



**Train Your Brain,
Transform Your Life:
Conquer ADHD
In 60 Days,
Without Ritalin**

Nicky VanValkenburgh

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Chapter 1: Getting A Jump Start On ADHD

If modern psychology had existed back then, Thomas Edison would have probably been deemed a victim of ADHD and prescribed a hefty dose of the miracle drug Ritalin. When Edison's mother became aware of his situation, she promptly withdrew him from school and began to home-teach him. Not surprisingly, she was convinced her son's slightly unusual demeanor and physical appearance were merely outward signs of his remarkable intelligence.” — Gerald Beals (2009), *The Biography of Thomas Edison*.

You're about to discover a natural way to conquer Attention Deficit Hyperactivity Disorder (ADHD) in 60 days, without Ritalin. It is a natural remedy that involves training your brain so that you can be more focused, concentrate and remember, get organized, and accomplish more during the day. Some people might say that it sounds too good to be true, but the technology works for me, and it can work for you too.

There are books on the market that teach you how to train your brain with math calculations, memory games, or crossword puzzles. You won't find that approach here! My method of brain training involves lying flat on your back, closing your eyes and using the ALERT light and sound machine for 22 minutes. That's it! This is the lazy way to get rid of ADHD. It's easy, effortless, and effective. The ALERT does all the work for you. If you can spare just 22 minutes a day, then you can train your brain and transform your life. Brain training is a relaxing and enjoyable experience, and it has never been easier to conquer ADHD.

Are you familiar with biofeedback? It's a technique in which you learn to deliberately calm or train your brainwave activity. This book explains a different approach that requires no conscious effort. You won't have to think about it, concentrate, or focus. All you do is close your eyes, relax, and enjoy. You might even zone out or fall asleep. That's okay, because the ALERT light and sound machine is doing all the work.

If you're skeptical, why not read this book first and then decide if this technology is right for you? You see, there is a science behind the technology that makes it work. In the pages to come, you will discover the cause of ADHD— and why it is difficult for you to focus, concentrate, and remember. From the brain's perspective, there is a simple cause for ADHD and a simple solution.

What's the solution for ADHD? To train your brain, of course. ADHD is a sign that your life is out of balance, and you need to fix it. You can fix the imbalance of ADHD by training your brain, and restoring its natural function. If there is nothing wrong with the physical structure of your brain (such as brain damage) then functioning can be restored. Perhaps your doctor has told you, "There is no cure for ADHD." That simply isn't true. Your doctor may have prescribed Ritalin or another medication. Is this what it's come down to: A label and a pill? No, these are not your only options! In the pages to come, you will discover how Ritalin stimulates and arouses the brain, but you accomplish the same thing without swallowing pills.

There is a powerhouse tucked under your skull, just waiting to be discovered. Modern science has discovered that the brain is plastic or changeable. In other words, your brain has the potential to change or transform itself. The science of brain plasticity claims that you can train your brain to think smarter and faster—which is great news for anyone with ADHD.

Inside your brain is everything you need to recover from ADHD. As you train and condition your brain, you will gradually feel a change taking place in your head. Your thoughts will become clearer. It will be easier to focus and concentrate for longer periods of time. You will remember what you've read. Your short term memory will also improve, making it easier to hold onto thoughts that race through your head. In no time, you'll be better organized, more efficient, and more productive. Yes, you have every reason to be upbeat and optimistic about conquering ADHD. It's time to train your brain and transform your life!

Why I Wrote This Book

I wrote this book so that you can discover the technology and understand how and why it works. Brain training has already helped thousands of people conquer ADHD. The technology is scientific, powerful, and effective. It should no longer be kept secret. In the pages to come, you will learn about brain training with the ALERT light and sound machine. I will share my personal experience, and explain the science behind the technology that makes it work. By reading this book, you can examine the facts for yourself and make an informed decision as to whether brain training is right for you.

Almost everyone knows about Ritalin, but ADHD drugs are not an effective long-term solution. Ritalin is a stimulant drug, but there is another way to stimulate your brain that are equally (if not more) effective. Brain training is a natural, non-invasive way to address the root cause of ADHD, and boost the electro-chemical activity in your brain. Best of all, you'll have fun doing it. You'll actually look forward to your brain training time. It is a relaxing and enjoyable experience, and when you start to get results, the victory will be even sweeter. You'll be so proud of yourself. You'll feel a tremendous sense of pride and accomplishment when you train your brain and transform your life.

How I Conquered My ADHD, Lying Flat On Back, With My Eyes Closed

Finding a natural remedy for ADHD was exciting for me, because I've always struggled with distraction, impulsivity, and not being able to concentrate or focus. When I'm bored, I tend to zone out and disconnect from whatever is happening. A creative imagination can be a good thing, and helps me to think outside the box. Unfortunately, ADHD also causes me to be disorganized, tardy, and lose and forget things. Sometimes, it takes twice as long to get things done.

In college, I was diagnosed with Attention Deficit Disorder (ADD) by a clinical psychologist who ran a battery of tests on me. Being labeled with ADD didn't seem to hold me back— at least, I didn't think so at the time.

By the way, ADD is the old label. The American Psychiatric Association (APA) changed the classification to ADHD, which includes three types of attentional disorders with or without hyperactivity, or the combined type. ADHD is an umbrella term that includes all three types.

Back to my story, I was diagnosed ADD while working on my Master's in counseling and journalism. I made good grades and enjoyed school, but there were a few classes that I wasn't crazy about. For instance, I took a class in Behavioral Statistics that required me to memorize tons of equations and formulas. I was overwhelmed by the long-winded lectures and number-crunching calculations. Sometimes, I could find a way to compensate and make things work. I liked to sit near the front so I could pay attention and be less distracted. I also enjoyed talking to the professor after class. Knowing that I was somebody, not just a number, made all the difference. That little bit of stimulation gave me a boost that I needed to focus and stay on track.

Of course, it wasn't always easy to plug in. When a subject didn't interest me, I tended to daydream or doodle in my notebook. My professor would write equations on the blackboard, and I'd zone out. My eyes glazed over, and I'd start thinking about other things, like lunch or the cute guy sitting nearby. I almost had to slap myself to focus on the material. My brain tended to zone out whenever I wasn't getting enough stimulation. If the class was too difficult, I often felt like giving up. Or, I just wanted to get up and leave. Sometimes, I didn't show up for class at all. When a class didn't interest me, it was difficult to focus on my assignments and get my work done. It's hard to be motivated when I couldn't care less about the subject matter. Before I realized what was happening, I was far behind.

I asked my doctor for a prescription of Ritalin. My friends talked about Ritalin and how it improved their concentration and focus, especially during final exams. I had also heard about Ritalin on TV, newspapers, and in magazines. The media touted Ritalin as a "smart drug" or "cognitive enhancer." It seemed pretty harmless, so why not try it? To my surprise, the medicine worked like a charm. I found myself reading at turbo speed and whipping through my statistics assignments. Feelings of overwhelm and frustration melted away. No more procrastination or feeling unmotivated! I almost felt like the Bionic Woman with super powers. I could study, memorize, and write at an accelerated rate. Nothing could stop me.

Yes, I was flying high with Ritalin. But when the medicine wore off, I came crashing down fast. Tears streamed down my face and I felt incredibly sad. All my energy had been drained away. Why me and why now? I still had homework to do, reading

assignments, and papers to write.

Of course, I could take another pill. That would get me up again, but then I was so wired that I couldn't sleep. There were other side effects: Stomachaches, acne, constipation, and dry mouth— but the worst part was the jitters and sadness that accompanied the Ritalin tapering off.

There were other side effects too. Ritalin caused my mind to get stuck in a continuous loop. Have you ever dreamed about doing the same thing over and over? Or perhaps you have a favorite CD that is scratched up or damaged. When you play the CD, it skips. The music gets stuck at a certain place. The same section repeats itself. This is what often happened to me when Ritalin wore off. It was a strange withdrawal or rebound experience. I found myself obsessing about stupid things. For instance, I'd re-check my school assignments that I already completed. Did I really complete the work, or were parts of it unfinished?

As a psychology major, I recognized my symptoms were obsessive compulsive. I knew a girl in my dorm who was like that. She took five showers a day, and constantly washed her hands. I remember her telling me, "I just can't get clean. I scrub and wash myself, but I still feel dirty afterwards."

I didn't have that problem, but my looping tendency was getting out of hand. At night, my dreams were stuck in a loop. I'd tell myself, "Snap out it! Enough already!" But the dreams wouldn't stop, like a bad movie that repeats itself.

I hated Ritalin, and what it was doing to me. The side effects were getting more and more bizarre. Something inside me screamed, "No more Ritalin! It's just not worth it!" My life was becoming a roller coaster and I wanted to get off. There had to be a better way.

I was also fed-up with doctor's visits, running to the pharmacy for refills, and shelling out the co-payments. It was time-consuming and expensive. Plus, I wasn't getting any better. I was sedated, but not cured. The medicine took care of my ADHD symptoms, but when it wore off I was back at square one. Nothing had changed!

I tried other ADHD medications such as Adderall and Dexadrine, but my response was exactly the same. I loved the positive effects, but coming down from the meds was like taking a nosedive, looping upside down and going backwards in the dark. It wasn't a fun ride anymore; it was scary. I decided to step on the brakes and stop the meds entirely. I read everything about ADD and ADHD that I could find, including books on neuroscience and brain power. I switched to brain vitamins and herbs, which improved my energy levels, but I always craved an extra push.

Ultimately, I earned my Master's, graduated with honors, and began working full-time. Almost 15 years later, I discovered something that changed my life forever. My friend

Morry told me about the ALERT light and sound machine.. “I’m coming out of that ADHD fog, and seeing the light at the end of the tunnel,” he said.

“What’s amazing is that I’m getting the positive effects of Ritalin, without taking the medicine. I can read better, concentrate and focus, listen to public speakers, and remember it all!” he said.

Morry explained that the ALERT was a home-based brain training program for ADHD. It consists of headphones, funky eyeglasses, and a control box with pre-programmed sessions. I’ll never forget what Morry said, “You can train your brain to conquer ADHD, and it’s so easy that you can do it lying flat on your back, with your eyes closed!”

Intrigued, I purchased an ALERT for myself. I was skeptical, but figured it was worth a try. If this device could help me get a grip on my ADHD it would be worth every penny.

Using the ALERT wasn’t anything like I expected it to be. I closed my eyes and noticed the mild flashing lights and heartbeat sounds. It seemed odd, but the rhythm was gentle and soothing. I felt relaxed and at ease. My mind chatter, or internal dialogue, seemed to slow down and become quiet. My thoughts faded to black, and I fell asleep. The session was over 22 minutes later.

Upon waking, I looked at the clock on my nightstand. I felt well-rested, as if I’d slept all night. Funny thing, it was the middle of the day, and I’d only taken a short nap. I felt warm, cozy, and relaxed. There was a yellow coffee mug on my nightstand, and it looked very three-dimensional, almost like a beautiful painting. I got up and looked out the window. To my surprise, the neighbors’ houses looked different. It was as if I’d stepped into a pop-up storybook. The houses looked more three-dimensional. It was as if someone had tied a string to the houses and pulled them up. I’d never noticed the houses looking like that before. I didn’t understand what was happening to me, but it was something good. I felt euphoric, but also calm and focused. I remember thinking, “Hmm, maybe I could put this energy to good use.” I went to my desk and reviewed my to-do list. I quickly got busy with my assignments and finished a book that I was reading. Amazingly, I wasn’t distracted or preoccupied. Instead, I had energy and stamina, as if I was in a state of flow. It was amazing how productive I was after using the ALERT.

I continued to use the ALERT every day, for the next two months. Sometimes I’d use the ALERT after exercising at the gym. I attend group fitness classes, which are intense cardio workouts. Afterwards, my clothes are soaking wet and I feel exhausted, but I always have work waiting for me on my desk. I also run an internet business out of my home, which keeps me busy. Using the ALERT gives me a 22-minute power nap. It helps me to relax deeply, and awake refreshed and ready to focus on my work.

The ALERT is also handy for stress relief. It is easy to get overwhelmed by deadlines and responsibilities. Feeling overwhelmed makes it hard to think straight and be productive.

Under pressure, I tend to make careless mistakes. The ALERT gives me a 22-minute stress reduction session. As I relax deeply, I let go of my worries and frustration. My mind chatter slows down and becomes quiet. This relaxation response takes the edge off of stress. It enables me to tap into my creative muse, rather than my inner critic.

The ALERT is a quick and easy way to get a grip on my ADHD. I use the device in the comfort of my own home, which is convenient and hassle-free. The benefits include energizing my brain to read, study or solve problems; boosting my mood, helping me to calm down, relax and stabilize my emotions; and to reduce stress and anxiety. All of these things help me to be more productive with my work.

Now that I've completed the ALERT 60-day program, I can honestly say that it's made a tremendous difference in my life. Morry was right. Brain training with the ALERT was so easy that I could do it with my eyes closed. There were no side effects and I'll never ride the Ritalin roller coaster again. The ALERT helped me to conquer my ADHD and you can discover it too.

The Science Behind The Technology

You might be wondering if my recovery from ADHD is the result of the placebo effect, power of suggestion, or just getting lucky. Actually, there is a science behind the technology. The ALERT light and sound machine has a specifically designed protocol for ADHD that is safe, reliable, and effective. As you read this book, you will discover how and why the technology works. Very briefly, the ALERT addresses five things that your brain needs in order to overcome ADHD:

- 1. You need to increase electro-chemical communication between brain cells.** ADHD is a wiring and firing problem. By increasing your electro-chemical communication between brain cells, you will think clearer, faster, and smarter. *Fixing this shortcoming will be so easy that you can do it with your eyes closed!*
- 2. Your brainwaves need to get up-to-speed.** Either your brainwaves are sluggish (too slow), hyperactive (too fast), or somewhere in between. The trick is correcting this imbalance, so the speed of your brainwaves is within a normal range. *By the time you finish reading this book, you'll know how to get the tempo exactly right.*
- 3. Your brain needs to learn the Rhythm of Peak Performance.** Having ADHD is like being rhythmically challenged. You're out of step with the rhythm of focusing, concentrating, and remembering information. *You'll be amazed at what happens when you get in-synch with the Rhythm of Peak Performance.*
- 4. Your brain needs stimulation, conditioning, and exercise.** Researchers have found that people with ADHD tend to have "low arousal," or "sleepy" brains. That's why it's pure torture to listen to a boring lecture or wait in line. Boring activities don't challenge,

stimulate, or arouse your brain. *By reading this book, you'll discover how to get the stimulation that your brain craves.*

5. Your brain needs the three Rs: Relaxation, restoration and rejuvenation. If you're bogged down by stress, your brain will work less, which is when you need it the most. *If you feel overwhelmed, just close your eyes and "chill-lax" that stress right out of your head. This book will show you how.*

In the pages to come, I will explain more about these five brain boosters. They may seem strange now, but by the time you finish reading this book, these concepts will be crystal-clear. With the help of these five brain boosters, you can train your brain and transform your life.

Interested in reading more? Buy the book at Amazon.com http://www.amazon.com/Train-Your-Brain-Transform-ife/dp/0615297943/ref=sr_1_3?ie=UTF8&s=books&qid=1302811431&sr=1-3/ or at Nicky's website <http://www.TrainYourBrainTransformYourLife.com/>