

## The Brain Retraining Solution Can Help YOU Reboot Your Brain and Get You Back into Your Life

### Do You Suffer From...

*Anxiety and depression*

*Chronic stress and overwhelm  
(life feels like a hamster wheel)*

*Fibromyalgia /Chronic Fatigue /ME*

*Mold, CIRS and related illness*

*Multiple chemical and food sensitivities*

*Digestive Disorders*

*Unexplained muscle pain and joint aches*

*Overreact to minor issues or triggers*

*Stuck in the past with resentments and regrets*

*Isolation or difficult relationships*

*Unable to move your life forward (It feels like you're in the movie "Groundhog Day")*

### How Does The Brain Retraining Solution Work?

There are three key systems to help you to feel better ***faster***:

**KEY 1:** Learn how to calm down the physical stress response in the body using a variety of mind-body tools.

**KEY 2:** Learn how to override undesirable thought patterns that keep patients stuck in an endless loop of reactivity that disrupts the body's natural healing. Pruning out the undesirable thoughts and reactions and replacing them with new connections creates better health outcomes.

**KEY 3:** Learn mindful self-compassion towards the emotional self by understanding the cycles of the healing journey.



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### ***Client Testimonial:***

*"Before Brain Retraining Solution and working with Michelle, everything was confusing, overwhelming, and difficult for me to understand/process. I would get frustrated and quit or not even try something for fear of the anxiety it would cause me.*

***Now I want to do EVERYTHING!!"***

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## Benefits of Brain Retraining:

- ✓ Reduction in brain fog, anxiety and depression.
- ✓ Get out of your rut and experience success.
- ✓ Override the old habit of overwhelm and anxious thinking.
- ✓ Feel more in control of your actions and your future.
- ✓ Build emotional resilience.
- ✓ Clarity of your goals and values.
- ✓ Learn how to anticipate joy without attachment to the outcome.
- ✓ Positive neurochemicals that support healing and successes in your everyday life.

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### *Client Testimonial:*

*"I feel like I have so many tools and a purpose now I can depend on.  
I am so grateful for this peace of mind."*

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## Meet Michelle



### **Michelle Karaman, MA, MFT | Brain Retraining Specialist**

Michelle Karaman, M.A. has 20 years of experience in the field of mind-body and complementary medicine. She has specialized training in Mindfulness & Self Compassion, Functional Nutrition, Meditation, HeartMath, Body Based Stress Management, Emotional Freedom Technique (EFT Tapping), Neurolinguistic Programming (NLP), and Brain Retraining using the principles of Neuroplasticity. She is also a Certified Clinical Hypnotherapist and holds a Bachelor's of Science

degree in Psychology with postgraduate work is in Education Counseling specializing in Marriage & Family Therapy (MFT).

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