

# Sharper Mind Centers® Home Training System

## ***Background***

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, over the past 10 years the Sharper Minds® program has proven to be very positive treatment protocol. In general, reading skills, math skills, social skills, hand eye coordination and athletic skills have all dramatically improved as a number of areas of the brain have been improved. More information about the protocol can be found on our website at [www.SharperMindCenters.com](http://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 Mind Centers program is to improve thinking abilities by encouraging the brain to create new neurological pathways. These replace inactive, incomplete, damaged, or missing pathways. These dendritic pathways do not develop overnight, 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.

## ***A lower cost alternative***

Historically, the only way a family that was long distance from a Center could avail themselves of the benefits possible through Sharper Minds program was to enroll as a long distance client. This involved the worthwhile investment and time for a two-day visit along with flights, hotel, car rental, meals and other travel expenses. As not all interested families could afford to do this, as a lower-cost alternative to the long-distance program, Sharper Mind Centers offers a Guided Home Training System that can be highly effective if the family will utilize the equipment and implement the methodology on consistent basis.

## ***Same materials and equipment***

The Guided Home Training System ("HTS") consists of essentially the same materials and equipment as our year-long in-office program (except the Detox Module and the Auditory Module which are optional).

The materials include instructional materials in the form of videos contained in both VHS and DVD formats, auditory and instructional materials in both CD and cassette format and a detailed instructional manual of about 200 pages that contains photographs and step-by-step instructions. In addition, the instructional binder contains 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. We include nearly all the equipment necessary to do all the exercises of the program. The few things the families will need to provide are pencils, eraser, paper and access to a computer with working printer and email and access to a fax machine or scanner.

Automaticity is the ability to do something competently without thinking about it. The program's goal is to help the individual develop automaticity in a variety of mental skills.

The HTS contains 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. Doing this generally helps improve reading speed, reading 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). Developing this also improves brain processing speed allowing the brain to operate more efficiently and thereby in greater biochemical balance. This helps reduce dependency on psychostimulant medications. Developing the corpus callosum forward also promotes connectivity between the prefrontal cortices, allowing the rational/logical left prefrontal cortex to better balance the emotional right prefrontal cortex.
- 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, athletic ability.
- The **prefrontal cortex** improving higher executive function and decision making.
- (Optional) An Auditory Module to help 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 (encoded at 24-bit resolution onto a dedicated iPod nano) and high quality headphones (either Sennheiser, Sony, or Grado).
- (Optional) A **Detox module** for rapidly and safely removing toxins and carcinogens from body including heavy metals such as mercury, lead and arsenic, and toxic chemicals including pesticides and herbicides. Helpful for removing barriers to brain development and optimizing brain development results. Also may improve immune system function, reducing likelihood of cancer and other diseases. It may also reduce or eliminate seizures or tics in individuals with autistic spectrum disorders.

A very important aspect of the Guided Home Training System is **the personalized one-on-one phone calls** that take place between the Sharper Mind Centers trainer and the parent/coach two times a month over the course of the year (up to 12 months). These will usually last about 30-60 minutes. These are intended for personalized explanation, clarification, encouragement, creating the right expectations, troubleshooting, hints and tips as well as **providing the end-user with filled-out assignment sheets for the ensuing weeks**. The assignment sheets are e-mailed to the client who then prints and fills them out prior to the next phone session. Just prior to the phone call, the client faxes their filled-out assignment sheet via our toll-free fax number to their trainer. This then forms the basis for the phone session.

We very much want our clients to succeed and stand by to assist them through the process.

We offer the Guided Home Training System along with several options.

| The Investment*  | Description   |
|------------------|---|
| \$2,195.00       | <b>Basic Guided Home Training System (HTS).</b> Fee includes instructional manual and materials, charts & forms, and the basic program equipment. It also includes 2 phone sessions a month for up to 12 months from the date of sale to assist with training, understanding of the materials and accountability. |
| <b>\$2695.00</b> | <b>Advanced Guided Home Training System.</b> Includes the Basic HTS plus our Advanced Auditory Module (a set of 8 therapeutic music CDs and a high quality set of headphones from Sennheiser). Very effective for those with listening skill issues. You provide the CD player.                                   |
| \$250.00         | Detox module (includes materials, training and guidance on using the detoxification materials including an additional 30-minute instructional session and follow-ups). Price shown is if purchased at the time the HTS is ordered. (\$300 if purchased separately).   |
| \$50.00          | Shipping (priority mail), insurance, packaging  |
| Sales Tax        | At 8.25% Required only if the foregoing is purchased in Texas   |

\*Amounts subject to change without notice.

The box that the equipment comes in is relatively large, 18" W x 36" L x 5.5" H and weighs between 22-25 lbs. The Basic HTS package generally ships within 2-3 days of the receipt of the order and is usually shipped by Priority Mail (postal service 2 or 3 business days delivery). For expediting purposes, the Basic HTS, 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 the major credit cards (Visa, MasterCard, American Express and Discover), debit cards (Visa, MasterCard only), cash and checks. We also take checks by phone (processing them as an EFT-electronic funds transfer). If you mail us a check, it will take a few days to verify funds before we can send out the equipment. It will ship faster if you provide a cashier's check. The simplest and fastest way to pay is by a major credit or debit card.

Checks should be sent to:

Sharper Mind Centers, Inc.  
P.O. Box 253  
Burleson, TX 76097-0235

To place an order, **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.