

Myth Busters

Rumor Has It...

Funny how rumors get started... One person thinks they understand how something works. However, it is always embedded with their experiences and the knowledge base they come from. This information that they receive quickly turns into "it works like this" while another says "no, I heard it worked like this", and yet another says, "in my experience it must be like this". Before you know it, suddenly all these funny rumors, inventions, beliefs and in some cases, superstitions have started, and with little to no truth! So, we are going to take a moment to dispel the myths and rumors.



1 Allow at least two nights sleep between NeuroOptimal® Sessions.

FALSE! NeuroOptimal® is so safe that Sessions can be run even twice per day if you want. Because it doesn't push the brain, NeuroOptimal® cannot hurt you nor create side effects.

2 You must ease into the process by starting with the Demo Session timing or manually creating a shorter time period and eventually graduating to Regular as a process.

FALSE! Start with "Regular" and stay with "Regular", no matter who you are training. Children or 'severe' cases do not require an 'ease-into' approach. Since AutoNAV came to be, easing into Regular is no longer necessary. Nor are you 'graduating' into the Extended Session.

3 If the Matrix Mirror has a predominant color, or longer line, then add Omega 3 oil or if it has mostly red lines within it, stop drinking caffeine.

FALSE! The Matrix Mirror does not convey any information about outside influences such as these. We cannot judge nor predict the Session's value by looking at the activity.



4 Migraine headaches need 20 NeuroOptimal® Sessions, while ADHD needs 40 Sessions.

FALSE! NeuroOptimal® is a training, not a treatment. There are no prescriptive buttons we press because somebody has x, y, or z. All it does is provide information to the brain about what it is doing, allowing it to make better decisions for itself. There is no way anyone can predict what shifts someone will experience, how big of a shift it will be or when that shift will happen.



5 I must have a QEEG (Quantitative Electroencephalogram) to know where my brain is starting and what kind of progress I am making.

FALSE! NeuroOptimal® is a Dynamical Neurofeedback® system that measures information while it is in movement, not in a linear moment in time. It is important that the measure is fluid and not a still picture. Once a picture is taken, that moment is gone and is now a historical point. NeuroOptimal® is always dynamic, fluid, and in real time. The BEST way to measure one's progress & shifts are via My Journal – Checklist and My Journal – Tracker.



6 My Trainer must understand my diagnosis to best treat me with NeuroOptimal®.

FALSE! NeuroOptimal® does not treat, it is diagnostically agnostic. It is a mathematically driven program that does not need to know or understand anything about your diagnosis. It has been designed to 'meet the individual' in the moment and respond, reorient and 'detect change' within the cortical activity. The software is training the CNS (Central Nervous System) to decide to move away from 'discomfort'. Therefore, transitions are important and the result is better flexibility and resilience.



7 **NeuroOptimal® results (data) must be interpreted by an expert.**

FALSE! The information derived from NeuroOptimal® is not necessary for continued training and is therefore not used in monitoring progress. Instead, we use My Journal – Checklist and My Journal –Tracker to measure the DIFs (Duration, Intensity, Frequency and Shift) of the changes. The training empowers the client to better know how the shifts are playing out in their lives.

9 **NeuroOptimal® picks out specific frequencies in hopes it will change neurochemicals in the brain like serotonin and dopamine.**

FALSE! NeuroOptimal® does not encourage or discourage any specific frequency or neurochemical production. Instead, it is a 'feedback' system that 'detects change' within the Central Nervous System (CNS). By mathematically mirroring that information back to the individual, their brain responds to that information and a 'shift' may occur.

11 **I must stay with my client as they go through their Session.**

FALSE! We do not need to 'help' clients through their process by sitting with them. In fact, our being in the room may add an 'extrinsic constraint' to their process, which could slow it down. Let NeuroOptimal® and the individual dance together and get out of their way.



12 **I believe when I add my vibration bed, (binaural beats CD, or my 'mat') or other services help make NeuroOptimal® better.**

FALSE! We do not need to combine anything with NeuroOptimal® to make it 'more' effective! Sadly, although these other devices might be good products, they may slow down the NeuroOptimal® process due to their constraining effect on the brain.

13 **A Regular Session is too strong/long for children. They must do shorter Sessions until at least until they are "x" years old.**

FALSE! Do Regular Sessions all the time, no matter what age the person. If you find it a challenge to keep a child seated during a full Session, quiet activities like reading, homework, or board games are fine. They can even watch a movie.



8 **The NeuroOptimal® Trainer must manipulate the software to create physiological changes in the CNS (Central Nervous System).**

FALSE! NeuroOptimal® does not aim to make physiological changes in the CNS, or any other changes for that matter. That is up to your CNS, not NeuroOptimal®, which acts more like a mirror. NeuroOptimal® also has its expertise built right in, so it is not necessary to monitor and change parameters. Simply, apply the sensors on your head and start your Session!

10 **NeuroOptimal® can be too strong for this person due to their age, mentality or severity of diagnose.**

FALSE! While the software has a very precise 'mathematical' timing throughout its 33-minute Session, it is meant to provide different clarity of feedback to the brain. Thus, there is no need to adjust any timing for different individuals. The software has been designed to fluidly navigate and not push the brain to 'do anything', no matter where you are in your journey! Select "Regular" Session and trust NeuroOptimal® to provide the safest, most robust feedback for each person.

14 **NeuroOptimal® Dynamical Neurofeedback® system is no different than any other neurofeedback approach.**

FALSE! NeuroOptimal® is an approach to neurofeedback that mathematically offers feedback by using a 4-D (4-dimensional) process of Duration, Intensity, Frequency & Shifts. In contrast, other linear approaches only measure in 2-D (2-dimensional) Frequency and Amplitude. Even if others use some of our same language, they are just not the same under the hood. NeuroOptimal® is mathematically measuring TIME, hence its ability to help train flexibility and resilience.

15 **NeuroOptimal® creates neuroplasticity in the brain... NeuroOptimal® creates neurons in the brain... NeuroOptimal® re-connects neurons...**

FALSE! The brain is designed to process information, and NeuroOptimal® offers exactly that – information. So, there is no need to invoke physical effects of any kind. While people may have their own theories of what happens physically in the brain after doing NeuroOptimal® Sessions, there would be no way to know for sure until an actual post-mortem dissection has occurred.

