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Located at Palmbrook Country Club  
9350 W. Greenway Rd, Sun City, AZ 85351

[http://www.pennypulzgolf.com/NeuroOptimal\\_general.asp](http://www.pennypulzgolf.com/NeuroOptimal_general.asp)

### What is NeuroOptimal™?

NeuroOptimal™ is considered by many to be the most highly evolved form of neurofeedback available today. After more than 20 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.

A brain spa experience, resulting in a more flexible and resilient central nervous system. Exercising the ability of the brain to optimize itself.

### The Benefits of NeuroOptimal™

Though NeuroOptimal™ 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.

### How Do I Know It Really Works?

After training thousands of clients during 12 million hours of training over the last 8 years, trainers around the world have shown NeuroOptimal™ to be 100% safe and reporting higher efficacy levels than those claimed for many medications.

\*Zengar Institute Survey of Trainers Dec 2008

### Zengar Institute Inc.

Founded in 1996  
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. [www.zengar.com](http://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
- poor performance on tasks
- stuck thinking
- difficulty paying attention
- over activity
- feeling anxious
- headaches
- catching colds and infections
- irritability
- feeling stressed and overwhelmed

### Here's what Clients are saying:

#### Peak Athletic Performance

After my 6<sup>th</sup> session (with NeuroOptimal™), 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 Depression

With multiple symptoms including depression, fatigue and lack of concentration, my daughter was on many medications. With the (with NeuroOptimal™) 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 ADD

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.

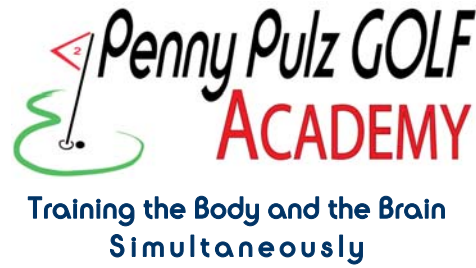
Linda Alantz- Hornsby, France

#### Chemo Brain Breakthrough

I am amazed at how clear my thoughts are after only 10 sessions using NeuroOptimal™. Breast Cancer survivor.

Martha Creighton, North Carolina, USA

Note: NeuroOptimal™ is not used to diagnose or treat disorders. These stories report trainer findings based on client self-report and presentation. There has been no attempt to independently verify problem descriptions or outcomes.



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## EXPERIENCE

### **Personal transformation with NeuroOptimal™ brain training**

Neurofeedback practiced by astronauts, artists, West Point cadets, peak-performing academics and professionals; people in all walks of life.

Your brain deserves this chance!

#### **What Happens in a Brain Training Session?**

During a NeuroOptimal™ brain exercise session, you wear two tiny sensors and two ear clips that record your brain waves. You can sit quietly on a comfortable chair and listen to music while watching a never-repeating fractal image, videos or a movie, or can simply close your eyes and relax. Training happens naturally, you don't have to "do" anything. Your brain is exercising.

The music and the images respond to your brainwaves. The brainwaves that go "off course" create slight interruptions in the audio and video. These interruptions signal the brain to self-correct into a more natural, relaxed, and effective pattern.

After a 35-minute session, you feel refreshed, relaxed and in a higher state of mental alertness and flow.

The effects are enhanced through regular training, with modest improvements after the first two or three sessions and significant benefits after 15 or more sessions.

It is a brain spa experience, resulting in a more flexible and resilient central nervous system; Exercising the ability of the brain to optimize itself

Non-invasive, simple, effective and safe system

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