

***Get more done!***

***Rest and sleep deeper!***

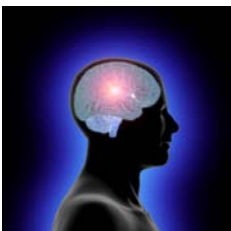
***Be more focused!***

Brain Music Therapy is a cutting edge, scientifically validated tool that will allow you to:

- Get more done
- Rest and sleep deeper
- Be more focused
- Relax at a moments notice
- Let go of stress
- Overcome jet lag
- Wake up quickly and easily
- Enhance your memory

***All with no side effects***

Read on to find out how over 10,000 people in Europe, the United States and now Canada have benefited by upgrading their brain using Brain Music Therapy.



To learn more about

Brain Music Therapy

Call

Dr. Peter DeShane DC, HBSc

Business Coach and Speaker

The Brain Coach

Phone: (519) 630-9171

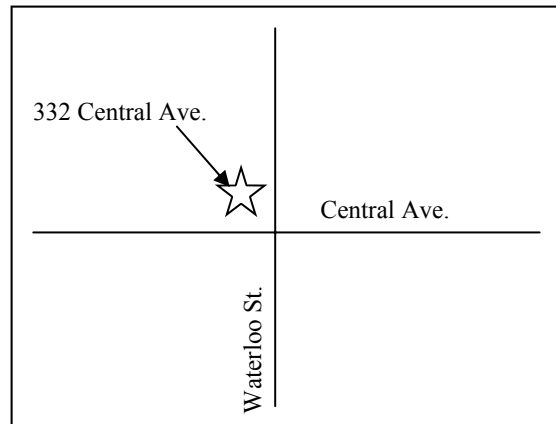
Email:

[peterdeshane@peterdeshane.com](mailto:peterdeshane@peterdeshane.com)

[www.peterdeshane.com](http://www.peterdeshane.com)

332 Central Ave.

London, Ontario



# Upgrade Your Brain



**Dr. Peter DeShane**

**The Brain Coach**

**&**

**Brain Music**

**Therapy**

## How does Brain Music Therapy Work?

In a nutshell, BMT involves using an electroencephalogram (EEG) to read your brain waves. Everybody's brainwave profile is different—it's a neural fingerprint that is specific to you. Your brainwave profile is then put through a series of computerized filters and algorithms where the healthy patterns of your brain are extracted.

These healthy patterns are then converted into two music files designed specifically for your brain: one file is deeply relaxing and balancing and the other is uplifting and stimulating. Since this music is composed specifically for your neural fingerprint, they have especially powerful restorative, regenerative and balancing effects customized to you.

This technology has been validated in double-blind studies at the University of Moscow and the University of Toronto as being as, or more effective than medications used to treat insomnia, depression, anxiety and attention deficit disorder.



Recently, there has been a great deal of interest in how this technology can help boost people's performance in the fields of sport and business.

## Why Does BMT Help so Many Things?

BMT works by improving the overall efficiency and balance of your brain. Stress, sleep deprivation, excessively busy schedules and information overload have a way of overtaxing the brain to the point where it starts to chronically under function.

Regular use of BMT is the equivalent of moving from a Pentium II chip to a Pentium 4 duo core processor—all of your programs run better and faster. When your brain is firing in a more balanced and efficient fashion, everything improves.

## Get More Done

Due to its ability to enhance focus and achieve greater balance between the left (logical) and right (creative) brains, BMT will allow you to be both more efficient and more effective. If you feel like your brain is in a fog and you can't get up to speed, the stimulating music track will give you back your edge. On the other hand, if you feel like you're spinning your wheels and you're stressed out, the calming music file will help you center and get back on purpose.



## Sleep and Rest Better

BMT was originally designed to help people with chronic insomnia. In clinical trials it was found to be more effective than standard prescribed insomnia medication with no hangovers or dependency issues. Even if you don't have an issue with sleep, you will find that BMT promotes deeper, more relaxing and restful sleep than you may have had in a long time. Many of our clients report that they require less sleep due to the depth and restfulness they receive from using BMT.



## Increased Focus

Increased focus is associated with faster brain wave patterns. If you are fatigued, stressed, overwhelmed or simply "out of the zone", the BMT stimulating file will help speed up your brain waves and get you back in the game. Many of our clients report that their reliance on stimulants such as sugar and caffeine drop dramatically as they are now able to accelerate their own brain waves naturally.



## Relaxation And Stress Management

Stress is omnipresent in our society these days. It's not really whether you have stress in your life that's important, it's how you are dealing with it.



The more efficiently your brain is working and the faster you can let go of stress, the more easily you'll deal with stress.

What would it be like to enjoy the benefits of a 60 minute meditation in 10 minutes? Many of our clients report that they get just that through the use of the relaxing BMT music file.

## Overcome Jet Lag

Jet lag is particularly dangerous for our brains. Your brain receives a double assault of oxygen deprivation and circadian rhythm distortion. This is why jet lag frequently causes impaired decision making, fatigue and sleep disturbances.



By using a combination of the relaxing and stimulating music files, BMT allows you to rapidly overcome the effects of jet lag (a few hours instead of a few days) so that you can enjoy your holidays or be more productive for business.

## What's the Procedure and What's the Investment?

The EEG is a simple, non-invasive procedure that involves reading your brain waves through electrodes that are gently placed on your scalp. The entire process takes 20 to 30 minutes. After that your EEG files are sent to our Lab in New York where your brain music will be produced. You will receive a CD with the two music files on it in two to three weeks and Dr DeShane will go over how best to use your own personalized Brain Music..

The investment for this process is \$550 — roughly the same you'd spend for a pair of custom orthotics.