



Sharper Minds®

Enhance Mental Performance ♦ Overcome ADD/ADHD and Learning Challenges
Toll Free: 1-866-HELP-A.D.D. ♦ Fax: 1-866-538-7392 ♦ www.SharperMinds.net

February 2013 (updated)

Dear Friend,

Hope! Hope for a more harmonious successful family and future. Isn't that what so many of us want?

I'd like to give you some hope by **sharing our family's story**. Perhaps you can see yourself and your family in it.



Ed & Delbe Meelhuysen, Co-Founders,
Sharper Mind Centers, Inc.
(Sharper Minds predecessor)

My wife (an excellent physician and formerly the Program Director for Sharper Mind Centers), and I have 3 wonderful sons, Matthew, Mark & Daniel. We lost our first child, Michael due to Sudden Infant Death Syndrome (SIDS), also known as "crib death" at 10 weeks old. Our quest to understand the cause of his death led us to understand that something went wrong during the transfer of the brain's control centers for breathing during the transition from the newborn sleep-wake cycle to the child sleep-wake cycle. This transition most often occurs between 10 and 12 weeks of life, and is the most common time for SIDS to occur. **Key lesson learned: the brain controls the body's actions.** If the brain fails, the body fails, and one's future fails.

My wife also **has 2 siblings who struggled in school** with disabling dyslexia and ADD. Her older sister had severe problems in school, had been tried on Ritalin, and her parents spent thousands on tutoring and a counselor; all to little or no avail. She managed to graduate from high school with dismal grades. Her parents tried every possible method of discipline, but still she couldn't seem to understand that there were consequences to her actions. My wife's youngest brother struggled as well. As a junior in high school he was still reading at a 3rd grade level.

As ADD, dyslexia and other cognitive problems are often passed on genetically, we were concerned that our kids might also have dyslexia, and **an inability to perceive things correctly.** My wife watched for the symptoms in our children.

This reality of this came to a head when we were on a family outing one day in 1997. Our middle boy, Mark, was riding his bike along with his brothers. He seemed oblivious of his distance from others. Three times as he heard traffic coming up on his left, rather than turning away from danger, he turned towards it, forcing drivers to break hard. We heard two drivers squealing their tires to avoid hitting him. Frustrated, and concerned for his safety, we made him walk his bike the rest of the way.

We had him tested by several professionals. The first only told us Mark definitely had a problem, but was vague and offered no solution. **The second evaluation was an eye-opening experience.** When our boy was asked to copy a written-out alphabet, it was perfect ... ***in mirror image***. The way he drew certain graphics showed that he had explosive tendencies, a short attention span and a position-in-space problem (he couldn't tell where he was relative to other objects or people). It demonstrated that though he was highly intelligent, **his brain wasn't wired correctly**. He demonstrated a variety of **perceptual challenges** that were causing him to act the way he was. Finally, I understood why he turned towards traffic instead of away from it, and why he was so accident prone.

As a dad, I began to realize that I'd been getting mad at him at times for things that I expected him to do, but that his brain couldn't process correctly. That was about as useful as getting mad at a dog because it can't climb a tree.

Fortunately, my wife's siblings had found help through an organization that preceded the Sharper Minds project. **Her younger brother jumped from reading at a 3rd grade level to a college level in just nine months.** He went on to graduate from college, and later coordinated his church's building project, a beautiful \$1.4 million private school at the cost of just \$48/sq. ft., (land, building, everything), a phenomenal accomplishment! Furthermore, its budget didn't require an operating subsidy from the church as the far-thinking designers built in a Public Daycare Center which brought in the necessary funds. He later went on to get his commercial pilot's license, worked in aircraft and propulsion, then got his R.N. degree and license. **What a change for a kid that could hardly read!**

The older sister, after learning how to learn in her 20s, was the **first to get a perfect score** on her Washington state LPN boards (licensed practical nurse). This was the same girl that flunked out of first attempt at college. **What a change!** Now instead of working as a minimum wage nurse's assistant, she makes an excellent salary as a critical care nurse at a leading hospital in the area where she lives. **What is the value of learning how to learn, and to performing efficiently?**

Knowing the success rate, **even though our funds were very tight** (it took us 2 months to work out a payment plan) **we enrolled our 2 older boys.** Sure we had difficulties. What family doesn't? I knew that persevering through the difficult parts would result in the very improvements we were looking for. And it worked! Our oldest, (23-years old now) earned the top score on both his ACT and SAT test scores in his high school, got a decent scholarship to the university, graduated with a BS in Chemistry, and is working for a number of ER doctors as their medical scribe as he considers his medical school options). Our middle son (currently 21 and a Junior Engineering student at the University) graduated from high school with a very good GPA (around 3.65 out of 4.0) and had gotten several scholarship offers from the universities he had applied to. Our youngest (also formerly dyslexic who went through the Sharper Minds program) graduated valedictorian from his high school with a 3.90 GPA, and is currently a bioengineering student at the University (engineering and pre-med).

Where would they have been without the lasting help? Would I still be a frustrated dad? Would my kids feel like failures, experiencing low self-esteem no matter how much we loved them?

As a parent, I went through much of the program with my boys. We worked side by side, alternating in doing the exercises. At the end, I found that my brain processed information much faster. My patience improved. I got much better at completing projects. My hand-eye coordination and seldom used sports skills dramatically improved. Instead of striking out at baseball, I could hit a double or triple. The first time I bowled in over 10 years, my scores for 3 games were in the 180s, nearly 40 points higher than what they were 10 years earlier (and I bowled another 180+ recently! How fun!) **I was astonished!** This was with no practice! What had happened in my brain?!

My wife and I knew we were helped tremendously, as individuals and as a family. **We wanted to help others.** We opened up an office in the Portland, Oregon area, with branch offices elsewhere. We operated under the name Learning Disability Clinics, Inc. doing business as Excel Centers.

The successes that families present and previous have had are heart-warming. **Students that were fairly bright would go from Ds and Fs, to As, Bs and an occasional C.** Students labeled as retarded would months later seem to brighten and become more normal. Most students (~70%) on medications such as Ritalin or Adderall would be able to discontinue them in less than 12 weeks, all within 12 months. At one time, we had three neighbor kids from one city block in the program. The parents appreciated the positive changes in their kids and shared it with others. One child was the son of a pediatrician. Another was an 8 year old girl who had a stroke (age 3) during an open heart operation. The third was a boy that couldn't read and then became the second best reader in his class in just 5 months. All continue to do well.

Three years after opening our offices, we realized that as effective as the program was, it still needed some improvement. We expanded our research of other methodologies and therapies, even flying to England to attend a seminar. We began developing a more effective program based upon the best principles of learning and brain development discovered by leading experts in the field and our long experience. And so the **Sharper Minds® program was born.**

We've combined the best of the proven therapies into one "highly effective program", a program of restorative neurology or therapy. You can read about it on our website. But we didn't stop there. We continued to do research to deal with issues that we saw in our Centers. We learned about how neuro-toxins can play a role in hyperactivity, impulsivity, seizures and tics and learning barriers. I learned indirectly from an M.D./N.D. of a safe, yet highly effective detox protocol that can easily remove those toxins within 3-5 weeks at a fraction of the cost of chelation therapy. Food allergies and intolerances, parenting styles, child rebellion, and much more are addressed in a very caring and understanding manner.

If you haven't already done so, read the **Testimonials** section on our website. The heart-warming examples of real families, real challenges and real successes are there to give you hope. We know the program has and can continue to help others if they will follow the simple-to-understand exercises we teach them.

While we do evaluations and assessments in our downtown Fort Worth, Texas location, we service families from all over the USA and Canada with our fully Guided Home Training

System. For a map to our location, visit our website at: www.SharperMinds.net or www.SharperMindCenters.com and click on the Locations link on the left border.

Our passion at Sharper Minds is simply to help more children and adults become the most effective thinkers that they are capable of. In order to enjoy life to the fullest, one has to think and act to the fullest.

If our brains and thus our cognitive skills have problems, then we may be blocked from achieving success in the home, school, church, relationships, marriage, etc. Again, if the brain fails, the body fails, actions fail, habits fail, and character is diminished. And what would be the cost of that in the long term?

I hope I've been able to share some of my passion with you, a passion borne out of my experience. I've shared from my heart and now it's your turn. Start the journey to your family's success.

Are you looking for improvements sooner than later? Then I encourage you to start one of our highly effective Guided Home Training Systems. We provide you with 12 months of personalized accountability sessions by phone plus the equipment you are going to need for the program, all at a very reasonable investment that is usually less than tutoring over years at a major chain; and which will be much more successful in the long run. In fact with our more broad spectrum HTS options, we will even guarantee results, providing you do the requisite practice.

Why not call me at 1-866-HELP-A.D.D. [435-7233] to get started? Let's discuss your situation and then work together on a plan to help you begin to overcome those challenges in your family's life.

I very much look forward to working with you.

Again, with every confidence for your family's future,

Ed Meelhuysen

Ed Meelhuysen
Cognitive Rehab Therapist
Special Education Consultant

P.S. At a presentation by a University of California representative at the Learning Disability Association Conference in Pittsburgh in Feb. 2007, the speaker made the startling announcement that most special education programs only help advance special needs students by 3 months academically for every school year of service. The **Sharper Minds program helps students advance an average 3.4 years academically, almost a 10x's improvement!** You won't find a more robust, long lasting and faster result producing program anywhere in the USA. Why wait any longer?