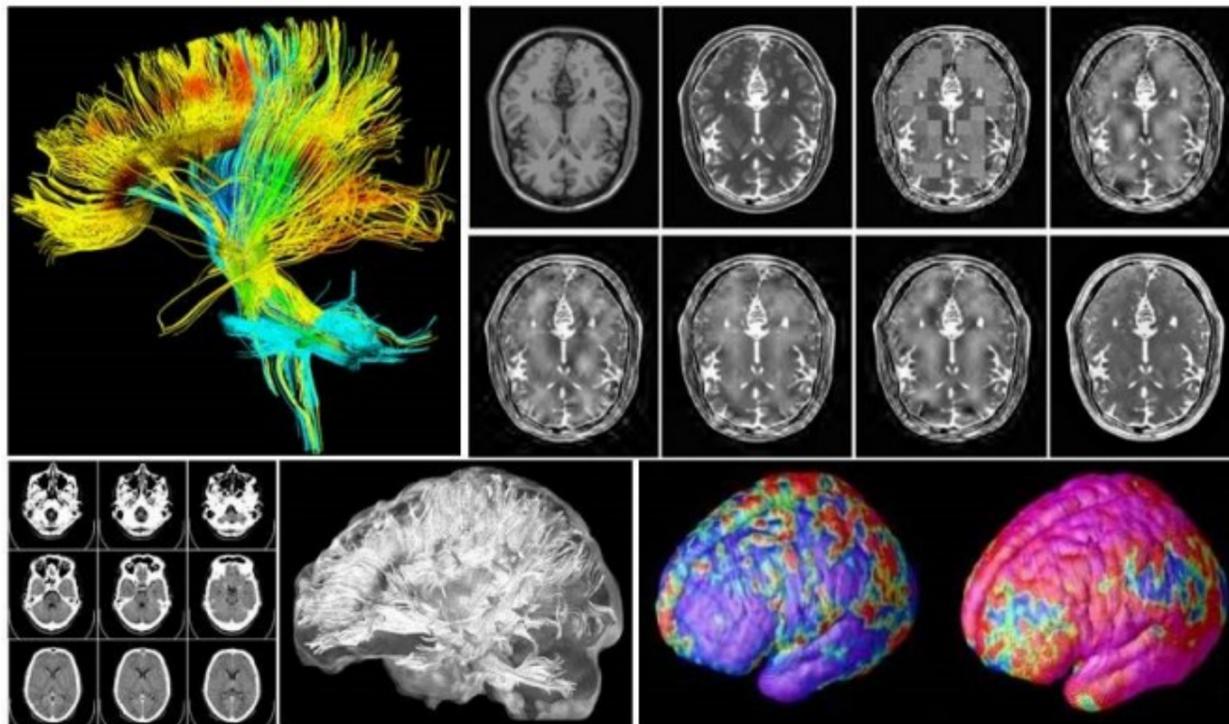
**2. Hippocampus**



**3. Brainstem**

**PHYSICAL REASONS WHY  
YOU FEEL THE WAY YOU DO**

# HOW???



# **BRAINSAVE! ASSESSMENT TOOLS**

- 1. Brain-Body Questionnaires**
- 2. Health History**
- 3. Functional Brain Tests**
- 4. Computerized Brain Assessments**
- 5. Advanced Lab Testing**
- 6. X-rays, MRI and more**



**BIG PROCESS WITH  
A LOT OF TOOLS.**

**ROOT CAUSE**

**QUIZ PACK**

# ROOT CAUSE QUIZ PACK

## SCORING:

Place a 0, 1, 2 or 3 next to each symptom to grade its severity.

0 = none, 1 = mild, 2 = moderate, and 3 = severe

I have brain fog	
I often feel depressed	
I get distracted easily	
I have trouble with focus and concentration	
I have issues with short term memory	
I struggle with addictions	
I act out impulsively either saying or doing things I probably shouldn't have	
I'm always running late to appointments	
It's hard to keep my thoughts organized	
I struggle with low motivation	
<b>TOTAL SCORE</b>	

**TOP 3**

**PHYSICAL REASONS WHY**

**YOU FEEL THE WAY YOU DO**



**HOPE FOR HEALING**

*You got this*

---

# ESTHER'S STORY

- ▶ **55 year-old woman**
- ▶ **Difficulty remembering things**
- ▶ **"Scatterbrained"**
- ▶ **Increasing brain fog**



---

# ROOT CAUSE NEUROLOGY

- ▶ **Root Cause QUIZ Pack**
  - ▶ [Prefrontal Cortex](#)
  - ▶ [Hippocampus](#)





# ROOT CAUSE NEUROLOGY



**NOW WHAT?**

**AWESOME PATIENTS =**

**CLEAN DIET, HEALTHY LIFESTYLE,  
SUPPLEMENTS**

**COMMON SENSE SAYS THAT EATING  
RIGHT, EXERCISING, HAVING HEALTHY  
HABITS SHOULD DO THE TRICK**

**SO WHAT'S  
MISSING?**

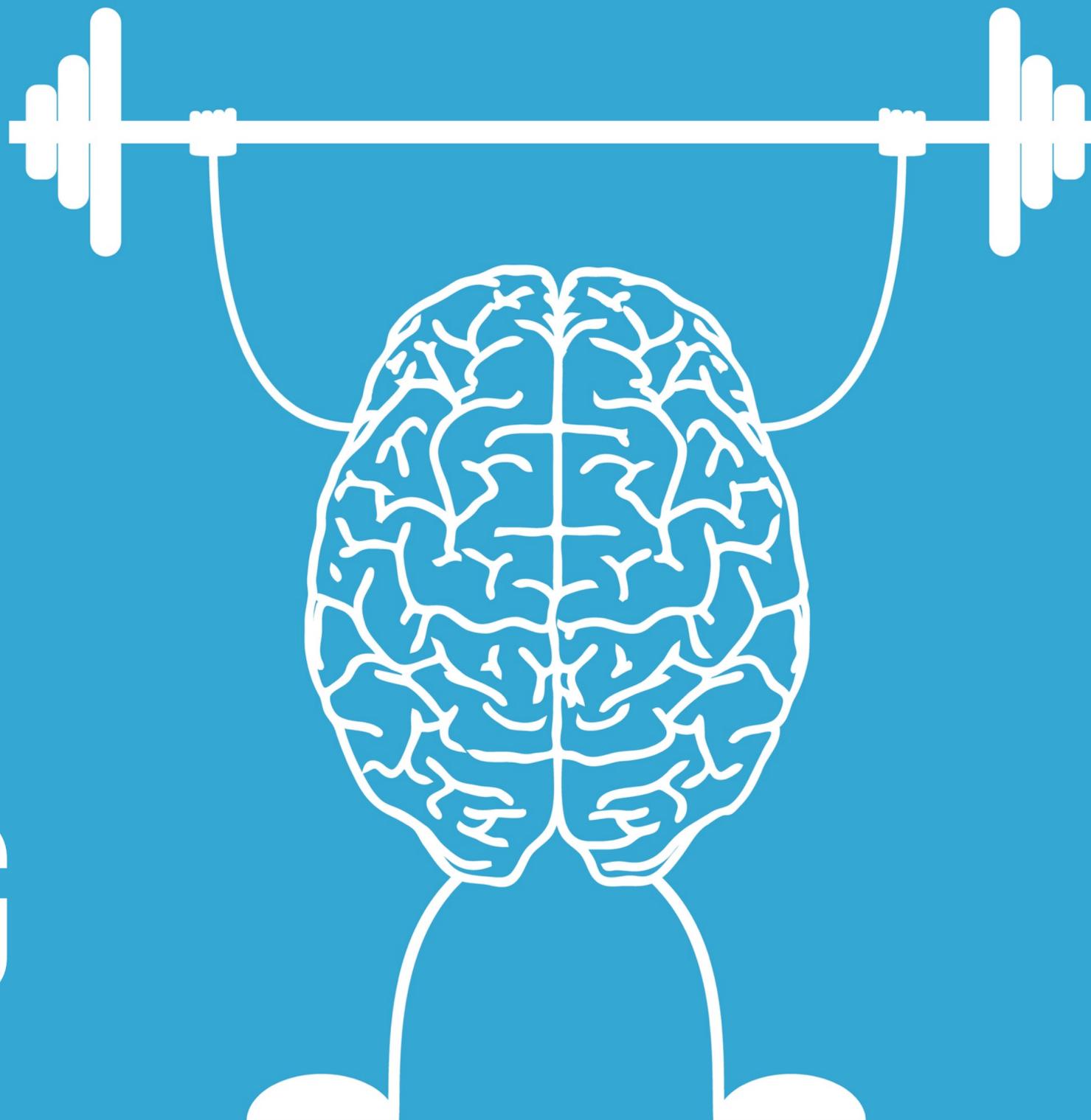
**YOUR BRAIN  
IS UNIQUE**



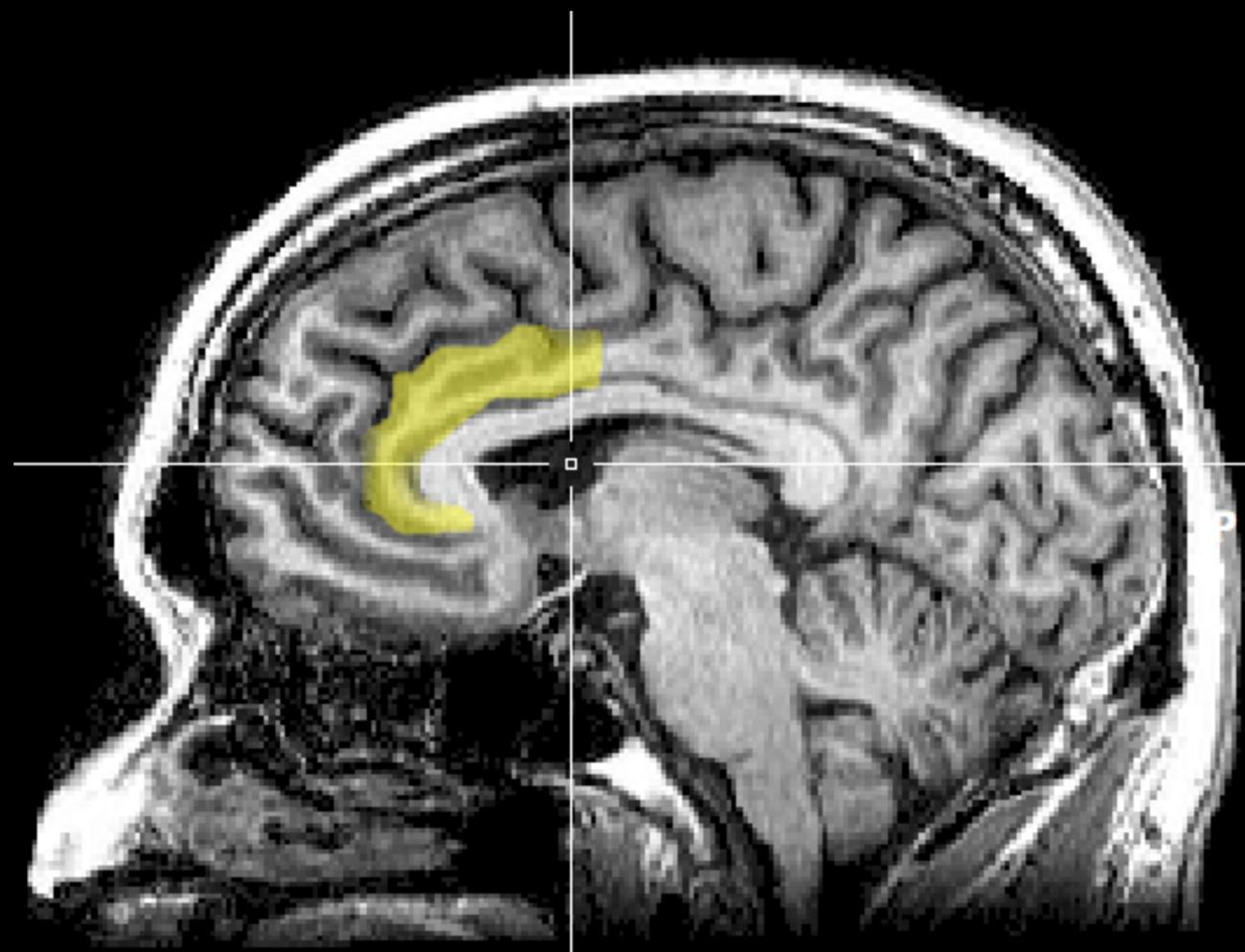


**EXPERIENCE  
DEPENDENT  
NEUROPLASTICITY**

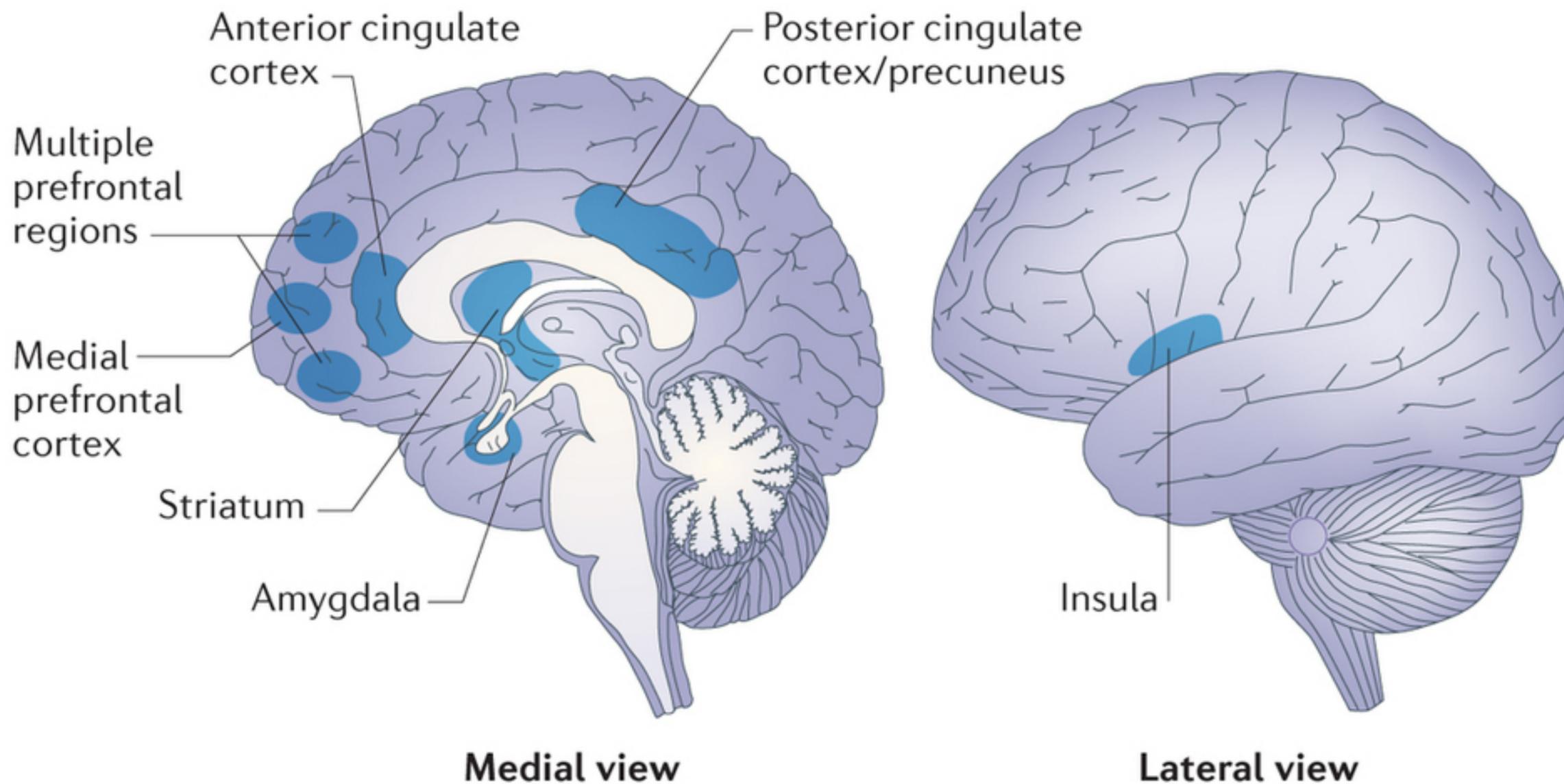
# BRAIN TRAINING







# NEURAL NETWORK OF ENLIGHTENMENT



[Nat Rev Neurosci.](#) 2015 Apr;16(4):213-25. doi: 10.1038/nrn3916. Epub 2015 Mar 18.

**The neuroscience of mindfulness meditation.**

[Tang YY<sup>1</sup>](#), [Hölzel BK<sup>2</sup>](#), [Posner MI<sup>3</sup>](#).

Nature Reviews | **Neuroscience**

# PREFRONTAL CORTEX



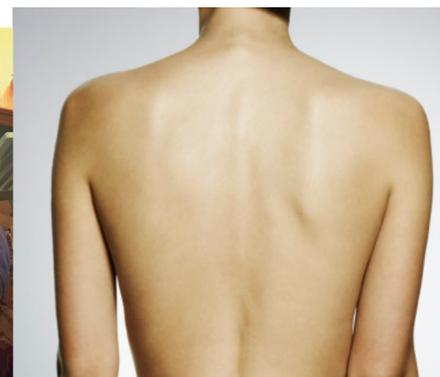
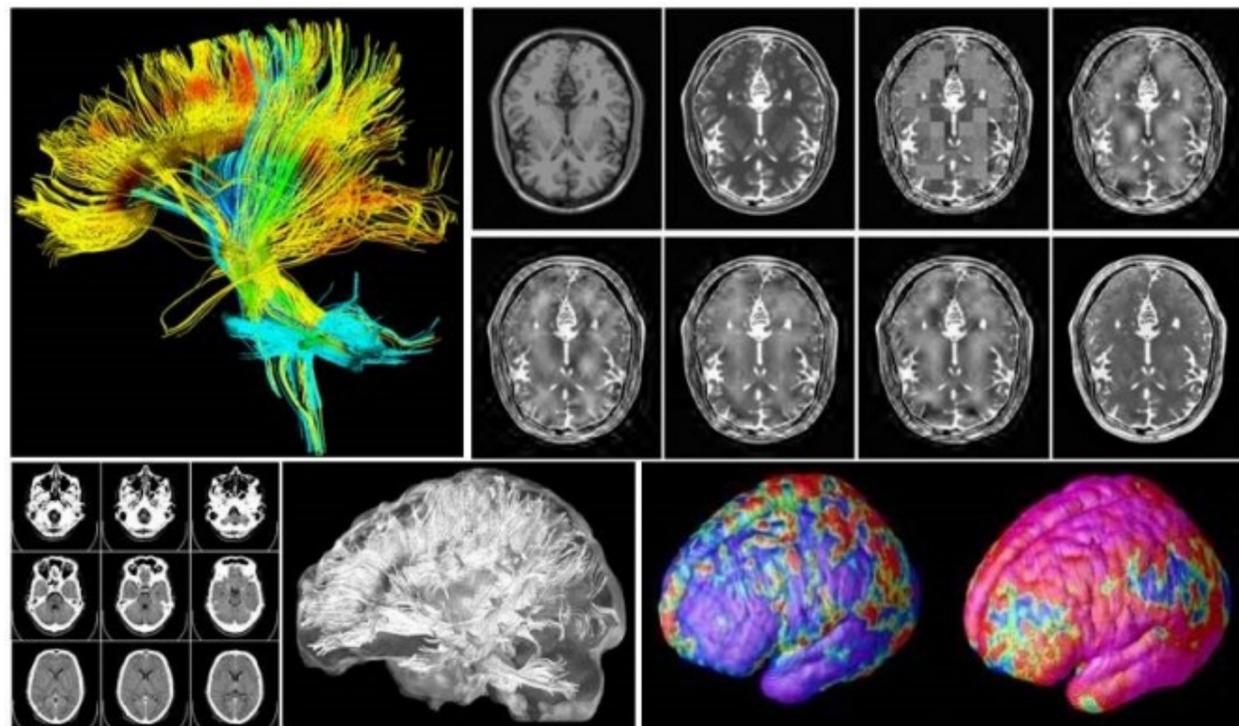
# HIPPOCAMPUS



# BRAINSTEM



# BRAIN TRAINING



# **HEALING AT THE SOURCE**

**EXPERIENCE  
DEPENDENT  
NEUROPLASTICITY**



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**WHO'S READY TO HEAL???**

---

# ESTHER'S STORY

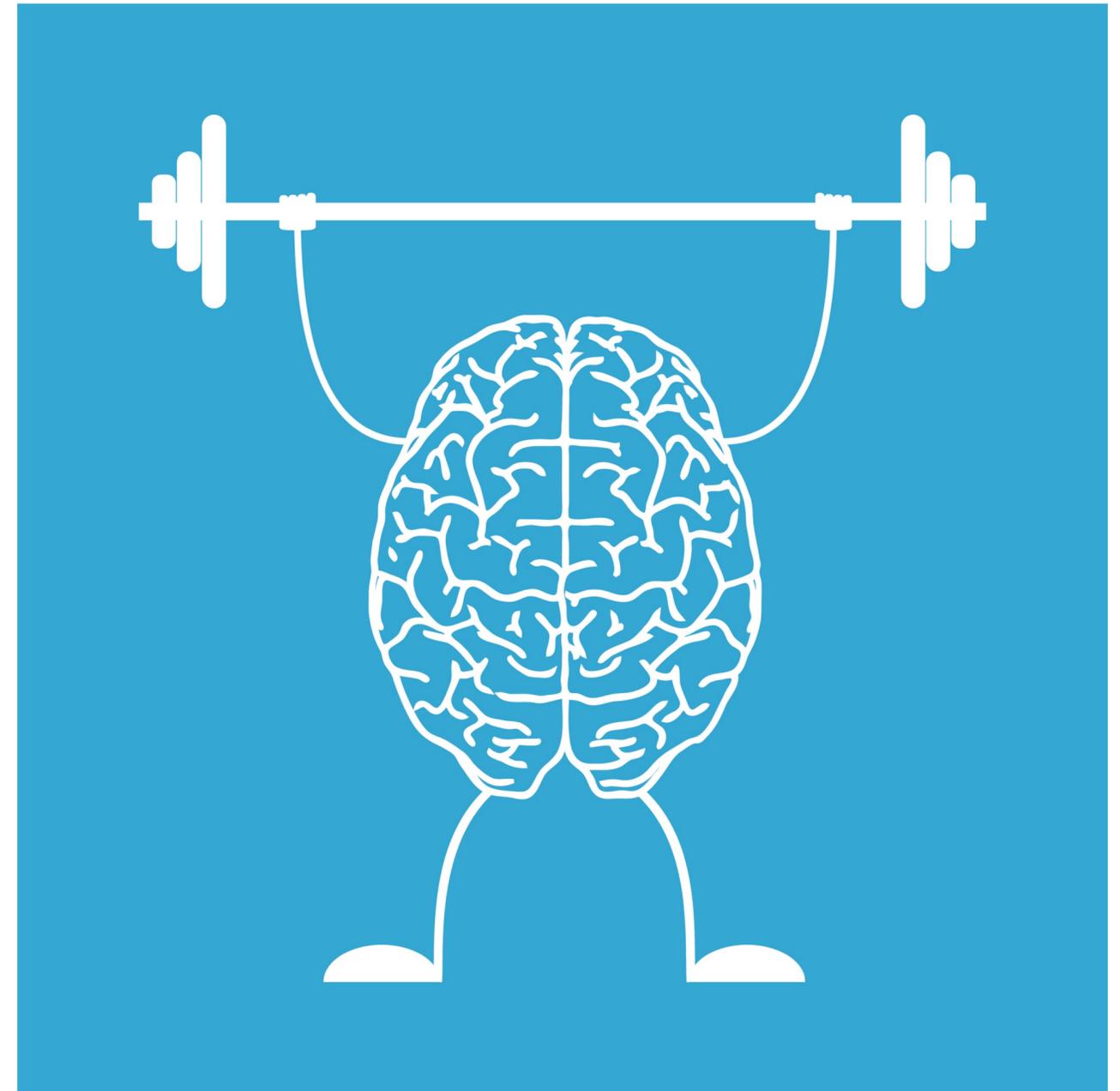
- ▶ **Root Cause QUIZ Pack**
  - ▶ [Prefrontal Cortex](#)
  - ▶ [Hippocampus](#)



---

# ESTHER'S STORY

- ▶ **Brain training exercises**
  - ▶ **Prefrontal Cortex**
  - ▶ **Hippocampus**
- ▶ **Diet, nutrients, lifestyle and mindset practices**



---

# ESTHER'S SUCCESS! STORY

- ▶ **No longer forgetting things**
- ▶ **Focus and concentration 70% better**
- ▶ **Brain fog improved by 85%**
- ▶ **More sustained energy throughout the day**





Success!

# REVIEW

- ▶ **Root Cause Neurology**
- ▶ **TOP 3 Neural Networks**
- ▶ **Root Cause Quiz Pack**
- ▶ **Experience Dependent Neuroplasticity**
- ▶ **Brain Training**

## TODAY'S AGENDA

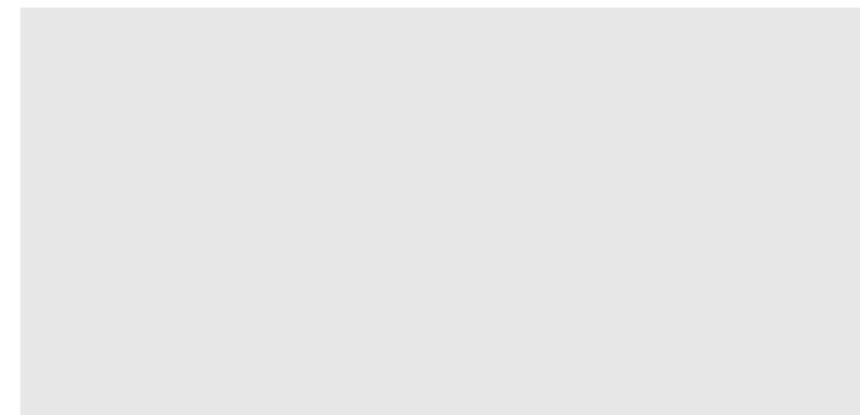
### Daily Tasks



### Schedule for Today

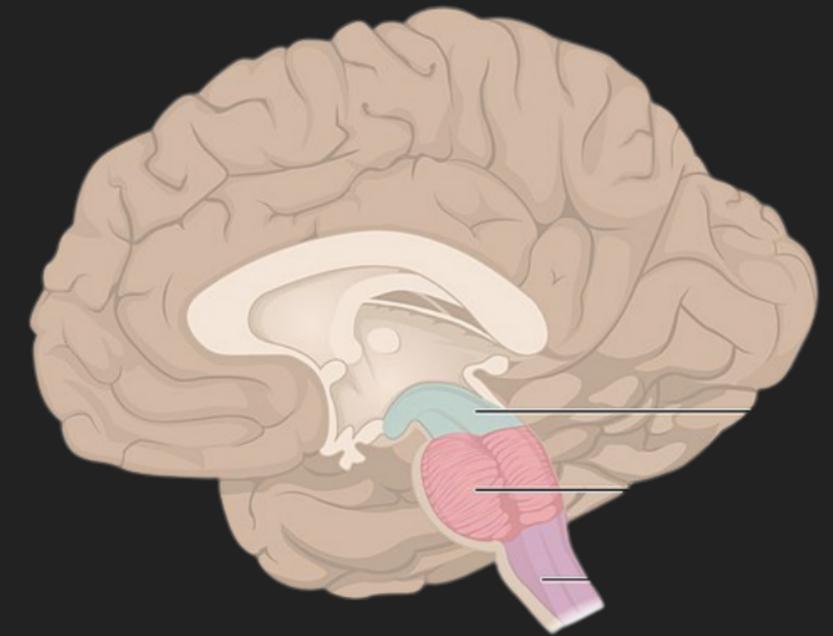
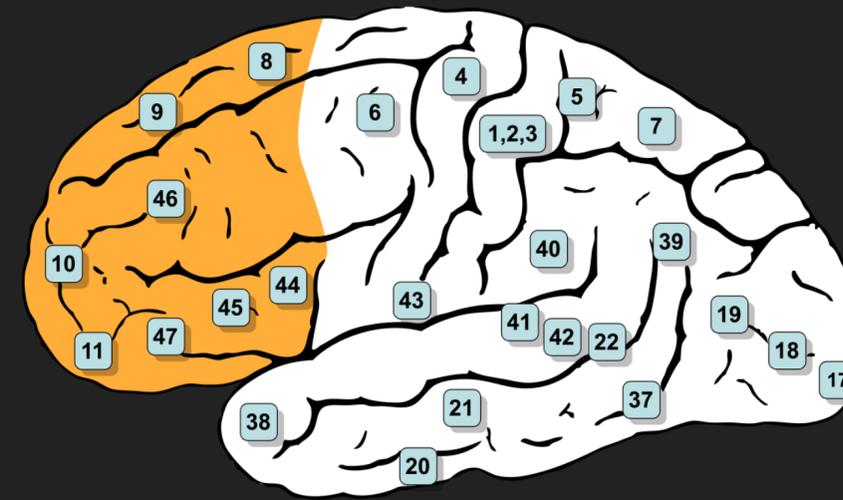


### Inspirational Quote



# NEXT WEEK

- ▶ **VIP Tour of Your Brain**
- ▶ **TOP 3 Neural Networks**
- ▶ **Brain Training Exercises**



# HOMEWORK:

1. GET CLEAR ON YOUR WHY
2. COMPLETE THE ROOT CAUSE QUIZ PACK
3. DOWNLOAD YOUR BRAIN HEALTH ROADMAP

# BRAIN BONUS:

- PRACTICE MINDFULNESS MEDITATION
- LEARN THE WORD “BRAIN” IN AT LEAST ONE NEW LANGUAGE
- MASSAGE YOUR EARLOBES

**ENGAGE IN OUR**

**ONLINE COMMUNITY**

# CONGRATULATIONS!!!





Success!