

## PURE LIVING ENERGY DEVICES

# WHAT ATHLETES WANT

TOGETHER WITH AN ATHLETES CURRENT TRAINING REGIME PURE LIVING ENERGY IS COMMITTED TO EDUCATE AND TRAIN ATHLETES TO:

- Enhance Confidence
- Sharpen Mental Focus
- Stay Composed Under Pressure
- Develop High Level Performance
- Improve Consistency
- Reduce Performance Anxiety
- Practice More Efficiently
- Develop Pre-Performance Routines



INDIGO BIOFEEDBACK



QUANTUMWAVE LASER

Cold Laser Therapy Includes Red, Infra Red & Violet laser diodes

Drug Free Laser Therapy Effective For:

- |                       |                   |
|-----------------------|-------------------|
| Muscle and joint pain | Stiffness         |
| Arthritis             | Circulation       |
| Muscle Spasms         | Relaxation        |
| Inflammation          | Skin Rejuvenation |



## DRUGLESS SPORTS PERFORMANCE TRAINING

*INDIGO Biofeedback & Cold Laser Therapy*

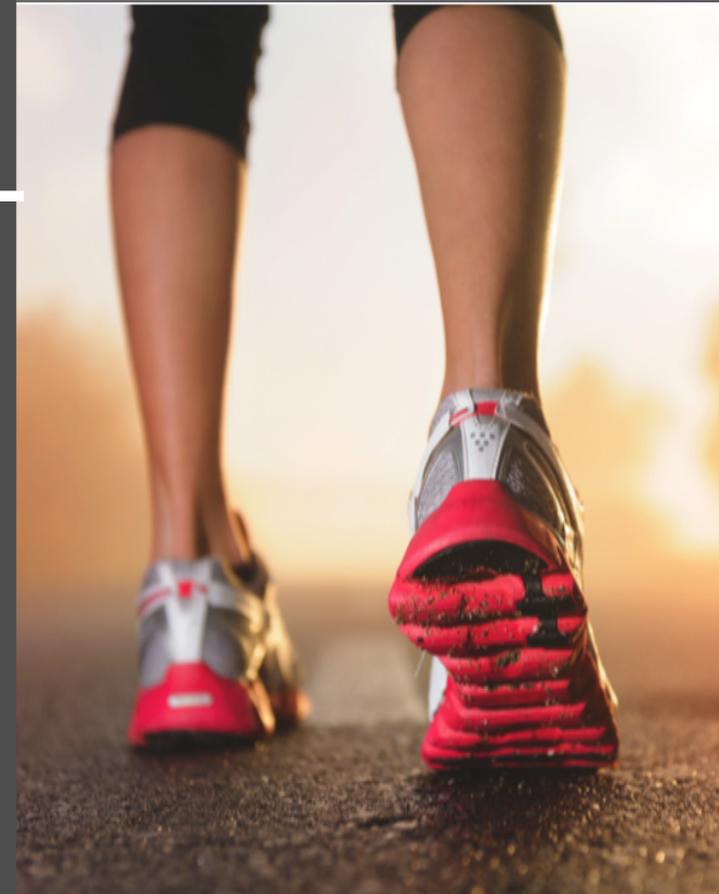
## PERFORMANCE PLAN INCLUDES

- BODY RE-EDUCATION
- TRAUMA & INJURY RECOVERY
- MENTAL EMOTIONAL FOCUS
- REDUCTION OF STRESS & ANXIETY
- PROGRAM MANAGEMENT
- INJURY PREVENTION

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# INDIGO BIOFEEDBACK TRAINING PROGRAMS

Sport Injury Therapy

Pain Management

Injury Prevention

Neurological Retraining

Coordination Stimulation

Muscle Building Stimulation

Spinal Muscular Re-Education

Neurolinguistic Programming

Positive Mental Stimulation

Reduce Emotional Stress

Relaxation Stimulation

Enhance Performance

Flexibility Stimulation

Oxygen Stimulation

Hormone Balance

EEG/ECG Balance

Anxiety Reduction



*"To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them." - Picabo Street*

## WHAT IS PEAK PERFORMANCE ?

Peak Performance is the maximum enhancement of all mental, emotional, physical and situational elements. To improve peak performance it is important to capture and record bodies functions before, during and after training or competition.

## PHYSIOLOGY MEETS PSYCHOLOGY

100 milliseconds can be the difference between winning or losing. At the peak of physical strength, the difference can be made by the shift of mental focus by the athlete. Therefore the mental strength of an athlete is as important as the physical strength for improving performance. Athletes have to be able to be relaxed and control their mental state if they want to perform at high level.

## DURING A BIOFEEDBACK SESSION:

### **Initial Assesment**

Conductive sensors are placed around ankles, wrists and head. A five minute assessment is performed while the sensors capture the bodies electro dermal response which measures muscle tension, blood pressure, heart rate, skin temperature and brain-wave activity. The technology translates these responses to the INDIGO software.

Following the assessment a series of training programs are selected specific to the athlete. The device then emits electrical impulses to the body through the sensors en-training the body for better control and energetic balance in our cells.

### **Evaluation Process**

Athletes are constantly being monitored during each training program and how well the body is responding to that specific therapy.

From the information provided in the initial assessment, along with and injury recovery request a personalized program is designed and tailored specific to the athlete.

### **Action**

Thorough evaluation and research is complete by Certified Biofeedback Specialist. Prior to next session, together with the athlete they discuss the approach and training techniques which will be utilized during their drugless sports performance training program.

*With the permission of the athlete Pure Living Energy encourages participation from coaches, doctors, psychologists mentors and other practitioners.*

## HOW BIOFEEDBACK IMPROVES PERFORMANCE?

Biofeedback evaluates the body in real-time by measuring different parameters of health and stress. Utilizing the sophisticated technology the device is able to decipher the degree of stress you are experiencing while participating in a high-stress and competitive environment.

Management of anxiety and stress are essential for optimal performance. With the expertise of a certified practitioner a program is designed utilizing up to 90 different training programs to meet the demands and goals of the athlete.