The author, an Argentine physician, describes an integrative program for optimal performance, combining multi-modal biofeedback and neurofeedback with “wisdom practices,” acupuncture, and such therapeutic activities as journaling, movement, art, and bibliographic therapy.

The Exceptional Performance Training (EPT) system that we have been using for more than twenty years embodies a synergistic amalgamation of Eastern medical procedures and practices along with high gamma electroencephalographic (EEG) biofeedback, bilateral thermal biofeedback, electrodermal (EDR) biofeedback, heart rate variability (HRV) biofeedback, and muscle or electromyographic (EMG) feedback.

The cognitive processing of information alone cannot lead to the required changes in life-enhancing body-mind energies and behaviors required for successful functioning in modern societies. Self-regulation technology processes can provide humans with precise psychophysiological measures that can effect such changes. Therefore, as a matter of professional responsibility, the feedback field can and must play a key role in empowering people to meet today’s greater global demands and challenges.

The EPT system is grounded on the realization that we all possess a template for empowered and enlightened living that is encoded in our DNA. It is our innate, genetic potential for optimal physical, intellectual, emotional, and spiritual human functioning. This innate capacity transcends the cultural assumptions that limited and constrained our notions of human capacity.

EPT calls this innate encoding our “Pristine Program”—our uncontaminated, original self, ready to express itself. When this program is fully activated through processes like the EPT system, it naturally enables people to discover and activate levels of health, creativity, awareness, and quality of life that far exceed their expectations and previous life experience.

However, a lifetime of intrusive experiences clouds, modifies, distorts, and/or inhibits this innate essence and generates emotional baggage that seriously encumbers it. Happily, this innate potential for acute psychophysiological awareness and performance can be re-engaged by using specific techniques that integrate and harmonize the body-mind energetic field.

First, participants in the EPT system exhibit a dominant brainwave frequency we call their baseline. Once established in an initial EEG process, this baseline frequency (for example, 8 Hz raw spectrum) is used to train participants in significant mathematical proportions (e.g., Fibonacci formula 16, 24, 40, 64, 104, etc.) up to 250 Hz by enhancing the amplitude at each step of the pattern in Phi ratio proportions. When this is accompanied by simultaneous biofeedback training in bilateral thermal biofeedback, EDR and HRV, the process works rapidly in self-managing stress. And, adding EMG to this mix yields major reductions in physical tension.

Second, EPT uses all these feedback technologies in combination with the “wisdom tools” of introspection, analogies, storylines, metaphors, sounds, symbols, and sensory integration.

Third, EPT judiciously uses acupuncture on a few key cranial meridian points (which in the Western International 10–20 system are known as Cz, F3, F4, P3, and P4) to boost the beneficial effects of the EEG training and accelerate the learning of new psychophysically grounded healthy habits.

Fourth, this combination of processes is further bolstered by four powerful supplementary practices: journaling, specific movement work, art, and bibliography. These “homework” practices ground brain plasticity and sustain progress in areas important for achieving participants’ personal goals.

By integrating these four modalities, the EPT system is, over time, able to accelerate and sustain greater effectiveness, focus, endurance, and emotional flexibility, which together empower people to meet the demands of modern living with greater capacity and facility.
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