

Dr. Ruth Olmstead – Learning Library

The files contained herein are in two formats. The file ending in .mpl is a compilation, or library, of the four learning programs. The files ending in .mps are the same four programs but allow you to load each one individually. If you have not already done so, please visit our website to download our MindSpa software which will allow you to load these files. We wish you much enjoyment!

These programs, authored by Dr. Ruth Olmstead in February 2008, are specifically designed to help improve the learning process. Studies have found that increasing the stimulus in the brain results in improved memory, focus, and concentration, problem solving and increased processing abilities.

As brainwave activity is normalized and re-regulated, sleep disturbances decrease assisting in better memory retention. Increases in brain stimulation keep blood vessels healthier and improve all cognitive (brain) function. Learning is greatly enhanced.

Learning Library

Program 1 Neurostimulation

Program 2 Super Focus

Program 3 Test Anxiety Eraser

Program 4 Advanced Super Learning

Please note that Programs 1 and 2 are designed to be used together or separate. If used separately, Program 1 is recommended for ADHD children under the age of 12.

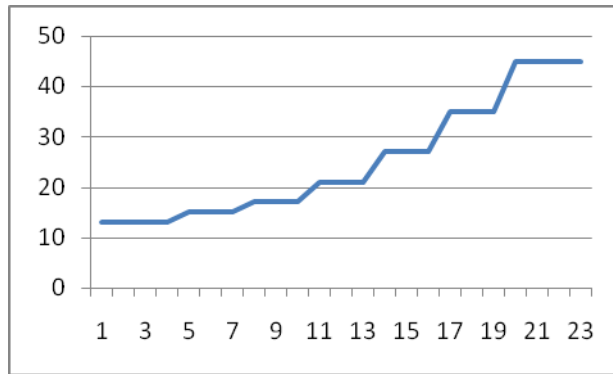
Program 2 is recommended for adults with attention deficit disorder (ADD) or children over the age of 12.

Both program 1 and 2 can be used in conjunction with each other to obtain the most effective academic stimulus program for both children and adults.

For best results, use only 3 times a week (3 programs a week), and alternate programs 1 and 2, leaving a day between for best results.

Program 1 Neurostimulation for Academic Enhancement

23 min. 13Hz to 45Hz



This program promotes brain stimulation and assists in feeling more motivated while learning. It is recommended for use with children with Attention-Deficit/Hyperactivity Disorder (ADHD) as it promotes increased Neurostimulation and may have also have a calming effect.

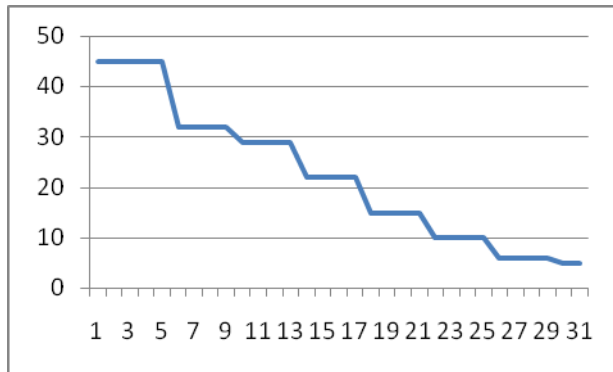
For adults, this program induces motivation prior to studying. Use of this program also promotes increases in information processing and visual motor abilities.

Programs 1 and 2 can be used in conjunction with each other to obtain the most effective academic stimulus program for both children and adults.

Do not use this program if you or your child is experiencing any symptoms of anxiety or nervousness.

Program 2 Super Focus

31 min 45 Hz to 5Hz

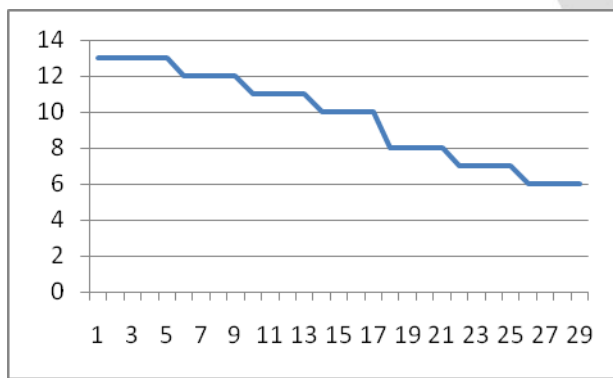


This program is especially recommended for Adults diagnosed with Attention Deficit Disorder (ADD). This program assists in improving short-term memory, focus, and concentration. Use of this program also promotes information processing and problem solving.

For improved academic enhancement, programs 1 and 2 can be used in conjunction with each other to obtain the most effective academic stimulus program for both children and adults.

Program 3 Test Anxiety Eraser

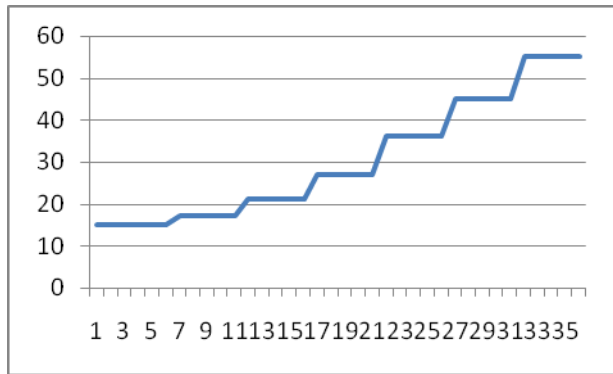
29 Min 13Hz to 6Hz



This program assist in calming the mind prior to test taking and promoting increased concentration, information recall, and retrieval. This program may be used daily if no other programs are used.

Program 4 Advanced Super Learning

36 Min 15 Hz to 45 Hz



This *advanced* program is especially recommended for children ages 6 through 13 who are diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD), as it has been found to decrease some of the symptoms of inattention and impulsivity.

It additionally has been clinically found to increase academic performance, and improve short-term memory, processing speed, problem solving, reading, and handwriting when combined alternately with program 2.

Do not use this program if you or your child is experiencing any symptoms of anxiety or nervousness.