



## **How does neurotherapy work?**

NeuroOptimal neurotherapy acts like a brain mirror - Once the brain realizes it is watching itself work, as though looking in a mirror, it immediately begins to reorganize itself to attain a higher level of integration and stability.

Neurofeedback training is a unique tool that provides quick & long lasting results. NeuroOptimal training has helped people with trauma, by eliminating the adverse effects of the experience without the necessity of revisiting the trauma. Improving brain function is so powerful because the brain governs all physical, mental, emotional, and intellectual behaviors. Brainpower can change you life.