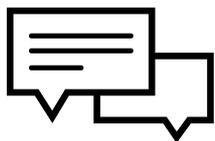


BRAIN OPTIMAX'S
**STARTER
KIT**





WELCOME TO THE BRAIN OPTIMAX HOLISTIC PROGRAM

Let's work together.

We are inviting you to work together with us in achieving the same goal:
bringing positive changes to your life.

Assessment and neuro-modulation training are undeniably important, but to
bring real changes to your life, we need you to work together with us.

WHAT IS HOLISTIC?

Holistic means creating changes to various aspects of your lifestyle as a whole,
involving physical, mental, emotional, and spiritual.

WHAT ARE THE CONTENTS OF THIS GUIDE?

We are giving you a handy guide to this program which includes snippets of the
process, how does it work, and answers to frequently asked questions. Moreover,
we will give you links to our website for various tips and tricks to do at home.

If you come across challenges in applying our program to your life as a whole,
our Brain Optimax clinicians are ready to help you with ideas and solutions.

Let's bring real change to your life!

HOW CAN NEUROMODULATION CHANGE THE ACTIVITIES OF OUR BRAIN?

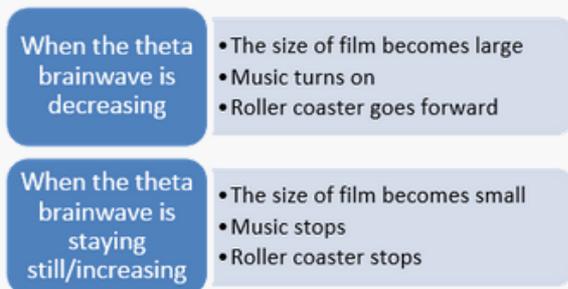
1. VOLITIONAL NEUROMODULATION: HEG, EEG BIOFEEDBACK

Volitional neuromodulation is based on the principle of operant conditioning, which has been shown by research in several decades, aims to strengthen the occurrence of a behavior. Operant conditioning uses rewards to strengthen the behavior. When repeated consistently, the behavior will become a habitual response.

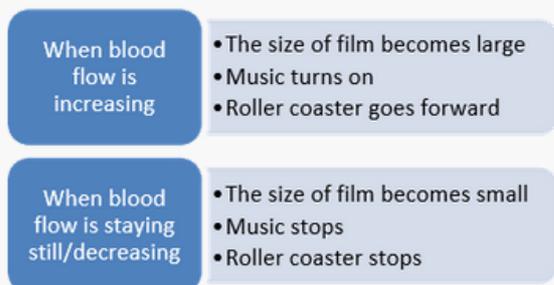


Operant conditioning can be used to change the activities of our brain so it works more efficiently in order to support various functions. There are various rewards used in neuromodulation training, such as film, music, or game (e.g. roller coaster). The choice of reward will depend on the person's interests. The size of the film (whether it is large or small) is the feedback to direct the brain to more efficient functioning, like windscreen of the car when we are driving, it shows us where to go. After repeated approximately 300-400 times, the change will be strengthened and become habit of the brain.

EEG BIOFEEDBACK: DECREASING SLOW ACTIVITY



HEG BIOFEEDBACK: INCREASING BLOOD FLOW



WHAT DOES THE CHILD HAVE TO DO WHILE IN SESSION OF VOLITIONAL NEUROMODULATION?

- Put focus on the screen. When the child is looking away from the screen, he/she is not getting the reward/feedback, which is the basis of this training (lead to unchanging brain activities).
- Not moving the head or body (extreme movement), because this may disrupt the EEG signal.
- Not having any phone or other electronic devices on, because the signal may disrupt EEG signal.

2. NON-VOLITIONAL NEUROMODULATION: TDCS, AVE

During non-volitional neuromodulation, direct stimulation is given to change the activities of the brain. Using tDCS, safe electrical current (never more than 2.0 mA) is given to a certain area of the brain. During AVE, stimulation is given by sound and lights that changes our brain through our visual and auditory senses.

WHAT DOES THE CHILD HAVE TO DO DURING NON-VOLITIONAL TRAINING?

- The child can be doing anything she/he wants, such as play, study, sleep, etc. It is not necessary to look at a screen.
- Not to move the position of the device.

BRAIN TRAINING

Here are short descriptions about the training and services available at Brain Optimax. All the procedures mentioned below are not invasive and does not use medication, which makes it safe for individual of all ages.



NEUROFEEDBACK (EEG BIOFEEDBACK)

Neurofeedback records electrical activities of the brain and trains them to generate optimal condition for functioning. Neurofeedback can be use for cognitive enhancement, emotional regulation, sleep quality, behaviour issues and even migraine headache.



HEG BIOFEEDBACK

HEG Biofeedback is a modality that specifically trains the prefrontal cortex in order to enhance concentration, impulse control, planning, organising, sequential processing. Effective for clinical conditions such as learning difficulties, OCD, ADHD, and Autism.



tDCS (TRANSCRANIAL DIRECT STIMULATION)

tDCS is used in various clinical conditions, such as speech difficulties/delay, cognitive issues, stroke, epilepsy, and depression. The training aims to optimise the neuronal activation beneath the area treated, hence enhancing function.



PHYSIOLOGICAL BIOFEEDBACK

Physiological Biofeedback trains the body to reduce involuntary activation under stress and go back to its initial condition, preventing prolonged stress response. Modalities include heart rate, respiration, control of muscle tension (EMG), galvanic skin response or the fight-or-flight response, etc.

ASSESSMENTS

Here are short descriptions about the assessment services available at Brain Optimax. All the procedures mentioned below are not invasive and does not use medication, which makes it safe for individual of all ages.

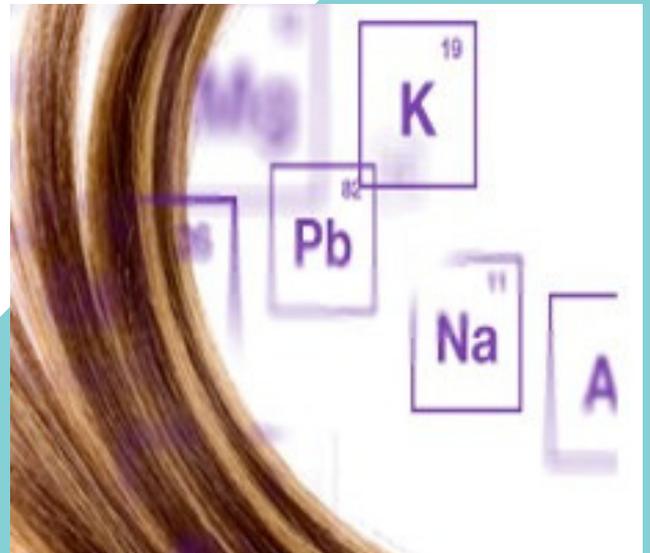


BRAIN ASSESSMENT (qEEG+EEG)

qEEG+EEG is a brain assessment to reveal both medical anomalies and neuropsychological conditions using statistical analysis of brainwaves.

The results will inform whether there are underlying biological source of any cognitive, physical, or behavioral issues. The results can also direct neuromodulation training protocol.

For more information:
expertfullq.brainoptimax.com



HTMA (HAIR TISSUE MINERAL ANALYSIS)

HTMA uses hair to test whether there are imbalances of minerals and heavy metal toxicity (e.g. mercury, aluminum, etc.) in the body, which can impede normal development.

Mineral imbalance and heavy metal toxicity can also contribute to difficulties concentrating and overwhelming anxiety.

The test can reveal health conditions and inform the best eating habit for your metabolism.

For more information:
brainoptimax.com/id/htma

PREPARATION FOR ASSESSMENT

Here are a couple of preparations that you can do prior to the assessment, as well as the complete steps of the assessment process to get you or your child well-prepared.



HOME PREPARATIONS

- Get enough rest the day before to have an optimal physical condition during assessment.
- Eat nutritious food to avoid getting hungry during assessment.
- Do not use hair gel prior to the assessment.
- For children whose ears and scalps are sensitive when touched, parents can prepare them by wearing hat or headband and massaging the earlobes using handbody or baby oil, so the child can get used before the assessment.

THE PROCESS

- Clinician puts on the FullCap.
- Clinician cleans the area where scalp electrodes are placed using conductive gel. This is to make sure that the signal is well-received without interference.
- Clinician cleans the earlobes using scrub to eliminate dead skin cells. Afterwards, ear clip electrodes are placed using conductive paste.
- The process can take up to 2 hours: 1 hour for eyes open condition, and another hour for eyes closed/sleep condition.

NEUROMODULATION TRAINING

AT-HOME PREPARATION

- Make sure that the child has enough rest for optimal focus.
- Eat nutritious food before therapy (we recommend decreasing consumption of carbohydrates and sugar).
- Not to use hair gel to ease the attachment of electrodes.
- Especially for children who are sensitive on the ears and scalp, parents can practice the process before the first session. This can be done by using hat or headband, as well as massaging the earlobes using lotion or baby oil. This will ease the adaption process of the child while being cleaned for the electrodes.
- Parents can inform us about the child's favorite films so the clinicians can prepare the feedback used in the session. Children are usually more focused and interested if we use feedback matched with their interests.



TRAINING PROCESS

- Clinician marks the placement of electrodes on the scalp.
- Cleaning the area: Using Q-tip and scrub gel, clinician cleans the area of any dead skin cells which may disrupt reading of EEG. This is safe without side effects.
- Attaching the electrodes: Using conductive paste, clinician attaches the electrodes to scalp and (or) ears. The conductive paste will prevent any air bubble which will disrupt reading of EEG. This is safe without side effects.
- During the session, any phones in the room should be turned off or switched to airplane mode in order to prevent any disturbance to the signal.

Brain Optimax's

ABA & NEURO-ACADEMIC

ABA *(Applied Behavior Analysis)*

ABA is a behavioral therapy aiming to enhance:

- Compliance
- Basic skills to imitate
- Skills to understand instructions
- Skills to express themselves verbally
- Basic skills to prepare for school
- Skills to self-discipline and motor abilities
- Social skills

NEURO-ACADEMIC

Neuro-academic is a learning system to:

- Strengthen basic skills of reading, writing, and mathematics
- Specific teaching style tailored to the child's style of learning
- Fun learning methods to decrease pressure
- Directly observing specific difficulties while learning to guide neuromodulation training
- On-going evaluation to adapt the material and neuromodulation to the child's pace.

FAQ

FREQUENTLY ASKED QUESTIONS

Q: Is there side effect to neuromodulation training?

A: There is no long-term side effect.

Q: Is it dangerous?

A: No. The training is safe and based on research. We also do not put anything in the brain.

Q: If the training is not putting anything in the brain, what do the electrodes do?

A: The electrodes simply read and record the activity of the brain (as stethoscope used to listen to the heart beat).

Q: Where do clinicians put the electrodes?

A: On the scalp and (or) ear lobes depend on the training plan (differ on individual needs).

Q: Why use ear electrodes?

A: We use ear electrodes to make sure the active electrode (on the scalp) is working without interference from surrounding waves.

Q: How long do children generally adapt to the devices of this training?

A: Generally every child will have adaptation process. They usually get used to the process in the second or third session of training. Practice at home will fasten the adaptation process.

Q: Is neuromodulation training enough for my child?

A: Neuromodulation training optimizes brain activities in all of its functions. But optimized brain will not show in its fullest without having real learning experience in form of studying new things.

Parents usually experience that the child has increased comprehension skills, more focused, calmer, and more skilled in expressing his/her needs and wants after combined with other therapies or structured studying.

Q: How often do we need to do the training to achieve maximum result?

A: Training can be done as often as possible. However, to achieve maximum result, the child needs to be in optimal condition, e.g. not sleepy, not exhausted, or not overly bored.

We also advise that the training can be done consistently, without overly long break to achieve maximum result.

Q: Can my child be “cured”?

A: Every brain can increase its efficiency, but not all conditions are able to be totally “cured”, such as Autism Spectrum Disorder, Epilepsy, ADHD, and others.

In some cases, symptoms can be dramatically reduced after therapies.

WANT MORE?

We have tons of information for you in our website!

We understand that every one of you has different needs in order to gain as much positive changes as you can from this program.

If your child has difficulties learning, we have various tips and tricks to help maximising every studying process.

How to deal with concentration difficulties? How to make learning interesting to your child? How to generate more interest in reading? Why is your child not listening? We have all the tips! Head over to **brainoptimax.com/learning/articles** to start reading them.

If your child has symptoms of Autism Spectrum Disorder (ASD), you can find out more about the disorder and how to improve daily functioning in our website. Learn about possible undetectable seizure that can impede your child's development and learning. How to stimulate their speech? How to make learning more interesting to them? Read these articles at: **brainoptimax.com/autisme**



CONTACT US

For specific questions or quick consultation via phone or Whatsapp, contact us via one of these options:

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