

# Life Enrichment Center

*Home of The Contented Brain*

## Prior to Arrival

We ask that you avoid use of nicotine or caffeine within two hours of your assessment.

## Your Arrival

Upon arrival, please have a seat in our waiting area where you will meet the technologist who will conduct your assessment. Please be aware that our waiting area is a **quiet zone** and we ask that conversations be kept at a low volume.

*If you feel that you may be “coming down with something” – like a cold, fever or upper respiratory symptoms – we ask that you reschedule assessments and/or your sessions. Also, please alert your technologist if you have had flu or cold symptoms within one week. We want you to have the best possible experience here at Life Enrichment Center, and appreciate your help in providing a healthy environment for everyone.*

The following supplements have been found to be highly complementary to the brainwave optimization process: gentle detoxifying supplements and Omega-3 (Essential Fatty Acids which support neuron connections). These products, as well as other homeopathic products, are available locally at The Merc, Sprouts, or Natural Grocers.



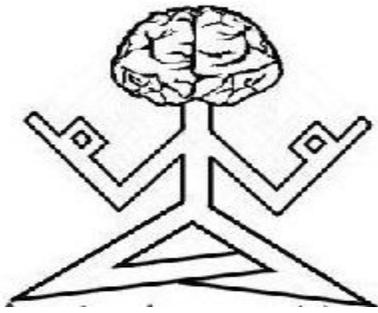
## Assessment

The brainwave assessment is the first step in the Brainwave Optimization™ process. This gives us a picture of your brainwave activity that will help us see patterns of energy within your brain. Each brain is like a fingerprint - unique to you as an individual.

Using non-invasive Intellisensors™, your technologist will place sensors on your scalp and collect data from seven areas of your brain, both while your brain is at rest (sitting quietly with your eyes closed) and on task (reading silently to yourself, for example). This data is processed, together with the online surveys, to generate protocols that we will use to help balance the energy patterns in your brain.

## Pre-Session Discussion

After your assessment we will discuss with you the results of your assessment, your goals, and how we will work together to achieve those goals, and answer any questions you have about the process. If you have not already set up your training sessions we will do so at that time and you will be asked to make your payment arrangements.



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## Sessions

You may work with different technologists for each session, throughout the course of your intensive. Each 90-120 minute session will consist of five to eight protocols that are specifically designed for you, to help balance your brain. The technologist will place the Intellisensors at various places on your head. During each protocol, you will be given ear phones as you will be listening to your own brainwaves set to musical notes, as well as other sounds meant to encourage the brain towards a more balanced state.

## What to Expect

Some of the protocols are run while you sit upright and keep your eyes open. For other protocols, we will ask you to recline in your chair and close your eyes. During all sessions, we will encourage you to stay relaxed and avoid falling asleep if possible. In this relaxed state, your brain can receive and process information more easily.

If you find yourself falling asleep, simply wake yourself up a little and relax again. It is common for people to fall asleep during the initial part of the intensive. We find that many people are sleep-deprived, and as soon as the brain recognizes itself, it starts working to balance itself immediately. This is hard work for your brain, and requires a good amount of energy, so some people respond by sleeping. Not to worry; brainwave optimization works even if you fall asleep, as your brain is still receiving the information it needs to balance itself.

Similarly, if you begin to get anxious or worried about what is happening, or not happening (when you have your eyes open looking at the screen), this concern can create tension. Please relax and do not worry about what is happening on the screen. Remember that the screen is merely reflecting the activity of your brain during your session. Even if you are feeling anxious, your brain will not reject what it has learned during the session. In fact, your brain will continue to work towards balance and harmony, even after you leave our office each day. Generally, people have more profound changes between their sessions, as the brain works continuously with the new information it has been given. So it is important to keep your technologists informed about your daily experiences, including how you are sleeping. Your daily report provides the needed information for your technologists regarding how you are responding, which they then use to fine-tune and adjust your protocols throughout your sessions.

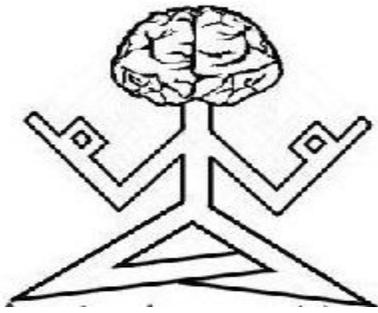
Many of our clients find it helpful to take notes or keep a journal, beginning with your first day of sessions and continuing for one month after completion. These journal entries can provide you with an ongoing record of your awareness, thoughts and emotions – helping you track your own progress.

If you have any questions during your process, please don't hesitate to ask your technologists. They will be able to answer your questions or direct them to a person who can.

## Exit Meeting

At the end of your last session, your technologist will set up a meeting to review your outcomes. This meeting will typically occur within 7-10 days after your last training session. At that meeting we will review graphs and your own subjective experience. We will walk you through the graphics, so you will understand how your brain has changed. Additionally, you will be given a copy of the nature WaveAid CD you used during your sessions to listen to at home, along with other recommendations. We will typically schedule any follow up training sessions at that time.

PLEASE NOTE that many people notice that the most significant changes occur two to three weeks after completing their intensive. Results are generally subtle at first, and then build over time. In order for us to track your progress, we will remain in contact with you by email. We invite you to email us ([bst@lecnetwork.com](mailto:bst@lecnetwork.com)) at anytime to let us know how you are doing.



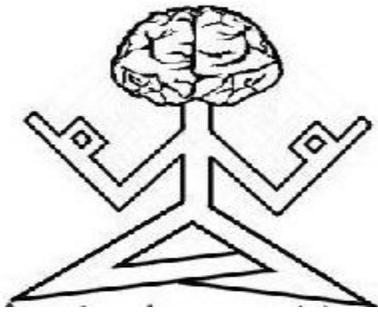
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## Important Information

- **Alcohol & Recreational Drugs:** Please abstain from using alcohol or recreational drugs during your intensive, and for the following three weeks or more. These substances affect your brain, and interfere with the process. They dilute and impede the positive new patterns and behaviors that you are here to achieve.
- **Allergies & Air Quality:** Please do not wear perfumes, colognes or strong smelling lotions.
- **Body & Energy Work:** We advise that chiropractic, acupuncture, cranial sacral therapy, and energy work be suspended during your intensive, and for three weeks after your sessions.
- **Caffeine and Nicotine:** If you drink coffee, tea, or other products with caffeine please avoid use within one hour prior to or after sessions. If you smoke avoid smoking within one hour prior to or after sessions. Be aware that as your brainwaves balance caffeine and/or nicotine may have stronger effects and you may experience discomfort, e.g. jitters, when using.
- **Chelation Therapy:** We ask that you not engage in Brainwave Optimization while undergoing chelation therapy (a process of removing undesirable heavy metals from the body).
- **Cell Phones:** The use of cell phones is prohibited in the waiting room and session rooms.
- **Clothes & Hair:** Dress comfortably. If you are sensitive to cool interior temperatures, we recommend you bring a sweater. Blankets will be available for your use. Please note that your hair should be clean, dry and without products.
- **Eyes:** If you have had Lasik surgery, please tell your technologist. You will be reading, so please bring glasses or contacts.
- **Hearing:** You will be asked some questions as part of the assessment process and will also be using headphones during your sessions. Please tell your technologist if you have a hearing impairment.
- **Hydration:** Proper hydration is very important due to our desert climate and especially during your intensive. Please drink plenty of water throughout each day.



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- **Medications:**
  - **BST does not make any specific recommendations about medication usage.** Please direct any questions about medication usage to your health care provider. Check our website at [BrainStateTech.com](http://BrainStateTech.com) for a letter you can provide to your physician to help him or her understand Brainwave Optimization.
  - Many medications, both over-the-counter and prescription can have an effect on mood, concentration, sleep, pain, and/or energy levels. Brainwave Optimization may facilitate improvements in these areas, by helping the brain to better regulate itself.
  - With regard to medications, we ask that you continue to take medications in accordance with your physician's instructions. Should you be interested in reducing or ceasing certain medications during or after the Brainwave Optimization process, please consult with your physician first.
- **Protein:** Throughout your intensive, your body and mind will be using a lot of energy, so it's very important to eat a lot of protein each day. Fish, chicken, beef, yogurt, milk, cheese, tofu, beans, nuts, seeds, protein bars and protein shakes are excellent sources of protein.
- **Sessions & Punctuality:** We recommend that you arrive about five minutes before your appointments. If you are late, we may need to reduce your time and/or protocol for that session. If you are more than 15 minutes late, your session may be forfeited along with the cost involved.
- **Special Needs:** Please be advised that if you have any needs that require special attention, your own caregiver must be present and available at all times.
- **Women:** Please inform your technologist if you are in the active phase of your menstrual cycle as this can be helpful knowledge during your assessment and sessions.

**We greatly appreciate your cooperation.  
Please let us know if you have any questions.  
We look forward to working with you.**

Brainwave Optimization with RTB™ is not intended to treat, cure, heal, or diagnose any disease, mental illness or symptom. Brainwave Optimization with RTB™ is intended to balance and harmonize brainwaves.

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