

# ANXIETY & PANIC ATTACK REVIEWS AND TESTIMONIALS

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The views expressed below are the personal views of the reviewer and are based on the reviewer's experience with the completion of Neurocore's 30-session program. Results will vary. Consumers should not expect to experience the same results.

"I didn't feel myself following a 2-year deployment overseas. I felt angry, stressed all the time and sleep suffered. Relationship came to a halt and I became more depressed. Neurocore helped me through the tough times and I am truly grateful. I still have a long road ahead but I'm much better than I was prior to the program."

Way better but still need time to work through things. I will have the better me in time. I loved my time here. It gave the attention I needed to start over. I know where I need to go if I ever need help again. Neurocore is amazing! Great staff and their focus to get the real me back. A better me."

**William M.**

Grandville Center, January 2018

"Anxiety, depression, sleep, focus, memory, thought processing.

I am a lot healthier. I eat better, exercise a lot more, reduce alcohol, I recognize anxiety and depression when I experience those. I can control my breathing. My thought process is balancing out. I take vitamins."

**Anonymous**

Holland Center, January 2018

"Alex was experiencing anxiety that affected our bedtime routines. His fears leads to a parent sleeping in the floor until he fell asleep, or meltdowns when we couldn't. We decided to try Neurocore when he experienced an anxiety attack before bed. The lack of sleep created tension in our home. It affected his mood, and reactions to any circumstances.

Since Neurocore giving him tools to calm down and refocus, bedtime has become much calmer, and my husband and I have some time together before we go to bed, which is new to us."

**Anonymous**

Grandville Center, January 2018

"My moods stay more consistent and stable throughout the day. I feel more calm and am better able to process through my feelings and emotions and make the most out of my interactions with people and my daily responsibilities."

**Avery V.**

Holland Center, January 2018

"I was seeking a way to not only better control my emotions but expand my focus in my meetings. I was also looking to reduce my anxiety when handling unexpected situations. In addition I was hoping to be able to stay on task.

I now can better control my emotions as well as see a reduction in my stress and anxiety. I also now am getting frustrated when I see others jump from task-to-task like I used to do."

**Anonymous**

Sterling Heights Center, January 2018

"...In the end, I think neurocore has helped more with his anxiety than with his ADHD, which is fine because the more anxious he is, the more ADHD 'symptoms' we see. Parker seems more able to control his anxiety. This has helped with school & sports.

Parker loved working with the staff in Livonia. He is 13 & appreciated that they spoke to him like an adult, not a child."

**Jenny S.**

Livonia Center, January 2018

"Nina has wayyy less anxiety and more confidence.

VERY happy with the way Nina was treated and the change in her overall being. We definitely made the right decision in sending her to Neurocore, because she has also gained so much more confidence since she started.....and I do believe her smiles are now genuine! Couldn't be happier with the staff!"

**Andrea K.**

*Sterling Heights Center, November 2017*

"My daughter was stressed, anxious and not getting a good night's sleep. She was also finding herself having more bad days than good days and was depressed.

Neurocore assisted my daughter in all 3 areas. She no longer picks at her fingers and has more good days than bad days! Neurocore is committed to serving their customers! They provide excellent customer service!!!"

**Anonymous**

*Palm Beach Gardens Center, November 2017*

"To get help with controlling and reducing anxiety, depression, and to help with focus.

I have far less anxiety and stress and I feel much happier!"

**Ben Newhouse**

*Holland Center, November 2017*

"Anxiety and explosive anger; difficulty sleeping; ADD/ lack of focus.

I feel much more even-keeled. My anger explosions are significantly reduced, and much less harsh. I'm sleeping better. My anxiety is significantly reduced. I did 3x a week to try to work through the program more quickly, but if I did it again, I think I'd do just twice a week and let the program stretch out a little longer."

**Anonymous**

*Holland Center, November 2017*

"Prior to the program, I had suffered from major depression, anxiety, panic attacks, emotional meltdowns, sleep problems (sleeping 3-4hrs/night, and sleeping 16+/day), memory problems, severe migraines/headaches/neck aches, overwhelming stress, complete body aches and pains, TMJ/clenching issues, and attention problems for over 10 years. I was at a point in my life where I could not handle much more stress and was hoping and willing to try anything that might help.

What an amazing program Neurocore is. Absolute life changer. In the short duration of the program, I have been able to dissolve many of the problems that I have had for the last 10+ years. No more migraines, panic attacks, or emotional meltdowns. I average 7-8hrs of sleep/night, and it is good, restful sleep. All of my somatic problems have diminished or no longer exist. I no longer have strong negative self talk. I believe I think much more clearly and there is not the constant noise of problems or unfinished work bouncing around in my head. I am able to remember names, phone numbers, and to-do without having to write everything down...

Skeptical at first, I went along with what I was told and tried not to overthink things or doubt the process. I wanted so badly for it to work. I knew that things must be better, but I didn't know how to get there. My friends and family had tried for years to try and help but they didn't know what to do either. I was lost. I reached a point in my life when I thought that this was just how being an adult was like. Constant stress, anxiety, depression, no sleep, etc. It became "routine" and not much had convinced me that it could be better until I came to Neurocore. I believe in the science of the program and I allowed myself to submit to the process and just let it work. I've experienced much more than I had expected.

The staff here has been such an amazing compliment to my journey to good mental health. I feel extremely comfortable here with every person. I am confident my information is kept private. People treat me like a valued person here, not just another number or another client.

Amazing people!! So glad to have met each and every one of them. They have made such a positive impact on my experience."

**Jessica W.**

*West Bloomfield Center, November 2017*

"Our chiropractor recommended that we try Neurocore. My daughter had been struggling at home to control her anger. She also would have outbursts that were extreme temper tantrums. She was also threatening to hurt herself and others. She was tired all the time with no medical reason. We did not want to put her on medicine either.

"Wife found it... Too much about my life felt "off" for being in a relatively good place at home, work, etc. I didn't literally think, "boy, my ADHD is a major issue... I need to fix that!" It was more a self concession that the way my life felt must not be as good as it can be.

Improved clarity, drive, promptness and more responsible with things like sleep

"We had spent three years trying all different medications and in class interventions with nothing but frustration. We felt like with each medication that helped with focus, we were slowly losing our child and her beautiful personality. She had developed crippling anxiety, had little to no social interactions with her peers, and had very little self-esteem. We had run

was tired all the time with no medical reason. We did not want to put her on medicine either.

Our life is VERY different! We can go places and not have to worry about her "freaking out". She is able to verbally tell us what she needs/wants rather exploding. She also has energy throughout the day. Before Neurocore she was always exhausted for no reason. We now know her energy level was due to her brain waves competing against each other. Now she is an energetic 7 year old. We can go out and not worry that she won't be able to handle it. It is like we are a "normal" family. It's great!

We believe in Neurocore so much we drive 2 hours one way to appointments twice a week for 30 sessions. It is likely that she will have to have 10 more sessions after her 30 for her prescribed treatment. We have seen a great turnaround with her and we are committed to the therapy. We know it works."

**Jenny S.**

*Holland Center, November 2017*

good as it can be.

Improved clarity, drive, promptness and more responsible with things like sleep. When I speak to another person, I feel like it's me doing the talking. I do far more of the things I say I'm going to do. To do lists don't bother me as much. I feel frustrated there's no time... not just anxious and stressed. I am on time for work every day for the first time in my adult life. That's a big deal and it feels good. Even when I'm behind getting out the door in the morning, I get into an autopilot mode and figure it out. Getting great feedback at work too... a job I've been at 6 years. I don't necessarily sleep more often or eat better... but my awareness that sleep, diet, exercise, breathing, is much better. None of this however feels like a magic trick. I haven't been hypnotized or changed. But when considering all of the subtle changes and how they matter in day-to-day life for both me and the people that matter in my life... it's a really big deal.

Give it a try. After 30 visits I still really don't know how a program packaged so innocently can do so much in improving quality of life, but it does. It's fine to have expectations but I would argue that it's not important. Take the plunge, it's not scary, and feel your life slowly changing. Count up all the little improvements at the end, and be happy."

**Michael B.**

*Holland Center, November 2017*

had developed crippling anxiety, had more to no social interactions with her peers, and had very little self-esteem. We had run out of options and had scheduled an appointment with a psychiatrist.

Our world has completely changed! My child is back, and she is beaming. She has been trying activities she never would have had the confidence for. She has a great group of friends and is thriving in the classroom. We have been able to significantly reduce her ADHD medications and have eliminated the nasty mood altering side effects. Her anxiety has all but vanished. Anyone who has worked with her over the past few years hardly recognizes her today!

We are walking billboards for Neurocore. As a teacher, I have been sharing our experience with anyone willing to listen in my own classroom and with other parents and staff members."


**Laura M.**

*Grandville Center, October 2017*

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## Schedule an Assessment

Just fill out the form and we'll be in touch to schedule an assessment.  
Or call 855.523.0153 to talk to a team member.

First Name *	Last Name *
<input type="text"/>	<input type="text"/>
Email *	Mobile Phone *
<input type="text"/>	<input type="text"/>
Best Callback Time *	Preferred Center Location *
<input type="text"/>	<input type="text"/>
Program of Interest *	How did you hear about us? *
<input type="text"/>	<input type="text"/>
Comments	
<input type="text"/>	
<input type="checkbox"/> I'm not a robot	
	



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All calls to and from Neurocore may be recorded for training and quality assurance purposes.

Neurocore makes no claims that it can cure any conditions, including any conditions referenced on its website or in print materials, including ADHD, anxiety, autism, depression, traumatic brain injury, post-traumatic stress disorder, migraines, headaches, stress, and sleep disorders. If you take prescription medications for any of these conditions, you should consult with your doctor before discontinuing use of such medications.

## WHO WE HELP

ADHD  
Anxiety  
Autism  
Depression  
Memory  
Memory Boot Camp  
Migraines  
Sleep  
Stress

## LEARN MORE

Events  
Learn More  
Insurance  
Costs  
Physician Referral  
Client Privacy  
Website Privacy Policy

## ABOUT

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Careers  
Contact

## LOCATIONS

Boca Raton  
Grand Rapids  
Grandville  
Holland  
Livonia/Metro Detroit  
Palm Beach Gardens  
Sterling Heights  
West Bloomfield

## GET STARTED

Free Phone Consultation  
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