



BRAIN|BODY|MIND

The NeuroWay By Seb Kane



## Case Studies

**Name:** Ruby Holmes

**Age:** 16

### How it started..

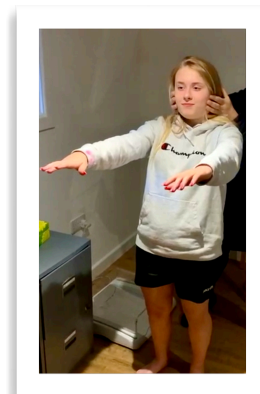
- Poor Behaviour at home and school
- In trouble with police
- Concentration issues
- Poor memory
- Could not regulate emotions
- Poor Relationships with Friends and Family
- Poor sleep patterns
- Poor motor skills
- Poor digestion
- Stress and Anxiety
- Shouting out and ticks

### How is it going?

Exercise Programme to Integrate Primitive Reflexes and balance the two hemispheres of the brain.

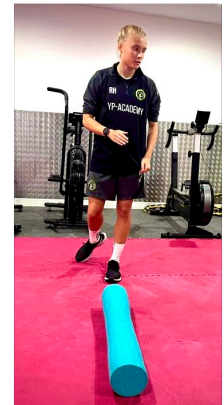
### The improvements

- Able to concentrate and focus
- Can now sleep through the night
- Passed all GCSE's
- Part time job coaching children
- Studying higher education at college
- Now has healthy relationships with friends and family
- Well organised and disciplined
- Able to now regulate emotions
- Generally much happier
- Physically & emotionally in much shape
- No longer suffering from ticks



**Before...**

**After...**



Seb Kane

Creator Evo Brain Body Mind

*Seb Kane*



BRAIN|BODY|MIND

The NeuroWay By Seb Kane



## Case Studies

### Thank you EVO...

At the start of my Journey with Evo and Seb, my life had spiralled out of control. I was in trouble with the police after trying to bring a knife into school and I was on verge of being expelled. I could not sleep, I was depressed, suffered anxiety and HAD just been diagnosed with ADHD. My Dad took me to see Evo and we met Seb. After an amazing assessment he introduced a fitness programme, which was heavily based on integrating my retained primitive reflexes through movement. Before meeting Seb my father nor I had never even heard of primitive reflexes let alone knowing how to integrate them. Little did we know that by completing the simple movement/exercise programme at home, coupled with my weekly visits with Seb, I would feel like a completely new person. I can now focus, regulate my emotions and I am now looking forward to my future.

Thank you so much Seb, with your kind manner and extensive knowledge around how our brain develops, I will forever be forever thankful.

Best Wishes

Ruby Holmes, Yorkshire UK