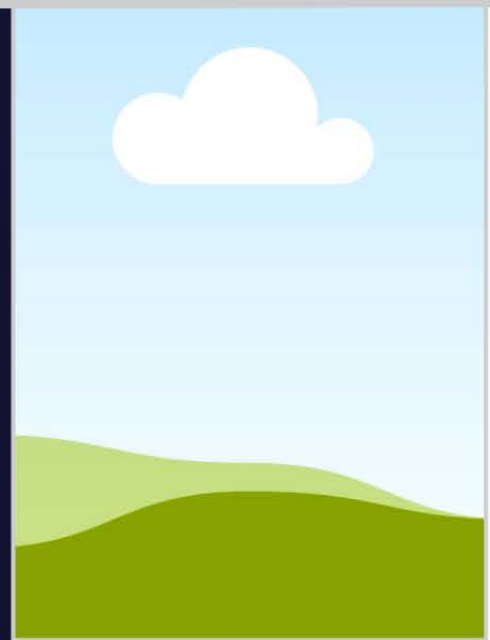


Nancy Loedy

Brain Integration Technique (BIT)



Biography

Nancy Loedy is a sought-after speaker, author, educator, and Specialized Neuro-Kinesiologist with over 30 years of experience teaching, leading groups, coaching individuals, and mentoring practitioners. She translates complex neuroscience into practical, human-centered insights, sharing kinesiology techniques that enhance focus, emotional regulation, learning capacity, and resilience. For more than 15 years, Nancy has refined methods for optimizing brain function. With backgrounds in applied kinesiology, yoga, and music performance, her work bridges science, embodiment, and lived experience to support lasting change. She co-founded Full Spectrum Brain Integration to expand access. Nancy is Crossinology® Technique Practitioner endorsed by Susan McCrossin Brain Integration A.P.

Origin Story

The origin of this passion came from a lifetime of struggle and a tipping point – two car accidents in the space of one hour. I was hurt beyond help and finally reached out to the Brain Integration Practitioner who had offered relief. After just two sessions, I suddenly could see a perfect picture in my head of something I had read. That grew into a high function brain that now teaches neuroscience from memory.

Passion

I am driven by a simple conviction: when people have access to the right tools, real change becomes possible. My passion is translating neuroscience into practical, embodied methods that help individuals and communities regulate, learn, and thrive—especially where support is often out of reach. Through my work, I focus on what truly moves the needle: accessible brain-based tools that build resilience, restore capacity, and create lasting, measurable change in everyday lives.



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Example Talks

ABSTRACT TITLE

Abstract here:

ABSTRACT TITLE

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OTHER OPTIONS INCLUDE:

- List other titles here

Best Story

My best story is of a client who came to me in the 4th grade with limited capacity to read. She was in the lowest reading group, had no confidence, and was completely defeated.

I used the BIT Technique to optimize her brain. She started to improve, quickly moved up to the highest group, started playing basketball with kids 2 years ahead of her, and really came into her own.

By the time her senior year of highschool rolled around, she was in all honors classes, had her pick of colleges and universities, and had the brain that could memorize nearly anything.

It was a remarkable transition that continues to inspire me as I work with others and bring this technique to a wider audience.

Location/travel/ payment

"Put a quote of yours here..."

Social media handles go here, below the quote.