QNRT® is an advanced neurological technique created by Dr. John Turner that primarily deals with the limbic system, this is the part of your brain that interprets all incoming sensory information and sends the information through a filter, the hypothalamus which determines if the data it is perceiving is safe or a threat.

Sensory information includes color, sound, specific words or statements, smells, touch, taste as well as visual perception, basically, what you experience by what you see, hear, feel, touch or smell.

In the event of a stressful or traumatic experience, the limbic system imprints all sensory data associated with that event and interprets it as a threat (danger). Now certain smells, colors, physical touch or certain types of stimuli, sound, certain words, etc. can trigger your body to go into 'fight or flight mode" Our bodies were not meant to stay stuck in this mode long term. When it does, we begin to break down physically and emotionally. This all happens in the subconscious but will begin to manifest itself in your physiology.

A qualified QNRT® practitioner is trained to read a person's neurology and identify the type of physiological stress, tissues and organs involved, determine the age when the specific event occurred and certain details about who was involved as well as identify the type of sensory data that imprinted in your brain that was labeled as unsafe at that time and, that still triggers your brain to go into fight or flight mode now.

The QNRT® practitioner can also identify deeply engrained negative patterns & core drivers. These are strong core beliefs that drive a person to think and react or hyper react to certain types of situations or triggers.

Basically, we tell people with QNRT® "they get their filter changed." The QNRT practitioner using advanced neurological techniques activate specific neurological sensory perception pathways to activate and reset this filtering part of the brain so that it is not triggered by everyday sensory data that was associated with an adverse event, allowing a more normal response that does not result in fight or flight or physical/ emotional breakdown.

What to expect during the session: The QNRT® practitioner may utilize certain neurological or sensory testing devices such as tuning forks, cold lasers, Optokinetic tapes and kinesiology during this process.