

*How would it feel to  
Sleep better?*

*Feel Positive Again?*

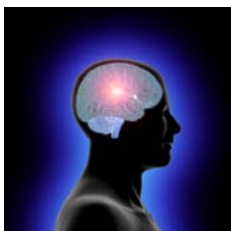
*Get Rid of Brain Fog?*

Brain Music Therapy is a cutting edge, scientifically validated tool that has been effective in the treatment of:

- Insomnia
- Depression
- Anxiety/Panic Disorder
- Burnout

*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

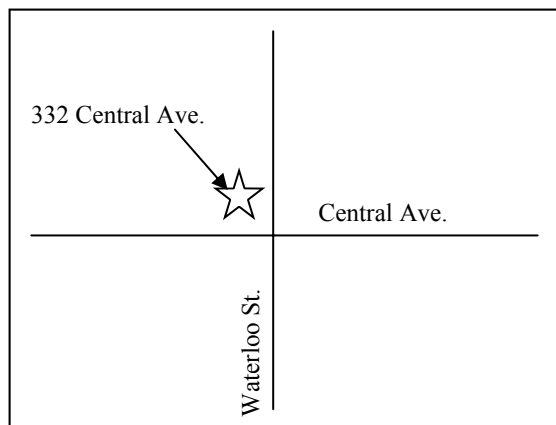
Email:

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

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

332 Central Ave.

London, Ontario



**CORPORATE  
COACH U**  
Coaching Clinic®  
Licensed Facilitator

# Healing 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.

## Insomnia

Many people have experienced the frustration of not being able to fall asleep at the end of the day or, falling asleep, only to wake in a few short hours later and stay awake for the rest of the night. For people who experience this frequently, this occasional irritation can turn into a full-blown nightmare. Chronic insomnia is not only crippling in and of itself, it can also lead to depression, chronic pain, impaired decision-making and decreased personal and professional performance.



BMT treats insomnia by gently slowing down your brain waves into the rhythms that are associated with pre-sleep. By re-teaching your brain how to relax and let go of old stressful patterns, insomnia can become a thing of the past. In clinical double-blind trials BMT was found to be as or more effective than prescription insomnia medication.

## Depression

The brain waves of depression are characterized by two elements: an imbalance between the left and right hemispheres and a generalized slowing down of your brain waves. The imbalanced hemispheres are largely responsible for the emotional imbalance and the slowing of the brain waves are often associated with the difficulties of low energy and trouble focusing that go with depression.



The BMT music files help promote balance between your left and right brain. The stimulating music file helps speed your brain up for greater focus and energy while the calming file helps promote a sense of being centered and relaxed.

## Anxiety and Panic Disorders

If you're suffering from anxiety and panic disorders, your brain is locked into "fight or flight" mode. Whenever you're exposed to a stressful event



or trigger your brain goes into this default anxiety mode and creates an attack.

Brain music therapy helps to literally press the reset button in your brain by encouraging relaxing, calming and balanced brain wave patterns. Once your brain becomes more familiar with these healthier patterns it becomes much easier for you to stay calm and relaxed even during stressful or previously triggering events.

## Burn Out

Burnout occurs when you are exposed to chronic, unremitting stress. Over time the adrenaline and cortisol that are released from the stress starts to overburden your body and brain. Initially, these stress hormones speed up brain activity — creating an "adrenaline rush". Over time however, your brain becomes fatigued from over stimulation to the point of literally creating brain damage.



BMT helps to restore normal brain function, reduces adrenaline output and aids in the healing of your brain tissue.

## 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 — what will you do with your upgraded brain?