
What are you looking for?

Are you looking for a focused calm mind?

Better relationships?

Self confidence?

To be Happy AND Healthy?~



You cannot have a *healthy mind...* without a **Healthy Body!**

As psychologists Dr. Lisa Webb and Dr. Kenith Robins could see the correlations of depression and other mind health issues due to poor physical health.

“We decided that we wanted to go further to help our clients obtain true mind health, beyond psychotherapy.”

We searched and now offer the perfect combination to do just that.

Keep watching!



Brain Care is HERE!

**You now can get the
mind health you
need~**

THE FUTURE OF
MENTAL WELLNESS
IS HERE,

AND IT'S
VERY PERSONAL.



sonal
PERSONALIZED BRAINCARE™ DEVICE

Powered by  Wave

Benefits of Sonal Brain Care

YOUR BRAIN *NOW*

- Insomnia
- Moody
- Foggy thinking
- Fatigue
- Easily Distracted
- Stressed out

***AFTER* PERSONALIZED BRAIN SESSIONS**

- Better Sleep
 - Better Mood
 - Focused
 - Energized
 - Mental Clarity
 - Better Self Control
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What Is Brain Wave Stimulation?



- How does it work?
- 3 easy steps
- 1st Brain wave a 10 minute recording for your base line reading that generates a personalized report.
- 2nd Sonal sessions to GET STIMULATION!
- 3rd Re-evaluation to see what progress you have made!

What about a
HEALTHY BODY?

Healthy Lifestyle for
Life in 60 Days!

A program to give you the tools
for a healthy lifestyle!

No more going it alone~



Our Unique Package

- Our COMPLETE package is designed to achieve BRAIN HEALTH *and* BODY HEALTH.
 - **Sonal Brain Care** - A safe and highly effective brain wellness device to give you a mind that results in happier you!
 - **Healthy Lifestyle for Life in 60 Days!**
 - **Online curriculum** includes videos, meal planning, educational resources.
 - **Healthy coaching!** One on one guidance by a health coach at your convenience.
 - **Bioavailable professional grade nutraceuticals for natural detox and optimum health!**
 - **InBody scan** goes beyond the bathroom scales, you will know your body composition and able to plan for a progressive level of health.
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What do you need
to do now?

Easy!

Schedule a
consultation call!

