

# The Creation of the NT CD

- May 2000 – A Pediatrician in Soviet Georgia asked Dr. Bate for a copy of his book, “The Health Revolution”, but had no US dollars. It was sent free by email.
- July 2000 – Dr. Bate was asked to give a 4 day Seminar on “Alternate Health”.  
September 2000 – Dr. Bate and an associate gave the 4 day seminar to over 200 Soviet MD's both local (Georgian) and Russian.

The Soviet Union was “breaking up” at this time, and most Soviet MD's hadn't been paid for months, so had little or no money for US and other 'outside' drugs, so the interest was high in “Alternate Health” therapies. Few of the attending MD's even knew about EEG biofeedback, and all were very interested.

The problem (as usual) was money. EEG biofeedback equipment is expensive. During the discussions, rental of such was discussed. On return to the US, I retired from active practice, and formed a corporation (Biofeedback Home Training – BHT. I purchased 10 EEG biofeedback units, and leased (or sold) such. Surprisingly, teaching virtually anyone to use such was simple, so any “average” mother could do it with uncomplicated instructions.

This was an immediate success. It lowered the cost for such therapy to about half or less, and since it was done “at home”, no trips etc. This was profitable immediately.

However, it still was “too” expensive, and I had been an electronics engineer prior to my PhD in psychology, so I knew what the machine did, with the conscious mind to the brain waves.

One day in 2004, I was amusing myself with mixing audio signals with scripts, and suddenly realized that this might work with subliminal therapy while sleeping. I had previously done quite a bit of such work with the “unconscious” mind successfully in my practice.

I collected 43 volunteers from my files and their friends, and gave them each a CD with instructions. This initial 30 day test “proved” that this subliminal therapy could duplicate EEG biofeedback in changing brain wave amplitudes. Since it only worked on the “unconscious” mind while the conscious mind slept, no problem straining the conscious, so no “half hour” limit to training. In addition, there were no sensor problems with autistic patients.

During 2004 and 2005, this therapy was improved and tested by volunteers several times at 60 days each test, and improved for ADD to Autism. In virtually all such cases, it “cured” ADD/ADHD in about 60 days, and showed Autism improvement as well. In followup, of some autism cases, “cure” time was very individual, but “constant improvement” in social and mental areas was good. It was named “Neuroliminal Training”.

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