
INSPIRED PERFORMANCE INSTITUTE

NEUROXP

Program Outline



Dr. Wood

HOW THE TIPP PROGRAM “NeuroXP” WORKS

ELIMINATE THE CAUSE OF CHRONIC INFLAMMATION

NeuroXP allows a person to use the power of their Alpha brain waves to enhance clarity, improve peace, reduce or eliminate the effects of traumatic or disturbing events resulting in improved health, wellbeing and performance. Significant studies began on Alpha wave activity in the early 1960's and 70's. When alpha brain waves are prominent, any sensory input will be at a minimum and the mind is clear of unwanted thoughts and intently focused. If a thought comes to mind that isn't congruent with the present situation, then the brain will shift to the higher brain wave state called Beta which requires the handling of many more functions. The alpha brain waves tend to diminish or disappear, and higher frequency oscillations begin running the show.

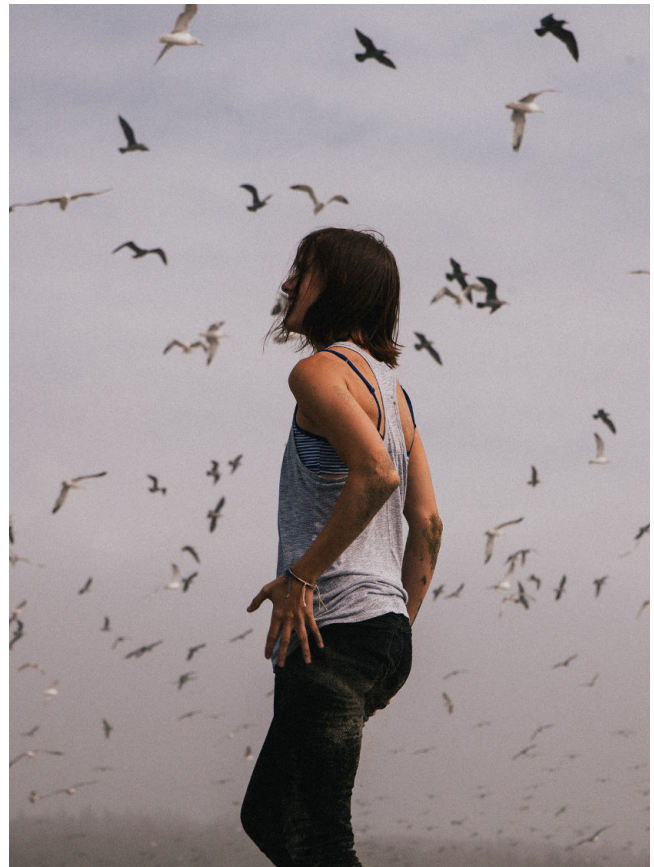
The advantage to the Inspired Performance Institute's NeuroXP is, no reliance on any device. Our experience is demonstrating a link between alpha brain waves and relaxed mental states. Mindfulness training and meditation produce similar brain wave and mental states without the use of technological machinery as well. However, the NeuroXP process is a more permanent and efficient long-term solution. Also, and more importantly, we reduce or eliminate the effects of disturbing or traumatic events, allowing your mind to stay in the present routinely.

Neuroscientists at Brown University performed research on how the brain achieves "optimal inattention" by changing the synchronization of brain waves between different brain regions.

They produced a study in February of 2015 titled "Attention Drives Synchronization of Alpha and Beta Rhythms between Right Inferior Frontal and Primary Sensory Neocortex." The study was published in the Journal of Neuroscience. The Brown researcher's purpose was to teach people how-to harness the "power to ignore" by creating an alpha brain state through mindfulness. The goal was to allow anyone who suffers from chronic pain to reduce perceptions of pain and for people who have depression or anxiety to minimize their symptoms. The NeuroXP program accomplishes that through a time tested and successful platform, without the use of machinery or medication.

According to Dr. Don Wood, CEO of the Inspired Performance Institute, "By understanding and promoting the process that the brain uses to sync up conscious and unconscious functioning may provide the most cost effective and drug-free way to stimulate creative thinking, rewire neural pathways while minimizing or eliminating disturbing symptoms affecting many individuals.

Welcome to NeuroXP!"



STRESS AND TRAUMA EFFECTS

ELIMINATE THE CAUSE OF CHRONIC INFLAMMATION

Inflammation plays a significant role in the development of many diseases. If left untreated it becomes a chronic condition resulting in deteriorating health and persistent pain. Inflammation is a response in your body to stress. Stress may be the result of unresolved trauma which creates a continuous "fight-or-flight" response. It may also be the result of current stressful situations of a person's daily life. The Inspired Performance Program NeuroXP can help. The typical response to inflammation is a prescription from a doctor. In most cases the medication will serve a temporary purpose and reduce the inflammation. However, in some cases this is only a short-term fix. The inflammation will return and persist if the past traumas or current stressful situations are not resolved. Also, the typical response to emotional disturbances is a prescription from a doctor. Once again, in most cases this is only a temporary fix to the situation. The current most prevalent solution is to teach people to live with, manage and cope with their symptoms. Prior events and experiences, disturbing or traumatic, will create stress, emotional disturbance and inflammation. Left untreated this may create some serious health issues. Anxiety, fear, depression and inflammation are the symptoms of the issue and the area that receives the treatments and attention. The solution is to resolve the root cause. That is why NeuroXP was developed.

Evidence has been growing about other ways to reduce inflammation that doesn't require medication. The NeuroXP program is an example of one of those solutions. TIPP can reduce or eliminate the inflammation by engaging the "Vagus" nerve which improves "Vagal Tone." Meditation and yoga are other examples of solutions to improving vagal tone, however, they act much the same way as medication as a temporary or short-term solution. In our experience NeuroXP is proving to be a long term and more permanent solution.

The term vagus is derived from Latin meaning wandering. The Vagus nerve has multiple branches that wander from two thick stems rooted in the cerebellum and brainstem that wander to your abdomen touching your heart and most major organs along the way.

The Inspired Performance process NeuroXP is a cutting-edge approach to help people reduce or eliminate the causes of chronic inflammation. This will help the immune system to improve in the fight against diseases that are currently being treated with relatively expensive drugs that have a host of side effects.



STRESS AND TRAUMA EFFECTS

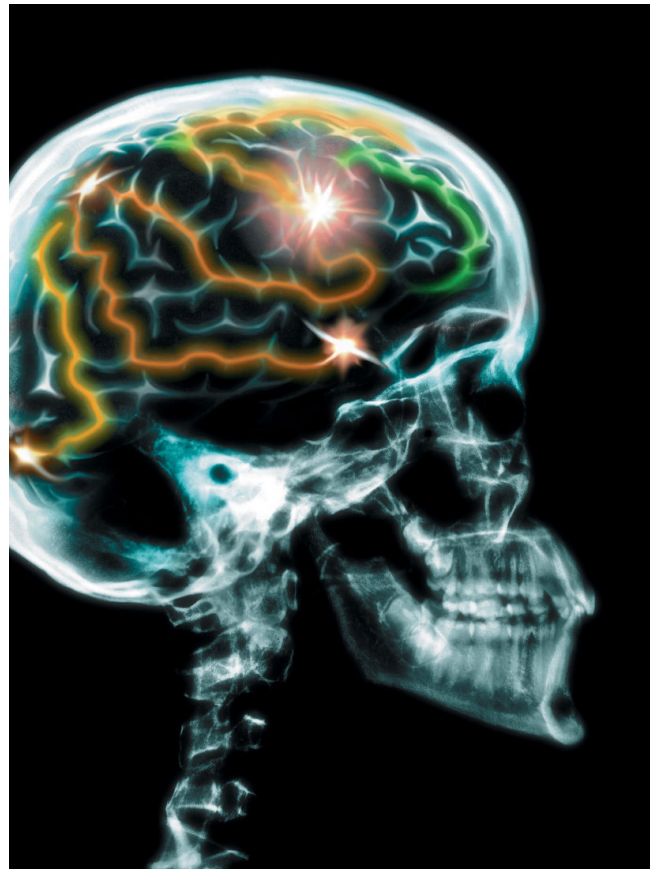
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STRESS AND TRAUMA EFFECTS

WHAT IS THE INSPIRED PERFORMANCE TRAUMA CLEARING TECHNIQUE NEURO?

NEURO (Neuro Engagement Using Recall Optimization) is a combination of highly successful and established techniques, including our own proprietary methods that pinpoint and address an inner issue stuck in the subconscious mind. The Inspired Performance Clearing (NEURO) is the quickest form of clearing for those trying to move on with a peaceful and inspired life.

The Inspired Performance Clearing technique is an immediately effective, revolutionary, and holistic approach to healing and positive behavioral change.

NEURO helps eliminate emotional pain and destructive behavioral patterns. NEURO works under the understanding that the subconscious controls emotions, desires, memory, habits, thoughts, dreams, and automatic responses. One may consciously understand the value of eliminating problematic emotions, thoughts, or behaviors, but unless the subconscious mind is reached, enduring change is unlikely. By engaging the subconscious mind and eliminating the ongoing influence from troubling past events, blocked energy is released, healing takes place, and change is automatic. Negative habits and painful emotions are replaced by positive actions and feelings of well-being. With the NEURO techniques, desired change can be automatic and lasting.

Quick and Effective?

Some of the benefits of NEURO include painless, gentle healing of traumatic experiences. NEURO aids in the immediate healing of traumatic experiences. Our team members can help individuals replace negative thoughts, feelings, and behaviors quicker than other types of traditional therapies.



AUDIO SESSIONS

THE NEXT 28 DAYS

Over the next 28 days, you will be listening to one of seven audio files that will be walking unnecessary behaviors out of your life. Listen to one audio recording per day for 28 days. Remember, your subconscious mind learns through repetition, and the purpose of this program is to repeat the steps necessary to walk behaviors out the same way that it came in, through repetition. Here are some tips for getting the most from your Inspired Performance Program.

Listen when your mind is fresh, alert, and awake

Our audios are most effective when you are not tired or drowsy. Some people do feel sleepy while listening to the audio, but the subconscious will still remain clear and receptive, in Alpha mode. Alpha mode is like pre-sleep and yet quite different from normal sleep because you do not lose consciousness or awareness.

Sit in an upright position

For most people (but not everyone) an upright position is better than lying down. The main reason is to avoid the risk of falling asleep.

For some people it is quite a novel experience to discover just how deeply relaxed the mind can become whilst retaining consciousness and without actually going to sleep. This is by far the best way to approach listening to your recording. You may have experienced this deep mental relaxation during meditation, yoga, or a massage.

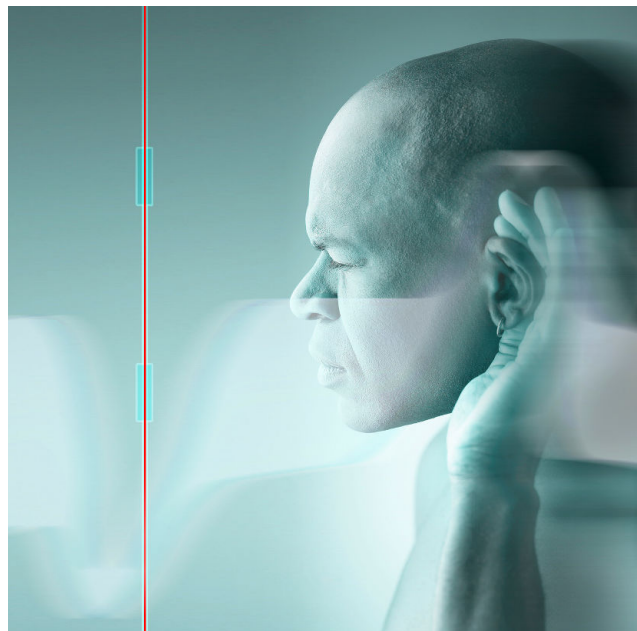
Choose somewhere where you feel safe, warm, and relaxed. Please use stereo headphones while listening to the audio recordings. Make sure you never listen when driving, cycling or doing anything that requires your concentration. Some people wish to listen when walking or jogging, but if you try this, please bear in mind that you will always be asked to close your eyes at the beginning of the recording, and although this is not strictly necessary for everyone, your eyes may start closing automatically at some point, especially if you have listened to the same track before. It is best not to take risks, so choose somewhere where you will be safe and able to close your eyes.

It is always a good idea to switch off all phones or put them on silent beforehand. If you are disturbed during listening, you will normally find you are able to wake up easily, though it may feel as if you are being roused from a deep sleep. You should then be able to continue listening from where you broke off and go quickly back into the same state, if not, resume from the beginning.

At the end of the session, you will hear my voice wakening you and returning you to your everyday normal waking state, after which you should be able to get on with things as normal. In fact, you will very likely feel refreshed, energized and revitalized.

Don't worry about how well you imagine or visualize things

Do not worry about how well, if at all, you can imagine the things that are described to you, particularly with regard to visualizing. Approach it the way you would when, say, hearing a story read out to you from a book or from the radio. All that matters, is that you listen and let yourself imagine things (or not imagine things as the case may be) in your own natural way. If you see things in your imagination fine, if you don't see things accurately, or at all, that's fine too. You can relax, knowing there is nothing special required from you whatsoever, any more than there would be if you were listening to a story.



BREATHWORK EXERCISES

THE NEXT 28 DAYS

This simple breathing exercise will engage your parasympathetic nervous and soothe many of the physical symptoms of stress. When oxygen is entering your system, your nervous system relaxes, allowing your mind to rest. When your mind is at rest, it can heal.

You've probably been told before to take a deep breath to relax. Like most people, that advice hasn't helped you much. It's good advice, but it's incomplete. They don't tell you how to take a deep breath. The key is to not start with a deep breath, but instead, exhale first. Amazing! Without this first step, you cannot take a deep breath; you have to give up some air first. The reason is because you've been breathing in a short, shallow manner for most of your life (from your chest). When you try to take a deep breath, you just can't do it. You end up taking in a short shallow breath from your chest. You get some air, but it is not enough.

So, the key is to get used to taking deeper breaths. Start by placing one hand on your stomach and one hand on your chest. Breathe very shallow from your chest a few times, then try to take a deep breath. What you'll notice is when you inhale, you use your chest muscles, rather than your diaphragm, or belly. When you breathe in this shallow method, you get all the air you need to live, but you can also trigger other symptoms that signal the brain there is distress. By breathing from the belly you eliminate the signs of danger and your mind relaxes and works on healing instead of defense.

Remember, it all starts with an exhale, then a deeper inhale. Simple yet very effective.

Place one hand just above your belt line and the other on your chest, right over the breastbone. You can use your hands as a simple biofeedback device. Your hands will tell you what part of your body, and what muscles, you are using to breathe.

Open your mouth and gently sigh, as if someone had just told you something really annoying. As you do, let your shoulders and the muscles of your upper body relax downwards with the exhale. The point of the sigh is not to completely empty into your lungs, but just to relax the muscles of your upper body.

Close your mouth and pause for a few seconds.

Keep your mouth closed and inhale slowly through your nose by pushing your stomach out. The movement of your stomach precedes the inhalation by just the tiniest fraction of a second, because it's this motion which is pulling the air in. When you've inhaled as much air as you can comfortably (without throwing your upper body into it), just stop. You're finished with that inhale.

Pause. How long? You decide. I'm not giving you a specific count because everybody counts at a different rate and everybody has different size lungs. Pause briefly for whatever time feels comfortable. However, be aware that when you breathe this way, you are taking larger breathes than you're used to. For this reason, it's necessary to breathe more slowly than you used to. If you breathe at the same rate you will use with your small shallow breathes. You'll probably feel a little lightheaded from over breathing and it might make you yawn. Neither is harmful. They are just signals to slow down. So, follow them.

Open your mouth. Exhale through your mouth by pulling your belly in.

Pause. Repeat.



SESSION INFO

NOTES

SYMBOL

STATEMENT

ANCHOR

3 Highlights

1.

2.

3.

3 Goals/Targets

1.

2.

3.