

# NeurOptimal+

## NeurOptimal in conjunction with energy treatment modalities

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### NeurOptimal + Energy Psychotherapy

Everything is energy. And for some people, doing NeurOptimal while also using energy psychotherapy techniques such as EFT facilitates the release of emotional, psychological and physical issues that get in the way of their health and well-being. They seem to operate at different levels – NO can get to layers and that EFT doesn't get to quite as easily, and vice versa.

- Releases emotional, psychological and physical issues at energetic level
- Like psychological acupuncture without needles
- Resolves issues at levels that other methods can't reach
- NeurOptimal seems to help integrate the resolution that energy psych methods produce
- Energy psych methods also help anchor and augment the changes that NeurOptimal produces



### Neuroptimal + Bengston Energy Method

The Bengston Energy Healing Method is a powerful, safe energy therapy that can produce remarkable results for both people and animals with cancer and other diseases, including Alzheimer's, depression, asthma, digestive diseases, allergies, cataracts and other ophthalmological disorders, eczema and many other physical and emotional problems.

Using it with NeurOptimal seems to augment the effects of each.

NeurOptimal and The Bengston Energy Method work well together because both of them facilitate and utilize the body's innate capacity for healing, allowing for increased functioning and capacity. They allow the body to find its own way, rather than trying to direct or push it.

The Bengston Healing Method:

- Research-proven energy method for curing cancer and other physical, emotional and psychological issues
- Facilitates the body's innate capacity for healing
- Non-invasive, non-directive
- Complements and augments the effects of NeurOptimal

“Everything is energy and that's all there is to it.

Match the frequency of the reality.

It can be no other way.

This is not philosophy.

This is Physics”

-Albert Einstein

### NeurOptimal + Reiki

Reiki is a healing technique based on the principle that the therapist can channel energy into the patient by means of the practitioner's hands. Reiki is believed to activate the natural healing processes of the body and restore physical and emotional well-being.

- The National Center for Complementary and Alternative Medicine at the National Institutes of Health classifies Reiki as “biofield therapy” or “energy medicine.”
- Because of its simplicity and fast, dramatic results, documented in increasing numbers of research studies, Reiki is one of the fastest growing complementary modalities in the world.
- Reiki is now used not only by individuals but also in hundreds of hospitals, nursing homes, hospices and spas throughout the United States.



### When NeurOptimal meets Reiki

- Clients who experience the energy of Reiki during their NeurOptimal sessions often comment afterwards that they experience a sense of calming, peaceful energy. They sometimes comment that they have experienced a flow of loving energy.
- Reiki administered to the feet can help to ground clients that have complained of feeling 'scattered'.
- Using Reiki healing with NeurOptimal training seems to enhance both and increase the overall enjoyment of the session.
- Reiki healing involves no speaking and fits well within the time frame of the NeurOptimal session.



### NeurOptimal + Bemer

Bemer is a German device that is used widely in Europe in medical and home settings. Extensive research that can be found on pubmed.gov indicates that BEMER enhances blood circulation significantly. Enhanced circulation positively affects the body's nutrient and oxygen supply, ATP production, metabolic waste disposal, cardiac function, physical fitness, endurance, strength and energy. Enhanced circulation results in the body being able to work more efficiently to heal itself.

### When NeurOptimal meets Bemer

- Clients who choose to have their NeurOptimal sessions with a Bemer session often report experiencing increased relaxation, increased mental sharpness and an increase in energy.
- There have been no studies on the use of NeurOptimal and Bemer simultaneously. However, intuitively it makes that sense that if the circulation in the body is enhanced and therefore working more efficiently, the NeurOptimal session would be enhanced.
- NeurOptimal is a non-diagnostic training that optimizes the functioning of the brain.
- Bemer is non-diagnostic and optimizes the functioning of the whole body.

### About Us



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- Crystal Healing
- Reiki and Bengston
- EFT and EMDR

### NeurOptimal + Crystal Healing

All crystals and stones have own energy frequencies and have healing properties mentally, physically, emotionally and spiritually.

- They can be energizing, grounding, calming, confidence builders, balancing, spiritual guides, nurturing and protective to name a few of the ways we can benefit from crystals and stones.
- There are many techniques for crystal healing. For example, chakra balancing involves opening the chakras, then placing appropriate stones on each chakra.

### When NeurOptimal meets Crystal Healing

- Many of our clients report that their enjoyment of the NeurOptimal experience is enhanced with the addition of crystal healing.
- Clients often know which crystals feel good to them. We encourage clients to sample various crystals to see which ones resonate in a beneficial way. Though some crystals may have similar energies, clients often have a preference for one crystal over another.
- Grounding crystals like aragonite, hematite or smoky quartz can be useful for folks that feel lightheaded or spacey after a session.
- Opening the chakras and laying on crystals is often experienced as a body, mind and spirit integration.
- Clients often notice 'feeling' the energy of crystals for the first time or feeling the energy more intensely while receiving a NeurOptimal session.