

READY TO EXPERIENCE PERSONAL TRANSFORMATION WITH NEUROPTIMAL®?

zengar institute inc.
Founded 1996.

info@zengar.com
www.zengar.com

We know that given the right information, the brain can transform itself effortlessly. With NeuroOptimal® the expertise is the software—making powerful and safe transformation accessible for everyone.



TRY IT...

Contact your local trainer or find a trainer near you at www.zengar.com to book a session.

Already training with NeuroOptimal® but wanting a more convenient, affordable option?

TAKE NEUROPTIMAL® HOME

NeuroOptimal® Personal Trainer is a “take-home” version of NeuroOptimal® that you can use between your sessions with a trainer, while you are traveling, or remotely if you live at a distance. Speak to your trainer about purchasing or renting one today!

Neurofeedback Center, DTC
www.neurofeedbackcenterdtc.com
info@neurofeedbackcenterdtc.com

6075 S. Quebec St., Ste 203,
Centennial, CO 80111
720 642-6555

6133 S. Geneva Way,
Englewood, CO 80111
720-291-4488

Your Local Trainer:

Carolyn Placzek, LMFT,
Licensed Marriage & Family Therapist
Certified Technician/Trainer

Rodney Placzek
Certified Technician/Trainer

Hillary Warren
Certified Technician/Trainer



TOLL-FREE:
1.866.990.Optimal (6784)



EXPERIENCE

PERSONAL TRANSFORMATION WITH
NEUROPTIMAL® DYNAMICAL
NEUROFEEDBACK™ TRAINING

www.zengar.com

Is Your Brain Functioning Efficiently?

Your brain is capable of optimal functioning, but when your central nervous system is off kilter your brain operates inefficiently.

Symptoms of a malfunctioning central nervous system can include:

- memory problems
- poor performance on tasks
- difficulty sleeping
- feeling low or sad
- difficulty paying attention
- overactivity
- feeling anxious
- addictions
- headaches
- catching colds and infections
- irritability
- feeling stressed and overwhelmed

What is NeurOptimal®?

NeurOptimal® is considered by many to be the most highly evolved form of neurofeedback available today. After more than 40 years in the neuroscience field and related disciplines, Dr. Valdeane Brown and Dr. Susan Cheshire Brown, Zengar Institute founders, have developed a safe, effective system that gives feedback directly to your brain allowing it to regulate itself more efficiently.

The Benefits of NeurOptimal®

Though NeurOptimal® is not a medical treatment for illnesses, many people have experienced relief from physical, mental and emotional symptoms. Athletes, business professionals, students and musicians have also experienced enhanced performance.

Here's what Clients are saying:

Peak Athletic Performance

After my 6th session [with NeurOptimal®], I beat the pants off a guy in world team tennis. 6-0, 7-5. He was 20 years younger and NOT happy ...

David Mayen, California, USA

Free From Depression¹

With multiple symptoms including depression, fatigue and lack of concentration, my daughter was on many medications...With the [NeurOptimal®] sessions she is free from the symptoms of depression, fatigue and lack of concentration and is no longer taking the medications.

Cynthia Kessenich, Michigan, USA

Help for Kids with ADD¹

I'm quite impressed with the speed at which I see improvement in the kids with ADD. I first started neurofeedback with my 10 year old son three years ago and saw amazing results after just five sessions.

Linda Alaniz-Hornsby, France

¹ "NeurOptimal® is not a medical treatment. NeurOptimal® trainers neither diagnose nor treat, medical disorders."

What Happens In a Brain Training Session?

During a NeurOptimal® brain training session, you wear two tiny sensors on your head and ear clips on your ears that record your brain waves. You sit in a comfortable chair and listen to music while watching a never-repeating fractal image or a movie. The music and images respond to your brainwaves as shifts in brain patterns create brief interruptions in the music or visual display. These interruptions give the opportunity to the brain to self-correct into a more natural, relaxed and effective pattern. After a 33 minute session you feel refreshed, relaxed, and in a higher state of mental alertness and flow.

How Do I Know it Really Works?

After training thousands of clients over 2.2 million hours since 1999, trainers around the world have shown NeurOptimal® to be 100% safe and report higher efficacy levels* than those claimed for many medications

* Zengar Institute Survey of Trainers Dec 2008, 2013