

FRIENDS OF NVT

OFFICIAL NEWSLETTER OF INNEURACTIVE



WHAT'S IN OUR LATEST ISSUE:

INTRODUCTION

Welcome to the latest issue of the Friends of NVT Newsletter!

This edition highlights two critical aspects of NeuroVisual Training (NVT): optimizing brain energy metabolism and efficiently conducting mass baseline assessments for athletes. First, we explore how brain energy metabolism plays a vital role in NVT, showcasing the benefits of supplements like Tricerapro™—a patented formula with magnesium, creatine, and beta-hydroxybutyrate designed to fuel brain function during intensive training. Next, we delve into best practices for organizing and executing mass baseline evaluations for sports teams, offering step-by-step strategies to streamline assessments and provide actionable insights on cognitive and visual skills.

Whether you're an athlete, coach, or NVT practitioner, this issue is packed with tools and tips to enhance both individual and team performance. Dive into the science and logistics that power peak athletic achievement with NVT!

For more resources, visit [Inneuractive](https://www.inneuractive.com).

- Introduction
- Dietary Supplements, Diet, and NVT - Kevin Kohmescher and Dr. Clark, Ph.D.
- "How To": Run Mass Baselines - Robert Hasselfeld
- Announcements
- Disclaimer



@FriendsofNVT

Dietary Supplements, Diet, and NVT

Numerous dietary supplements claim to have benefits for the brain. If you are involved in NVT and interested in considering dietary supplements to support, you have a lot of choices. How do you make smart choices? A problem with most multivitamins is that they have a plethora of ingredients at very low doses. The goal with those is to provide a bunch of things to benefit the most people. However, NVT is a targeted activity that requires purposeful practice as part of the training. That practice burns a lot of energy in the brain. Thus, it may be beneficial to consider supplements that support healthy energy metabolism of the brain.

The brain has an incredibly high and dynamic energy demand. It can burn through fuel at an incredible rate. Many activities require the use of a lot of energy and using that energy quickly. If you are choosing to do NVT and are considering a supplement to benefit the brain, you might want to consider supplementing the brain's energy metabolism. Brain training burns a lot of energy, so energy-based supplementation may be warranted. After looking at a lot of supplements to benefit energy metabolism we consider Tricerapro™ as a front-runner for supplementing brain energy metabolism.

Tricerapro contains three active ingredients that support brain energy metabolism. Those are: Magnesium, Creatine, and Beta-Hydroxybutyrate. Why these three? Because they all support and complement brain energy metabolism. Also, the doses for these are sufficient to make a difference for the brain. First, we'll discuss magnesium.

Magnesium is essential for energy metabolism. ATP is a molecule that is called the energy currency of the cell. Well, in order for ATP to work every single ATP molecule needs one magnesium molecule. Without sufficient magnesium, ATP is a less efficient fuel. Also, magnesium is a natural modulator of calcium. Calcium stimulates many energy-dependent processes. Magnesium can decrease calcium overload and keep the energy metabolism functioning optimally.

Creatine is one of the three most concentrated molecules in the human brain. Creatine is rapidly exchanging with phosphocreatine and ATP. Remember ATP is the brain's energy currency. Well, creatine and creatine phosphate buffer ATP's concentration. It is like having extra gasoline in your tank when you have extra creatine and phosphocreatine. Thus, creatine helps keep the energy metabolism functioning by keeping the brain's energy metabolites topped up.

Beta-hydroxybutyrate is the second most utilized fuel source for the brain the first is sugar. But remember sugar has side effects linked to diabetes. If you've ever heard of the ketogenic diet being good for the brain, well beta-hydroxybutyrate is one of the ketos in the ketogenic diet. It is used as a quick and readily available fuel source in the brain and has benefits that sugar does not have. One benefit is that it does not need to be processed to produce energy for the brain. Sugar requires several processing steps before it produces energy. Beta-hydroxybutyrate is useful immediately.

When you take the three supplements in Tricerapro™ you get a great fuel source, a buffer for that fuel, and a way to optimize the fuel utilization. This trifecta of energy metabolism support for the brain is why Tricerapro™ was developed. Not only was it developed by three brain scientists, but it is also patented. The formulation of Tricerapro™ is patented to be able to protect and benefit the brain. That is why we are supporting Tricerapro™ for NVT practitioners for you and your clients when doing NVT.

How to Run Mass Baselines

In the fast-paced world of sports, every athlete's performance hinges upon precise visual and cognitive skills. Leveraging baseline assessments is key to understanding, measuring, and developing programming to enhance these skills – but when working with larger groups, say a sports team or clinical organization, running baselines efficiently becomes crucial.

At Inneuractive, we've developed an efficient approach for running mass baselines in sports performance, allowing us to assess multiple athletes simultaneously. Our comprehensive baseline evaluation measures various brain regions and oculomotor skills, highlighting the interconnectedness of the brain and eye function. This gives us a comprehensive view of each athlete's cognitive and visual processing abilities, allowing us to quickly pinpoint areas for improvement – insights that would traditionally take much longer to gather through game film, training footage, or weight room data.

The benefits of collecting this datum from an organization's athletes are clear so, let's dive into how you can set up and run these assessments effectively. By following a few key steps and organizing the assessment into efficient phases or stations, you'll be able to conduct mass baselines smoothly, capturing the invaluable performance data for each athlete in a fraction of the time.

Step 1: Map the Workflow

Start by mapping out the athlete flow, including where athletes enter and how they rotate through stations. Each baseline begins with basic information collection via an intake form, so plan when, where, and how athletes complete it. A practical solution is for each athlete to carry their assessment sheet from station to station.

Consider the station flow and start method—whether to use a waterfall approach (one after another) or a shotgun start (all stations begin at once). This decision should be made based on the organization's training schedule and athlete availability.

Next, assign personnel to stations based on their experience, ability to administer assessments, and data collection skills. Strategically organizing these details ensures a smooth workflow that's easy to execute and clear for the athletes.

Step 2: Bucketize & Position Equipment

Break the baseline down into focused categories or "buckets." Group similar assessments together to create a logical flow between exercises, saving time and ensuring consistent instruction. For example, you can group reading saccades, scanning saccades, and near/far accommodation into an "oculomotor" bucket since the instructions for these exercises are similar. Efficient transitions between these grouped exercises enhance the data collection process's accuracy and speed.

A well-organized equipment layout is crucial to support an efficient baseline process. By leveraging your "buckets" and strategically placing tools and devices for each exercise, you can minimize downtime between stations, identify potential bottlenecks in your workflow plan, and ensure smooth transitions. Having everything set up and easily accessible not only keeps the workflow moving but allows the staff to focus on accurate data collection without scrambling for materials. This attention to layout enhances the overall performance of the mass baseline, helping athletes and staff alike get the most out of the experience.

Step 3: Collect Baseline Sheets & Read Data

With the workflow and stations set, plan the athlete exit and follow-up process. Where should athletes drop off their baseline sheets? Who collects and safeguards this data? Who handles athlete or coach questions? Define these roles clearly so athletes know what's next after their assessments.

Baseline data analysis for large groups can be done individually by a clinician or as a group activity, where the assessment personnel, alongside a clinician, review the data as a learning exercise. It's crucial that someone with a medical license or CL2 certification reads the data, while CL1s can assist and learn through discussions. Sharing the reading process can improve efficiency, though exact responsibilities will depend on your team's certification levels.

In conclusion, running mass baselines for sports performance demands diligent planning, coordination, and clear communication. By mapping out the workflow, logically organizing stations based on relevance, laying out your equipment, and establishing a clear-cut exit process, you can create an experience that provides valuable insights for athletes and coaches alike.

This approach not only saves time but also ensures accuracy in identifying areas for improvement either at the individual level or group level, helping athletes (and teams) reach their peak performance. With a well-executed baseline assessment, you're laying the groundwork for targeted training programs that elevate each athlete's NeuroVisual skills, setting them up for success on and off the field.

Don't have a baseline? Don't know where to begin or how to operate? Don't worry! Inneuractive has you covered through our wide-range of training services, equipment, certifications, and consultations. Don't hesitate to reach out and get started on the path of NeuroVisual Training today!

Announcements

Inneuractive is running a Neurobiks class at the Lakota YMCA. Sign up now to book a spot. Laura@inneuractive.com

If you are interested in NVT soundbites, consider Brain Raes. Brain Raes are a short and focused summary of a single NVT topic. Brain Raes are on twitter (X) @clarkjf

Some of our upcoming issues will have articles about the Hercules system: <https://www.youtube.com/watch?v=lbu5pBsduY0>. Check out the video to learn more and to be more informed about Hercules' reaction time and split attention exercises.

We encourage our Friends of NeuroVisual Training community to engage with these enriching resources. Your commitment to staying updated fuels the advancement of our field, and for that, we are sincerely appreciative.

Disclaimer: Nothing in this communication should be construed as a practice of medicine, an endorsement, or political action. The opinions are the opinions of the authors.