



## McMaster University Research Study shows Significant Changes in Health Outcomes with Dynamic Neural Retraining System™(DNRS)

*“As it turns out, it is very hard to find any treatment that has shown as good results as DNRS.”*

- Dr. Dale Guenter, Associate Professor,  
Department of Family Medicine  
and Department of Health Research Methods, Evidence and Impact  
McMaster University, Hamilton, Canada

We are happy to share some pretty fantastic, independent research study results about the effectiveness of the Dynamic Neural Retraining System™.

McMaster University followed 102 people who attended the 5-day DNRS Interactive Training Seminar for one year. They asked them to complete 6 standardized health surveys prior to attending the program along with 3, 6 and 12-month follow up surveys to track changes in symptoms.

People who attended the program reported suffering from numerous and often overlapping conditions - here are the top 14.

- Adrenal Insufficiency
- Anxiety
- Chronic Fatigue Syndrome
- Chronic Inflammatory Response Syndrome (CIRS)
- Chronic Pain
- Depression
- Fibromyalgia
- Food Allergies/ Sensitivities
- Irritable Bowel Syndrome
- Lyme Disease
- Migraines/ Headaches
- Multiple Chemical Sensitivity
- Neurological disorders
- Post-Traumatic Stress Disorder

It's great to see that the research is reflecting what we are seeing on a daily basis - really significant and life-changing health outcomes!

**Neuroplasticity-based treatment for fibromyalgia, chronic fatigue and multiple chemical sensitivity: feasibility and outcomes**

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**Neuroplasticity-based Treatment**

Dr. Dale Guenter at McMaster University explains encouraging results of a study of the impact of this treatment for people who participated.

[Check it out!](#)

Although the McMaster research study focuses on 6 validated surveys that were developed to assess quality of life, along with symptoms involved with conditions such as fibromyalgia, chronic fatigue syndrome, anxiety, depression and multiple chemical sensitivity, we also hear reports of incredible improvements in health outcomes from people who are implementing the DNRS program (both instructional video and 5 day interactive training seminar participants) who have various other conditions that are listed [here](#). In addition, we have seen success with a multitude of other conditions not listed.

Dr. Guenter explains how various conditions can actually be associated with brain function and limbic system impairment.

*“DNRS has treated many people with many types of conditions. These conditions may seem on the surface to be quite different, but in the end many of them share similar symptoms such as pain, fatigue, poor sleep, and sensitivity to a variety of substances. It has been suggested that many conditions including fibromyalgia (FM), chronic fatigue syndrome (CFS), multiple chemical sensitivity (MCS) and many others have, in the end, the same disorder taking place in particular regions of the brain.”*

Dr. Guenter goes on to say,

*“The reason I wanted to study DNRS was because I kept hearing about the success stories. I wanted to see what showed up in a well-designed research study, using validated measurements of symptoms and function that were also used by other researchers. Would these treatment successes be as good as - or better than - other kinds of medication or non-medication treatments. As it turns out, **it is very hard to find any treatment that has shown as good results as DNRS.**”*

*“Let's look at Multiple Chemical Sensitivity (MCS). There are not many studies about treating MCS. However, there was one study by Hauge and others [3] where people with MCS had QEESI scores (the measure of how bad their MCS symptoms are) that were about as bad as the people we studied before they started DNRS. They were treated with 8 weeks of mindfulness based cognitive therapy for 2 1/2 hours per week.”*

*“At the end of a year, there was no improvement in QEESI. This is much different from our study of DNRS, which showed many people had **nearly complete resolution of symptoms.**”*

*“A study by Tran and others [4] used pulsed electromagnetic field therapy for 6 weeks and found a small improvement, **not nearly as large as the results seen in our study of DNRS.**”*

*“For Fibromyalgia (FM) there are many more treatment studies to be found, and these include studies of medication and non-medication treatments. [5-7] Some of these studies show that medication treatment can bring about a small improvement, and non-medication treatment a moderate improvement. However, **the improvement in function scores we found in our DNRS study was significantly greater than any of these studies.**”*

[VIEW THE VIDEO HERE](#)

Thank you to McMaster University for initiating and completing this important research!

To all of you who participated in the study, thank you so much for your time and your commitment to research. The results speak to the healing that is taking place and will undoubtedly provide hope and inspiration for those who are still suffering.

Our deepest thanks!

Yours in Good Health,

Annie Hopper  
and the DNRS Team

### Appendix for McMaster Research

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