

MELILLO METHOD



The Melillo Method is a full step-by-step program designed to restore your brain to perform at optimal health. This roadmap will guide you to understand what crucial steps you need to take to cure the symptoms of ADHD, behavioral disorders, and brain imbalances.

With a full assessment, nutritional plan, and physical exercises, and supplement guide, you'll be on your way to balancing your brain in no time.



**MEET
DR. ROBERT
MELILLO**

Since 1994, I have been working with thousands of children with autism spectrum disorder, ADHD, dyslexia, Tourette syndrome, and other disorders.

I've written 4 bestselling books ([link](#)) that focus on brain balance, autism, and neurological behaviors. I've been an active clinician for more than 25 years and I am passionate about helping people live their best life. I created the Melillo Method as a simple way to help individuals take control of their own brain health. Through years of research I know that human brain can be reset and balanced to help transform cognitive and physical function.

These simple steps can create meaningful changes to brain health.



DO YOU HAVE A BRAIN IMBALANCE?

ADHD is a real neurological issue and it is not in your imagination and it's not because you are weak or lazy or unmotivated. It is not caused by a genetic mutation, either. Medication can help temporarily but it is not a long-term solution. Whether you have struggled with this your whole life or whether it has only recently developed it is a real issue that can affect every aspect of your life. It will not get better on its own- no one ever outgrows ADHD but it is easily correctable on a long-term basis.

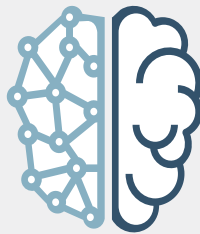
Common Signs Of ADHD:

- Inability to focus
- Short term memory issues
- Chronic anxiety feelings
- Have to move, get up walk around all the time, can't sit still
- Worry about everything all the time
- Very distractible, any sight, sound, interruption of any kind you have to look for or attend to
- Reading is very hard especially technical material that is not interesting but important
- Feel like can't retain any information

In order for the brain to operate at its peak complexity, each side of the brain (Right + Left) must be specialized. If both sides of the brain can handle a task equally well, then the brain is not at its most efficient. Here is a glimpse into what the left and right brains are all about.

LEFT BRAIN

Detail oriented
Literal
Explicit memory
Practical
Positive emotions



RIGHT BRAIN

Creative
Focus on big picture
Avoidance behavior
Negative emotions
Imagination

2

RESET YOUR MINDSET



After the initial assessment, it's all about positive thinking from here. By taking these steps, you're building the commitment you need to take your health to the next level.

Pro Tip:

Negative emotion is a right brain activity and is hard to change because the positive left brain likes familiarity. It doesn't like transitioning to something new.

By instilling the right attitude, you are engaging the law of attraction and drawing on positive energies. Free yourself to find and follow your own dreams and set the same example for your children so that they can follow their own dreams. The way to lead is by example.



3

UPGRADE YOUR DIET



What we put into our mouths is a full manifestation of where we are in our lives.

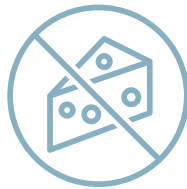
Changing your entire diet is undoubtedly going to be difficult but with the commitment, you're going to see positive and apparent results. I have created a full **Elimination Diet** that will give you a clearer sense of what you need to omit and need to add to give your body and brain the nutrients it needs to succeed.

In the meantime, here are some of the top most common

FOOD OFFENDERS:



Gluten



**Dairy
Products**



Eggs



**Baker's &
Brewer's
Yeast**



**Legumes
(beans & peas)**

4

MOVE YOUR BODY



Research shows that physical activity is essential for healthy brain development. Exercise activates many more brain sectors than sedentary thinking.

Take awareness of your lifestyle currently.

Do you have a sedentary lifestyle?

Is your posture slouch?

Do you exercise at least 3-4 times a week?

Do you stay indoors mostly?

By building a daily routine of at least 30 minutes per day of physical exercise, you're giving your brain another tool to reach its optimal performance. And the more you move, you'll lessen the chance of **obesity, anxiety, stress, and bad posture.**

5

EXERCISE YOUR BRAIN



It's important to nourish your brain with mental stimulation via brain exercises that will help you with your focus and memory. Consider these exercises more nourishment for your brain to reach its optimal potential.

SOME ACTIVITIES INCLUDE:

**Learning a
new language**

Writing lists

**Challenge
your taste
buds**

**Take up activities that
use your hands & eyes
(drawing, painting, puzzles)**

**MUSIC:
learn to read music, sing
in a choir, try a
musical instrument**

6

CHANGE YOUR ENVIRONMENT

I'm a firm believer in the law of attraction. Anxiety, frustration, anger, a bad attitude, negativity, lack of drive, and so on are all part of our focus on fear. It becomes our environment – an environment of our own creation, and the environment we create for our family.

This all starts with changing the attitude within you.

Creating an environment that is conducive for you to thrive has to start by tweaking daily habits. Take notice of the people around you, are they positive influences? If you have children, are you giving them way too much time on digital tablets and phones?

These are important factors to consider when trying to get to a better you.

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Ready to take the next step?

Buy the comprehensive guide today!

SHOP NOW!