



HOW TO MAXIMIZE BRAIN TRAINING RESULTS

HERE ARE 5 WAYS TO IMPROVE AND MAXIMIZE NEUROFEEDBACK

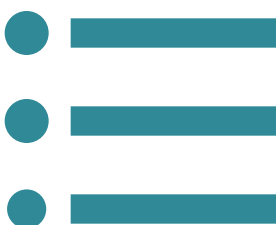


1.) MAKE A COMMITMENT TO TRAINING

Attend
Be Present
Commit

2.) EXTEND TRAINING TO HOME

Just because training is over in the office doesn't mean training is over. Practice breathing, calming, and other techniques used during neurofeedback training.



3.) FOLLOW FOOD SUGGESTION GUIDELINES

Eating the best foods for brain power is important in improvement. Make good choices when preparing meals.

4.) DRINK WATER!

Drinking water improves concentration and cognition. Helping to balance your mood and emotions, and maintaining memory function. **Bathe your brain!**



5.) ASK QUESTIONS

Never be afraid to ask questions about your training or about how to make improvements. Your willingness to further your training and knowledge about it will only make the process more efficient and smooth.

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