

# "1 BRAIN 1 BODY"™

The Official Newsletter of "The Inle BrainFit Institute"™

ANNOUNCING PROJECTED GRAND OPENING JANUARY 2018

## Important Dates

### \* Facility Doors Open

\* January 2nd, 2018

### \* Release of The Inle BrainFit App

\* June 30th, 2018

### \* Release of E-book "Neuroplasticity: Your Brain's Superpower"™

\* September 17th, 2018

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## Future Topics

- Neurology Research
- Neuroplasticity
- Diet/Exercise Tips
- Trending Neurology Topics



## About Us

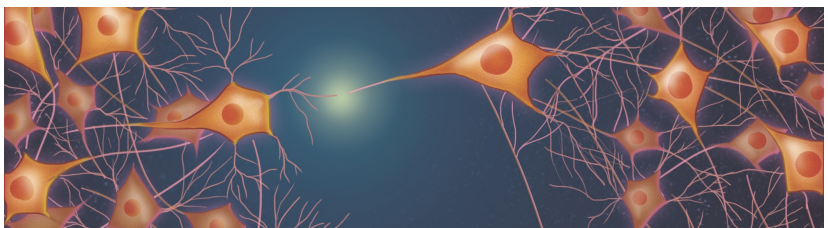
"The Inle BrainFit Institute"™ is a private practice Neurology Group dedicated to providing optimal, comprehensive care to patients with Neurological Disorders.

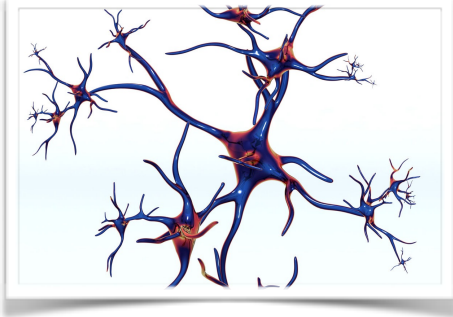
### Our Goal

Our goal is to create a space and community in which people can come to receive traditional standard of care treatments as well as alternative therapies. It is a place where people can come together, learn about the environmental triggers that provoke their symptoms, and how to modify those precipitants. It is a place where we support the "inherent" healing powers within ourselves through diet and exercise.

### Our Place

"The Inle BrainFit Institute"™ is a place where individualized exercise programs and dietary regimens are formulated to help with the healing process. With the guidance of several dedicated experts, patients can exercise together, eat together, and heal together in a supportive environment in the battle against neurological disorders.





## Services Provided

- Traditional therapeutic model
- Individualized programmed exercise regimen to maximize brain health
- Access to onsite fitness facility for indirect supervision and guidance of exercise program
- Personal training sessions for direct supervision, instruction, and assistance with exercise regimen
- Nutrition counseling and dietary implementation to maximize brain health
- Botox Therapy for chronic migraines, movement disorders, and spasticity
- Virtual Reality Therapy

### Our Mission:

Our mission at “The Inle BrainFit Institute”™ is to provide a comprehensive approach to the treatment and management of neurological disorders which includes traditional therapies, the latest in nutrition and exercise science to foster the health and wellness of our patients and to improve the overall quality of their lives.

### Vision:

Our vision is to accomplish our mission with enthusiasm, with the best interest of our patients at heart, and with a team dedicated to focusing on individualized treatment strategies.

### Facility:

Our facilities not only will have the exam rooms typical of a doctor’s office, but we will also have an onsite fitness facility, where patients can exercise together, work through goals together, build new dreams and pursue old ones together.





**Contact Information**

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