

# NEUROHARMONICS

Ormond  
Neuroscience

Welcome to Neuroharmonics, a transformative programme designed to optimise brain health through a holistic approach that emphasises neural harmony and balance. Your brain should be like an orchestra creating beautiful music, each network resonating in harmony with the others. When your brain is in tune, you're flowing in the Zone.

Neuroharmonics is a comprehensive programme informed by leading-edge neuroscientific research and clinical practices to enhance brain function, emotional well-being, and cognitive resilience. It's all science, and it works!

Remarkably, participation in programmes like Neuroharmonics has been proven to reduce beta-amyloid burden in the brain. Amyloid is one of the proteins that plays a major role in the pathology of Alzheimer's disease. Getting your mind in tune literally induces biochemical changes in the brain, reducing levels of damaging toxins. That's an incredible finding!!



Imagine waking up each day with a clear mind, in a good mood, and the energy to engage fully in life. Neuroharmonics focuses on the key pillars that contribute to this harmony:

- **Restful Sleep:** Learn how to cultivate restorative sleep patterns that rejuvenate your mind and body. Decent sleep will:
  - Ensure your glymphatic system is active while you're asleep, cleaning out accumulated cellular debris from your brain.
  - Use hippocampal ripple waves to transfer newly learnt information from short-term memory to long-term memory. It's a nocturnal duet sung by the hippocampi and the prefrontal lobes!
  - Provide the metabolic landscape for your body to synthesise the proteins it anticipates you'll need to get through tomorrow. Healthy sleep means you don't run on reserves.
- **Nutrition and Supplements:** Discover tailored nutritional strategies and supplements based on your unique health profile and any relevant diagnoses, fuelling your brain to hit all the right notes. Optional genetic testing enables dovetailing your nutritional requirements to your genetic blueprint. Now that's smart!
- **Reduce Neuroinflammation:** Neuroharmonics amplifies brain health by leveraging the gut-brain axis. We use special supplements to dampen neuroinflammation.
- **Physical Activity:** Engage in brain-enhancing exercises, such as brisk walking and high-intensity interval training, designed to boost cognitive function and mood, keeping your mental orchestra lively and engaged. Add to that fun exercises like dancing and tennis that bring meaning and socialising to the party.
- **Breathing Techniques:** Master inspiratory muscle strength training to lower blood pressure and promote relaxation, allowing your brain to find its rhythm. We synchronise your heart and brain.



- **Bioelectric Neuromodulation:** We use advanced interventions such as noninvasive vagal nerve stimulation to boost neuroplasticity and damp sympathetic hyperactivation (fight-flight).
- **Emotional Wellbeing:** Neuroharmonics focuses on the emotional aspects of brain health, shifting the tune from depressed and anxious feelings to a melody of positive mood and tranquillity. When appropriate, we utilise cognitive behavioural therapy, Brain Working Recursive Therapy,<sup>®</sup> music therapy, and meditation to achieve a harmonious headspace.
- **Cognitive Stimulation:** We use unique cognitive rehabilitation methods. Rather than generic and meaningless games like Sudoku, we recognise your brain is a semantic organ that processes personally meaningful information. We tap into your existing semantic network, creating tailor-made cognitive exercises that draw on your interests and cater to your personality. These exercises enrich you as a person while simultaneously changing the mental key from B-flat to C-sharp.
- **Social interactions** are vital to maintaining brain health. Socialisation is a key aspect of human brain evolution. Being in tune with others is fundamental to brain health. Neuroharmonics emphasises the importance of friendships and social connections, providing you with the tools to foster enriching relationships that amplify your well-being.

**Neuroharmonics** is for you if you have a brain condition (e.g. stroke, traumatic brain injury), if you're concerned about dementia, or if you're bipolar, depressed or anxious. We assist in shifting your life to a new dimension by optimising brain function. Sleep better, eat better, get stronger, feel happier, think clearly, and make friends. It's what we all need. Neuroharmonics is effective, proven, fun and gives your brain the transformative boost it needs.



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