

# neurofo



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## What are the 5 neurotechnologies of the Neurofo Station?

- Gamma, alpha, theta, and beta frequencies that stimulate neuroplasticity, brain cleansing, and access to the different states of consciousness needed for advances in personal and professional life.
- Light frequencies (photobiomodulation) that increase the energy of the brain and heart.
- Sounds and vibrations that harmonize the brain and heart.
- Negative ions and H<sub>3</sub>O<sub>2</sub> that fight inflammation.
- Cardiac coherence that provides serenity and superior brain function.
- Guided session of meditation and innovation to improve one's life in a chosen situation.

## How long does a session last?

One hour, consisting of two 30-minute stages of different activities and technologies.

## How many sessions are recommended?

The Neurofo Station is created to be used 12 consecutive times during an intensive month. This allows for significant changes in the state and capabilities of the brain.

## What is included in the month of activities on board the Neurofo Station?

The month of activities includes 12 one-hour sessions aboard the Neurofo Station, an online neuroperformance Bootcamp that allows you to adopt the 20 key everyday actions for neuroperformance, the Neurofo Community's private chat for support, motivation and answers to your questions, and energizing water.

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## How to prepare for your sessions in the Neurofo Station

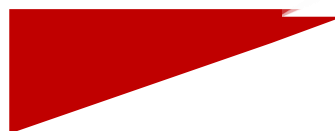
Welcome aboard the Neurofo Station. Its neurotechnologies and the NeurofoLifestyle program were created by expert neuroscientists to increase your serenity, cognitive abilities, and creative imagination.

Each session offers you two experiences: a guided innovation meditation and a gamma resonance session. The whole thing is enhanced with infrared, negative ions, cardiac coherence exercises and beta, alpha and theta frequencies to increase the energy, harmony, health and efficiency of the brain.

Research shows that these technologies improve energy, blood circulation, and brain cleansing, including beta-amyloid plaques. They also reduce inflammation, which is at the heart of aging processes and mental and physical health disorders.

For people who do the one-month program, a follow-up of your Neurofozo actions and consistent water are offered.

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## What you need to know

Wear light clothing with sleeves that can be rolled up to elbow height. This allows energizing lights to be placed directly on your arms during the session. Direct contact with the skin increases energy absorption by several times. It is also ideal to expose the belly by wearing slightly looser pants and a cardigan, for example.

The ionization foot bath requires you to take off your stockings and roll your pants to knee height. Lightweight or stretchy clothing makes the experience easier.

During the meditation-innovation portion of your experience, a guided video helps you find new solutions for a situation in your life that you want to improve. If you can do the preparatory exercise – which can be found on the next page – the day before your appointment, it increases its effectiveness because sleep allows you to explore new solutions.

**I take the time to write down everything that comes to mind that could be a way to make my desire come true.**

Here is a situation in my life that I want to improve, or that I want to create:

I imagine that this situation is now real and I write what I feel about living it to the fullest:

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At the present moment, what are the consequences of the fact that this situation is not a concrete part of my life?

What benefits would I have if this desire were realized?

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I take the time to write down everything that comes to mind that could be a way to make my desire come true.

When I go to bed tonight, I ask my unconscious to bring me elements of solutions to help me realize my wish. Then I stop thinking about it because it could interfere with my sleep. Instead, I choose to free my mind in confidence and fall asleep.