



This state-of-the-art multi-sensory approach interrupts ineffective mental patterns, lifting us out of habitual, non-productive thoughts. By balancing the brain and calming the nervous system, new thought patterns are allowed to break through old filters responsible for causing a wide variety of disorders. Thinking the right thought" enables your brain to produce optimal brainwave patterns. Emotions are a reflection of the energy in our brains: excess beta can produce anxiety, too much frontal alpha could result in depression, or elevated theta could produce ADD.

When brainwave patterns are normalized, your central nervous system learns how to self-regulate, directing your future away from debilitating, painful disorders, and into reclaiming your well-being.

RECONNECT YOUR MIND & BODY

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WELCOME TO NEURO INTEGRATION

Neuro Integration Therapy addresses problems of brain dysregulation, which includes anxiety, depression, ADD/ADHD/OCD, chronic fatigue, fibromyalgia, head injuries, memory loss, migraines, PMS and sleep disorders. Neuro Integration Therapy is training in self-regulation. Self-regulation is a necessary part of proper brain function. It is simply biofeedback applied directly to the brain.

Neuro Integration Therapy is a type of biofeedback. The body has a limited capacity to sense information coming from inside itself. However, if you monitor any biological process, amplify it, and feed it back to the brain, your brain can change it.

Research and clinical studies show that many cognitive situations unresponsive to medication or psychotherapy can be resolved with multiple therapy sessions.

At the other end of the spectrum, chronic, longstanding depression spanning many years, even when complicated by substance abuse, can show improvement after just one treatment.

By re-training abnormal brainwave patterns, we are assisting the brain to function better rather than curing a condition.



A problem of dysregulation is not a disease to be cured, however when dysregulation is a problem, self regulation may improve or eliminate symptoms entirely. For example, a person with ADD may be able to train their brain to pay attention, so that condition will no longer be diagnosable.

THERAPY TREATMENTS

The Neuro Integration system works like a mind mirror, showing you how your brain is functioning, and telling you if you are on the right track. The photic stimulation is guiding your brainwaves into a correct pattern while the music and visuals reward the brain for changing its own activity to more appropriate patterns. Eventually, the brainwave activity is "shaped" toward more desirable, more regulated performance.

Some receive benefit almost immediately while others may need a series of sessions to stabilize their brainwave activity. The number of sessions depends on the type of problem, the age of the person, and many other factors.

AFTER YOUR TREATMENT

Will the training last, or is it temporary?

The type of neurofeedback training we offer here is permanent. Neurofeedback helps to improve functions such as concentration, short-term memory, speech, motor skills, sleep, energy level, and emotional balance.

Clients generally report feeling more relaxed and focused after their sessions.

If I am on prescription drugs, can I stop taking them?

Your physician is the only one who can advise you to reduce, increase, or eliminate dosages for you. Children with ADD and adults with genetic unipolar depressions are often able to gradually decrease or even discontinue their medication. Keep in contact with your physician throughout this process.

What if I am taking medications?

Most medications do not interfere with getting results with neurofeedback. With successful neurofeedback training, medications targeting brain function may no longer be needed, or they may be needed at lower dosages, as the brain takes over the role of regulating itself.

IMPROVE THE AFFECTS

- eat a high-protein, low-sugar diet
- do light exercise, walk, or swim as often as possible
- drink 8-10 glasses of water daily
 - get plenty of sleep
 - before and just after your session
- if possible, avoid all refined sugars (including aspartame)
- take nutritional supplements to maintain a healthy body and brain.

SYMPTOMS & TREATMENT

Treatments are available for countless symptoms.

Please see your treatment provider for more details.

Can neurofeedback help with ADD and ADHD?

Symptoms of ADD/ADHD are usually reduced when brainwave activity is changed. Neurofeedback is commonly used as an adjunct or alternative treatment to medication and behavior management.

What is ADD/ADHD?

Attention-Deficit Disorder is separated into two types: Inattentive Type (ADD) and Hyperactive-Impulsive Type (ADHD). People with ADD usually exhibit one or more of the following symptoms: inattention, distractibility, disorganization, daydreaming, lack of foresight, carelessness, forgetfulness, lack of motivation, lack of persistence, and procrastination.

People with ADHD typically exhibit one or more some of the following symptoms: hyperactivity, fidgeting, restlessness, excessive talking, and impulsivity. Individuals with ADD or ADHD often have significant difficulties with learning, concentration, school or job achievement, behavior control, social relationships, and self-esteem.