

Recommendations for ADHD with and without dyslexia and dyscalculia

Audiovisual training to overcome poor concentration

“I'm so happy that I have such a lovely Papa...”



Every morning before Fritz goes to school, he relaxes on the lounge, puts on his glasses and headphones and listens to the concentration CD.

In addition to improving from a 5 to a 3 in mathematics, he's also made amazing progress in German.

He was so proud when he showed me his last dictations, for which he got a mark of 2.

He sometimes still gets a 4 but, with great sensitivity and understanding on my part, I've comforted him by saying “Let's put that behind us and look to the future, shall we?” His reply, which went straight to my heart and almost brought me to tears, was “I'm so happy that I have such a lovely Papa”. ---- nothing on earth can beat that!!

Yours sincerely,
Siegfried Schulz
16348 Marienwerder
Germany

We've already achieved a lot – without medicine.

Hello Herr Kennedy,

Many thanks for the CD from your prize competition. I was really delighted to receive it, and I'll try it out right away.

My son has ADHD, and we've already achieved some success with the Mind Explorer.

My son doesn't take any medicine, but we've already achieved a lot solely through use of the Mind Explorer. He is more even-tempered and concentrated and, luckily, this is slowly starting to make its mark in school.

If things continue to improve so well, I'll next turn my attention to his dyslexia and order the package from you.

Once again, I'd like thank you very much.

Yours sincerely,

Tanja Lehmann
Address is known to Crealern.

The anxiety is fading..

Hello Frau Müller,

With regard to the Mind Explorer, my son listens to the “Gentle Waves for Children” CD every day to help him fall asleep, and he doesn't even put on the glasses, because he's fast asleep within a couple of minutes. And I don't even need to talk him into this!!!

He listens to the other CD's about 3 or 4 times a week with the glasses, particularly the concentration songs.

We both feel that his anxiety has diminished greatly as a result.

As a consequence, he's much freer, has grown in self-confidence and is willing to take on much more.

No doubt at all, this has been a good investment.

Anyway, I'd like to wish you a pleasant weekend and, once again, my heartfelt thanks for your efforts.

Best regards,
Charlotte Ritzmann
CH-8454 Buchberg
Switzerland

None of us have any difficulty in falling asleep anymore

My son is proud of his success. Typing on the PC proved to be particularly effective, even though there wasn't much time for more than ten minutes each day.

Homework is easier, and his performance in school, which was also quiet good before, has improved, a fact which his class teacher has also confirmed.

None of us experience those occasional problems anymore when it comes to falling asleep. I really believe that, in addition to ADHD children, your CDs can also be a decisive help for other people of all ages who, for example, suffer from insomnia.

I hope I was able to return a little of the motivation which you helped us to find.

Yours sincerely,
J. Diarra, Münster, Germany

Careless mistakes were clearly fewer

Hello Frau Müller,

I'm more than happy to tell you about our experience with the Mind Explorer. Our child was always a diligent and dogged learner, but she frequently made quite a number of mistakes in class tests which one could only put down to poor concentration (and that in every subject!!).

This changed after only a few weeks, thanks to the use of the Mind Explorer. Careless mistakes were clearly fewer. Our child also improved greatly in this period when it came to tackling class tests.

“Things are tidier in my head” was the way our child put it. However, it was important to use the Mind Explorer regularly and over a long period (at least 9 months), and we fully intend to use it again should the need arise.

Best regards,

H.-H. from Stuttgart

Name and address is known to Crealem

A 1 and seven 2's in the vocational baccalaureate diploma!

Dear Herr Kennedy,

Following his apprenticeship as an IT specialist, my 20-year-old son wanted to do the vocational baccalaureate diploma (*Fachabitur*) with a view to possibly studying computer science.

My husband and I had often noticed his “fidgety” behaviour and concentration lapses, and the first written tests in the upper technical secondary school (*Fachoberschule*) clearly indicated that, due to poor concentration, he was making a lot of mistakes which were really very unlike him.

A pure coincidence led me to stumble across your website, and I then did the ADHD test with him.

There were a lot of indications that he had problems in this respect. After a long telephone conversation with you, I decided to test the Mind Explorer.

My son was perfectly open to this. Every morning before he got up, he first listened to the CD on its own and, later in the afternoon, he also used the glasses. He was completely relaxed after each session, and he frequently fell fast asleep in the afternoon during this. This relaxed state allowed him to tackle his homework and exercises with ease.

The first thing I noticed after about two weeks was the fact that he had tidied up his desk for the first time in weeks. There was greater structure in his studying, and his marks improved.

He received the probable final marks for his vocational baccalaureate diploma today!

One 1, seven 2's and two 3's, with an average mark of 2.2. I'm convinced that, thanks to the Mind Explorer, he had the best prerequisites to achieve this. Many thanks, and I wish you continued success with your company.

Yours sincerely,

Claudia Wiegand

Address is known to Crealem.

My daily constitution has improved!



I've had difficulties with falling asleep and insomnia for years now and, although things were sometimes better for a short period, they never lasted.

I always felt tired, and this was particularly bad in the afternoon. As soon as I sat down, I was out for a few minutes, and sometimes even longer.

According to my doctor, I wasn't getting enough deep sleep. As I also suffered from breathing interruptions at night, these symptoms only increased in magnitude. I used a respirator for 2 years for this reason, but there was no major improvement in my daytime drowsiness.

Then I ordered the Mind Explorer and tried it out.

I found it even harder to fall asleep in the first 2 weeks, probably because of my many sleepless nights, but then things changed dramatically!

I now use the device in the evening prior to going to sleep for about 10 to 15 minutes, put it to one side, turn off the light and I'm asleep after 2 to 3 minutes.

My daytime drowsiness in the afternoon is also considerably better.

My daily constitution has improved, and I feel considerably fresher. I probably enjoy a lot more deep sleep at night, and rather than feeling tired when I get up, I feel refreshed.

I can only recommend this device to any people experiencing sleeping difficulties!!!!

Elfi Gubler from 78606 Seitingen-Oberflacht, Germany

Do you have any other advice for me?

Dear Crealern Team,

Thanks to the Mind Explorer, my son's insomnia has disappeared completely. We are absolutely delighted about this.

Before Niklas started listening to the CD's, he used to come into our bedroom almost every night with big dark rings under his eyes. That's no longer the case. He now refuses to go to sleep without the CD's.

Thank you very much!

However, I have another problem. When it comes to the speed with which he does his work, Niklas is too slow in school and his reading and writing are also not the best.

Do you have any other advice for me?

Yours sincerely,

Michael and Karina Eichkorn

Address is known to Crealern

We've been using it for more than 2 years

Dear Crealern Team,

Our daughter Lisa is 13 years old and attending school. Lisa has three brothers, aged 17, 20 and 22.

When we're at home, Lisa is frequently pretty unbalanced in her behaviour and suffers from poor concentration.

Her brothers react to this by saying "You're really moody and touchy, why don't you go and use your Mind Explorer!" Lisa then lies down on her bed without any protest and listens to the Mind Explorer music. Her favourite songs are number 5 and 6.

After about 30 minutes, Lisa comes back into us in the dining room, and she's happy and even-tempered again!

I myself also use the Mind Explorer frequently. If I'm having problems falling asleep and simply tossing and turning in bed, I prefer to get up, sit in the armchair, put on the headphones and glasses and listen to the Mind Explorer music.

After this, I have no more problems and fall soundly asleep. I can highly recommend the Mind Explorer. We've been using it for more than 2 years!

Helga Helweg and family,

Lower Saxony, Germany

These only represent a sample of the feedback received from satisfied parents. You can read all the recommendations in German [here](#):