



**B.Kotlyar B.Sc., a.k.a. Dr. B Well**  
**Brain Music Therapy Method Formulator**  
**Music Therapist, Composer**  
**Department of Psychiatry, Toronto Western Hospital,**  
**University of Toronto**

# **Dr. B Well's**

# **PRODUCT CATALOGUE**

**HEALLABIES™**

*Healing Lullabies*

[Based on Brain Music Therapy Method]

***INCREDIBLE!***

***June 20, 2002, Seattle, WA.***

*At the meeting of the Associated Professional Sleep Society, Professor L. Kaumov unveiled the New Discovery of a Brain Music Therapy Method by Dr. B. Well; a drugless and painless treatment method. He presented the results of the unique research performed by a team of doctors and scientists at Toronto Western Hospital University of Toronto. The research proved the efficacy of this alternative, drugless method in the treatment of chronic insomnia, depression, anxiety, and other psychosomatic symptoms that can be resolved or ameliorated.*

## Why is Dr. B Well's HEALLABIES™ Method different?

Dr. B Well, being a Music Therapist who has evolved from a highly acclaimed Music Composer has a deeper understanding of music, moods, preferences and the effects of music. These talents coupled with the vast and intensive research form the basis of the originality and efficacy of the healing method of Heallabies. All of Dr. B Well's products have been individually and scientifically produced with his dedicated involvement and mission to spread well-being.

### Up-to-date Technology

- Brain Music Therapy implemented in Dr. B Well's Heallabies is one of the most advanced method of effectively bringing about wellness using music

### Clinically researched

- Years of researching the method have resulted in evolving a higher efficiency breakthrough from conventional Music Therapy.

### Scientifically Proven

- Quicker positive results when applied to a wide spectrum of needs such as parenting, relationships, stress management, sickness, productivity, habit breaking and trauma relief, to name a few.

### Universally Approved

- Recognized by conventional medicine and is increasingly being implemented in leading hospitals, clinics, care centers and rehab centers, world over

### Unique

- "Effective yet Enjoyable" technique ensures quicker results with little effort to implement the highly simplified healing method
- Absolutely safe for use even on pregnant women, infants and persons in very delicate and serious conditions of health. Uses no form of hypnosis. Involves no drug supplement.

### Individualized & Focused

- Therapy fine-tuned to act on individual needs for Personalized Treatment.
- Group formulations based on studies conducted among different groups of people in varying conditions eg. Pregnant women, mothers, infants, children, lovers, insomniacs, traumatized, etc.
- More generalized formulations include "Music for each Month" and "Sounds for each Season" which are based on the changes brought about to life through the environment

### Controlled Treatment

- Close monitoring at each stage of the treatment using electroencephalograms allows for modifications to enable more focused implementation and measurable results

### Acclaimed

- Media have described this to be a "marvel method"
- Approved and recognized by the medical profession at several conferences in the US, Europe, Russia and Israel
- The high success rate of the treatment is prompting various fields of conventional healing to implement in part or whole the BMT method used in Heallabies

*...Leonid Kayumov, Ph.D., Department of Psychiatry, University of Toronto, believes that the BRAIN MUSIC THERAPY Method by Dr. B. Well could be a good alternative for over 100 ailments and conditions to drug therapy because there are no known side effects or dangerous interactions with other medications.*

*... "We see this as having a bright future in terms of helping people with stress and anxiety," says fellow researcher Colin M. Shapiro, Ph.D., FRCP (C), Psychiatrist "I think it will be applied in clinics that deal with stress and insomnia. And if the research leads us to a situation where it can be more widely applied, then it will be."*

*'Music for the brain' could be a stress-buster  
Monica Matys, CTV News*

*...Personalized brain music can sustain its effectiveness for a long time - a key feature that may prove advantageous to traditional drug therapy.*

*University of Toronto's psychiatry department and Toronto Western Hospital are currently conducting research on music therapy. Brain Music Therapy Method by Dr. B. Well - is an alternative form of treatment that uses a person's own brain waves.*

*Source: University of Toronto, Canada  
"Background on brain music therapy and musical biofeedback"  
CTV News Staff*

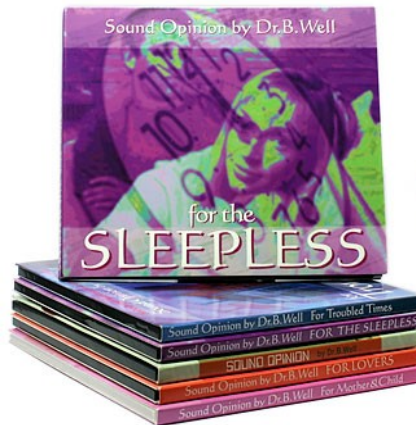
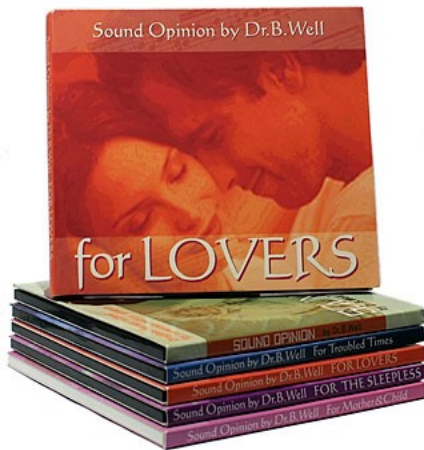
## **PERSONALIZED TREATMENT KIT**

**“SOUND OPINION by Dr. B Well”**

**5 Digipak CD's Series with self-help Book**

**[Based on Brain Music Therapy Method]**

**The set comprises of:**



**1. SOUND OPINION – Self-Healing Kit**

- Easy, Self-Help Book + Music CD for healing and energizing yourself in just 10 half hour sessions
- The master key to locked up potentials within you and cure for over 100 ailments and conditions
- Unlike whatever you may have tried before

**2. SOUND OPINION – for Mother & Child**

- Transformational music for the mother and infant before, during and after childbirth.
- Encourages relaxation and reduces the traumas of early pregnancy.
- A helpful tool for early communication with the infant in the womb, from the very initial formative stages of the child's mind.
- Helps in focusing for childbirth and breast-feeding thereafter.
- Scientifically produced to create a secure, stable reference for comforting, calming and soothing the mother's and child's mind.
- Eliminates child development problems, including aggressiveness, attention deficit disorders, hyperactivity, etc. and helps the baby sleep better.

**3. SOUND OPINION – for Lovers**

- Helps accumulation of sexual energy
- Provides the bio-energy for greater sexual performance

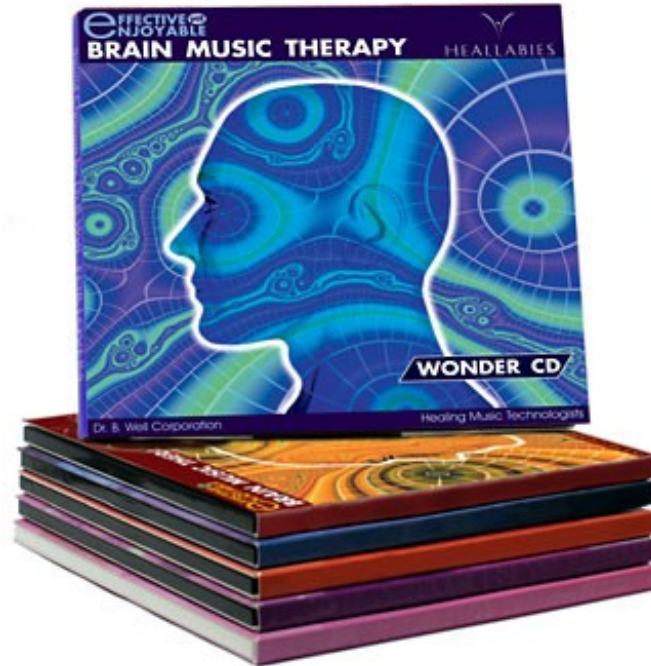
#### **4. SOUND OPINION – for the Sleepless**

- The drugless and painless method for healing, stress release and relaxation
- Music known to act greatly on the “mind-body link” between the emotional and physical, since certain emotional states are associated with certain physical conditions and vice versa
- Greatly helps in rejuvenation of the mind for more productive and innovative functions

#### **5. SOUND OPINION – for Troubled Times**

- Melts away stress, depression, anxiety, migraine, irritability and addiction, causing an exhausted mind give in to a body that longs for rest
- Delays the signs of ageing
- Helps relax the mind and body after trauma, overexposure to gadgets (cell-phones, TV, computers, long driving, etc.)

Dr B Well's  
**Wonder CD**



A 5 Step Special Healing Kit of “**Heallabies**”

Healing Lullabies based on Brain Music Therapy Technology

- Music Therapy that is *Reliably Effective* while being *Absolutely Enjoyable*
- Uses highly acclaimed and effective NEW Healing Technology
- Structured, stepwise procedure of Brain Music Therapy technology delivers unimaginable results
- Ideal for a wide spectrum of conditions and ailments

Makes an ideal personal or corporate gift which stands apart from any gift that could be given or received



## Dr. B Well's Self-healing Sounds for each Season



Healing Music Redefined in 4 Sets of CDs

Produced by Dr. B Well using

**BRAIN MUSIC THERAPY TECHNOLOGY**

Taking into account the psycho-physiological changes that life goes through from season to season

Self-healing Sounds for Winter

Self-healing Sounds for Spring

Self-healing Sounds for Summer

Self-healing Sounds for Fall

Therapeutic music for listening at home, while at work or while driving

*A few minutes of listening in the morning has proved to charge the mind and body for a more enthusiastic day*

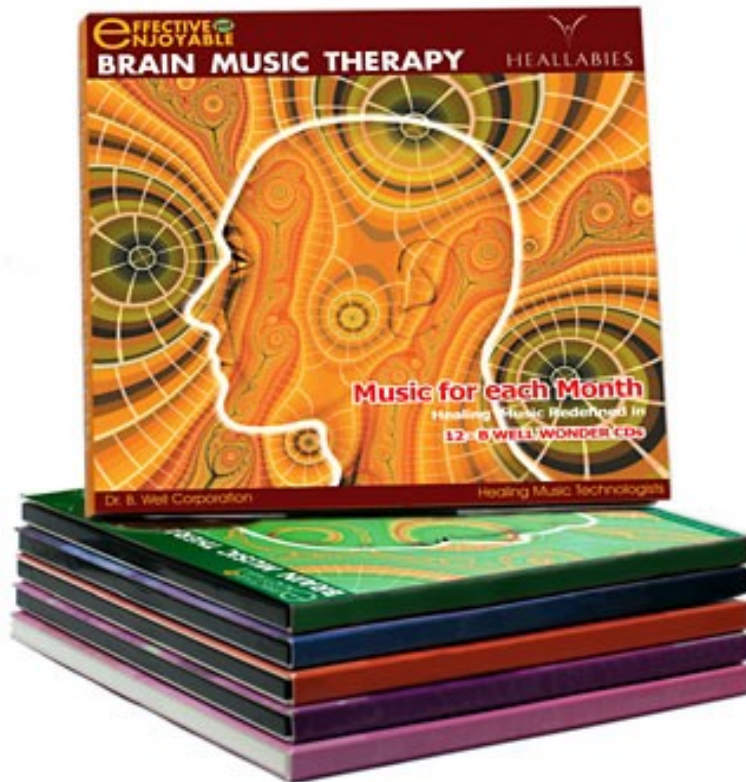
Helps provide confidence for achieving your goals for the day

You will be amazed with the results the music gives to your life and well-being

Dr. B Well's

# Music for each Month

12-B Well Wonder CDs which Redefines Healing Music



- Therapeutic Music CDs produced for each month of the calendar by Dr. B Well
- Dr. B Well's "Heallabies" produced using the highly acclaimed BRAIN MUSIC THERAPY Method in conjunction with factors of each month, which influence your mind-body performance
- Heals many disorders and conditions
- Helps improve finances, career, relationships and overall quality of life



Dr B Well's

## **PERSONALIZED TREATMENT KITS**

Healing Lullabies based on Brain Music Therapy Technology

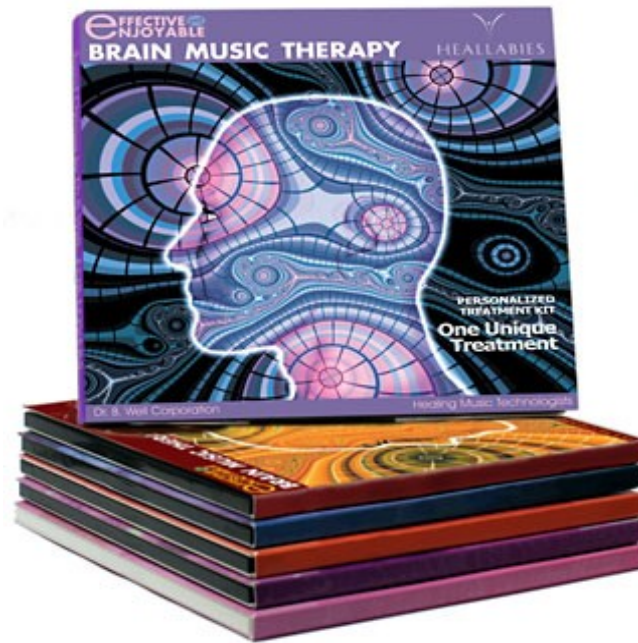
- Aimed at reducing dependency on drugs and other forms of medication
- Music is composed for each individual after analyzing psycho-physiological condition of the patient
- Personalized Brain Mapping Sound Card allows establishing the most effective rhythmic and tonal parameters for creating meditative conditions in patients by influencing bioelectrical brain rhythms
- Heals by activating simultaneously 3 mechanisms:
  - a) Aesthetic effect on the emotional condition of the patient.
  - b) Physiological effect, due to which bioelectrical rhythms in the brain are restructured.
  - c) Psychological effect, bringing the nervous system and the whole body to normal.

### **SPECIAL**

**TO ADD TO THE CONVENIENCE AND CONFIDENTIALITY OF THIS ALTERNATIVE TREATMENT, THESE KITS ARE NOW DELIVERABLE VIA THE INTERNET. RESPONSES TO THE QUESTIONNAIRE TOO COULD BE DONE ONLINE AFTER REGISTRATION.**

# One Unique Treatment [ 1UT ]

Personalized 10 session Basic treatment kit using Heallabies™ BMT technology



The treatment kit comprises of:

1. A detailed questionnaire to enable diagnosis.
2. A Personalized Brain Mapping Sound Card produced after analysis and diagnosis
3. Description of the healing process using the Brain Music Therapy method
4. Instructions on "How to heal yourself in 10 sessions"

**Dr. B. Well's**

# **Symphony Unique Treatment [ SUT ]**

Personalized 20 sessions Advanced treatment kit using Heallabies™ BMT technology



- A closely monitored and gradual treatment aimed at sharp focusing on your problems
- Treatment altered at 3 steps of the healing process according to test results obtained

The treatment kit comprises of:

1. 3 detailed questionnaires to enable diagnosis and monitoring of progress at 3 stages in the healing process
  2. A 50-minute Personalized Brain Mapping Sound Card produced after analysis and diagnosis
  3. Description of the healing process using the Brain Music Therapy method
  4. Instructions on "How to heal yourself in 20 sessions"
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*Boris Kotlyar began as a music composer way back in the 70s was the composer of many soundtracks used on TV, movies, and music CDs. He also wrote as a journalist for the YSR Canada Journal. Boris then applied his musical talent and knowledge to do more than just entertain – Spreading Well-Being.*

*After extensive studies and research, he pioneered the revolutionary method of Brain Music Therapy (BMT) in 1992.*

*Boris is a member of the American & Canadian Music Therapy Associations and is currently collaborating with researchers at the Toronto Western Hospital, the University Health Network, and the University of Toronto.*

*The mission of spreading Well-Being that Boris adopted gave him the name he is more popularly known by today – Dr. B Well*

# HEALLABIES™

## The RELAX-RESTORE-REVIVE Science within Lullabies

The efficacy of a Lullaby inspired Music Therapy

A lullaby has almost never failed to calm and sooth the mind and body of a child at any time of the day or night. The key to the mind and body embedded within lullabies along with extensively researched technology of Brain Music Therapy has formed the basis of the science behind Dr. B Well's HEALLABIES™.

HEALLABIES™ are Healing Lullabies. They are not just products of an alternative therapy or like other music therapy products, which focus just on the process of soothing and calming or which are to be used for convalescents. This makes Dr. B Well's Heallabies essential for healthy living.

The highly researched, scientific technology used in Dr. B Well's Heallabies is fine-tuned for delivering speedy and lasting results, setting the mind and body on a path of well-being and progress.

Daily use of Dr. B Well's products ensures that the mind and body is provided with a regular dose of this essential healing process which helps relax, restore & revive several vital and support processes in human biology which other forms of healing could neglect.

**Heallabies Unlock your Potentials**

**Heallabies Energize your Body**

**Heallabies Stimulate your Brain**

**Heallabies Awakens your Feelings**

**Heallabies Ignite your Soul**

**Heallabies Relax your Body**

**Heallabies Calm your Mind**

**Heallabies Unwind your Emotions**

**Heallabies Restore your Spirit**

**Heallabies Motivate your Actions**

**Heallabies Help you Unwind**

**Heallabies Help you Sleep**

**Heallabies Expand your Mind**



# **BRAIN MUSIC THERAPY TECHNOLOGY**

**Why did you fall asleep when your mother sang you a lullaby?**

**Why do you tap your feet when you hear music with a beat?**

**Why do you listen to music in the first place?**

Music is nature's master key to your mind and has the distinct quality of being able to unlock both the emotional and the physical being.

Music has a capability to modify the psycho-emotional conditions of a man. That is exactly the reason of the very existence of music and the purpose it has always been serving.

For centuries we've known that music soothes and heals. Many different forms of Music Therapy have emerged over the years. These are implemented to fight stress conditions and to cure stress related disorders.

Dr. B. Well along with a team of scientists have taken this a step further with years of research and developed a new scientific method of music therapy – **BRAIN MUSIC THERAPY**.

Traditional Music Therapy is directed at mainly emotional pacifying to overcome stress. However, the influence of music in such therapy was restricted to creating only this single mood with no long-term effect. Besides, traditional music therapy does not take into account individual musical tastes that depend on the physiological peculiarities of the individual's brain.

The technology involved with Brain Music Therapy (BMT) works closely with the patient's brain. This results in healing stress, sickness, bad habits and traumatic conditions. BMT also soothes and revitalizes the mind and body resulting in increased performance and success.

BMT has been proven to provide remarkable benefits in hospitals, day-care and senior care centers, rehab and reformation centers.

Dr. B Well's Brain Music Therapy, a unique and highly researched healing technology, using structured steps is not just about healing, but also about self-development and creating that path to a renewed mind and a more productive you.

The unlocking of potentials within a human being from the time of conception within a womb to the ripest age in life is what the powers of Brain Music Therapy can achieve.

And now for the first time BMT it's available for home use, so that one can listen to a Dr. B. Well CD in the comfort of your home or office or while traveling and begin to make positive changes in your life.

This power of music through **BRAIN MUSIC THERAPY** has been incorporated in the form of healing lullabies, which soothe while they heal.

# COMPANY PROFILE

Dr. B Well Corporation was founded in 2000, with the prime aim of bringing about well-being through the wonders of a new technology – BRAIN MUSIC THERAPY. Located in Toronto-Canada, the Corporation is guided by the expertise of its founder Boris Kotlyar.

Extensive research and testing of this wonderful technology at the Toronto Western Hospital – Canada has proved that the implementation of this healing method yields unimaginable results. The technology has received wide publicity from the media in the US, Canada & Europe and was met with great interest by Medical Professionals at the Annual Medical Conference - in Seattle, WA.

Healing or change using Dr. B Well products is very different from other methods, which use mere soothing music or sounds of nature. Each of Dr. B Well's products has been scientifically produced as healing lullabies using Brain Music Therapy and has been aptly termed "HEALLABIES". The products have been very successful in dealing with a broad spectrum of problems such as lack of confidence, insomnia, depression, stress, trauma, other abuses and habits, conflicts, aging, etc. in just a few structured sessions.

Besides Personal use, results from the use of Dr. B Well's HEALLABIES have earned great appreciation within daycare centers, nursing homes, senior citizen groups, schools, psychiatric hospitals, rehab centers, and institutions working towards bringing about well-being.

## Key Persons

**President**

**Boris Kotlyar B.Sc., a.k.a Dr. B.Well**

**Music Therapist and Composer**

**Toronto Western Hospital**

**Psychiatry / Music Therapy**

**Member of the American Music Therapy Association.**

**Dr. L. Kayumov - Scientific Consultant**

**Ph. D., DABSM, FAASM**

**Psychiatrist at the Sleep Research Laboratory, Department of Psychiatry, University of Toronto**

**Asst. Professor**

**Dr. V. Faivishevski - Scientific Consultant**

**M.D., FRCP (C)**

**Professor.**