



BRAIN|BODY|MIND

The NeuroWay By Seb Kane



Case Studies

Name: Isabella Rayner

Age: 13

How it started..

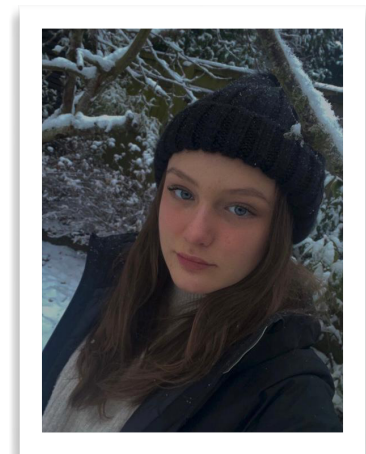
- Absence epilepsy
- Poor mental health
- Obsessive perfectionism behaviours
- Functional neurological disorder – causing right body paralysis, tremors, non-epileptic seizures and episodes of passing out.

How is it going?

- Daily massage of scar from kidney operations when younger to address
- Daily massage of left side of body to stimulate right brain to help with overthinking and obsessive perfectionism
- Postural exercises to improve curvature of shoulders and head drop
- Daily breathing exercise programme to improve shallow breathing.
- Recently started eye tracking exercises to help with processing and concentration.

The improvements

- Right arm no longer paralyses, right leg has some movement, less episodes of passing out, significantly reduced full body non-epileptic seizures and tremors.
- Recent EEG shows the absence epilepsy has gone.
- Generally happier and more positive thinking.
- More resilience.
- Less reliant on glasses – now only uses them for close work.
- Improvements in core strength and flexibility resulting in a more upright posture.



Seb Kane
Creator Evo Brain Body Mind

Seb Kane



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Thank you EVO...

“Isi had two major operations before the age of 6. When the problem was ‘fixed’ we thought it was all over. However, a year later, she was diagnosed with absence epilepsy and put on medication to control it. Then we noticed an increase in her anxiety levels and her obsession with making sure everything was perfect, especially her learning at school; she put a great deal of pressure on herself causing even more anxiety. We spent a few years changing her medication to try to help her symptoms, but it didn’t help. By the age of 9, she was having counselling at school and by the age of 11, she was having professional counselling from a psychologist to help what was fast becoming a major issue that was interfering with life. In February 2022, she was diagnosed with Functional Neurological Disorder, where her

brain had started shutting off parts of the body/functions to help deal with the amount of stress that had built up. We searched desperately for help but were told that there was nothing anyone could do for the pain, paralysis, non- epileptic seizures, passing out and tremors that she was facing more and more regularly, and that she would just grow out of it. The symptoms just kept getting worse and no one had any answers or could offer any help, treatment or hope.

Then we found EVO and Seb. At last, we had someone who could explain what was happening and why; straight away we started following his advice and exercise plans. Over the course of 8 months, we have seen the massive improvements. From day one, Seb was genuine in his empathy and will to help Isi – we had finally found a way of for her!

We don’t know where we would be right now if we hadn’t come across Seb; we don’t like to think about it, as we know several children who have ended up hospitalised long term with FND.

We can’t thank Seb and EVO enough for giving Isi hope and helping her to get her life back again. We are still on that journey, but the improvements just keep coming!”

Jason Rayner (Isi’s Dad) Wiltshire UK