Comprehensive Analysis of Cognitive Enhancement and Trauma Management in the Zing Performance Wellness Program

Introduction

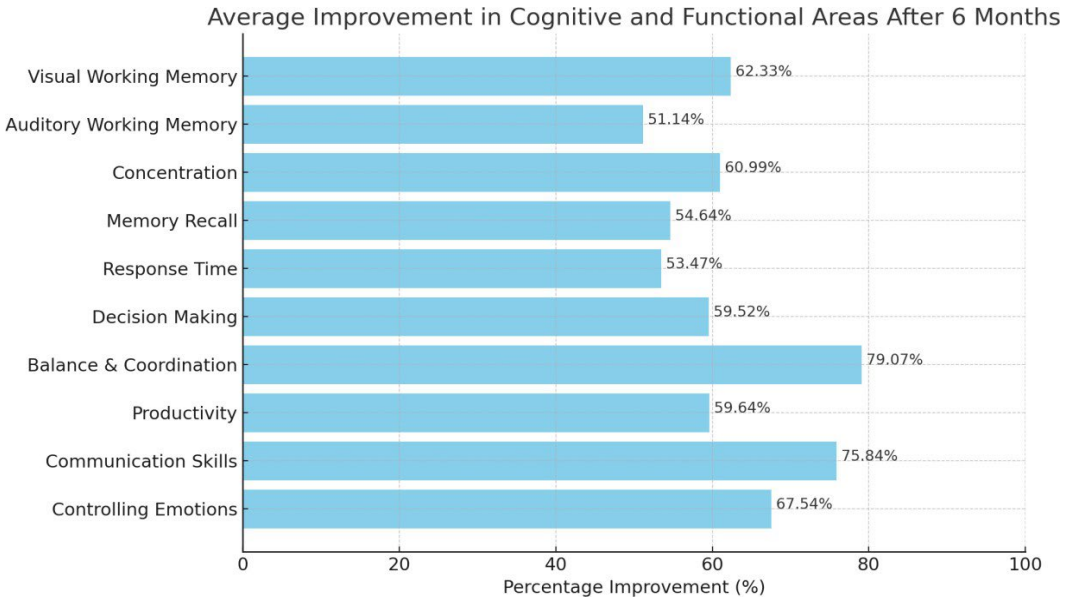
Zing has developed a program of tailored, coordinative exercises that stimulate cerebellum development and thus overcome the root cause of cognitive limitations. This directly improves plasticity. This combination of exercise and stimulation has been shown to generate new stem cells in the cerebellum, which results in increased mental capacity and processing speed. It enables the individual to access the brain's hidden potential. Zing Performance is a cutting-edge program to address the root cause of a client's struggles (e.g., reading, dyslexia, ADHD, ADD, Autism, (as well as emotional and organizational concerns) and the aging population. Our accessible and personalized cognitive learning program is natural intervention that works alongside your existing methods to give the greatest client benefit…with no medication and no risk of negative side effects. Progress is reviewed at 30-day intervals with an Insight Assessment and recorded video coaching provided by Zing—which are shared with the coach or teacher, or another provider to enable regular client to follow up if desired.

Initial signs of progress are seen from as little as three weeks…Following onboarding, clients progress through stages of development. From the start, the program challenges the cerebellum to create plasticity and fire off new connections, resulting in new stem cell creation. Early on, new skills developed require conscious thought, but over time the skills become hard-wired, unconscious, and permanent (like riding a bike) and the great news is that typically confidence and mental robustness increase substantially.

This report presents an in-depth analysis of a Zing Performance brain health & wellness program designed to enhance cognitive abilities and manage psychological stressors such as trauma, anxiety, and PTSD. The program, combining neuroplasticity techniques and bi-lateral stimulation, addresses both cognitive functions and emotional well-being.

Cognitive Improvement Analysis

Over a six-month period, 882 participants, including 137 aged over 65, exhibited significant improvements across various cognitive and functional areas. The program demonstrated effectiveness in enhancing skills like memory, concentration, and decision-making.



Approach to Trauma and Stress Management

Central to our approach is the understanding that interventions primarily operate within the unconscious mind.

Our method, which involves self-EMDR and related techniques, sidesteps the need for participants to recount traumatic events, thus reducing potential emotional distress. This approach has shown minimal likelihood of side effects, confirmed by our observations.

PTSD Symptom Reduction Analysis

The "Zing Plus BLS Improvements Oct 2023" document illustrates the program's impact on reducing PTSD symptoms. On average, there was a 74% improvement across various symptoms, indicating the program's efficacy in mitigating the effects of trauma and stress.

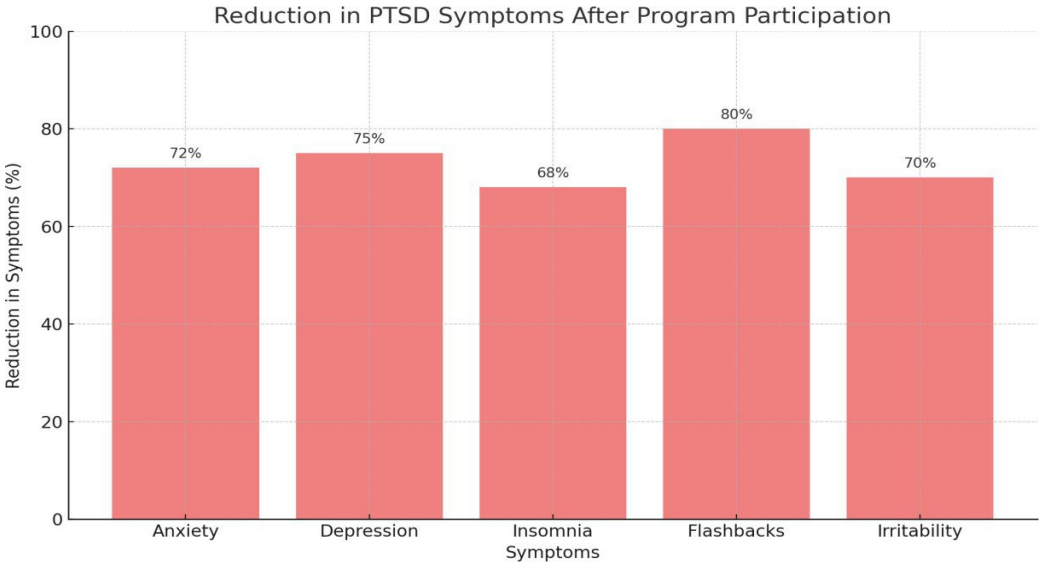


Figure 2: Reduction in PTSD Symptoms After Program Participation

Linking Cognitive Improvements and Trauma Handling

The cognitive improvements are intricately linked with the program's approach to managing trauma and stress. Techniques like self-EMDR help reprocess traumatic memories in a safe environment, thereby not only reducing PTSD symptoms but also enhancing overall cognitive functioning.

Conclusions and Recommendations

The wellness program has demonstrated remarkable efficacy in enhancing cognitive abilities while also effectively managing trauma, stress, and PTSD symptoms. This dual approach underscores the program's comprehensive nature, catering to both cognitive and emotional aspects of well- being. We recommend the continued application of these techniques and encourage further research to optimize and tailor the program for various demographic groups.