



Bioenergy Breakthrough: Nourish Your Brain - Restore Your Health

Dr. Terry A. Rondberg

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Is it time to reboot and recharge your brain? Find out. Brain health = health and wellness for your body and mind. Is chronic stress harming your health? Take the quiz in this book to get more insight, and learn what you can do about it. It's important to know that the world's greatest drugstore is inside of you. You can achieve optimal wellness from the inside out. "Bioenergy Breakthrough" takes you on a wellness journey, to bring you help and renewed hope. Dr. Terry Rondberg believes you deserve proven healthcare choices. He wants you to have more control over your own health, and you can! From the first page, you will begin to find answers to your questions and information for your health concerns. Dr. Rondberg explains how Bioenergy can benefit your health, both physically and emotionally. If you desire to take fewer prescription drugs, this is the book for you. Bioenergy, groundbreaking wellness care, is based on the latest neuroscience discoveries, blended with Dr. Rondberg's experience and diverse training. Bioenergy system of care naturally stimulates biochemicals in your brain to enhance the potential for neuroplasticity: this is the revitalization, reorganization, reconnection of neurons that are injured, severed or inactive. Bioenergy wellness care aids your body in achieving and maintaining homeostasis: this is the body's need to maintain a balanced or constant internal state that is optimal for healthy functioning. He tells the story of his development of Bioenergy. You will read other people's success stories, what it means for them, and what it can mean for your health and wellness. Doctors, wellness professionals, and lay people can be trained in how to apply the Bioenergy system of wellness care, to benefit families, patients or wellness clients. It's like taking your brain to the spa!

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