QNRT® is a unique Neurological Therapy created by Dr. Turner that involves comprehensive neurological evaluation techniques to identify and re- set specific adverse emotional events or triggers that have imprinted in your brain. These adverse events lock into your nervous system and memory and create files that direct how you feel and think about certain events. An example is when you touch a hot stove as a child your brain imprints the negative event and associates the experience as bad. Your brain then alters your thought process and actions when you are near a hot surface. This is an over simplified analogy but demonstrates how events lock into your nervous system and cause a change in how you respond to certain stimuli.

Adverse emotional events also imprint in your brain just as physical events do and cause a change in neuronal pathways in the brain. These adverse events may manifest themselves in both physical & mental symptoms and illnesses as well as increase a person's risk for addictive, destructive and self-sabotaging behaviors later in life. According to a study conducted by the Centers for Disease Control (CDC), the Adverse Childhood Experience "ACE" study concluded that children who experienced specific adverse childhood events were significantly more prone to multiple health problems and illnesses as well as social problems. These problems manifest themselves not only during childhood but many years later well into adulthood. The issues cited in the study included a much higher incidence in heart, respiratory and Liver diseases as well as anxiety, depression, alcohol and drug abuse, incarceration and early sexual behavior.
For more information on the ACE study visit www.cdc.gov./ace/
For more information on QNRT® visit www.qnrt.com.