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Info

Test

Results

Is this for a boy or a girl?

They started here

After 6 months they were here

6 months of 15 minutes a day on a tailored program led the group to improve from being 20% to 20% developmentally appropriate overall.

You should expect to see similar progress with Mendability – and progress doesn't have to stop at 6 months.

[browser-shot url="https://www.mendability.com/is-it-for-me/" width="600" height="450" target="_blank"]

We designed an expert system that will prescribe 4-5 tailored exercises to do each day that prompt growth in targeted brain functions.

For example, one of the lower scoring areas you reported for your child was **Communication**. Is this your biggest concern at this time?

For learning to be easy for a child, the brain has several functions to perform.

For example, a child would need to:

- Retain and recall new information (**Memory**).
- Get both sides of the brain to communicate efficiently to combine information (**Corpus Callosum**).
- Visualize the result of the problem in his/her mind (**Mental Image**), etc.

There are other processes involved. These are only examples of how hard the brain works to make **learning** happen.

"This is really working! My toddler has started using functional language!"

His cognition has improved, his motor skills are getting way better, he is finally starting to climb and point and wave and able to copy signs.

He has been blossoming intensely, really catching up at a faster rate. Now we have SO much hope!"

– Melissa M. (New Zealand)
parent of a 3-year-old boy

"...And the best part that I can't really explain, it's like something just clicked and he understands things better. It used to take longer for him to understand or process things, I had to really work hard and be creative to teach him. Simple things like over, under, beside, opposites, transportations, just to name a few, took months and some even years for him to comprehend and I had to keep re-introducing to make sure he did not forget, what he just learned. Now he get things much faster."

– Anna I. (Hawaii)
parent of a 13-year-old boy

In many cases, concerns with being able to attend and learn can be traced to a dysfunction of the brain's chemistry.

When levels of the neurotransmitters **Serotonin** and **Dopamine** are abnormal, the brain functions they are involved in are also affected, including, for example:

- Managing movement and **sitting still**,
- **Motivation** to finish a long project, or to maintain interest,
- Feeling **confident** with good **memory** of what he/she has learned.

There are other processes involved. These are only examples.

“Mendability is working unbelievably well! My daughter is mastering targets at school and can now sit for 30 minutes at dinner. Having her be able to sit 30 minutes for meals was supposed to be her 6 month goal! She mastered it in 6 weeks!”

– Kate H. (Connecticut)
parent of a 3-year-old-girl

“I went to the library where we spent about 2 hours, and both of the girls were happily reading while staying in their seats. In our prior visits, the oldest one just roamed and ran around the library while I chased her. This time, I was pleasantly surprised by how long my oldest daughter (4) sat and stayed focus on reading. This has never happened before!”

– Mary M. (Texas)
parent of a 4-year-old-girl

For your child to be able to use his body fluidly and confidently, in tasks such as **walking**, **writing** and **speaking**, the brain has several functions to perform.

For example, your child would have to:

- Coordinate communication between both sides of the body

- and of the brain (**Corpus Callosum**),
- Visualize the motions (**Mental Image**),
- Have strong brain chemistry (**Dopamine, Serotonin, etc.**) to manage functions like movement control.

There are other processes involved, of course. These are only examples.

“In track and field, he improved tremendously and obtained the school track award of Most Improved Athlete.

Last year, he was unable to score any varsity points and was one of the slowest sprinters overall. On the other hand, this year he scored a total of 36 varsity points (fifth place overall in his school).

He became the fastest hurdler for the 110 hurdle race, in his school, and third fastest in the overall conference”

– Isaura V. (Ohio)
parent of a 16-year-old boy

“[My child] has always shown musical talent, but always struggled with many of the details of the discipline. Her muscle tone was flaccid, so she couldn’t get real volume out of the piano.

Since beginning this program in January, her playing ability has obviously improved. She is no longer just playing notes in the right order; her music is animated.

Very, very proud of her hard work and very, very pleased that we found you in time to help her achieve to her true ability level.”

– Linda P. (Canada)
parent of a 19-year-old girl

Being able to and interested in eating a variety of foods, fruits and vegetables are complex brain processes.

Healthy eating habits can be interfered with when, for example:

- Some textures could be perceived as disgusting and even frightening (**Sensory Processing**),
- Your child has difficulty coordinating chewing and swallowing (**Corpus Callosum, Fine Motor**),
- Your child resists unknown flavors (**Dopamine, Serotonin**),
- Your child cannot stay at the table, because he/she has a short attention span and needs to move (**Dopamine**), etc.

“My son was diagnosed with Sensory Development Disorder. The year after we started Mendability, Sean started to try new foods, he took a bite of the apple and banana and also ate porridge at the daycare.”

– Zhana D. (Ukraine)
parent of 5-year-old boy

“My boy always refused to eat warm food. Not even a little warm because for him it was like extremely hot that could burn his mouth. So when I cook, I have to put his food in the refrigerator to cool off. Since last week, he has been eating warm food and even warmer than what I expected. Things are truly getting better for my boy since we started Mendability.”

– Rosa O. (Missouri)
parent of 5-year-old boy

Being able to fall asleep and stay asleep for a restful night can be dramatically improved by working on brain chemistry.

Healthy sleep patterns can be affected when, for example:

- Your child struggles to relax mentally and just can't stop

playing (**Serotonin, Mental Image**),

- Your child is not able to stop moving (**Dopamine**),
- Your child has poor body temperature regulation (**Serotonin**), etc.

"I credit Mendability 100% with eliminating his sleep problems. My son used to be bouncing off the walls unable to go to sleep. He was so loud. Then, when he did finally go to sleep he would wake up in just a couple of hours, wide awake, running around, squealing and bouncing, and he would remain awake for hours. This occurred about 5-6 times a week! I was so sleep deprived it was awful.

When we started doing Mendability, the change was almost immediate and not only was he going to sleep within 30 minutes, but he slept through the night!! "

– Carol M.
parent of 8-year-old boy

"Mendability has done amazing things for my son- we have seen him improve with his learning skills, his potty training, his mood and behaviors, his communication and his sleep issues have gone. The Mendability team are very accessible and extremely helpful and do everything specific to your child and their needs! I can not recommend this program enough! Thanks Mendability for all you have done for our son"

– Elizabeth J. (New Jersey)
parent of 8-year-old boy

Overcoming tactile defensiveness and sensory overload requires many brain functions. Some of them include:

- Identifying and filtering each sensory information (**Serotonin**),
- Combining and coordinating signals coming from both sides

of the body (**Corpus Callosum**),

- Enjoying pleasant sensory inputs, such as music, soft touch, art, etc. (**Dopamine**)

“I want to share a great change in my son after a week of Mendability. He hated hand blower dryers at public restrooms. This week, he asked me to use the hand blower and introduced his hands on it without any sign of fear or wanting to cover his ears. I’m very happy about that!”

– Carmen C. (California)
parent of a 6-year-old boy

“My son was pretty self-injurious until we very intensively met his sensory needs and allowed him to self-modulate. Providing the sensory input that my son sought has made a HUGE difference for him. And he loves the Mendability exercises!”

– Alice P. (North Carolina)
Parent of a 16-year-old boy

With good self-awareness, your child can enjoy social interaction, learn how to ride a bike and will feel less of a need to dart for no reason.

Healthy self-awareness can be affected, for example, when:

- Your child gets anxious in a group, because of sensory overload (**Serotonin, Mental Image**),
- Your child finds it difficult to coordinate and plan his/her movements (**Dopamine, Serotonin, Mental Image**),
- Your child has a poor **mental image** of his/her position and his/her relationships with his/her environment, etc.

“Both boys started to have increased eye contact, awareness, joint attention, and both were trying to talk more during the 2nd week. My 3yr old, was also saying more words, he and his 5

yr old brother, [child], started interacting more. At school, 2 diff teachers commented on how much [child] has changed. [child] is responding to his name now, better eye contact, and interacting with his classmates."

*– Judy C. (California)
parent of a 8-year-old boy*

"[My son] had many obsessive issues. The most troublesome ones slowly died off over time after we began Mendability.

He does so great in public now that we can go to the grocery store and no one stares and glares. He doesn't have to have every Christmas tree or balloon. He still enjoys them but it's not taking over his emotional life or causing great emotional distress when he cannot buy every one he sees."

*-Elizabeth V. (Illinois)
parent of an 11-year-old boy*

Communication is one of the most complex brain activities. It requires many areas of the brain to work together.

For example, your child may not speak because he struggles with one or more of the following areas:

- He/She cannot hear him/herself speak properly (**Auditory Processing**), or
- He/She cannot picture what he is trying to say (**Mental Image**), or
- There is a poor flow of information between both sides of the brain (**Corpus Callosum**), or
- He/She struggles to control the voice box, the mouth, the tongue, and lips to create the right sounds (**Fine Motor**).

There are other processes involved. These are only examples.

*“After our **first three days**, our daughter was able to pronounce – for the first time in her life (19 years at that point) – the words, “couldn’t, shouldn’t, wouldn’t and Jerusalem.*

In only two weeks, we have seen amazing changes in her! – Words she previously could not pronounce are now clear and fluent.”

– Linda P. (Canada)
Parent of a 19-year-old-girl

*“**This is really working!** My toddler has started using functional language! Apparently this is great news as it is years ahead of what is typical for kids with his condition.”*

– Melissa M. (New Zealand)
parent of 3-year-old boy

For your child to be interested and able to make friends, pick up on common social cues, and understand common rules of conduct, the brain has to perform many functions.

For example, your child would need to:

- Be aware of his/her position and relationship with his/her environment (**Mental Image**),
- Process and organize sensory inputs (**Serotonin**),
- Enjoy sensory inputs and interaction provided by the group (**Dopamine**),
- Learn abstract concepts (**Dopamine, Serotonin**), etc.

*“**This is really working!** My toddler has started using functional language! Apparently this is great news as it is years ahead of what is typical for kids with his condition.”*

– Melissa M. (New Zealand)
parent of 3-year-old boy

I have worked as a Special Educator for over 15 years and with

children in Early Intervention (Birth through Three) for the past 11 years. A few months ago, I was privileged to take the Sensory Enrichment Therapy Certification Course offered through Mendability. I have witnessed tremendous gains by the children on my case load who have been receiving Sensory Enrichment Therapy.

[...] He is now looking others in the eyes and initiating interactions, greeting visitors spontaneously, using words to communicate his wants and needs, and finding enjoyment while interacting with his family members. He did none of this two months ago. Rather, this child wandered about aimlessly, did not use words, and showed little interest in others.

Other children have made similar rapid improvements. I am extremely pleased with each of these children's progress as are the families. I highly recommend the Mendability Program and believe this is an excellent tool to assist families who have concerns about their children's development."

– Terri L. (Utah)
Special Educator

In many cases, anxiety can be traced to a dysfunction of the brain's chemistry.

When levels of the neurotransmitters **Serotonin** and **Dopamine** are abnormal, the involved brain functions are also affected. For example:

- When **Sensory processing** is flawed your child may perceive the environment as a possible threat,
- School and social experiences can become very stressful when your child struggles to remember (**Memory**), or when motivation is low and if your child cannot visualize himself succeeding (**Mental Image**).

"[My daughter] had diagnoses of Development Coordination Dysfunction, Non-verbal Learning Disability, Anxiety Disorder and Asperger's Syndrome and certainly exhibited OCD tendencies. Staying on program for a year reduced ALL of those."

-Linda P. (Canada)
parent of an 19-year-old girl

"My 15 year old son who is mostly nonverbal has been doing Mendability for only a month. Already we see huge changes. He's sleeping better, has a lot less anxiety, and is starting to use more words."

All across his many activities his teachers and coaches have noticed more attention and cooperation as well as being more relaxed. As someone who has tried lots of different therapy programs, I highly recommend Mendability. I wouldn't say that about many other therapies. The staff is very supportive and will guide you along the way. This is the easiest most effective therapy we have tried."

- Mariana P. (Florida)
parent of 16-year-old boy

For your child to be happy, calm and compliant the brain has to perform many functions.

For example, your child would need to:

- Process and organize sensory inputs comfortably (***Serotonin, Dopamine, Corpus Callosum***),
- Control his/her impulses and movements (***Dopamine, Mental Image***),
- Learn abstract concepts like past, present and future (***Serotonin, Mental Image***), etc.

"There is peace and harmony in my home now! About 3 weeks ago my

son talked to his sister and asked her if they could stop fighting. I can't remember when was the last time that there was peace in my home!!!"

– Carla G. (California)
parent of 10 year old boy

"My major concern for [my son] was his behaviour while waiting at airports and on the plane. I want to share my joy – our trip was really fun filled, and the main reason was that there was a lot of change in [my son's] sensory needs. Last year's trip was miserable, his aggression was so bad that my arms were bruised due to his biting.

[This year he] behaved so well. He was very calm in crowds, tolerated sounds and noises for sometime. He didn't bother us at all during the flights and at the airports.

This is all due to Mendability!"

– Ayesha A. (Pakistan)
parent of a 10 year old boy

For your child to be able to anticipate future events, remember people's names, and learn at school, the brain has to perform several functions.

For example, your child would need to:

- Commit to and recall from memory (**Dopamine, Corpus Callosum**),
- Assign meaning to information (**Dopamine, Mental Image**),
- Be able to plan ahead (**Dopamine, Mental Image**), etc.

"...And the best part that I can't really explain, it's like something just clicked and he understands things better. It used to take longer for him to understand or process things, I had to

really work hard and be creative to teach him. Simple things like over, under, beside, opposites, transportations, just to name a few, took months and some even years for him to comprehend and I had to keep re-introducing to make sure he did not forget, what he just learned. Now he get things much faster."

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– Melissa M. (New Zealand)
parent of a 3-year-old boy

There are over 500 exercises in our database that combine sensory experiences in a way that boosts development in targeted brain functions.

If there is an issue with the brain's chemistry (**Serotonin, Dopamine, etc.**) your child may be prescribed exercises involving pleasant sensory pairings, eye exercises or music, to name just a few possibilities.

If there is an issue with **Mental Image**, exercises using blindfolds or objects hidden from view may be used.

If we want to focus on the **Corpus Callosum**, there may be exercises involving the left and right sides of the body

receiving simultaneous stimulation.

Whatever area needs help, our system will focus on it with the right exercise.

In the 25 children most like your child, ***One of these areas improved*** from a low score to a much higher score in 6 months of therapy.

Serotonin is a neurotransmitter that carries signals from one neuron to the next. When the Serotonin function is poor there may be trouble with:

- Anxiety,
- Repetitive behaviors,
- Picky eating,
- Sleeping,
- Sensory overload,
- Tantrums,
- Mood issues, and
- Behavior issues, to name a few.

Mendability exercises that attempt to improve the Serotonin function usually involve tactile discovery and experiences. Not all touch is created equal. The touch we focus on is light and generally pleasant.

Dopamine is another neurotransmitter that plays a role in the brain with memory, movement control, good mood, motivation, to name a few. When the Dopamine function suffers, it may result in difficulties with:

- Focusing,
- Sitting still,
- Staying on task,
- Remembering things,
- Controlling movement,

- Feeling happy, and
- Staying motivated.

The exercises we assign when we want to try to help the Dopamine function usually include sensory pairings such as smell + touch together, visual + auditory, smell + visual, etc. or they may include eye movement exercises, for example.

The “Smell and Gentle Claw” exercise is a simple protocol that introduces a pleasant scent and a preferred touch at the same time. The pairing is geared towards helping both Serotonin and Dopamine function.

Mental Image means the ability of the brain to envision things it does not currently experience physically.

When we close our eyes, most of us can picture in our minds the family home we left years ago. We can imagine the end of a story and we can even smell an aroma in the absence of tangible stimuli. Mental Image is important for:

- Social skills,
- Empathy,
- Abstract thought,
- Learning, and many other things.

Exercises designed to help Mental Image often use blindfolds or manipulating objects, letters and textures hidden from sight in order to try to guide an organized development of this brain function, and improve our ability to “see in our minds.”

The Corpus Callosum is a bridge between the left and right sides of the brain.

Many activities require the left and right sides of the brain to be communicating well in order to perform well. When there are issues with the corpus callosum, individuals may suffer in one

or more of the following areas:

- Cognition / intelligence,
- Speech and communication,
- Movement control and coordination,
- Feeding issues,
- Sleep issues,
- Attention issues,
- Obsession issues,
- Social issues, etc.

Mendability exercises that are designed to help the Corpus Callosum usually work on the left side and the right side of the body at the same time. Most often they involve a stimulus on the corresponding spot on the left and right side at the same time, but the stimulus is different for each side. We will often alternate sides a few times as well.

For example, one exercise called the Water Game involves a left hand placed in a bowl of cool water and the right hand in warm water at the same time. The caregiver then switches the bowls so now the left hand is in warm water and the right hand in cool water. We will switch a few times.

A strong stimulus passes from the left hand to the right brain through the Corpus Callosum. The right-hand signal passes to the left brain. The warm and cool signals alternate. This is designed to be a work-out for the Corpus Callosum.

You are the therapist in your home. It takes about 15 minutes to do an entire therapy session each day. The program changes every couple of weeks to follow your child's progress.

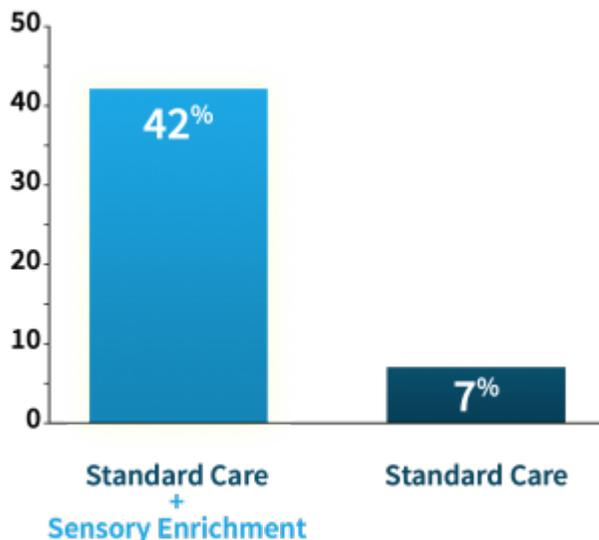
There are written and video instructions showing you exactly how to do each exercise, and you have a coach who can help you as well over the phone and video.

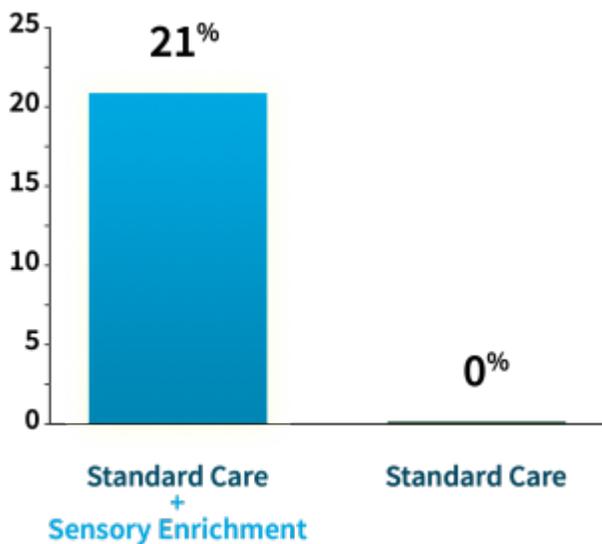
This continues every 2 weeks for as long as there are still areas you would like to see improve. Once you graduate, you can expect to keep the gains but may want to do a few of your favorite exercises as maintenance when needed.

The graph you saw at the beginning of this report is a **real** graph of **real** data of **real** people who **really** followed Mendability for at least 6 months and who started with similar challenges to your child.

So far, Mendability's Sensory Enrichment Therapy was the subject of three different studies.

The first study won the D.G. Marquis award for Best Paper of the Year in the publication "Behavioral Neuroscience" awarded by the American Psychological Association. The study was well designed and showed powerful results that surprised many of the peers who reviewed the results.





Percent of individuals with clinical improvement on the Childhood Autism Rating Scale (CARS)

Percent of individuals who fell below the autism cutoff score after 6 months.

A second study replicated the first and even showed 21% of children had a reversal of their autism diagnosis in 6 months of therapy. This is tremendously significant. Many of the children still exhibited some symptoms, but it was no longer enough to warrant an autism diagnosis.

A third study published in the Neural Plasticity publication showed the following the online program produced improvements in many areas for a variety of ages and severity of symptoms. It confirmed that Mendability's Sensory Enrichment Therapy is very effective in reducing symptoms of autism.

These trials demonstrate award-winning clinical proof that Mendability's Sensory Enrichment Therapy is a very powerful

therapy that can work for you.

The next step is really up to you.

Where do you feel you stand right now?

Select all that apply and we will help you.

The price is \$159 per month and you may cancel at any time.

- I would like to give this a try. I am ready to sign up.
- I am interested, but I am not quite ready. I would like to discuss my child's particular situation with a specialist.
- I am interested, but I am not quite ready. I would like a more detailed report to be sent to me based on this assessment.
- I am interested, but I am not quite ready. I just don't completely understand how this works yet.

or

- I am not interested.

Submit

Sensory Enrichment Therapy – the brain stimulation piece of the autism treatment puzzle

Click the button below to schedule a free, no-strings-attached appointment to discuss whether Sensory Enrichment Therapy would be a good fit for you and your family.

Click the button above to schedule a free, no-strings-attached appointment to discuss whether Sensory Enrichment Therapy with one of our therapy coaches.