

Sharper Minds® Guided Training System

For nearly two decades, the Sharper Minds® mental skills training program has proven to be very effective for adults or parents of children who are looking for help in overcoming attention, learning or behavioral related issues (such as dyslexia or ADD/ADHD), head trauma and other cognitive issues. Reading skills, math skills, listening skills, memory, social skills, hand-eye coordination, academic and work performance, brain processing speed and athletic skills have dramatically improved in most of our clients. Even the elderly have observed substantial improvements in quickness and mental acuity. More information about the protocol and success rate can be found on our website at www.SharperMindCenters.com.

Years of research and development have proven that robust mental skills development requires **physical movement of the major muscle groups in conjunction with stimuli from multiple senses** (sight, hearing, touch, balance, muscle feedback, etc.). The purpose of the Sharper Minds program is to improve thinking abilities by encouraging the brain to create new neurological pathways so that the brain can do things competently (like reading or listening) without substantial effort. We call this **automaticity**. These neurological pathways take time to develop, so repetitive reinforcement over an extended period of time is essential for developmental success. Therefore, the exercises were designed not only to be effective, but also reasonably fun. As the brain develops through applying the program's exercises, attention, learning or behavioral related issues (such as dyslexia or ADD/ADHD) are often minimized or eliminated.

Proven Track Record

The Sharper Minds Guided Training System ("GTS") consists of the same materials and equipment options as our former in-office program and has been proven in use with our clients since 2008. Most of the testimonials and reading improvement graphs you may have seen are based upon this Guided Training System.

The program's goal is to help the individual develop competency or automaticity in a variety of mental skills. The Guided Training System options contain the equipment and exercise instructions necessary to stimulate and help develop the following:

- The **visual cortex** and the related **reading cortex** including visual input, analysis and visual memory. The exercises will help develop photographic memory skills and will improve eyesight tracking. This helps improve reading speed, comprehension, spelling, punctuation and other work-related skills.
- The **balance or vestibular system** which provides the foundation for movement, coordination and (interestingly enough) reading.
- The development of the **corpus callosum** which is a bundle of nerves that connects the upper hemispheres of the brain. It generally develops from the rear of the brain forward and is often inadequately developed, leaving the individual to operate predominantly in right brain mode (as the right brain typically develops first). Children whose corpus callosum hasn't developed as far forward as it should are often impulsive, hyper emotional and lack self-control. Developing the corpus callosum forward promotes connectivity between the prefrontal cortices, allowing the rational/logical left prefrontal cortex to better balance the emotional right prefrontal cortex. Developing this improves brain processing speed allowing the brain to operate more efficiently and thereby in greater biochemical balance. This helps reduce dependency on psychostimulant medications.

- The **sensory-motor cortex** including gross motor skills and fine motor skills. Developing fine motor skills/graphomotor skills allow for faster handwriting with greater clarity. Developing gross motor skills improves coordination, balance, reaction speed, and athletic ability.

Optional Modules

- **Auditory Module:** (Included in our Advanced, Premium and Ultimate Guided Training Systems). An **Auditory Module** helps to develop the **auditory cortex** including auditory input, analysis and auditory memory. This helps improve listening ability, reduces misunderstandings and improved auditory memory including remembering multiple instructions. Approx. 80% of those with processing difficulties have auditory processing issues. This Module includes a number of auditory stimulation CDs and high-quality headphones, or as an excellent upgrade: an iPod with 30 therapeutic music albums.
- **Detox Module:** If the individual is dealing with True ADHD (hyperactivity, impulsivity, emotional volatility), Autistic Spectrum Disorder (ASD), tics, seizures, or has celiac disease (a gluten, casein intolerance), then our detox module is imperative. Our **Detox module** rapidly and safely removes most toxins from the body including heavy metals such as mercury, lead, aluminum, tin and arsenic, and toxic chemicals including pesticides and herbicides. Helpful for removing barriers to brain development and optimizing brain development results. Families have reported very quick and noticeable reductions in severe hyperactivity and emotional volatility **if** these issues are caused or exacerbated by neurotoxins. Generally, it will also **improve immune system function, and reduce the likelihood of cancer and other diseases**. It may also reduce or eliminate seizures or tics in individuals with Autistic Spectrum Disorders and Tourette's Syndrome.

A key to the Guided Training Systems is **the personalized one-on-one phone calls** that take place between the Sharper Minds trainer and the parent, coach or solo adult **twice a month** over the course of the program (14-16 months). These will usually last about 30-60 minutes with the first two typically lasting 75-90 minutes (If face-to-face, they last about 2 hours). These are intended for guiding the family, personalized explanation, clarification, encouragement, creating the right expectations, troubleshooting, hints and tips as well **as providing the assignment sheets for the next several weeks**. The assignment sheets are e-mailed to the client who then prints and records their time and progress on them. Just prior to the phone call, the client faxes their filled-out assignment sheet via our toll-free fax number to their trainer. They may also scan their filled-out assignment sheet and email those to their trainer. This then forms the basis for the phone session.

To assist the phone sessions, the instructional materials include step-by-step videos, a detailed manual that contains photographs and step-by-step instructions and the forms and charts that the student will need to do the program. Updates including forms and videos are posted on a special section of our website that students can access. Other forms, tips and guidance will be emailed to the family as needed by the family's dedicated Sharper Minds trainer.

We include the specialized equipment necessary to do the exercises of the program. The few things the families will need to provide are pencils, erasers, paper, access to a computer with working printer, email, and some method for returning the progress/time/work sheets. This may include a scanner (use the free NAPS2 scanner software), or a scan-to-pdf app that allows a SmartPhone to make pdf files of the sheets to be sent (Tiny Scanner Pro: PDF Doc Scan app [\$4.99] recommended – Free to try).

Which program option is best for you?

Ask your potential trainer for their recommendations as to which Guided Training System would best suit your student's needs. More options are on the next page.

Improvements Noted in	Basic GTS	Advanced GTS	Premium GTS	Ultimate GTS
Reading	X	X	X	X
Paying Attention	X	X	X	X
Handwriting and Fine Motor Skills	X	X	X	X
Visual Memory	X	X	X	X
Balance	X	X	X	X
Hand-Eye Coordination	X	X	X	X
Peripheral Eyesight awareness	X	X	X	X
Bilateral Brain Function	X	X	X	X
Math (multiplication and division)	X	X	X	X
Directionality (L, R)	X	X	X	X
Gross Motor Skills	X	X	X	X
Brain Processing Speed/Quickness	X	X	X	X
Athletic skills	X	X	X	X
Auditory Module(s)				
Listening Skills, Auditory Processing		X	X	X
Auditory Memory		X	X	X
Includes 10 CDs with therapeutic music and high quality headphones. Family provides the CD player and batteries.		X	X	
Includes ~30 albums of therapeutic and targeted music on an iPod, and high-quality headphones (subject to change by our vendor and Apple).				X
Detox Module				
Removes neurotoxins that may be acting as a barrier to brain development			X	X
Hyperactivity & Impulsivity			X	X
Tics & Seizures			X	X
Emotional volatility			X	X
Autistic Spectrum Disorders			X	X
Improve immune system function			X	X
Reduce potential issues related to food intolerances or allergies, Celiac sprue, leaky gut syndrome and more.			X	X
Reduce risk of cancer, Alzheimer's and other toxin-initiated diseases			X	X
Guaranteed			X	X

Guided Training Systems (all amounts are in US dollars)*

The Investment*	Description
\$2,895.00	Basic Guided Training System (GTS). Includes instructional manual with photographs and materials (DVDs, CDs, etc.), charts & forms, and the basic program equipment. It also includes 2 phone sessions a month for up to 14 months from the date of sale to assist with training, understanding of the materials and accountability, i.e. to guide you and your family through the program.
\$3,195.00	Basic with full Detox Module
\$3,395.00	Advanced Guided Training System. Includes the Basic GTS <i>plus</i> an Auditory Module (a set of 10 therapeutic music CDs and a high-quality set of headphones). Very effective for those with listening skill issues. A high quality portable or stationary CD player is required.
\$3,695.00	Advanced with iPod version of the Auditory Module
\$3,695.00	Premium Guided Training System. Includes the Advanced GTS <i>plus</i> our Detox module plus our Guarantee (see details later in this document). Very effective for most processing disorders as it deals with the broadest spectrum of conditions and issues.
\$3,995.00	Ultimate Guided Training System. Similar to the Premium but with a substantial upgrade for the Auditory Module to iPod with 30 therapeutic music albums (no CDs to scratch or lose, no batteries or additional CD player to purchase). Very effective for most processing disorders as it deals with the broadest spectrum of conditions and issues. (the exact model of iPod and optional albums on the iPod are subject to change by Apple and our vendor)
\$100.00	Detox Module Add-on (for one adult or two children)
\$65.00	Shipping (priority mail), insurance, and handling to USA clients. For areas outside the USA, the S/H charge will be actual shipping costs plus \$15 for packaging and handling.
Sales Tax	8.25% of the equipment portion of the program fees. Required only if the foregoing is purchased or picked up in Texas .

*Amounts subject to change without notice. Fees shown are for guided GTS related services delivered by the primary Texas provider. Services by contracted providers outside of Texas will likely be at different (higher) rates. In-office and weekly program options have their own rates. Call for details.

If shipped, the box that the equipment comes in is relatively large, 36" L x 18" W x 5.5" H and weighs between 21-25 lbs. depending on the options chosen. The Basic GTS package generally ships within 2 days of the receipt of the order and is usually shipped by Priority Mail (postal service 3 business days (M-F) delivery). For expediting purposes, the Basic GTS, Auditory Module and Detox Module may ship separately at no additional charge. Call to check inventory and estimated ship dates.

Forms of Payment: We accept Visa, MasterCard, AmEx and Discover credit and Visa and MasterCard debit cards (be aware of potentially lower withdrawal limits on debit cards), cash and checks. If you opt to send us a Cashier's check, we can pass on most of the Merchant processing fees to you (generally a \$100 discount on the Advanced and up versions).

If you are local to the Dallas-Fort Worth, Texas area and had an evaluation at your home, the first two training sessions are done at your home as well. **We like to do business face to face.**

To start one of the program options, **please call first:** toll free at 1-866-HELP-A.D.D. (1-866-435-7233). Please leave a message if voicemail should pick up.

Our mailing address is:

Sharper Minds
P.O. Box 253
Burleson, TX 76097-0253

Guarantee on the Premium and Ultimate Training Systems

Having worked with families and individuals since 1999 and based upon our high success rate, we have every confidence that you will see notable improvements as well. To the best of our knowledge, the **Sharper Minds Premium and Ultimate Training Systems** deal with more issues and thus improves more areas of the brain than any other program currently available. The program and its subsets have been proven in use with hundreds of families, children, adults and seniors.

We are so confident, that Sharper Minds guarantees the effectiveness of its **Premium or Ultimate Guided Training Systems** and their exercises and components in improving brain processing speed, reading, focus, memory, behavior, listening, academic and work performance and general mental processing capabilities.

Therefore, if you do either the **Premium or Ultimate Guided Training programs** in good faith, following the instructions and doing the assignments as provided to you by your Sharper Minds trainer, doing all the exercises and completing the program as facilitated, and you or your student is still dealing with the same issues that you came to us for, than we offer a 50% money-back Guarantee. Certain reasonable restrictions and limitations apply.

If you have any questions or need details pertaining to this guarantee, please call Sharper Minds toll free at 1-866-HELP-A.D.D. (1-866-435-7233).

References and Closing Thoughts

A number of families are happy to act as references for us. We can provide you with their contact information, providing that this is your last step prior to beginning the program. Please have your finances in order prior to requesting the references.

We are very much into relationship building with each family or individual we work with. We want to spend quality time in a friendly, polite and respectful manner with you. We will be working together for your good over the next 14-16 months and ask that you be as committed to your success as we are.

We look forward to working with you,

The staff at Sharper Minds

Guided Home Training System Payment Options
For Those Who Get Their Equipment in Texas

Program Option	Program Fee	Taxable Portion (Equipment & Materials)	Texas Sales Tax	Total	Initial Amount (preferably by check)	Balance Due	14 Monthly Payments
Ultimate (iPod)	\$ 3,995.00	\$ 1,595.00	\$ 131.59	\$ 4,126.59	\$ 1,396.59	\$ 2,730.00	\$ 195.00
Premium (CD)	\$ 3,695.00	\$ 1,295.00	\$ 106.84	\$ 3,801.84	\$ 1,071.84	\$ 2,730.00	\$ 195.00
Advanced (iPod)	\$ 3,695.00	\$ 1,295.00	\$ 106.84	\$ 3,801.84	\$ 1,071.84	\$ 2,730.00	\$ 195.00
Advanced (CD)	\$ 3,395.00	\$ 995.00	\$ 82.09	\$ 3,477.09	\$ 747.09	\$ 2,730.00	\$ 195.00
Basic + Detox	\$ 3,195.00	\$ 795.00	\$ 65.59	\$ 3,260.59	\$ 530.59	\$ 2,730.00	\$ 195.00
Basic	\$ 2,895.00	\$ 495.00	\$ 40.84	\$ 2,935.84	\$ 205.84	\$ 2,730.00	\$ 195.00

Program fee covers up to 16 months of services or 30 phone sessions, which ever comes first. If program goes beyond that, then beginning with the next month, then a monthly fee of \$145 is charged.

Recurring Monthly Payments are done via an automated recurring process.

If equipment and materials are to be shipped within Texas, there is a \$65 additional upfront amount that covers packaging, handling insurance, and shipping and is added to the initial or single payment.

Guided Home Training System Payment Options
For Non-Texas Residents in the USA

Program Option	Program Fee	Equipment & Materials	Priority Mail Shipping, Insurance, Handling	Total	Initial Amount (preferably by Cashier's check)	Balance Due	14 Monthly Payments
Ultimate	\$ 3,995.00	\$ 1,595.00	\$ 65.00	\$ 4,060.00	\$ 1,330.00	\$ 2,730.00	\$ 195.00
Premium	\$ 3,695.00	\$ 1,295.00	\$ 65.00	\$ 3,760.00	\$ 1,030.00	\$ 2,730.00	\$ 195.00
Advanced (iPod)	\$ 3,695.00	\$ 1,295.00	\$ 65.00	\$ 3,760.00	\$ 1,030.00	\$ 2,730.00	\$ 195.00
Advanced (CD)	\$ 3,395.00	\$ 995.00	\$ 65.00	\$ 3,460.00	\$ 730.00	\$ 2,730.00	\$ 195.00
Basic + Detox	\$ 3,195.00	\$ 795.00	\$ 65.00	\$ 3,260.00	\$ 530.00	\$ 2,730.00	\$ 195.00
Basic	\$ 2,895.00	\$ 495.00	\$ 65.00	\$ 2,960.00	\$ 230.00	\$ 2,730.00	\$ 195.00

Program fee covers up to 16 months of services or 30 phone sessions, which ever comes first. If program goes beyond that, then beginning with the next month, then a monthly fee of \$145 is charged.

Recurring Monthly Payments are done via an automated recurring process.