



We exercise for fit muscles and endurance, but what do you do to strengthen your brain? Your kids' brains? **The brain, like the body can be trained for greater performance even in people who are highly accomplished.**

- Enhance focus
- Increase mood stability
- Fuel creativity
- Facilitate new learning
- Resolve insomnia
- Reduce anxiety

Focus and emotional balance are key to peak performance in all areas of life. Neurofeedback activates your brain to be optimized, resilient, organized, stable = Excellence

Call now for a free 15 minute evaluation!

Gift certificates available

Physician Approved

“In my opinion, if any medication had demonstrated such a wide spectrum of efficacy as Neurofeedback it would be universally accepted and widely used.”

*Dr. Frank H. Duffy, MD
Professor, and Pediatric Neurologist
Harvard Medical School*

“Neurofeedback is an amazing therapy that continued to work well after I received treatment. I recommend Neurofeedback wholeheartedly.”

*Dr. Chris Adams, MD
Seattle, Washington*

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Neurofeedback for PEAK PERFORMANCE



An extraordinary performance enhancement tool for Professionals, Athletes, Students, Performers, and every brain for Achieving:

Sharpened Focus

Mental Agility

Enhanced Memory

Athletic precision

Academic excellence

Emotional Resilience

Inspired Creativity

Neurofeedback is a research proven way to train the brain to fire and re-wire for optimized performance. It is state-of-the-art technology, yet the process is simple, no side effects, non-invasive, and effective.

You perform best when the brain is focused and calm.

Neurofeedback calms the central nervous system by reducing the perception of triggering stimuli so the brain fires with sharpened focus, precision, memory, stability, efficiency.

Neurofeedback re-sets distracted, anxious, dull brain function resulting in enhanced productivity, motivation and mental flexibility.

Train your brain, own your excellence.

Neurofeedback Helps Reduce:

- Distractibility
- Brain Fog
- Moodiness
- Frustration
- Cravings
- Conflicts + quarrels
- Anxiety
- Insomnia
- Short-temper

Neurofeedback triggers the brain to create more optimized, organized, stable and efficient brainwave activity

= Neuroplasticity

Neuroplasticity is the brain's ability to self-correct and heal.



Carolyn Hallett JD, CCH

Carolyn is a Board Certified Homeopath and Neurofeedback practitioner. She has been in practice since 1999 - sharing her love of natural therapies that work.

Neurofeedback Enhances:

- Focus
- Concentration + Creativity
- Restorative sleep
- Memory + Clarity
- Resilience
- Mental fitness
- Emotional Stability
- Mood + well-being
- Confidence
- Inner Awareness

Brains get stuck in negative loops, like being trapped on a mental hamster wheel. When your brain is stuck in the prison of its patterns it leads to negative perceptions, reactivity and “logjams” in life. We don't perform well in this brain state.

No need to work harder - instead, work smarter with a fit brain that allows you to achieve goals quickly, precisely and more effortlessly.

Commonly people report feeling increased vitality, more organized, less mind racing and a welcomed sense of greater ease in life.

Kids and young adults have the most flexible and resilient brains - they respond quickly to neurofeedback with enhanced academic, athletic, and artistic performance.

<https://www.rtbham.com/kids-and-teens>