



NEURO
CLINIC

SELF TRANSFORMATIONAL PROGRAM
RESET YOUR MIND-SET AND BODY CLOCK IN 7 DAYS

Booklet

How to turn back the clock and
reduce your biological age

www.neuroexs.com



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Our course's technology is also used by researchers and clinicians at over 100 institutions worldwide including:



Massachusetts
Institute of
Technology



MAYO CLINIC



UNIVERSITY OF
TORONTO

Three Step Self Transformation Formula

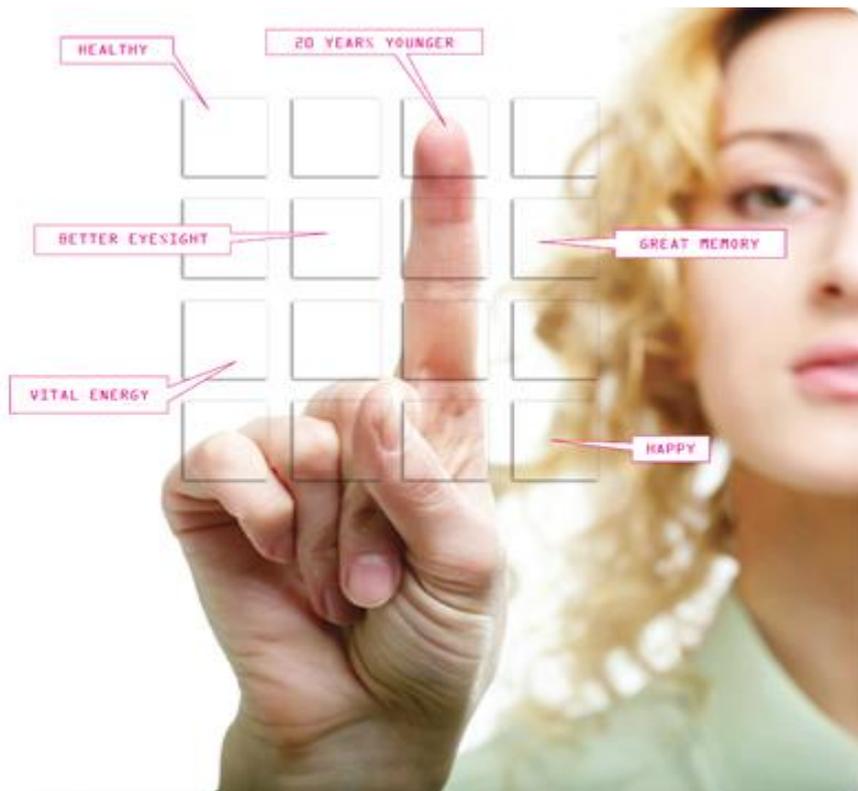
Learn how to recapture
your younger, healthier Self !

RESETTING OUR MIND-BODY CODE

Step 1. NST Change Model + Coaching Approach
+ Neurofeedback Technology =

Step 2. Enhanced States of Meditation & Mindfulness + Brain
Training =

Step. 3. The FUTURE with Unlimited Benefits



Mind Body Medicine

-Grow Younger -Feel Younger -Look Younger-

Self Transformation ANTI AGING Program

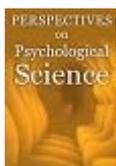
SOME STUDIES: -The Science and Evidence!



STUDY: Ageing as a Mindset: A Counterclockwise Experiment to Rejuvenate Older Adults

Harvard's renowned 1979 "counterclockwise" study, showed how elderly men who lived for a week as though it was 1959 **grew noticeably younger and healthier eg; vision, hearing, strength, and other abilities significantly improved.** This important work provides us the **first clear, scientific evidence that the biological clock can be reversed.**

The 'Counterclockwise' study, supervised by Dr Ellen Langer (now aged 72 and the longest serving Professor at Harvard University) shows us the ways in which our belief in physical limits constrains us; and demonstrates how our desire for certainty in medical diagnosis and treatment often prevents us from fully exploiting the power of uncertainty. This landmark study has now been successfully conducted in three countries (US, Great Britain, and South Korea) all yielding very powerful results for enhanced functioning for older adults. This important study and other more recent studies hold enormously exciting and powerful keys for changing our general health—including old age, heart health, cancer, weight and vision—as well as for our fundamental happiness.



Many similar studies have followed, such as a paper published in **2010 in the journal Perspectives on Psychological Science**, that reported that the subjects who perceived themselves as looking younger after hair a makeover experienced a drop in blood pressure.



Another recent study, published in the **journal Psychological Science**, involved 84 hotel maids. The maids had reported that they didn't get much exercise in a typical week. The researchers primed the chambermaids to think differently about their work by informing them that cleaning rooms was serious exercise. Once their expectations were shifted, those maids lost weight, relative to a control group (and also improved on other measures like body mass index and hip-to-waist ratio). All other factors were held constant. **The only difference was the change in mind-set.**



The power of the mind to ease various afflictions. **In a recent Type 2 Diabetes Study** — the subjects' perception of how much time had passed was manipulated. The theory was that the diabetics' blood-glucose levels would follow perceived time rather than actual time; in other words, they would spike and dip when the subjects expected them to. And that's what the data revealed.

Is it possible for people to decide to get well?

More studies have followed such as in 2014 when a number of healthy test subjects were given the mission to make themselves unwell. The subjects watched videos of people coughing and sneezing. No deception was involved. This was explicitly a test to see if they could voluntarily change their immune systems in measurable ways.

Following the experiment over 40 percent of the experimental group reported cold symptoms and showed high levels of the IgA antibody (a sign of elevated immune-system response). Here was concrete proof that people could get sick or well **through the power of their mindset.**

Placebo effects have already been proven to work on the immune system. **But this study clearly showed for the first time that they work in a different way — that is, through an act of will.**

Taking Back Control of Your Life and Your Health
Current.

An intensive, 2 year study (still in progress -due to be completed end of 2019), lead by Dr Ellen Langer who supervised the seminal 1979 Counterclockwise Study, tests if a change of mind-set can shrink the tumours of cancer patients. Results to date are highly encouraging. Another ongoing study investigates whether mindfulness can slow progression of prostate cancer. Note: Martin Seligman, recognized as the father of positive psychology, calls Langer “the mother of positive psychology,” in recognition of her ground-breaking work, while others call her "the mother of mindfulness."

Today, neuroscientists are charting what’s going on in the brain when expectations alone reduce pain or relieve Parkinson’s symptoms. Many other experiments now focus on how changes in self-perception can generate positive, reversal changes in health.

NOTE: Your chance of getting cancer in your lifetime is approaching 70%. By 2030 half of all global deaths will be from cancer. In real numbers, that is 13.1 million deaths per year.

To combat this devastating disease, we need to think differently and we need to bring many minds together to do this.

- Queensland University of Technology’s Cancer and Ageing Research Program



Reversing Health and Age.

In the last decade there has been an acceleration in the pace of human age-reversal research. A new breed of neuroscientists and some prominent individuals are seeking to fast-track development of technologies for people who are “aging to death.”

However, the greatest medical breakthrough in recent years isn't the creation of a new drug or treatment—it's the re-discovery of how much your mind affects your health.

Since the beginning of human history, we have been trying to find ways to stay young. Each of us is born with an internal biological clock, figuratively speaking, that determines our life span.

Why do we age?

The human body is made up of cells. Each cell is like a Lego block, and builds various organs for different functions. Cells divide to produce new cells for the growth and repair of body tissues. But cell division is not limitless: on average, human cells can divide only about 50 to 70 times. Afterwards, cells will enter a senescence phase when they no longer divide. At this point, the cells may die, or stay in the body as malfunctioning cells. This causes our bodies to deteriorate and age.

What happens at the cellular level?

To understand the ageing process, we need to look deep inside our cells. Inside each cell, there is a compartment called a nucleus, which contains many strands of chromosomes. Chromosomes contain the genetic materials that control cell division. At both ends, chromosomes are protected by caps of telomeres. Imagine a shoe lace: the telomeres resemble the plastic tips on the ends of the shoelace that prevent it from fraying.

In our cells, telomeres act as buffers to protect the chromosomes from damage. But every time the cell divides, the telomeres are shortened. At birth, we have

long telomeres, but as we grow older and our cells continue to divide, our telomeres become shorter and shorter. Each time a telomere gets shorter, the chromosomes are less protected and finally, the chromosomes are exposed to damage, and cell division stops. We age because our cells age.

The more stressed you are, the faster you age

In a study published in the Proceedings of the National Academy of Sciences, it was shown that persons with the highest levels of perceived stress have shorter telomeres.

Why does stress make you age faster?

Stress releases cortisol in our body, and high levels of cortisol increase cell damage through oxidative stress. Cortisol also counteracts an important telomere-lengthening enzyme called telomerase. So, too much cortisol speeds up the shortening of our protective telomeres and accelerates ageing.

Is there any way to slow down ageing?

Recent studies show that lifestyle changes (eg; diet, meditation) lead to longer telomeres. This shows that we can actually do something to lengthen our telomeres and slow down ageing.

Psychological stress plays a significant role in ageing. Relaxation is of utmost importance if you want to live longer.

Many studies now suggest that meditation can help. Meditation encourages people to focus on the present, and reduces anxiety and distress. By reducing stress, meditation also lowers our levels of cortisol, and thus reduces oxidative stress on our cells. Focused breathing, or exercise, also boosts the release of endorphins that create a sense of relaxation.

So Yes! -Ageing is a process that we can slow down. But, can we reverse the process?

The exciting field of Neuroscience provides us the answers and neuropsychology the tools!

Neuroscience, Aging and Health

Neuroscience teaches us that the body is not a single entity and that its cells are members of a harmonious community of trillions of cells, and each cell has every function of the body in it. Liver cells aren't just liver cells. Each bodily system is present in every cell. All cells have receptors in their skin that are tuned to chemical and electromagnetic vibrations. Signals of the brain control the readout of the genes.

Cells perceive the body's inner environment and make bodily adjustments the same way the outer skin reacts to perceptions of its environment. The cells' perceptions of their community environment change biology, chemically and electrically.

Epigenetic clocks control genes which are switched on or off. Life is determined as it happens.

Many perceptions of our environment (diet, energy connections, air quality, exercise, consciousness, etc.) are entwined with thought processes.

If we understand that **thoughts are an interface between the inner cellular community and the outer environment, we can understand how illness occurs and how wellness and well-being can be recreated.** For example, the body-mind reacts to fearful perceptions and thoughts by stopping growth, closing off blood flow to the forebrain, and switching off the immune system. During a period of fearful reaction, the adrenal glands work to protect the body against threats from the outside; however, the body does not manufacture new cells or grow and the immune system does not protect the body against threats from the inside. Existing opportunistic organisms (parasites, bacteria, viruses, etc.) that are normally suppressed by the immune system gain strength, and illness occurs. Moreover, some excessive stress hormones destroy the body's own tissue -- particularly heart tissue. Chronic fear and stress enhance this process.

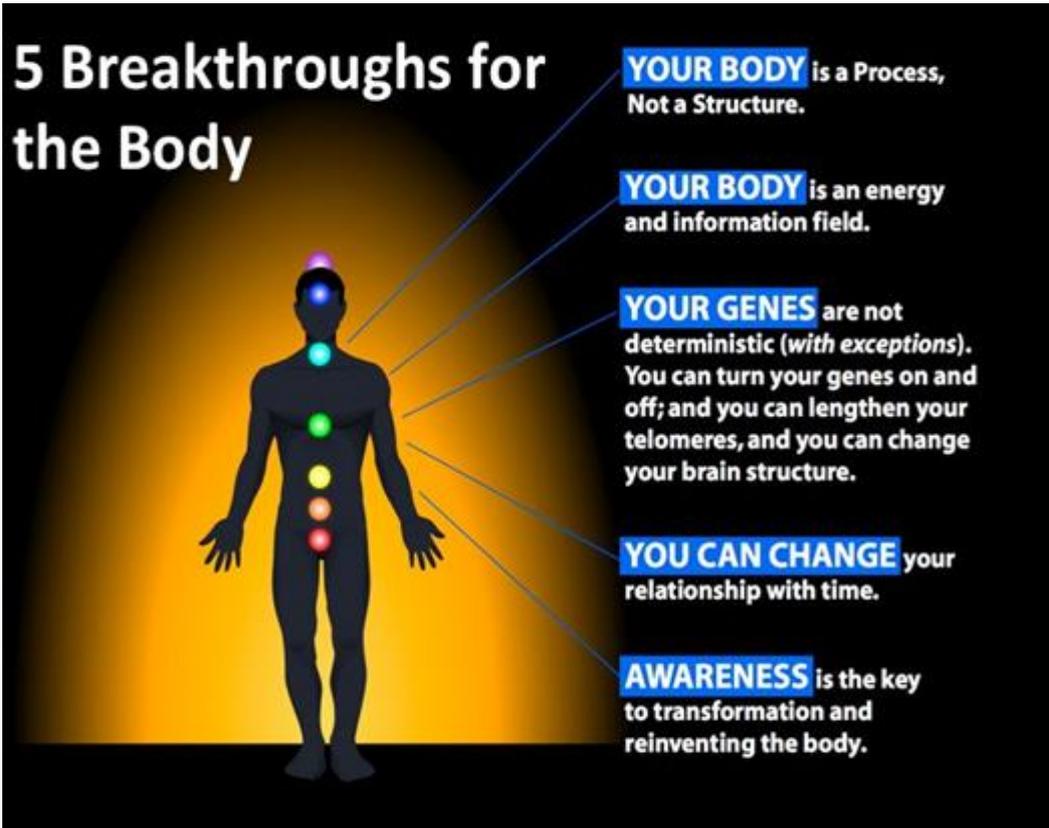
Problems caused by the mind can be fixed by the mind.

In order for cells to respond positively, however, they must be given the right perceptual thought signals. An estimated 70 percent of all continuous-loop thoughts running through our minds are negative and redundant, however; and 95 percent of our life activity originates in the subconscious.

In order to change our thought patterns, and improve gene responses, we need to think of the subconscious as a machine, which is not “good” or “bad”: just an accumulation of programs that became established and dominate our thinking. The conscious and subconscious minds do not communicate. Therefore, we need to assume responsibility for eroding unhealthy, reactive subconscious programs and devote time and repetitive effort to developing **mindfulness** that will facilitate healthy perceptions of our environment.

Through exciting, breakthrough research, we are learning that we can release the thoughts being controlled by our inherited genetic makeup and that we do not have to be victimized by self-perceived physicality. **We can create our own unique physiological and behavioral traits through applied consciousness.** Science has confirmed the possibilities.

We are all challenged to discover how to fulfil our potential for becoming sentient (finely sensitive in perception or feeling) beings. **The key to a better healthier and longer living future is learning how to: ask the subconscious mind what is destroying wellness and well-being; change perceptions of our environment; reframe feelings, thoughts, and emotions; and facilitate positive cellular communications and gene responses.**



5 Breakthroughs for the Body

- YOUR BODY** is a Process, Not a Structure.
- YOUR BODY** is an energy and information field.
- YOUR GENES** are not deterministic (*with exceptions*). You can turn your genes on and off; and you can lengthen your telomeres, and you can change your brain structure.
- YOU CAN CHANGE** your relationship with time.
- AWARENESS** is the key to transformation and reinventing the body.

You Can Create Your Own Destiny

Today, people spend billions of dollars to enhance their perceptions of their exterior appearance: cosmetics, surgeries, clothes, hair styles, etc. Such products and services may enhance self-confidence and self-satisfaction; but, they intensify an exterior focus, without regard for inner wellness and well-being.

The bottom line question is: “How does my interior physiology look and how am I behaving?” Antidepressants are one of today’s most frequently prescribed medications. This fact, alone, may indicate that people are abdicating their self-empowerment. Imagine the possibilities if people were asking: “How can I apply my consciousness, change my perceptions of my environment, and reshape my biology and behavior?” **More qualified practitioners are needed to help others develop healthy perceptions, empower their body-mind, and improve their wellness and well-being.**

The true fountain of youth within!

Neuroscience and quantum physics has shown a growing list of benefits on body-mind communication while neuropsychology provides us a blueprint on how to assume responsibility for it.

Optimizing our Brain Function

The brain is capable of developing new pathways and connections when we change perceptions and thought patterns, and such changes are necessary in order to develop healthy brain-to-cell signals.

The Mindset Reset Program employs evidence-based methodology (based on proven science) that produces positive effects on the body-mind, including:

- ✓ Relaxing DNA strands
- ✓ Taking control of your genes and reshaping your biology and behavior
- ✓ Reframing habitual unhealthy thought patterns and eliminating continuous-loop thoughts
- ✓ Producing and delivering more feel-good neurochemistry

- ✓ Stimulating brain connectors and neural pathways
- ✓ Increasing cerebral blood and energy flows and nourishing injured or deficient body areas
- ✓ Cleansing the body of toxic wastes
- ✓ Removing incoherence (chaos) from bioelectrical fields and improving resonance
- ✓ Applying consciousness and assuming responsibility for your interior biological appearance
- ✓ Learning to understand and accept yourself
- ✓ Changing unhealthy perceptions and creating harmonic environmental, body-mind, and spirit connections

You are the only person who can perceive your outer environment through your applied consciousness, and only your cell community reads your inner environment and constantly adjusts your biology.

Your body-mind already knows how to apply the necessary mechanisms to create the positive effects governing age and health reversal.

Changing your cell responses through resetting your *subconscious controls* is the key to live a longer, healthier and happier life .

"mindset" {*noun*}

a set of beliefs or a way of thinking that determines one's behavior, outlook and mental attitude.

How our Body and Brain are interconnected and can control each other.

-In his book (*The Brain's Way of Healing, 2016*) Dr N. Doidge (a distinguished scientist, a medical doctor and, a psychiatrist on the faculty of both the University of Toronto and of Columbia University in New York) cites some of the latest research studies in the developments in neuroplasticity, namely the way the body and brain can change each other. Note: The brain is always embodied, and our subjective experience always has a bodily component, just as all so-called bodily experiences have a mental component.

For example: Dr Doidge cites a case of a person suffering from Parkinson's disease (a movement disorder inhibiting his walking) who began taking slow, conscious walks concentrating on each subtle movement of his body as he moved. Doing this began to activate different parts of the brain, associated with learning, and in doing so he managed to create new pathways to walk and bypass the basal ganglia. **Now, in his 70s, he moves so quickly and smoothly, you would never know he had Parkinson's says Dr Doidge.**

"He was using his prefrontal lobes to do those activities taking over for the basal ganglia which can only do automatic activities," explains Doidge. "The basal ganglia was not rewired - he learned to work around it."

This Great News!! The idea that many brain problems – from MS to Parkinson's, strokes to autism, ADD and dementia – thought to be incurable or irreversible can be improved has offers hope to millions around the world.

"If there's a panacea in medicine, it's learning and that triggers the growth of new brain cells and of course a lot of these growth factors." states Doidge.

"Only in anatomy textbooks is a **brain** separate from the body," Doidge says. "In terms of its functioning, it is **seamlessly connected to the body by the peripheral nervous system and to the world through the senses.**

"And the model we've had of the brain in recent years has been that because the brain controls a lot of the bodies functions, we start to think of the body as merely infrastructure for the brain as though the body evolved to serve the brain and that is crazy and the exact opposite of what happened" concludes Doidge.

Meditation.

"One of the things that happened in the course of writing the book," Doidge explains, "I found that over and over the issue of energy was being used (by well- respected neuroplasticians) to stimulate the brain."

"It was very clear to me that the genius of western science has been that it's analytical, breaks things down into parts...on the other hand, **eastern medicine had much more to say about mind, brain and body wholeness.**"

In the sense that it does not compartmentalize body, mind and brain, the holistic **eastern approach to self-healing is a perfect fit with neuroplasticity.** Many exercises in eastern practices, which help relax the body and mind, have now proven crucial before the process of self-change and brain retraining can begin.

"In rest periods, we normally get a lot of cell repair," says Doidge. "During sleep, we consolidate the changes between our neurons that have occurred from learning. **With these techniques, we learn to turn on that relaxation system and that's just absolutely crucial.** When you're on the go and constantly battered by the stimulation around you and the cortisol is being fired - if it's a sometimes thing, that's fine, but if it's chronic, **as it is in many jobs and life situations, you get deterioration of overall body function.**"

Doidge confirms Mindfulness as an important exercise.

Mindfulness can result in moments of stillness and cultivating awareness and relaxation. This exercise provides people a space/time when their brains are "harmonizing, re-tuning, resetting".

And finally, Dr Doidge adds a warning; **"The trend just towards positive thinking or affirmations is just too simplistic."**

"Clearly you want to build on strength but sometimes people are doing things that are getting in their own way and that requires some analysis of that pattern.

"I think if affirmations in and of themselves were sufficient to get us over that, we'd all know that now. But **the problem is if you're burying or covering over some deep (subconscious) unresolved state...I don't think any number of affirmations is going to help.**"

The latest research confirms that one of the best things people can do in their life to self-change their body is to their reset mindset / retrain their brain.

Aging and Rejuvenation

Ageing is (biologically speaking) the result of a damage accumulation process at cellular and molecular level. This process takes place throughout the body and throughout life; the damage it causes is a side effect of the normal metabolic functions the body does to stay alive. With time, the accumulation of damage leads to age-related pathologies, and eventually, death.

The 'maintenance approach' or Rejuvenation

In the Neuro Self Transformation Program a client is not 'cured' of the ageing process; ageing continues, but some (if not all) of the damage done can be reversed, effectively rejuvenating the patient. The patient senescence (i.e., ageing) would always be kept at low levels. In other words, one could be 90 chronologically, but 45 biologically. That said, the Program's success lies with the client as they assume the responsibility of regularly engaging in their mind-body transformational neuro exercise routine (as needed).

Here are some reasons why rejuvenation would be good for you as an individual:

- ✓ Preserving your health and independence. Bonus here is that you may be alive when there is a cure for aging and you can revert back to being "20 years old" or whatever.
- ✓ Unlimited opportunities for personal growth
- ✓ Never too late to make a different choice. How many people regret some of their past choices, and lament that it is now too late to change.
- ✓ Live to see the future.
- ✓ A longer, healthy life offers endless possibilities.

Plus Rejuvenation or postponing death is good for your loved ones

- ✓ No immediate grieving for suffering or dying elderly.
- ✓ You would not be a burden.

✓ Families can last longer. Note: In the future your children won't have to suffer from, and die of, age-related diseases.

✓ Friendships can last longer.

Do you have Future Life Protection Insurance?

Simply put, If you do not engage in rejuvenation you will suffer from the age plague. In the near future age will be classified as an illness.

You have a choice between health and disease.

Don't get to that terminal stage of your life when your health fails you (which can happen anytime regardless of what number is on your birth certificate), and you regret not having a future. Take out some 'Future Life Insurance' by starting your Self Transformation Program today.



Performance Enhancement

ACHIEVING PEAK PERFORMANCE and BEYOND -where there are no limits!

Using a **Neuro Enhanced Coaching Process** provides a number of benefits for individuals who wish to pursue peak performance training in a relatively short period of time.

Neuro Coaching is used to 'tune' well-functioning brains to enhance a person's mental abilities and allow them to perform at their peak.

Focus and emotional balance is the key to peak performance in all areas. Peak Performance occurs when a person is totally alert and focused while maintaining a relaxed physical body.

A person's ability to focus and concentrate is hindered when stress and tension is carried in the body. Neuro Coaching increases resilience and an individual's ability to deal with stress. It improves mental clarity, decision making capabilities and focus. Productivity, competency and efficiency are enhanced.

Peak performance training using Neuro Coaching can be likened to training in a gym.

The brain is like any other organ in the body. If you exercise it, it performs better. An efficient brain can accomplish more, with greater accuracy, in less time.

With repeated exercise, just as muscles respond and gain strength, the brain similarly learns to self-regulate more and more optimally. Neuro Coaching is effective for performance because it helps to improve a wide range of brain functions.

Much like working out in a gym, we use brainwave training to strengthen specific brainwave patterns. The more you practice activating a specific area the stronger and more capable that area becomes. The levels of progress and overall results.

Brainwaves in proper function work in a steady harmonic beat. Neuro Coaching restores and strengthens this natural symphony.

Neuro Coaching provides high performers with the tools to train and exercise neural-nets in the same way as one exercises and builds muscles. A personalised performance coaching program makes more efficient use of brain resources by strengthening specific neural connections.

Self-Regulating Arousal

Neuro Coaching helps to control levels of arousal in **adults and children eg;** accessing a mental state has proved a highly effective way of reaching calm, alpha brain wave frequencies.

When the mind is at ease, so too is the body. Fight/flight responses become normal, muscles relax, and the body's natural pH balance is less acidic as a result of normal adrenal gland secretion and endocrine function.

With Neuro Coaching the client drifts into a peaceful, calm and relaxed state in just a few minutes.

Accessing our Alpha brain waves helps us to feel more centered, chilled, confident and less anxious.

Users

Outstanding performers in all fields use various forms of neurofeedback to reach their peak; from professional musicians to poker champions. It is extensively used in elite sports; by professional golfers, Olympic athletes, and many of the world's top professional sports clubs.

Surgeons use it to improve concentration; corporate executives use it to increase emotional intelligence for improved leadership skills and better time management whilst others use it as a mental guide to reach mindful, meditative or other spiritual states.

Some people simply use neuro brain training for release from stress, to improve sleep, and to be at their best no matter what circumstances they face.

Note: Many users of Neuro Coaching believe it provides them a competitive advantage and therefore choose to not disclose to others or their competition about their use.

Business professionals, sportspersons, students and ordinary people alike are able to think more clearly, strategize and plan more effectively when not clouded by anxiety and high states of arousal.

How many chokes, blunders, or missed opportunities occur every day in the world around us? What if you are able to remain calm and control your arousal levels? It's fair to say that you can create a more desirable future for yourself.

Case Example:

Neuro Coaching to achieve new levels of peak performance.

-Note: Neuro Coaching also increases the client's levels of CREATIVITY, THINKING and IQ.

Getting into "the Zone"

Our clients are shown how to attain and then to live in the same brain wave states as peak performers in sports and business.

Tony Robbins (Award Winning Speaker, Best-Selling Author) recently undertook a private neurofeedback course and stated that it; "enhanced my ability to multitask, and as a creative professional, I now have the ability to visualise two separate tasks simultaneously. Example being, I can now type an email to one person while having a conversation with another person and the email will be flawless."

-Business Insider Magazine.



Performance Enhancement Organizational / BUSINESS Application

-Where there are NO LIMITS!

Our work shows that the application of the program's methodology / neuro exercises (individual or team) can dramatically enhance organizational success.

Results include greater efficiency, effectiveness, innovation and a higher likelihood of survival in a changing world:

- ✓ Reduced burnout and health costs
- ✓ Happier, stress-less work environment
- ✓ Increased individual IQ and EQ
- ✓ Increased levels of Creativity
- ✓ Increase individual Intuition
- ✓ Increase productivity
- ✓ Increased effectiveness through better focus and understanding about oneself
- ✓ Greater innovation in solving problems and developing possibilities
- ✓ Greater efficiency through less waste of resources and human creativity
- ✓ Taking appropriate organizational and personal risk as a natural function of changing world and work contexts
- ✓ Overall greater job satisfaction.

Our approach focuses on achieving these results by helping leaders to:

Embrace change; asking "how" rather than "can"!

Encourage questioning the status quo—being fearless: Understand that rules are made by rulers and develop flexibility of thinking and managing

Create a nonjudgmental, positive environment in which staff are able to be their “best selves” and showcase their hidden assets in an open environment—key hallmarks of a successful organization culture

Protect against solving today’s problems with yesterday’s solutions

Appreciate the importance of interpersonal dynamics versus a reliance solely on work content;

Create a high performing, creative and integrated team dynamic

Learn the advantage of work/life integration rather than work/life balance

Companies whose leaders who practice the principles of the program at all levels in the company benefit from an innovative, collaborative, organizational culture where personal differences are valued, and people matter

We have many, many studies that suggest that the limits we assume are real are artificial, and that we don’t have to accept them at all.

SOME BENEFITS

Changing the Structure of the Brain

- Increase your brain size (grey matter)!

A research team at Harvard has confirmed the vital components of our Neuro Self Transformational Model increases the cortical thickness in the hippocampus, which governs learning and memory, and in certain areas of the brain that regulates emotion and self-referential processing. Researchers found significantly larger volumes of gray matter in the regions of the brain most associated with positive emotions.

Here are some of OTHER BENEFITS that were confirmed:

1. Slows and reverts Aging Process.

Aging can be seen at the cellular level by the health and length of our telomeres, the protective caps on the ends of our DNA. Stress and time break down telomeres so that our DNA is less protected, allowing our cells to break down as well. This, essentially, is the process of ageing.

2. Improves your Physical Health

Boosts your Immune System and helps prevent stress-induced illnesses. Regular practice also increases antibody response when exposed to viruses, such as influenza.

3. Improves Cognitive Health.

Found to be a tool to enhance cognitive health especially in older adults eg; depression.

4. Improves Emotional Health.

Latest studies show how it rids our minds of subconscious layers of anger, depression, anxiety, fear, phobias, addiction, and sadness, and produces a seemingly perfect mental and emotional balance.

5. Reduces Anxiety, Worry and Mental Stress

They also found that even just a few minutes practice a day can make rush hour traffic more bearable, work stress more tolerable, and sustained focus more achievable.

The most impressive part of this research found that after a 3-year follow up, the persons who had just engaged in 8 weeks practice still demonstrated a significant reduction in anxiety.

6. Increases Focus and Attention.

Just four days of practice can significantly improve your working memory, executive functioning, and visuospatial processing.

Another first line benefit confirmed benefit includes better sleep. In fact, clients have shown to need fewer hours of sleep every night because their minds and bodies are completely refreshed and rejuvenated during their highly pleasurable practice sessions.

Clients who regularly practice self-coach themselves are also known to have better, healthier relationships, and feel a great deal more satisfied and content with their lives.

THESE BENEFITS ARE JUST A TIP OF THE ICEBERG!

SUMMARY

-Here are just a few more limitless benefits:

- Achieve the mindset to attract and manifest the life you want
- Turn back the clock: boost vitality, feel more energized and rejuvenated
- Move brainwave patterns into the healthiest, most advanced states. Use your “whole brain“
- Feel more happy, confident, inspired, and motivated
- Boost learning ability, memory, & concentration
- Access hard to reach, super-powerful mind layers
- Open the door to realize your full potential
- Overcome self-limiting beliefs, habits, fears, & phobias

BOTTOM LINE

YOUR FUTURE IS HERE!

Today, everyone can benefit from many of the listed benefits.

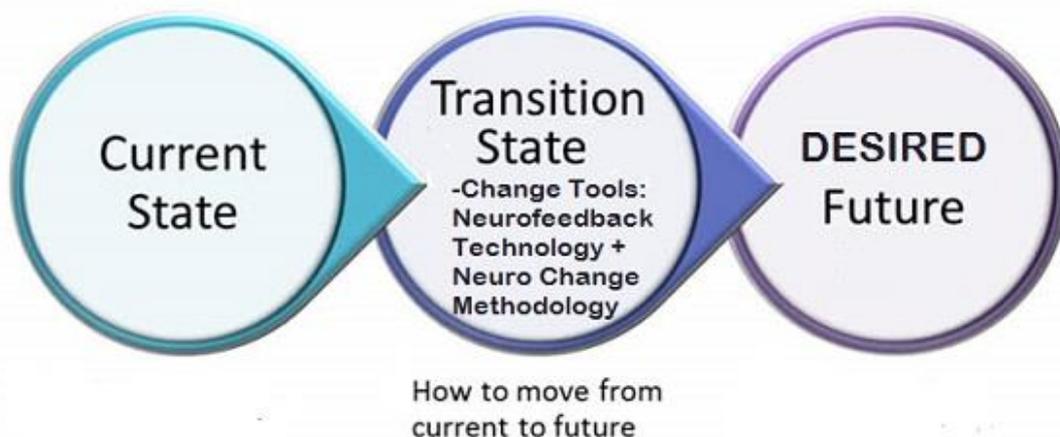
Evidence-Based technology and methodology.

Backed by extensive research, our program is designed to unlock the limitless power of your brain and mind, to create a desired mental, emotional, and physical environment to help you design a better future and reach your highest potential.

Note: Our course is based on the 100's of studies confirming the effectiveness of program's methodology and technology, and 1,000's of studies showing the powerful benefits of meditation and mindfulness. If you are interested in more about the benefits, the science and rapidly expanding field of research, then just conduct an online search to access many of the published studies.

We have many, many studies that suggest that the limits we assume are real are artificial, and that we don't have to accept them at all.

- Our program translates the latest brain science research into simple, actionable strategies for achieving a longer and healthier life, peak performance, optimum mental health and enhanced wellbeing.



ANTI AGING and SELF TRANSFORMATION

Using our NST Change Model as a path to reverse our biological clock and improve our health status!

Epigenetics

Epigenetics science is about understanding how your interpretation of your life events and environment affects the cells of your physical body and that you are just not defined by your genes or environment.

Epigenetics Controls Genes.

Certain circumstances in life can cause genes to be turned off (becoming dormant) or turned on (becoming active).

Epigenetics Makes Us Unique.

The different combinations of genes that are turned on or off is what makes each one of us unique. Furthermore, there have been evidence suggesting that some epigenetic changes can be inherited.

Epigenetics Is Reversible.

With 20,000+ genes, what will be the result of the different combinations of genes being turned on or off? If we could map every single cause and effect of the different combinations, and if we could reverse the gene's state to keep the good while eliminating the bad... then we could theoretically slow aging, cure cancer, stop obesity, and so much more.

Here's an analogy that might further help you to understand what epigenetics is. Think of the human lifespan as a very long movie. The cells would be the actors and actresses, essential units that make up the movie. DNA, in turn, would be the script — instructions for all the participants of the movie to perform their roles. Subsequently, the DNA sequence would be the words on the script, and certain blocks of these words that instruct key actions or events to take place would be the genes. The concept of genetics would be like screenwriting.

We are Masters of our bodies.

The concept of epigenetics, then, would be like directing. You as the director can

choose to eliminate or tweak certain scenes or dialogue, altering the movie for better or worse.

The Self Transformation Program impacts epigenetic changes in DNA from lifestyle.

Every creation begins as a thought. When we have an intention, a complex chain of events begins in our brains. Thoughts travel as electrical impulses along neural pathways. When neurons fire together they wire together, creating electromagnetic fields. These fields are invisible energy, yet they influence the molecules of matter around us the way a magnet organizes iron filings.

Our minds create matter.

The thoughts and energy fields we cultivate in our minds condition the atoms and molecules in and around us.

BOTTOM LINE

In the science of **epigenetics** it's been found that it's the perception of your environment that controls your genes. You're not a victim of your genes because you can simply change your perception of your environment—and thus change your response to it.

Your mind controls your biology

Example, the placebo effect -the mind believes the pill will work and it does.

The cells of your body follow instructions provided by the brain via the nervous system. The nervous system is the interpreter. For example, when you see two people reacting to the same stimulus with very different reactions, one positive and one negative. **As your perception changes, you change the message that your nervous system communicates to the cells of your body.**

A function of the mind is to manifest any belief you have so it becomes reality.

For example, if you have a belief that you're going to die from a disease because you were told so, then the mind will convert that belief into reality / physical manifestation. However, in many cases, it's not necessarily because they had a terminal disease that killed them; it's because they believed the disease would kill them.

Emotion is also a contributing factor. If you have strong emotion, positive or negative, around a certain belief, it will work to ensure that the particular belief will become your physical reality.

Being present is having your focus on the faulty mind-set which is running the old tape of negative beliefs.

Changing our Mind Set means changing our perception. Becoming the Director of your life's movie and changing the screenplay.

Through contacting our higher level of consciousness and becoming intensely present we are able to observe and disrupt the old negative interpretation of what is happening and react differently as our interpretation—and response—starts to change.

The Self Transformation Program is different in that it opens the subconscious mind and avoids the downfalls of strictly a traditional cognitive or medical approach. It reveals what is truly behind your minds limitations and body's defences and provides a blueprint for change.



Stereotype Embodiment Theory

The stereotype embodiment theory (Levy, 2009) maintains that aging adults gradually internalize the stereotypical views society holds against older adults, as well as their own personal negative views. When these views become more relevant as the individual ages, they begin to operate unconsciously through multiple pathways, and negatively affect the individual's health.

According to the stereotype embodiment theory, mindful changes in the held images of aging can promote a change in both the mind and the body, resulting, for example, in a rejuvenation and in a higher quality of life.

Changes in mindsets (i.e., addressing one's age-related stereotypes) can change the ageing process. The psychological components of ageing can be reverted.

Sample Studies.

Positive Retirement Stereotypes Associated with Longevity. Published: 09 March 2016

The Study examined retirement stereotypes and survival over a 23-year period among 1,011 older adults. As predicted by stereotype embodiment theory, it was found that those with positive age beliefs about physical health showed a survival advantage of 4.5 years.

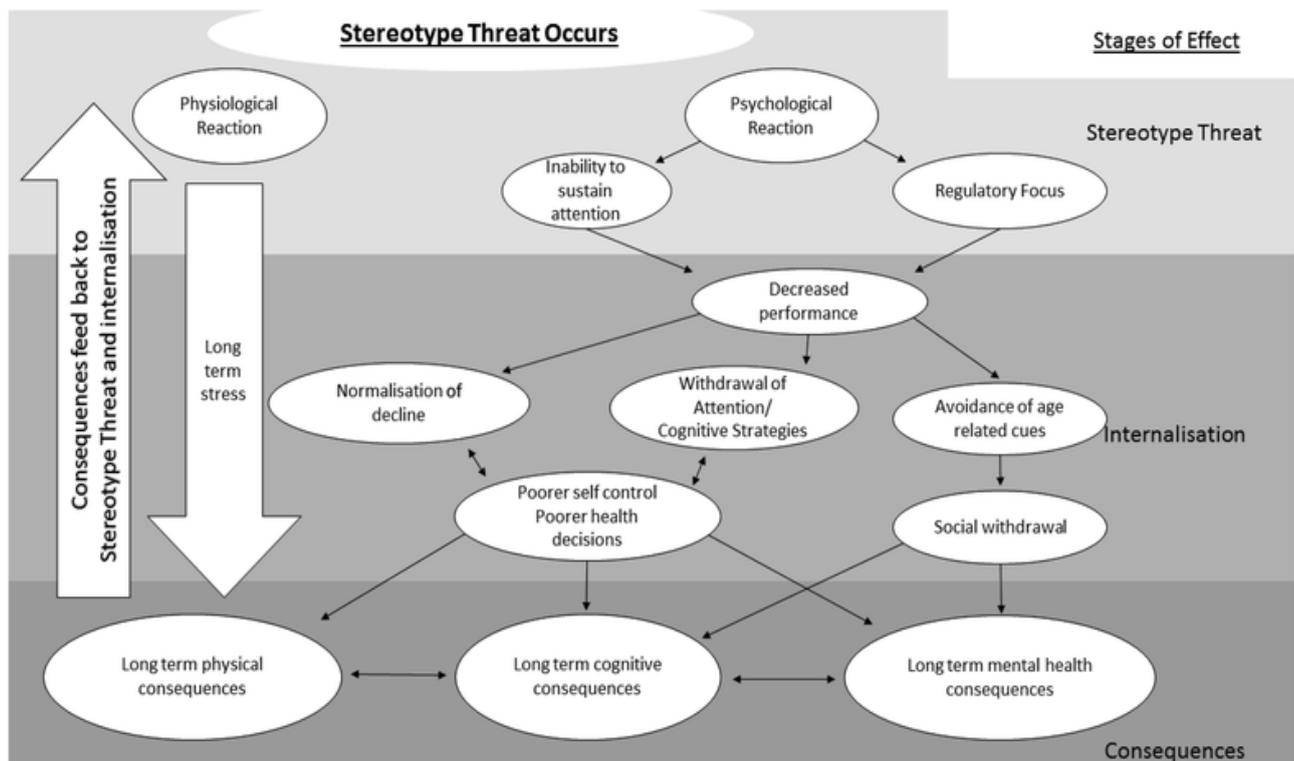
Positive age beliefs protect against dementia even among elders with high-risk gene. Published Feb. 7. 2018

One of the strongest risk factors for dementia is the $\epsilon 4$ variant of the APOE gene. One quarter of the population carries the $\epsilon 4$ variant of the APOE gene, which is one of the strongest risk factors for dementia. Yet, only 47% of APOE $\epsilon 4$ carriers develop dementia. The reason the other 53% never develop dementia was unknown. Yet, many who carry it never develop dementia.

This study examined for the first time whether positive age beliefs that are acquired from the culture may reduce the risk of developing dementia among older individuals, including those who are APOE $\epsilon 4$ carriers.

The cohort consisted of 4,765 Health and Retirement Study participants who were aged 60 or older and dementia-free at baseline. Those with positive age beliefs were significantly less likely to develop dementia than those with negative age beliefs.

The results of this study suggest that positive age beliefs, which are modifiable and have been found to reduce stress, can act as a protective factor, even for older individuals at high risk of dementia.



AGISM

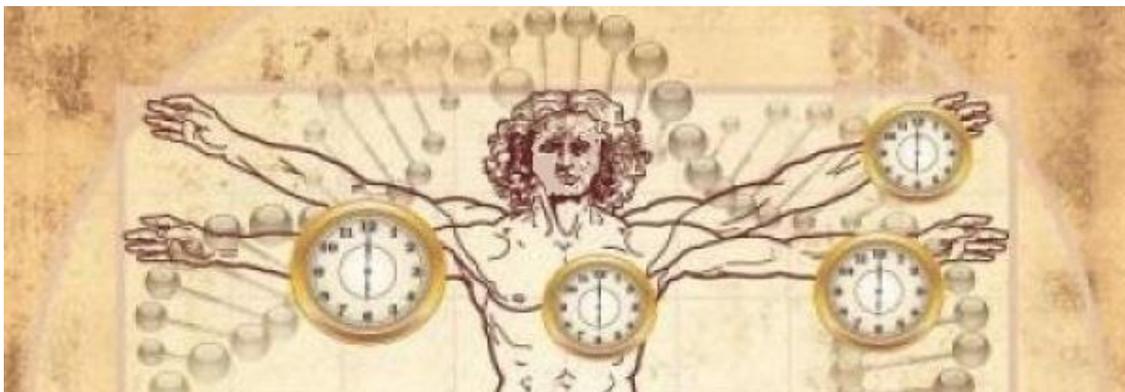
Ageism insidiously infiltrates our society and operates at every level of daily life. The idea that old people are supposed to be frail, incompetent, less than and laughable permeates culture so thoroughly that it takes real attention to catch the small messages as they slip by.

Why is it that a card suggesting a forty-year old has a sex life is considered humorous? Why is it appropriate for a well-regarded magazine to refer to older female members of a political gathering as “a blizzard of blue-grey permanent waves”?

Even a basic interaction with an older adult, wherein the person’s age is revealed, can trigger what seems to be an innocuous response: “Really? You don’t look seventy-eight!” As though first there is a way one must look at seventy-eight and second that it is a compliment not to appear so. What does a seventy-eight year old look like, and is it any better or worse than looking five or thirty-five? These compliments actually communicate affirmation of healthfulness while insinuating derision of age. These little jabs and jokes, birthday cards and constant coded messaging in media say “be young, be vital, be alive... be whatever – just not old!”

Ageism is an insidious and pernicious social ill that permeates most cultures. Ageism can be seen operating at every level of society, yet it is so poorly recognized that many individuals are even unfamiliar with the word!

Ageism hurts and attacks our positive beliefs concerning our age.



Epigenetic Clock

Aging is the most important risk factor for major human lifestyle diseases, including cancer, neurological and cardiometabolic disorders. Due to the complex interplay between genetics, lifestyle and environmental factors, some individuals seem to age faster than others, whereas centenarians seem to have a slower aging process.

The Epigenetic Clock is a biochemical biomarker reflecting the relative biological age that can predict an individual's health status and aging disease risk. The epigenetic clock signature can also be used as a **lifestyle management tool** to monitor healthy aging, to evaluate **preventive interventions** against chronic aging disorders and to extend healthy lifespan. In the next decade science will have work out a way to dissect the mechanism of the epigenetic aging clock that will yield more valuable insights into the aging process and how it can be manipulated **at a genetic level** to improve health and life span.

Today's bottom line is: Nature already knows how to roll back or even completely reset the epigenetic clock.

Evidence: **This is done for every new embryo and is the reason why every new animal is born young despite having started as an oocyte cell of the same age as its mother.**

Breakthrough Science has now confirmed that **the body simply has enough capacity for self-repair** to function at the level of a 25-year-old for hundreds of years, or maybe even longer.

This is great news and confirms that biologically we definitely have the ability to reverse our age.

Q: So, how do we harness this capacity for self-rejuvenation and self-change our aging body?

A: Our program provides you the research proven blueprint -how to use the mind-body reset codes we all uniquely have.

Self-Healing

The Power Within!

The Mind can be set to use our self healing energies..

Take charge of your own health and unlock the body's ability to heal itself.

The new physics of healing—the ever-expanding body of research that reveals our untapped capacity for self-healing.

Quantum physicists reveal that underneath apparent physical structure there is nothing more than energy and we interact with everything in the field. This has an important impact on health care.

Quantum physics reveals that energies are always entangled with each other. In an energy universe, waves are always flowing through and interacting with all other waves. We can never separate someone fully from the environment they live in. Quantum physics says the invisible energy is one hundred times more efficient in conveying information than are material signals (e.g., drugs). What we now recognize is that there is an invisible world that has not been dealt with in regard to understanding the nature of our health.

When you interact in your environment you are both absorbing and sending energy at the same time. We are all energy.

Self-Healing is body-mind work.

A question to ask yourself: “Why might I need this symptom now?”

Not wanting to answer or blaming yourself most likely means your ego is blocking your healing. Remember, the thoughts you're uncovering are subconscious, so you should never blame yourself for creating a symptom or being sick. By making them conscious you can bring them forth for healing.

Our tribal mind keeps us thinking the source and solution of what ails us is not of our creation; it says, if only circumstances around me were different I'd be

healthier, I'd be happier. We experience these core beliefs at a cellular level. To keep them from being triggered and causing illness we need to delete these downloads, actually remove them with consciousness and energy and replace them with new information.

Recognizing that everything is composed of subtle energies explains a whole new level of healing not practiced by traditional medicine.



The greatest medical breakthrough in recent years isn't the creation of a new drug or treatment—it's the re-discovery of how much your mindset affects your aging and health.

Coaching Process

The Self Transformation Program uses a Coaching Process (versus a teaching or therapy approach):

Step One. Entering into a deep state of meditation and mindfulness. Preparing the brain to retrain itself.

1. Guided Meditation (Optional)

The biofeedback technology, used in our program, acts as your personal **Meditative Guide**. The technology guides you to quickly enter into a deep meditative state and provides feedback that helps you track your progress, keep consistent, and stay engaged. Guided Meditation provides you the key to reach deep levels of meditation quickly and easily.

You then select a specific change goal you wish to obtain.

Next, you are taught how to use neurofeedback technology to achieve an enhanced meditative state in just a few minutes. While you meditate, your smartphone App measures whether your mind is calm or active, and translates that data into weathers sounds.

When you're calm, you hear peaceful weather sounds. When your mind wanders, the weather will intensify, guiding you back to a deep, calm state getting your brain ready to change itself.

Step Two. The Coaching Process.

Using [Self Transformation Model of Change](#) you are guided through the steps and then taught how to self-coach yourself.

After the session, clients typically report feeling refreshed, relaxed, and in a higher state of mental alertness and flow. Many sleep better and more deeply that very night!

Step Three. Measurement and Lasting Change.

You review your data and confirm the levels of progress and overall results.

With continued practice, the brain quickly begins to 'figure it out' and learns to produce the desired brain wave patterns outside of the practice/exercise session. Research indicates that these gains are maintained long after the short, accelerated coaching program is completed although some 'refresher', self-coaching sessions may be necessary.

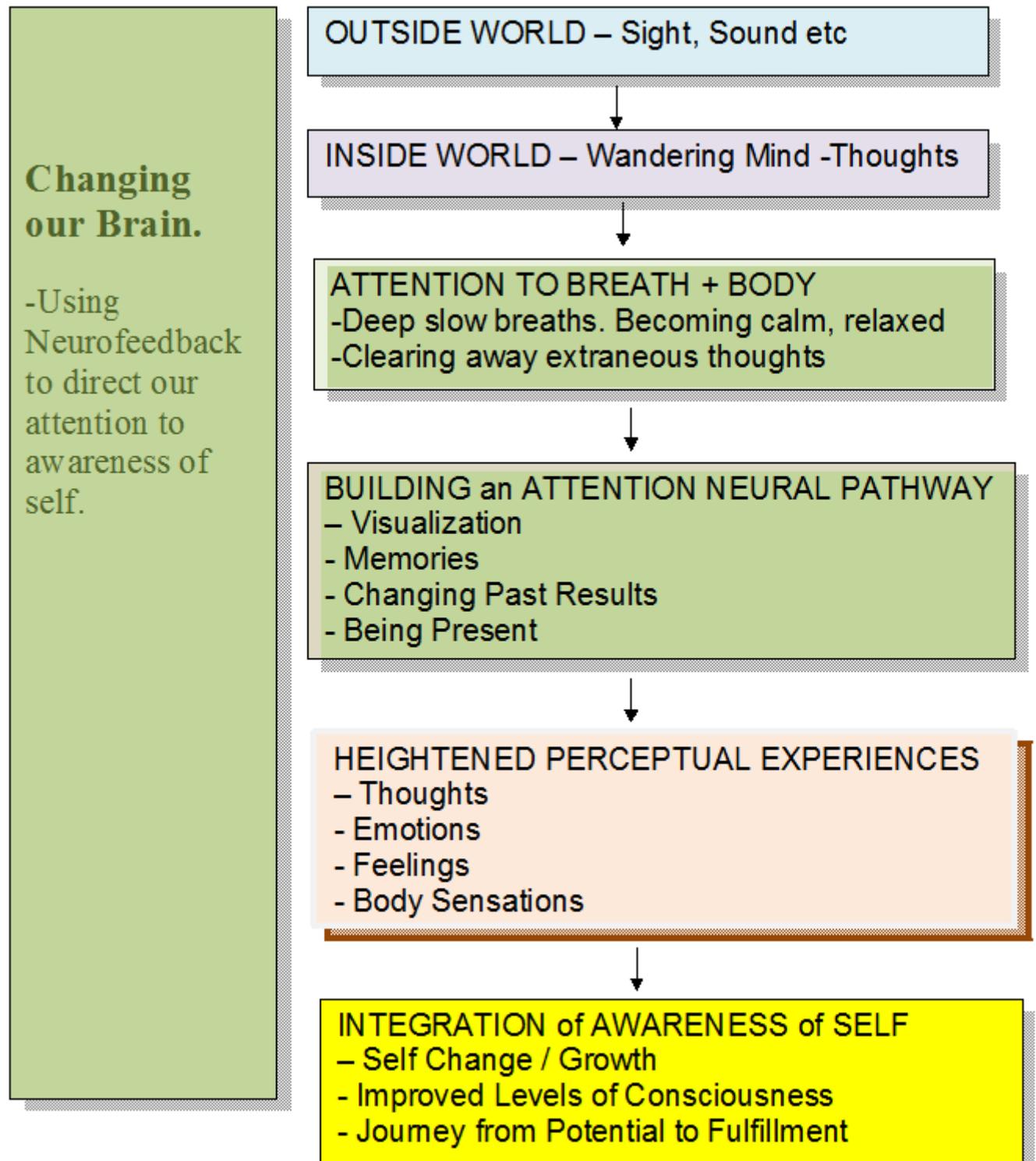
Self-Mastery

The client reviews their set goals, and builds a deeply rewarding self-development, self-coaching practice that gets better every time.

Steps to Changing our Brain.

-Coaching Process to direct our attention to awareness of SELF and Training the Brain / Establishing a New Mind Set to generate Change in Health and Age. (See following page)

Zeus's Experiential Focus Attention Steps



–Zeus Experiential Focus Attention Steps Model. © 2015-2018

Neuro Peak Performance Coaching

The **Neuro Enhanced Coaching Process** provides a number of benefits for individuals who wish to pursue peak performance training in a relatively short period of time.

Neuro Coaching is used to enhance a person's mental abilities and allow them to continue to raise the limits of their performance.

With repeated exercise, just as muscles respond and gain strength, the brain similarly learns to self-regulate more and more optimally. Neuro Coaching is effective for performance because it helps to improve a wide range of brain functions. Much like working out in a gym, we use brainwave training to strengthen specific brainwave patterns. The more you practice activating a specific area the stronger and more capable that area becomes.

Brainwaves in proper function work in a steady harmonic beat. Neuro Coaching restores and strengthens this natural symphony.

Neuro Coaching provides you with the tools to train and exercise neural-nets in the same way as one exercises and builds muscles. **The Self Transformation Program** makes more efficient use of brain resources by strengthening specific neural connections.

2. Self Coaching -Self Care (at home) Program

MESSAGE FROM DR ZEUS

The topic of self care and anti-aging is so critical today because we can no longer sacrifice our well being and very existence for everything and everyone else. Yes, there is much to do in our day-to-day lives and many people and things to consider. But, you are no good at getting any of these tasks done if your body age clock is running down and you are dealing with failing health (mental and/or physical) or just simple over tiredness.

I've come across many clients who finally come in for treatment after their bodies have been screaming at them for attention for many months or years. This usually tells me that they've tied themselves to a tread mill as their life flashes quickly by. This is not what anyone deserves. We are all worthy of more. Our mortal life is short enough as it is. Today, we all have choices to extend the quality and length of our life.

It all starts with awareness and the realization that you are worthy of self care and need it! Yes, you can find the small amount of time for a pit stop to re-fuel and replenish what you need for the longer journey! Remember, in order to be strong for others you have to first be strong for yourself.

Self care is the anti-aging agent remedy you've been looking for. It's the antidote to a healthier, stronger, vital life and it's sustainable. It's absolutely necessary, it's essential and it's time you actioned it.

-Self-managed, Self-Transformational Program.

Your body-mind already knows how to apply the necessary mechanisms to create the positive effects governing age and health reversal. Changing your cell responses through resetting your mindset (subconscious controls) is the key to live a longer, healthier and happier life.

The Neuropsychological Methodology

ANTI AGING, SELF TRANSFORMATION

Using our Mind-Set as the path for SELF TRANSFORMATION of our mental and physical state!

Our very identity (the very essence of who we are) is enmeshed in our brain's neural circuits. When our mind changes, our brain changes, too. What flows through our mind sculpts our brain. Thus, *we can use our mind to change our brain for the better.*

In our program our clients are taught how to use Neuroexs proprietary **Neuro Self Transformation methodology** to activate brain states and rewire the brain -- for life changing results.

The Neuro Self Transformation (NST) Methodology also incorporates the principles of Behavior-Based Coaching that involves helping people identify and manage their true self. As a result, clients also become more healthy, vital, adaptive and happier.

The six primary influences incorporated in the Neuro Self Transformation Model:

- 1) **Neuropsychology / Neuroscience** -the study of the relationship between behavior and cognition on the one hand, and brain function the other.
- 2) **Stereotype embodiment theory (SET)** –explains the process by which age stereotypes influence the health of older adults. There are multiple well-documented effects of age stereotypes on a number of cognitive and physical outcomes (including longevity, cardiovascular reactivity, and memory etc).
- 3) **Evolutionary Psychology** - explains mental and psychological traits as the functional products of natural selection.
- 4) **Cognitive-Behavioral Approach** -how to enhance thinking skills, conceptual thinking and decision making e.g.; self-responsibility.
- 5) **Emotion Focused Approach** – how to become aware of and make productive use of emotions that control how we think and our actions.
- 6) **Solution-Focused Approach** - focusing on solutions not problems e.g.; finding

out what works and doing more of it.

Neuro Self Transformation is an integrative solution-oriented approach to change primarily based on advances and research in the field of **neuroscience**. **Today, the fields of neuroscience and quantum science allow us to go well beyond just a cognitive approach (just changing how we think)!**

Brain plasticity

Today's behavioral science confirms that you can change your brain to become who you want to be. The belief that we are the same one moment to the next, or one year to the next, is a delusion. Neuroscience shows us that the brain and body is constantly in flux and that there is no unchanging, fixed SELF. The ongoing breakthrough research in neuroscience provides us a blueprint how to teach people to easily access and exchange their primary drivers to obtain more desired mental and physical outcomes.

Self-perspective –through Self-exploration and Self-discovery -leading to Self Integration.

- Achieving Self-Awareness.

Some of the basic components in the Neuro Self Transformation (NST) Change Models that allow people to develop themselves are: Multiple Selves, Reframing, Directed Visualization, Self-Dialogue, Advanced Role-Playing and Mindfulness – with the following key psychological principles: Self-Concept, Self Esteem, Self Identity and Working in the Conscious, Unconscious and Subconscious Zone etc. Recent research in neuroscience has provided insights into the cognitive basis of these components.

The Model's focus is about communicating with the Subconscious that brings about changes in neurological networks -to discover the 'You' that you desire to be.

Some other key aspects of the NST Model:

The 'secret of our life' and purpose of being -In Search of our True Self.

The "True" Self is the final level of awareness, it is peaceful, harmonious, and averse of dominating emotion.

NST repatterning of neural pathways is executed by way of supportive feedback in a calm, relaxed physical and mental state.

By using NST the client is not only shown how to restore the function of the prefrontal cortex during the change process but also empowered to self-coach so they don't elicit any unhelpful actions or habits. If people are not aware of their impulses then they can't subjectively or cognitively control the them. Hence why a **mindfulness** component of the Model helps them identify their impulses.

The source of our self as our brain does not have a specific location it is simply a **state of mindfulness** where one is aware of what is happening as opposed to letting things dwell in the semi-consciousness where emotions are driving behavior that affects our well-being and happiness.



Neuro Change Methodology and MM

MULTI MODEL APPROACH

Meditation and Mindfulness (MM) is integrated with the above Self Transformation Model to quickly and easily generate a superior outcome than a single, traditional cognitive or behavioral model could achieve.

MEDITATION -THE FIRST STEP TO CHANGING OURSELVES.

- THE FOUNDATIONAL PLATFORM TO BUILDING A DESIRED FUTURE!

Our unique program teaches you how to ACHIEVE A DEEP MEDITATIVE STATE IN JUST MINUTES then combined with mindfulness to:

- 1) open the mind to cognitive change (**the way we are thinking / 'state of mind'**) and,
- 2) prepare the brains neurons to **'fire'** (create new connections / **behavioral patterns** when using proprietary Neuro (Cognitive and Behavioral) Change Coaching Models.

Our brain cells are continually forming new connections and restructuring our perceptions over time. This everyday process of **neuroplasticity** provides us the powerful ability to change areas of our brain.

Achieving Deep Meditation in just minutes..

-The Science and Process

Focused Attention

Focused attention and **mindful action**. This process of intentionally changing our brain circuits is called **'self-directed neuroplasticity'**.

Action potential -the necessary state of the brain ready to change itself achieved through **enhanced/deep meditation**.

Action potential occurs during the **firing of a neuron / change process**. During this action potential stage, part of the neural membrane opens to allow positively charged ions inside the cell and negatively charged ions out.

This process causes a rapid increase in the positive charge of the nerve fiber. Neuroscientists use other words, such as a "**spike**" or an "**impulse**" for the action potential.

Most people struggle with meditation practice: Am I doing this right? What should I do next? Why is this so hard?

Guided Meditation

The biofeedback technology, used in our program, acts as the your personal **Meditative Guide**. The technology guides you to quickly enter into a deep meditative state and provides feedback that helps you track your progress, keep consistent, and stay engaged. Guided Meditation provides you the key to reach deep levels of meditation quickly and easily.

Guided meditation also importantly helps you relax, connect with yourself and become **present during your Mindset Reset Exercise**.

The power of meditation on the brain to influence human health

While interest in meditation as a means of reducing stress has grown over the years, there has been little evidence to support benefits specific to mindfulness meditation practice.

A new study (2017) published in the scientific journal Psychoneuroendocrinology shows how meditation-based practices promotes healthier aging.

The researchers also found that the ticking of the epigenetic clock was slower as meditation experience increased, suggesting that the integration of meditation practice into daily routine can have anti-aging effects in the long run.

These findings are exciting because they are the first to show that meditation can induce a change in the regulation of our genes that influence the biological mechanisms of aging. "We think it's going to launch a whole new domain of investigation concerning the impact of mental training on the mechanisms of biological aging," says Dr Davidson (lead researcher).

MINDFULNESS

Empowering people to move to a desired state of health and youthfulness.

The Self Transformation (Anti Aging) Methodology incorporates a Mindfulness Based Approach.

MEDITATION -THE FIRST STEP TO CHANGING OURSELVES.

- THE FOUNDATIONAL PLATFORM TO BUILDING A DESIRED FUTURE!

Our unique program teaches you how to ACHIEVE A DEEP MEDITATIVE STATE IN JUST MINUTES and move to a state of **Mindfulness**.

Mindfulness is a CRITICAL KEY for successful change efforts! With the use of guided neurofeedback a client can move into 'a state of mindfulness' within minutes.

Mindfulness is a technique where one tries to notice present thoughts, feeling and sensations without judgement. The aim is to create a state of “bare awareness”.

- Mindfulness is about cultivating awareness through relaxation.
- Mindfulness is about observing your thoughts without necessarily believing the story.
- A core feature of mindfulness is not try to remove, suppress, or change thoughts that occur, including negative ones.
- Guided by your coach you are encouraged to cultivate a decentered relationship with your ‘self’. This also helps you learn to observe your emotions at work.
- Mindfulness is simply being present as the observer, with compassion, acceptance, and non-judgment. In this place there is no “right” or “wrong”. For the purposes of self-exploration and discovery you are guided to move to this

place so you can take effective action with awareness, openness, and focus.

The two key components for awareness, openness, and focus or 'psychological flexibility' are:

1. The ability to be psychologically present.
2. The ability to take effective action.

Mindfulness is a key factor in psychological flexibility.

Mindfulness has recently become a 'hot topic'.

Mindfulness is also a key to "Emotional Intelligence".

Research tells us that feelings only last 4 minutes or less when they are simply and mindfully observed and felt. Feelings are expressions of emotions, or states of being.



LICENSING of the NST Anti-Aging Program

The Institute's NST Program is currently experiencing unprecedented growth due to the fast-growing worldwide market. Fact is, we cannot possibly service such a huge, rapidly expanding, diverse marketplace so we have established a Global Partner Program to help train highly qualified individuals or businesses to deliver the program in their region.

To best support our existing Global License Holders there is a **restricted License Release of only 1 new territory per country, per year**. Depending upon the size of a country we award multiple licenses per region/city according to the size of the marketplace that one License Holder can best service.

Market Need

Populations are ageing globally, and our Licensing Program is designed to produce leaders in the field of ageing who are able to deliver new solutions that help meet the societal shift that is occurring. As Einstein said “We cannot solve our problems with the same thinking we used when we created them.” Ageing is also about opportunity, and this licensing program will enhance your ability to recognize and leverage that potential.

Are you ready to:

- Become an accredited change agent in the fast-growing field of ageing.

- Gain the necessary methodology and technological skills to meet the explosive growth in demand for affordable, proven solutions to age reversal.

By becoming a License Partner with us you'll be invited to a world of knowledge, experience and an exclusive, hugely successful business model.

Learn how to build your own fast growing, highly profitable business and make a real difference to thousands of people in your own exclusive area. That said, you'll need to buy into our culture of excellence and impress our Board of Directors with your past successes, your desire to help others and an appetite for learning and growth.

This is a special opportunity to join one of the fastest growing professions – providing specialist, advanced coaching services and coach training.

Our Licensed Partners come from a range of professions from educators, therapists, marketers to previous business owners however one thing they all have in common is the love of learning and helping people succeed.

You will receive support and access to marketing strategies and tactics that are guaranteed to make businesses successful, including your own!

You and your employees will work with both the general public, organizations and business owners, helping them in several areas including; teaching them how to increase productivity at the same as enhancing a individual's wellness and happiness levels.

An Outstanding Opportunity

This is a fantastically rewarding and fulfilling experience for anyone who is appointed a License Holder. Providing you meet our non-negotiable attributes, the investment for a License Holder is dependent upon the territory size and type they wish to claim as their own.

Becoming a Master License Holder in a country.

Again the cost of a Master License depends upon the size of the county. For

example, in same very large, dispersed countries like the USA we have divided the country into 3 territories.

The Master License has the right to sell and assign regions within their territory to individual License Holders.

Market and Sell a Health, Wellness and Performance Enhancement Service that can instantly and permanently change peoples lifes and deliver them a better future.

The Self Transformation Program is a unique evaluation, management and treatment protocol which will allows Practitioners to quickly and accurately provide a blueprint and the tools for building a client's desired future in just a few weeks.

Over the last quarter of a century, our parent Institute has become the world's leading developer of advanced, cutting-edge, coaching technology.

If you think you have what it takes, the opportunity may still be there for you to start making a difference to the people and businesses in your local community.

- ✓ To book a telephone interview with Dr Zeus and find out if your preferred territory is available submit our website's Form:
<http://www.neuroexs.com/Anti-Aging-Licensing.htm>

For persons interested in becoming a Certified Neuro Master Coach click on the link on the top bar of our website
www.neuroexs.com

Self-Transformational Program. 3 Step Process.

| Day 1. Needs Analysis | Day 1. Treatment Protocol | Day 2 + Self-Coaching |
|--|--|--|
| <p>Confirm my Age / Health / Performance 'Needs'. Based on my Needs - details then provided on how the Program can best work for me.</p> | <p>Experiential Intervention. A). Self-Transformational Role-playing (Past, Present and Future Self Discovery) using a tailored-made Change Model to re-confirm my Needs and generate my ideal Future Self. B). Brain Training - Resetting my Biological Clock. Design and practice of a customized 12 minute daily Neuro (Mind) Exercise to meet my Needs and build my Future Self.</p> | <p>Anchoring my desired Future Self / practice my tailored Neuro (Mind) Exercise. Self-Coaching myself to achieve measurable, lasting self-change.</p> |

Today is the day I
discover a new
opportunity



Empowering people to transform their lives



Board of Behavioral Sciences

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Founding Board Member of International Coaching Council

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