



BRAIN|BODY|MIND

The NeuroWay By Seb Kane



Case Studies

Name: Natalie Kerr

Age: 39

How it started..

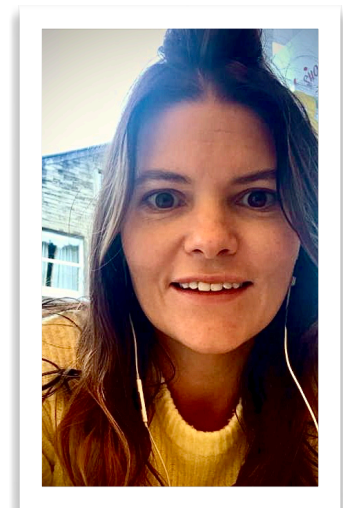
- Suddenly Lost Partner - Grief & PTSD
- Could not function in life
- Could not read or write
- Poor Hygiene - not bathing or showering
- Blurred vision - could not focus
- Felt numb
- Could not feel love from friends & family
- Anhedonia - lost the ability to feel pleasure of any kind
- Suicidal

How is it going?

Exercise Programme to Integrate Primitive Reflexes.
Convergence, divergence, accommodation and directionality exercises. PEMF, stability, co-ordination and balance work completed.

The improvements

- Primary needs met, no longer feeling suicidal
- Better emotional regulation
- Seeking comfort from family and friends
- Looking after myself again
- Numbness is slowly disappearing



Seb Kane
Creator Evo Brain Body Mind

Seb Kane



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Thank you EVO...

Age - 39

How it started...

I suddenly lost my partner, Scott of 14 years. He was 31 and I was 35 at the time. He sustained a bleed on the his brain and the pressure of this killed him.

Prior to loosing Scott I was a PE Teacher and ran a small sports massage company in the evenings. I had a good work ethic, was a people person and had a drive to create some good foundations for our life. We had just brought our first house, Scott had just achieved his ambition of becoming a firefighter... we were in a good place in life.

Feb 24th Feb 2018 my world literally fell apart.

I knew I needed help... I tried everything - grief counselling, psychiatrist etc, none of it helped. All I kept saying is "I can't function" I wasn't showering, I couldn't read nor write, I could barley focus, my vision appeared blurred but according to several eye tests there was nothing wrong with my vision, but I knew there was!

Family and friends tried to show me love & support but I could not feel it, I could not answer calls or texts, I was so numb, nothing mattered. In fact, time with others made me worse.

Health professionals just wanted to put me on anti-depressants which I refused to take as they scared me, "what if they make me more numb, made me feel worse or if they even section me"? I was full of fear.

Two years in, all I could think was "how can I live any kind of life if I can not connect with anything or anyone and nothing matters "

I was so stuck... Even the simple things in life.. cup of tea & cake meant nothing.

Out of desperation I was looking on the internet to find out what was wrong with me. Anhedonia - loss of ability to feel pleasure of any kind. This is caused by a decrease in activation of the brain involved in reward and motivation. This I could resonate with, but no one could help.

2 years, 8 months on I still felt so helpless, was losing the will to live, people were giving up on me, telling me 'be happy and get on in life' how could I when I could not connect to myself let alone life. Seeing Seb was the last resort as I felt I had tried all the options that was available through the healthcare system.

Seb's Intervention...

Seb (from Evo) identified straight away that I was behaving in this way because I was suffering from trauma, not just grief. Why had no one picked this up?

My body was in a trauma response, hence the disassociation, disconnection, anhedonia, blurred vision etc. I was in a 'freeze' response which was my brains way of keeping me alive and putting me into survival mode, this explained why I could not meet my basic needs.

Seb identified that the trauma had affected my brain so much that my Primitive Reflexes in my brain had been unintegrated which was causing the imbalance between my brain and body, hence my debilitated behaviour.

He taught me the bottom up approach, assessed my reflexes via practical tests which allowed to me to see where I was at. The results spoke for themselves. On one test Seb got me to follow his moving finger with both my eyes, he even filmed this to show me. One of my eyes was literally rolling upwards whilst the other eye followed, this proved the imbalance in the brain, my eyes were not working together hence the blurred vision, inability to focus and I was getting two different images in at different speeds. Test after test using different movements proved that my Primitive Reflexes had unintegrated due to the trauma response in my body. My Brain and body was in a fight for survival so these reflexes took complete control over my body as I was in desperate need of support, very much like a new born child who is purely dependent on the mother or guardian to help feed and nurture the baby, except my support had passed over to the other side so felt I never had anyone who could or would understand my primary needs, no wonder I couldn't function let alone live.



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How's it going...

18 months on, Seb's programme has literally saved my life.

Seb focused on reintegrating the Primitive Reflexes one step at a time. Evo's approach allows you to physically see where you are at on each test, you can then feel and see for yourself the progress you are making. 'Feeling the progress' was a very effective approach for me after years of people telling me I was 'doing well' but what I actually felt is that it could not have been further away from the truth.

I now feel connected to myself for the first time in nearly 5 years. Connecting with others and life is still working progress but I feel huge sense of hope and from where I was I have vastly improved. I do not feel debilitated anymore and am now able to meet my basic primary needs on a more consistent basis. I feel a small amount of joy, pleasure again in little things but considering I could not feel anything for best part of 3 years, this feels like a miracle in its self.

Seb's knowledge, expertise and wisdom has truly saved my life. No other health care professional identified the core fundamentals -

1. Significance of the trauma
2. The impact of the trauma on my brain function
3. The unintegration of the Primitive Reflexes.

The Evo programme has been a LIFELINE, aiding me to reconnect my brain, body and mind. Because of this I now have the ability to pick up the baton Scott handed me, hold on to the girl he loved and make him proud one baby step at a time.

I will forever be so grateful to Evo & Seb.

Best Wishes,

Natalie Kerr