

Your brain is always learning.

Throughout life, your brain has the ability to reorganize itself in order to adapt and optimize its performance to meet the demands of various tasks and experiences. This is called **neuroplasticity**.

There are two types of neuroplasticity:



Structural neuroplasticity is when the brain's structure changes because of experiences such as learning.



Functional neuroplasticity is when the brain adapts to sensory impairments or injury by moving functions from a damaged area of the brain to an undamaged area.

The Potential of Neuroplasticity

Enhance learning and adaptation.

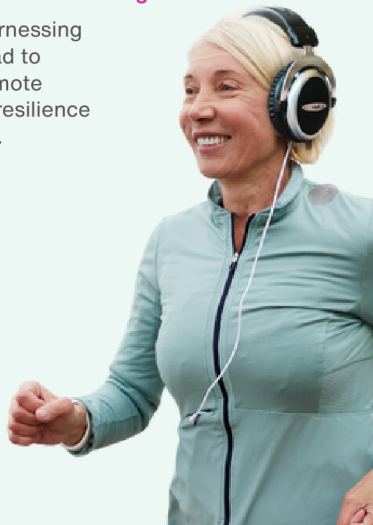
Neuroplasticity allows individuals to learn new skills, acquire knowledge, and adapt to changes in their environment throughout life.

Recover from brain injury.

Neuroplasticity facilitates the brain's ability to reorganize and compensate for damage caused by injury, leading to improved rehabilitation outcomes.

Improve mental health and well-being.

Understanding and harnessing neuroplasticity can lead to interventions that promote emotional regulation, resilience and mental well-being.



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*“No other therapy has ever lived up to my standards until the **Integrated Listening System**.”*

*“I underwent the Integrated Listening System with the hopes of finding a way to alleviate my internal pain. **The positive results I received are invaluable.** I now approach life with the belief that I can not only succeed and excel but also overcome challenges that for so long held me back.”*

*“What the Integrated Listening System has given to my son is almost unexplainable — but what it gives a parent is **hope you never thought you'd feel or know.**”*

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Scan the QR code to learn more about the science of the ILS, or visit [WhatIsTheILS.com](https://www.WhatIsTheILS.com).



This information is regarding general health and wellness, and is not intended to provide medical advice. The Integrated Listening System (ILS) is not an FDA-approved therapy or treatment. The FDA has not reviewed these statements or claims. We encourage you to consult with your medical provider regarding recovery from health conditions.

*Learn more and see full results at integratedlistening.com/resources/real-world-evidence



Integrated Listening System (ILS)

Improve brain and body function through music and movement.





Unlock your brain's potential.

The Integrated Listening System (ILS) combines music with movement, visual activities and bone conduction to create the potential for transformative change in the skills needed for everyday tasks.

How It Works

1 The ILS music is treated to prioritize different sound frequencies as you listen, enabling it to selectively train specific parts of the brain:

High frequencies of the ILS music enhance awareness and support integration skills.

- Enthusiasm
- Organization of Ideas
- Mental Energy and Focus
- Processing Speed
- Reading

Mid frequencies of the ILS music increase arousal and attention, and support communication skills.

- Phonemic Decoding
- Intonation
- Speed of Processing
- Speech/Language
- Reading
- Executive Function
- Memory
- Concentration
- Attention

Low frequencies of the ILS music organize the brain and body, and support sensory and motor skills.

- Motor Coordination
- Balance
- Rhythm
- Body Awareness
- Muscle Tone
- Emotional Regulation

Special bone conduction headphones deliver the music through the ear canal and the head, helping to enhance the potential to register and process sounds that support effective skill development and success.



2 Fun and customizable activities for all skill levels are performed while listening to the music to target core strength, visual tracking and body awareness.

Harnessing the power of neuroplasticity, this process helps enhance sensory sensitivity and responsiveness by training the brain to develop new neural pathways and functional skills.

Safe and Effective for All Ages and Families

The ILS has helped over 100,000 children, adolescents and adults in more than 50 countries worldwide.

Uniquely, many families experience the ILS together and in support of one another.

Supports Many Symptoms and Conditions

The ILS helps improve brain-body skills for individuals across the lifespan with a variety of challenges, including:

- Dynamic balance, proprioception
- Auditory processing
- Reading and visual processing
- Gross and fine motor coordination
- Memory, attention and concentration
- Emotional regulation

Backed by Research and Real-world Evidence

The impact of the ILS has been shared in a range of studies. Individuals who've experienced the ILS reported improvements in areas including:



Memory, attention and concentration, leading to better academic outcomes like reading comprehension



Ability to self-monitor and regulate emotions and behavior



Motor coordination and planning, and sensory processing



Functional skill development that improves participation in everyday activities

Works with Other Therapies

The ILS can be combined with and is supportive of other therapies that you may already be engaged in, such as:

- Occupational, physical and speech therapy; play therapy; and sensory integration therapy
- Mental health and trauma therapies, such as EMDR, Somatic Experiencing, and Internal Family Systems (IFS)
- Talk therapy (CBT, DBT, MCBT, etc.)
- Body work, yoga and other somatic approaches

Carefully Selected and Tested Music

The ILS uses classical music that is universally appealing and played on acoustic instruments. Music choices are based on specific criteria and tested through years of application.

Home Delivery Provides Flexibility

The ILS can be delivered as a home program under the guidance of a certified provider. Your provider will collaborate with you on a plan that meets your needs.

The ILS is a therapist-led listening therapy. Speak to your provider to see whether the ILS may be an option for you in your healing journey.

Your ILS Provider's Contact Information:
