

Sharper Minds® 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, academic and work performance, brain processing speed and athletic skills have all dramatically improved as a number of areas of the brain have been improved. Even the elderly have observed substantial improvements in quickness and mental acuity. More information about the protocol can be found on our website at www.SharperMinds.net.

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. 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 Minds 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 Auditory Module and the Detox Module which are optional and are included with our more advanced options).

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 Home Training Systems 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. 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.
- **Auditory Module:** (Included in our Advanced, Premium and Ultimate Home Training Systems) 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 and high quality headphones (either Sennheiser, Sony, or Grado) or as an upgrade in the Ultimate HTS: an iPod nano with 35 therapeutic music albums (a very nice upgrade).
- **Detox Module:** (Optional – Included in our Premium and Ultimate Home Training Systems) If the individual is dealing with True ADHD (hyperactivity, impulsivity, emotional volatility), an Autistic Spectrum Disorder, 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. Also **will 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 Systems is **the personalized one-on-one phone calls** that take place between the Sharper Minds trainer and the parent/coach/solo adult 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. They may also scan their filled-out assignment sheet and email those 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.

Which program option should you chose?

We offer several levels of our fully guide **Home Training System**. Chose the one that best suits you or your student’s needs.

Improvements Noted in	Basic HTS	Advanced HTS	Premium HTS	Ultimate HTS
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 35 albums of therapeutic and targeted music on an iPod nano, and high quality headphones.				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 Home Training Systems (all amounts are in US dollars)*

The Investment*	Description
\$2,495.00	Basic Guided Home Training System (HTS). Amount includes instructional manual with photographs and materials (DVDs, Videos, CDs, etc.), 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, i.e. to guide you and your family through the program.
\$2,995.00	Advanced Guided Home Training System. Includes the Basic HTS plus 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.
\$3,295.00	Premium Guided Home Training System. Includes the Advanced HTS plus 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.
\$3,595.00	Ultimate Guided Home Training System. Similar to the Premium but with a substantial upgrade for the Auditory Module to an 8 GB iPod nano with 35 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.
\$300.00	Stand-alone Detox module (includes materials, training and guidance on using the detoxification materials including a 30-minute instructional session and follow-ups). Price shown is <u>if purchased separately</u> .
\$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 HTS 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 HTS package generally ships within 2-3 days of the receipt of the order and is usually shipped by Priority Mail (postal service 2 business days (M-F) 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 Visa and MasterCard credit and 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, you may also save on shipping costs and arrange to pick up the equipment and have your first training session at one of our locations (see our website for locations).

If you are having the materials shipped to you, then cashier's checks should be sent to:

Sharper Minds
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.

Guarantee on the Premium and Ultimate Home 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 Home 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 Home 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 Home 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 12 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