

**TRAIN**  
YOUR BRAIN  
**TRANSFORM**  
YOUR LIFE



**Conquer Attention Deficit Disorder  
in 60 Days, Without Ritalin**

**NICKY VANVALKENBURGH**

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The information within this book is designed to provide accurate and authoritative information about the subject matter discussed. However, this book is for informational purposes only. The author is not rendering medical or psychological services. If such advice is required, seek the services of a competent professional. Every attempt has been made to verify the information provided in this report, but neither the author nor her partners assume any responsibility for errors, inaccuracies or omissions.

### **What people are saying about “Train Your Brain, Transform Your Life”**

"If you're looking for a natural, drug-free way to conquer your Attention Deficit Disorder, and decrease your ADD symptoms, this book is a gem! It's well-written, organized, provides the facts and lots of smart advice. The approach is different than what I have advocated in my counseling practice, but I think that ALERT brain training is a great idea for increasing a person's concentration, focus and retention. Perhaps it could be used in addition to counseling for maximum effectiveness."

Dr. Kenneth Herman, Clinical Psychologist  
Author of "Secrets from the Sofa: A Psychologist's Guide to Personal Peace."

"I encourage every parent with an ADD child to buy this book. The concept of brain training is a breakthrough for millions of school age children and parents who are looking for a different solution for ADD. If you're looking for a natural alternative that doesn't just sedate your child but actually reduces their ADD symptoms, this book is for you. Amazingly, this book shows you how brain training can give you the positive results of Ritalin, without all the side effects. Plus, you will experience results that are permanent and lasting, rather than temporary."

Barbara Mason.  
Kindergarden teacher, National Board Certified

"This book is a must read for anyone who wants to conquer their ADD naturally, without drugs. Nicky shares her personal story of recovering from ADD, and offers hope that you can do the same with a brain training device called the ALERT. It is a well-organized and well-researched system that provides a viable alternative to drugs. I found this book to be entertaining, easy-to-read and educational. Highly recommended!"

Earma Brown, Author of “In the Spirit of Armor Bearing” & “Write Your Best Book Now.” <http://www.earnabrown.org/>

“Some books are interesting. Some are entertaining. And some books change lives. Nicky VanValkenburgh’s book is one of the life-changers. She identifies the problem of ADD, and offers a real solution that is simple, effective, and doesn’t involve drugs. This book is a unique combination of clearly explained science and the compassion that can come only from someone who knows firsthand how devastating ADD can be. Nicky tells her story of ADD and her amazing discovery of the simple light and sound technology that set her free.”

Kalinda Rose Stevenson, Ph.D.  
Writing Clarity Coach  
<http://www.WriteToPersuade.com/>

“This is more than a book, it is a personal testimony from a woman who has conquered ADD. Nicky empowers others to take control of their ADD through empathy, passion and practicality! I found this book to be a GREAT read; very easy to follow. She provides an alternative to drugs through her ALERT system for training the brain. Very inspiring and insightful! Lives will be transformed!”

Jaime L. Rohadfox, Certified Christian Life Coach for Women  
Founder of Women of Divine Aspiration, LLC.  
<http://www.jaimerohadfox.com/>  
<http://www.womenofdivineaspiration.com/>

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## Chapter 1: Getting a jump start on ADD

*"The person who says it cannot be done should not interrupt the person already doing it."  
Chinese Proverb.*

You're about to discover a natural way to conquer Attention Deficit Disorder (ADD) in 60 days, without Ritalin. It is a natural remedy that involves training your brain so that you can be more focused, able to 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 how to train your brain with math calculations, memory games or crossword puzzles. You won't find that approach here! Our 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 man's way to get rid of ADD. 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's never been easier to conquer ADD.

We're not talking about biofeedback either. You may be familiar with biofeedback, in which you learn to deliberately calm or train your brainwave activity. It takes hours and hours of practice. Again, that's not our approach! Our method of brain training 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 ok, because our 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 ADD— and why it is difficult for you to focus, concentrate and remember. From the brain's perspective, there is a simple cause for ADD, and also a simple solution.

What's our solution for ADD? To train your brain, of course. ADD is a sign that your life is out of balance, and you need to fix it. You can fix the imbalance of ADD 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 ADD." That simply isn't true. Your doctor may have suggested that you take Ritalin, or other medication. Take these pills, or struggle with ADD for the rest of your life? That's not your only option! In the pages to come, you will discover how Ritalin works (the scientific premise behind it) so that you accomplish the same thing with brain training.

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 also suggests that you can also train your brain to think smarter and faster—which is great news for anyone with ADD.

Inside your brain is everything you need to recover from ADD. 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 on to 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 getting rid of ADD. It's time to train your brain and transform your life!

### **Why I wrote this book**

I wrote this book to share my personal story of conquering ADD in 60 days. Yes, it is possible and it can be done. By taking the time to read this book, you will understand why ADD is not an incurable disease. Doctors commonly prescribe Ritalin for ADD, but this is not an effective long-term solution. Ritalin is a stimulant drug, but there is another way to stimulate your brain that is equally (if not more) effective. Brain training is a natural, non-evasive way that you can address the root cause of ADD, and correct the electro-chemical imbalances in your brain. Best of all, you'll have fun doing it. You'll actually look forward to your brain training time. It is relaxing and enjoyable, and when you start to get results, the victory will be even sweeter. You will feel so proud of yourself. A tremendous sense of pride and accomplishment comes when you put your natural brainpower to work, and make the most of your inner resources.

All of this could happen in a short period of time, just eight weeks. That's pretty fast, isn't it? When you consistently train your brain, amazing things will happen. You will improve your ability to concentrate and focus, and also get a boost for your confidence and self-esteem. I wrote this book so that you can discover this technology, and how and why it works. Brain training has already helped thousands of people. 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 for ADD 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 will be able to examine the facts for yourself and make an informed decision whether brain training is right for you.

### **How I conquered my ADD, lying flat on back, with my eyes closed**

Finding a natural remedy for ADD is 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, ADD also causes me to be disorganized, tardy, lose and forget things, and take twice as long to get things done.

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

I was working on my Master's in counseling and journalism. I loved my classes, but there were a few electives that I wasn't crazy about. My statistics class, for instance, required me to memorize lots of equations and formulas. I was overwhelmed by the long-winded lectures and number crunching calculations. Sometimes, I found a way to compensate and make things work. I liked to sit near the front, and talk 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 the “juice” 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 that cute guy sitting nearby. I almost had to slap myself to focus on the material at hand. My brain tended to zone out whenever I wasn't getting enough stimulation. If the class was too difficult, I 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 very difficult to focus on my assignments and get my work done. It is hard to be motivated when I could care less about the subject matter. Before I realized what was happening, I was far behind.

Stressed out, I asked my doctor for a prescription of Ritalin. Some of my friends talked about how the drug improved their concentration and focus, especially during final exams. I also heard about Ritalin on TV, newspapers and 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 what goes up must come down. When the Ritalin wore off, I always 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, 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: Stomach aches, acne, constipation, and dry mouth— but the worst part was the jitters and sadness that accompanied the medicine tapering off. As much as I enjoyed the ride going up, it was a steep drop coming down. Finally, something inside me screamed, “No more Ritalin! It's just not worth it!” My life was like 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 meds, 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 ADD symptoms, but when it wore off I was back at square one. Nothing had changed!

I tried other ADD medications, but my response was exactly the same. I loved the positive effects, but coming down from the meds was like taking a nose dive, 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 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.

One day, my friend Morry told me about the ALERT light and sound machine, which was helping him tremendously with ADD. "I'm coming out of that ADD 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 speakers, and remember it all!" he said.

Morry explained that the ALERT was a home-based brain training program for ADD. It was a pair 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 ADD, 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 kind of skeptical, but figured it was worth a try. If this device could help me get a grip on my ADD, 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 like I'd slept all night. Funny thing, it was the middle of the day... and I'd only taken a short cat nap. I felt warm, cozy and relaxed. There was a yellow coffee mug on my nightstand, and it looked three-dimensional, almost like a beautiful painting. I felt peaceful, light hearted and happy. I looked at my "To Do" list, and got busy with my other assignments. I quickly finished a book that I was reading. Amazingly, I wasn't distracted or preoccupied. Instead, I felt a surge of energy, like I was in a state of flow. It was amazing how productive I was after using the ALERT.

I continued to use the ALERT everyday, 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 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 also make careless mistakes. The ALERT gives me a 22-minute "power nap" that clears my head. 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 quick and easy way to get a grip on my ADD. 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, and manage my emotions.

Now that I've completed ALERT 8-week program, I can honestly say that it's made a tremendous difference in my life. My friend 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 ADD, and you can discover it too.

### **Science behind the technology**

You might be wondering if my recovery from ADD is the result of the placebo effect, power of suggestion, or just getting lucky. Actually, it's there is a science behind the technology. The ALERT light and sound machine has a specifically designed protocol for ADD 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 ADD:

**1. You need to increase electro-chemical communication between brain cells.** ADD is a wiring and firing problem. By increasing your electro-chemical communication between brain cells, you will be able to 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) or 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 pacing exactly right.*

**3. Your brain needs learn the rhythm of peak performance.** Having ADD 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.** Guess who is ready for life's challenges: A person who is weak, flabby and out-of-shape... or someone who is physically fit and fast? *When you read this book, you'll learn how to get your brain in tip-top shape.*

**5. Your brain needs the three R's: Relaxation, repair and rejuvenation.** If you're bogged down by stress, your brain will work less, 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, each of these five "brain boosters" will be explained in more detail. They may seem complicated now, but by the time you finish reading this book, these concepts will be crystal clear. Follow these five "brain boosters," and never look back at the chaos of ADD again.

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(Backcover Text)

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