



BRAIN|BODY|MIND

The NeuroWay By Seb Kane



## Case Studies

**Name:** Brandon Patros

**Age:** 27

**How it started..**

- Eye sight issues
- Poor emotional regulation
- Poor mental health
- Postural and physical problems
- Concentration issues

**How is it going?**

Exercise programme to develop eye convergence, divergence and accommodation exercises. Stability, co-ordination and balance work.

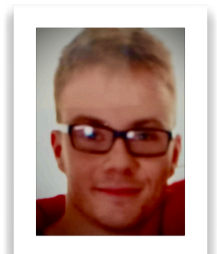
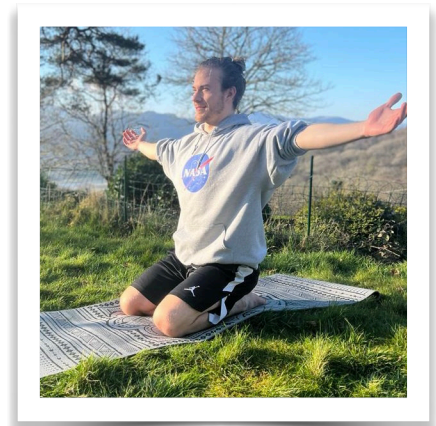
**The improvements**

- No Longer a need for glasses
- Emotionally more balanced
- Physically more capable
- Anxiety levels diminished

**Thank you EVO...**

"Seb has helped me immensely with my physical & mental health.... He is able to plant seeds of knowledge which stay with you forever, and his patient approach gives you the time to learn the lesson in a way which is most effective for you as an individual, while answering your initial questions with an actionable approach. Throughout the time I have been learning from Seb I have been able to become more aware & tuned into my mind and body which allowed me to leave negative habits in the past while becoming clear on what I want from my future. I have been able to develop the skills & behaviours needed to make progress within my personal life & career while also making time to become truly healthy & much happier without feeling overwhelmed or anxious about my decisions. Forever grateful for how you have impacted my whole life and the relief of never needing glasses again has just opened my visual field to new heights. As Seb mentions it's not just about what you see it is also about how you process what you see that determines different emotions and behaviours"!

Brandon Patros, Yorkshire UK



Seb Kane  
Creator Evo Brain Body Mind

*Seb Kane*