

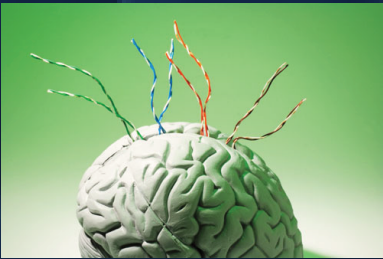
## What is QNRT®?



Quantum Neuro Reset Therapy (QNRT) is a proprietary protocol designed to create a neuro-adaptive shift in the body

by helping the brain recover from the stress caused by Adverse Emotional Experiences.

**QNRT focuses on those Adverse Emotional Experiences that have a direct link to physical concerns and unwanted behaviors. QNRT helps the brain become more balanced, less stressed, and unburdened by**



**negative life patterns that lead to physical concerns and high risk behaviors.**

**A trained and Certified QNRT therapist can quickly determine which parts of the brain are out of balance and then work with the client to reset those nervous system pathways to experience and achieve optimum health.**

John M Turner, DC originally developed QNRT based on his practice experience and his research to resolve pain. Currently QNRT has shown other benefits based on his clients responses. QNRT can be a valuable complementary program to other treatments for pain, illness, addictions, learning disabilities, high risk social behaviors, and relationship challenges.

## Testimonials

**I sleep like a baby after years of sleeplessness.** Here's the truth: I haven't slept in years; never was a good sleeper. I've always known this, but it was blatantly obvious after two sessions of Q.N.R.T. After the 1st visit, I slept like a baby and even better after the second. And, to those of you who are experiencing sleep deprivation, you know how valuable a good night's sleep really is.- J.J.

**I am no longer suffering from chronic pain, muscle aches, tiredness, and brain fog.** I have consulted with over thirty healthcare practitioners to get well . My marriage and other relationships suffered as a result of always being sick. During the first two QNRT sessions, I learned that an Adverse Childhood experience at 8 years old was responsible for my brain imbalance. After QNRT therapy I am now feeling free of all those past issues for over a year. I enjoy my family, friends, and being active again. I can't thank QNRT enough to have my life back. -T. D.

**I'm happier and freer than I've ever been. I am a 14 year old teenage girl and I can't tell you how many days I have wasted sitting in my room extremely sad and unhappy.** My parents and specialists tried to help but nothing made the irritation that I felt go away. In my first Q.N.R.T. session Dr. Turner found the Adverse Childhood Experience in my first month of life. After 5 visits with Dr. Turner, my sadness is gone and I feel more stable and I have no desire to hurt myself. I now know there is a way out.-K. L.

\* For more testimonials, visit our website, [www.QNRT.com](http://www.QNRT.com)

QUANTUM NEURO RESET THERAPY

# QNRT®



## Discover the Power of QNRT®

Quantum Neuro Reset Therapy is a proprietary protocol designed to initiate a quantum shift by resetting the brain from emotional shocks and trauma lodged in the nervous system.

[www.QNRT.com](http://www.QNRT.com)

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## The QNRT<sup>®</sup> Experience

The best way to learn about QNRT is to experience it yourself and feel what it can do for you!

QNRT focuses on three main areas during therapy.

- (1) It works to Release those individual Adverse Emotional Experiences that have been identified through evaluating the stress factors of the Brain/Body connection.
- (2) It works to Reprogram the coping mechanisms that have been built from the Adverse Emotional Experiences. These ancillary patterns are ways of surviving emotional traumas by using false beliefs, negative life patterns, and/or unwanted core drivers.
- (3) It works to Reset the Brain and Neurological Pathways to all areas of the body so that the individual can heal unencumbered from the tangle that has been created in the Nervous System. This is one of the most important discoveries in helping clients overcome their individual hurdles and make long lasting positive healthy changes.

## The Benefits of QNRT<sup>®</sup>

QNRT has been in clinical practice internationally and in the USA for more than 8 years. During this time, thousands of individuals just like you have experienced the multiple life changing benefits of ongoing QNRT therapy.

Our anecdotal evidence strongly suggests that for 95% of clients, unburdening the nervous system using QNRT may:

- Reduce the total body and emotional stress load;
- Regulate stress hormones;
- Relieve joint and muscle discomfort;
- Restore vitality and positive outlooks;
- Support resiliency of the Brain;
- Empower the individual to make positive changes;
- Support energy and overall well being;
- Support memory, focus, and acuity;
- Support the quality of sleep;
- Support the immune system; and
- Resolve background fears, anxieties, worries, and anger.

## How Does QNRT<sup>®</sup> Work?

QNRT is based on the foundational principle that the Brain and the Nervous System control and coordinate all functions of the body. Any unresolved emotional stress, past or present, is understood to affect the nervous system in an adverse way that may lead to physical, mental, and emotional breakdown. This fact is critically important in understanding QNRT.

Most of us have experienced an "Adverse Emotional Stress", either directly or indirectly, during our life time. QNRT associates common experiences such as sleeplessness, anxiety, nervousness, fatigue, soreness, and gastrointestinal complications with past adverse emotional stress events. This is a prime example of the Mind / Body connection.

The principals of QNRT are supported by the findings of the ACE (Adverse Childhood Experiences) Study\* as it relates to future symptoms, behaviors, and illnesses. According to the ACE Study, children who have experienced specific adverse emotional experiences were prone to a multitude of health and social problems continuing into adulthood. Health issues include heart, liver and respiratory concerns. Mental issues may include sadness; anxiety, anger, as well as high risk social behaviors, such as drug abuse, alcoholism, and early initiation of sexual behavior. Many additional health and social issues have been identified by the ACE study to be related to adverse emotional experiences.

The Ace Study concludes that related issues can occur much later in life, long after the Adverse Emotional Experience occurred. This Study, and many studies like it demonstrate the Brain / Body connection to our overall health.

QNRT explores the Brain / Body connection as it relates to emotional stress. Our bodies were not designed to sustain a high level of stress continuously over an extended period of time. Simple biological functions may begin to deteriorate and experience reduced performance based on the emotional overload. The balance between Brain and Nervous System, according to QNRT, is a major factor in obtaining and maintaining good health.

\*ACE Study, for further information go to [www.cdc.gov/ace/](http://www.cdc.gov/ace/)

## QNRT<sup>®</sup> Therapy

QNRT therapy is designed to balance the Brain and Nervous System by resetting the neurological pathways of the body (Brain / Body connection). The QNRT program will teach you how to do this.

- Remove destructive behavior patterns
- Repair marriages and other relationships
- Reduce stress, tension and related pains
- Overcome some debilitating illnesses
- Reclaim energy and vitality
- Finally, live a happy, fulfilling life

QNRT makes the pursuit of wellness an easier than expected journey based on many factors.

The benefits of pursuing wellness through QNRT include the following:

- Non-Invasive nature of QNRT
- Involves no Prescriptions;
- Easy to understand and follow
- No Talk Therapy is required

QNRT compliments all other healthcare approaches.