



HOW LONG DOES THE EFFECT OF TRAINING LAST?

In general, clients report that in many conditions, results are permanent. Once the neuropathways are open and functioning optimally, they continue to do so. If the client has done enough training and the right type of training, results seem to be permanent. Certain people may experience a relapse of symptoms at some point. Should they experience a head injury, extreme stress, a neurological disease, etc., often an additional 5-10 sessions can restore them to health. Rarely is intensive training needed again. Sometimes clients who have been suffering for years from long-term fatigue may need a session monthly or quarterly to maintain energy and motivation. Children that have been trained before puberty will often need some further training during puberty but fewer sessions than when first trained.