

Advantages of HEG

Benefit of HEG

- Like aerobic exercise – everyone does same thing. Assessment isn't needed



Aerobic Exercise

- Heart beats faster & body sends more blood to heart and lungs to support activity

HEG Training

- Concentration or being still
- During concentration the Prefrontal Cortex (PFC) needs more blood in order for neurons to fire quickly to provide single pointed focus

Aerobic Exercise

- Body's ability to exercise more/go further is improved with practice
- The body learns to produce more blood & deliver it where needed

HEG Training

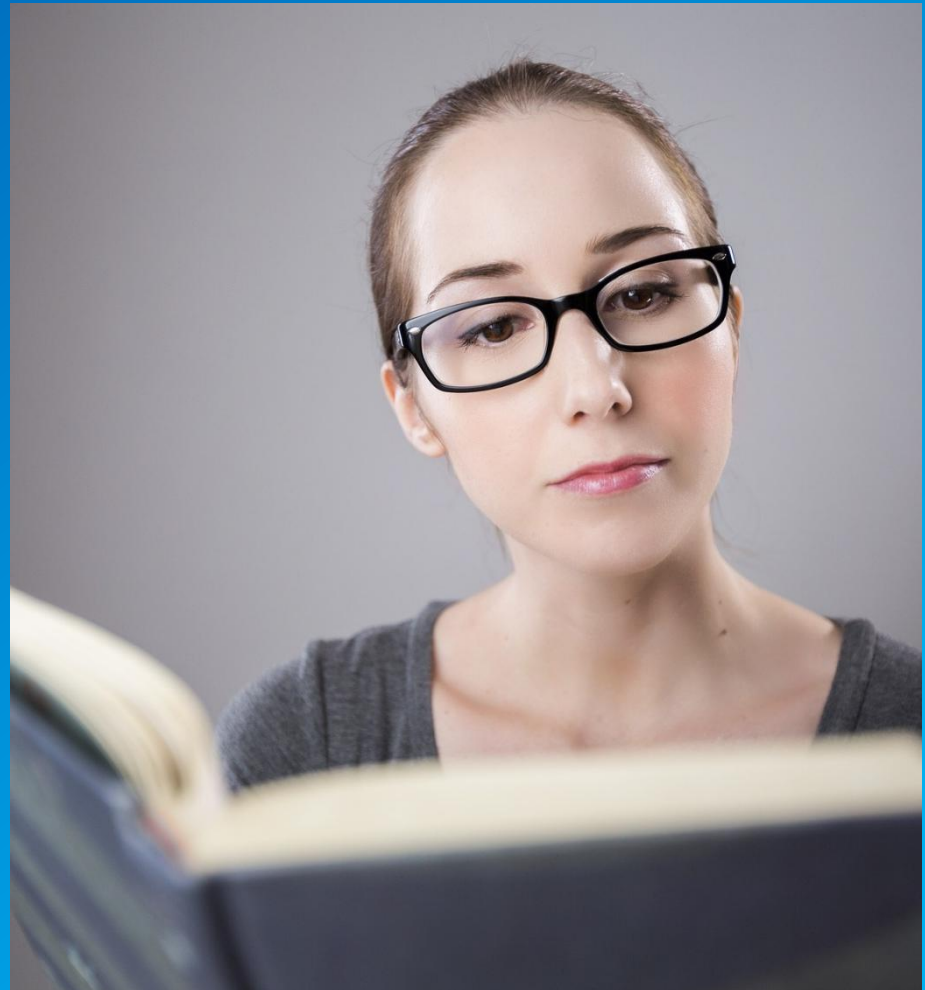
- Feedback given about when brain is concentrating
- Increases blood flow to PFC

How HEG Changes the Brain

- Brain practices concentration and “requests” more blood in PFC
- Body gets what blood it can to the PFC
- Brain realizes it wasn’t able to supply blood to some areas of PFC
- Later during Delta (1-4 Hz) sleep, the brain repurposes beds of capillaries to make more storage facilities for blood
- Improved ability to get blood into areas of PFC


How HEG Changes the Brain (cont.)

- Brain doesn't get distracted as fast
- Brain maintains higher levels of Oxygen & glucose.
- Changes become stable w/real-world practice of concentrating & being still



How Much Training

- Toomim researched how much HEG training is needed to sustain changes
- Brain-Trainer's Whole-Brain training plan is based on his research



HEG LIFE Cycle (300 climbing minutes)

Client _____

WEEK	CLIMB	DIVE	SITES	LENGTH	DATE/TIME	CLIMB MIN
1	3	2	3	15	_____	_____
	3	2	3	15	_____	_____
	3	2	3	15	_____	_____
2	3.5	2	3	16.5	_____	_____
	3.5	2	3	16.5	_____	_____
	3.5	2	3	16.5	_____	_____
3	4	2	3	18	_____	_____
	4	2	3	18	_____	_____
	4	2	3	18	_____	_____
4	4.5	1	3	16.5	_____	_____
	4.5	1	3	16.5	_____	_____
	4.5	1	3	16.5	_____	_____
5	5	1	3	18	_____	_____
	5	1	3	18	_____	_____
	5	1	3	18	_____	_____
6	6	1	3	21	_____	_____
	6	1	3	21	_____	_____
	6	1	3	21	_____	_____
7	7	2	2	18	_____	_____
	7	2	2	18	_____	_____
8	8	2	2	20	_____	_____
	8	2	2	20	_____	_____

Train for 8 weeks, 2-3 times/week

Begin with climb period, then dive for 2 or 1 minutes per session.

Note the session date/time

Save sessions and track the graph of performance.

Some trainees may need to start slower (shorter climbs), and increase training time more slowly to sustain climbing.

The full cycle involves 300 minutes of climbing training. Extend the number of sessions as needed to reach this level (generally no more than 12 weeks).

3-site sessions: Left / Center / Right (order can be varied)

2-site sessions: Left / Right.

More Benefits of HEG

- **Easy to learn**
- **Everyone can benefit**
- **HEG takes relatively little time 15-20 minutes every other day**
- **HEG w/LIFE game helps clients increase their ability to focus & achieve an awareness state ~in less than an hour a week**
- **Lasting effects after several months of training**

Summary

- **HEG with LIFE game helps clients increase ability to focus**
- **Increases ability to achieve pure awareness state**
- **Requires less than an hour a week**
- **Lasting effects after several months of training**

Next Steps You Will Learn

- How to perform HEG
- How to track the results of your training
- Practice with yourself, friends, family, and then clients

