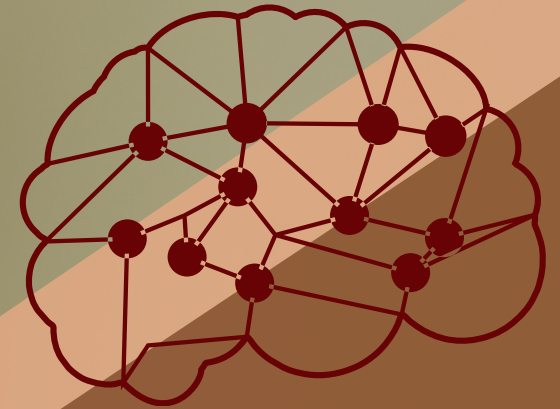


*Being healthy & fit  
isn't a trend, it's  
a lifestyle!*



**STOP SURVIVING,  
START THRIVING.**



**PSYCHOLOGICAL HEALTH**

**CONTACT US**

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*NeuroOptimal  
can support a wide  
range of mental health  
conditions*

**Help your brain and nervous  
system cope with traumas  
and triggers**

NeuroOptimal is a brain-training  
program - nothing is put into the brain!

**NEURO  
FEEDBACK**

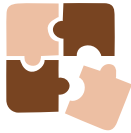
**NeuroOptimal®  
Dynamical Non-Linear  
Neurofeedback®**

**VITALITY WELLNESS WORLD**

## What is Neurofeedback?

NeuroOptimal® Dynamical Non-Linear Neurofeedback® is a system that aims to help individuals optimize their brain function and overall mental well-being. It is suitable for people of all ages with any symptoms. It is diagnostically agnostic, not a medical device. NeuroOptimal, Dynamical system focuses on improving brain resilience and flexibility that naturally leads to a reduction in problems/issues. It's 100% non-invasive and lets the brain decide which correction works best.

**PERSONAL  
TRANSFORMATION**



### LIFE CHALLENGES

NeuroOptimal has been reported to support the mind amidst the challenges that we face in our day-to-day lives. This includes anger management, lack of focus, sleep issues, performance enhancement, brain fog, addiction, and chronic illness.



## HOW DOES NEURO-OPTIMAL® WORK?

Sensors are placed on the scalp, ear tops, and ear lobe. The zAmp starts the process of feedback by amplifying the EEG signal changing the output from analog to digital format. This allows real time monitoring and analysis of the brain's activity. Sensors measure the brain's electrical activity which naturally fluctuates as neurons fire and communicate.

The system monitors these fluctuations 256 times per second detecting changes. The information is fed back to the individual by slight interruptions in the media stream.

The central nervous system responds and adjusts naturally. Personal transformation happens when the person trains towards flexibility and resilience to what they perceive as internal or external turbulence.

**Improves instruction following, concentration, problem-solving, impulse control, multitasking, resource management, logic, pattern recognition, hand coordination.**

### PHYSICAL, MENTAL, & EMOTIONAL HEALTH

Neurofeedback has been noted to support the body by addressing physical, mental, and emotional health concerns. This can include chronic pain, inflammation, developmental disorders, rehabilitation post stroke, concussions, traumatic brain injury, stress, depression, anxiety, ASD, dyslexia, dyscalculia, and much more.

## WHAT DOES NEURO-OPTIMAL® HELP WITH?

- Help living with anxiety
- Better coping
- Promote self regulation
- Stress management
- Promotes healthy sleep habits & waking refreshed
- Relaxation and well-being
- Indirectly support cognitive functions
- Improve focus, flexibility in thinking, mental acuity, and problem-solving
- More resilient facing stressors and can recover more quickly from challenging situations
- Feeling more confident
- Assist with weight loss goals
- Promote relaxation
- Enhances learning capacity
- Passive brain training & personal enrichment
- Restrictive & repetitive behavioural patterns

**TRAIN YOUR  
BRAIN!**



**LEARN MORE  
NeuroOptimal**

← **WEBSITE**

**VIDEO** →

