

## **TBRx – Alex Guerrero**

BrainTap has been phenomenal for us athletes, rock stars, and really high-level business executives have a very hard time with de-stimulation.

So, after a football game, the game ends and it's 11 o'clock at night and they're so amped up, I just can't, I gotta de-stimulate them because remember an athlete's ability to perform is only as good as his ability to recover.

BrainTap has actually been a blessing for me in my practice, helping my athletes get into that de-stimulation phase and get them into sleep, so they can recover quicker.

It also does the same thing for all my rock star and musician clients, that you can imagine, at 2 or 3 in the morning when they get done with the concert and they're just buzzing.

You know, BrainTap really has been an amazing thing for them.