

## Quotes from Nashville Neuro-Training Clients

### **Anger, Anxiety, Sleep – Adopted Male 7 Years Old**

“He started sleeping better almost immediately. We began to take him off of his sleeping meds, and he was still sleeping soundly through the night, all night.” “In ten sessions we made more progress with our son than with years of therapeutic parenting.”

### **Anxiety, Addiction, Sleep - Female 60 Years Old**

“My concentration has improved, my focus on tasks is clearer and my tennis game is totally stress free. I am now having a wonderful time in life, drug and alcohol free! My sleep pattern has increased to 8 hours.”

### **Concentration, Focus, and Vision – Male 38 Years Old and Son**

“It was hard to stay focused on everyday activities and tasks. I was easily distracted if I was not interested in the activity.” After Brainwave Optimization sessions: “I am able to better start and follow through on tasks instead of just putting them on a to do list and hoping they get done. I am actually doing them. Focus and concentration have both improved; especially for the necessary, yet mundane activities.”

“My son has ocular albinism. Even though we had been patching one eye consistently, we had not seen much improvement. After starting brainwave optimization, he had a numerical improvement on his eye exam. Just a few months ago, he looked up at the night sky and could see some stars well enough to count them.”

### **Memory, PTSD, Anger, Sleep, Focus – Male Veteran 30 Years Old**

“I completed the program roughly 3 weeks ago and have since noticed how much my general mental well being had changed for the better. I have noticed that I can focus on things better, I once again feel as if I have a great memory, problem solving has become easier, my ‘road rage’ has pretty much disappeared, and I am actually sleeping through the night.”

### **PTSD, Sleep, Depression, Panic Attacks – Male Veteran 27 Years Old**

“In the past, getting help made me feel worse because I had to admit something was wrong with me. The professional technicians at Nashville Neuro Training made me feel very comfortable, and talked to me like a normal person, it was very refreshing after experiencing so many demeaning and cold mental health professionals on my road to recovery.”

“The bad dreams I had been plagued with all but stopped, and did not interrupt my sleep. This improved every aspect of my life. I have since received a promotion at work and been more successful in social situations. My personal relationships are improving by the day and I couldn’t be happier.”

### **Seizures, PTSD, Physical Balance, Focus – Female 60 Years Old**

“These treatments never failed to stop the seizures for weeks and, with multiple treatments, even months. They delivered a significant sense of calm and security. They improved physical balance as well as memory, mental clarity and focus.”

### **Sleep – Male 65 Years Old**

“Prior to being a client of Nashville Neuro-Training, I had poor sleeping habits with 2.5 to 4 hours of sleep per night. After the original sessions, I am now sleeping between 8 to 9 hours per night.”

### **Sleep – Male Veteran 38 Years Old**

“After one visit I noticed an immediate difference... When I walked in the door I was desperate to try anything to sleep again. Little did I know the difference this would make.”

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