

## INNOVATIONS IN HEALTHCARE

# For ADHD, anxiety, depression, and more, are medications the only choice?

## Studies have shown that a new technology known as neurofeedback (brain biofeedback) can help.

To learn more or attend an educational lecture, call the CENTER FOR BRAIN TRAINING at 561-744-7616 or go to [www.CenterforBrain.com](http://www.CenterforBrain.com).

According to the Mayo Clinic, "Have you ever wished you could simply will your symptoms to disappear? With biofeedback you may be able to do just that by harnessing the power of your mind to help improve your health."



They also said, that based on your condition, biofeedback/neurofeedback:

- "May reduce, or even eliminate the need for medication."
  - "Has the potential to help conditions that have not responded to medication."
  - "Puts you in charge of your healing by providing measurable feedback..." (helps you manage your own symptoms).
  - "May decrease medical costs."
- (source: <http://www.mayoclinic.com/heath/biofeedback/SA00083>).

Studies have shown biofeedback/neurofeedback can help with ADHD, sleep problems, depression, anxiety, autism and a variety of other disorders. At professional conferences including the American Psychiatric Association's annual meeting, clinicians have reported that combining biofeedback with other therapies often helps patients reduce reliance on medications. The findings are continuing to be supported by increasing numbers of research studies.

### Reducing reliance on medications.

**No one is born with a deficiency of medication.** Medications can take away the brain's natural ability to manage itself. There is a choice. Rather than rely on medications to help manage your attention, mood, or sleep, you can be trained to help yourself. At our Center, we use a special computer program to train your brain for optimal functioning. It's easy for both children and adults. For those who need to be on medications, neurofeedback helps get the maximal benefit from medication.

### Research on Attention and ADD

Dr. Joel Lubar from the University of Tennessee pioneered research revealing how neurofeedback helps Attention Deficit. Other researchers have confirmed his work. Using an fMRI brain scan, Dr. Mario Beauregard was able to show positive improvements in the brain after neurofeedback. Studies consistently show that reducing excessive theta brainwaves helps with attention problems. Research links are available from our website, [www.CenterforBrain.com](http://www.CenterforBrain.com).

### Can a Child Learn to Reduce Emotional Outbursts?

A mom brought her seven year old girl to the **Center for Brain Training**. While on 3 medications for ADD, she still suffered from serious meltdowns several times a week. This seven year old would lose control for up to an hour. Her mother was very concerned regarding the amount of medication, with little result. Additionally, there was a family history of serious mental health problems. After training with neurofeedback over several months, the child learned to control her emotions. Her mother reports she is now doing very well in school, and rarely has emotional outbursts. This patient now goes into her room to quiet herself when she feels herself getting upset. Prior to neurofeedback, this was impossible.

### How Can Training the Brain Help with Learning Problems?

Recent research shows that learning involves coordination between multiple areas of the brain. These different areas of the brain communicate to each other at incredibly fast speeds. When the timing between them is off – even slightly, learning can be impaired. Neurofeedback has been used to train increased coordination and communication between different areas of the brain. This improvement in timing is critical to learning. Think about how hard it is to play tennis, golf or baseball if your timing is off. It's much harder to learn anything when the timing in the brain is off. Brain training helps target and train various issues directly. Some solid research by professionals show the newest "connectivity training" seems to provide more consistent improvements in learning issues such as dyslexia, reading, math deficits, and visual and auditory processing problems.

### New Treatment Offers Help for Autism, Aspergers and Developmental Problems

A study released in 2006 using neurofeedback showed a 40 percent reduction in symptoms associated with autistic spectrum disorders. It demonstrated enhanced functioning between the brain and behavior. Autism is identified as a brain disorder, which is why neurofeedback can be helpful in such cases. Neuro-biofeedback, or brain training in particular, helps these kids learn how to calm themselves and to improve attention. To learn more, go to [www.CenterforBrain.com/autism](http://www.CenterforBrain.com/autism)

### Can you learn how to sleep better – without relying on medications?

There are many non-medical ways touted to induce sleep. These range from supplements, to exercise, to changes in sleep "hygiene." At **The Center for Brain Training** we review many different options with patients to help them assess what's most appropriate for their problems – options supported by research. While medications can be helpful in the short term, natural sleep is more healing for the body and brain. Most people through neurofeedback can train their brain to allow natural sleep. However, most MDs and health professionals are not familiar with these new technologies so they don't know to recommend them. **The Center for Brain Training** provides the most current technologies available to allow patients to learn to regulate their own sleep patterns.

### Fewer Migraines?

If you know someone having migraines, even on medications, or if you know someone struggling with the side effects of medications, then they should seriously consider biofeedback/neurofeedback. There are hundreds of reported cases of migrainers who use neurofeedback/biofeedback to reduce the number and intensity of their migraines. Often health professionals report that medications have been reduced or even eliminated. At the Center we help patients look at any number of factors that may be contributing to their headaches. We take a comprehensive approach based on extensive experience and research. We find that a combination approach, using approaches that typically are not discussed by MDs with their patients, can be highly effective.

### Brain Mapping

If the symptoms you are struggling with are severe, we record a brain map to take a detailed look at the underlying brain EEG patterns. This gives us a full picture – a complete snapshot of brain activity. This can help target specific EEG patterns that may be interfering with sleep, depression, anxiety, ADHD and other problems.

**Over 2500 licensed clinicians use neurofeedback to help thousands of patients daily. Neurofeedback helps improve brain function - which is why it can benefit so many conditions. The field is based on 30 years of solid science and research. For further information, contact the Center for Brain Training today.**

### Free Educational Lecture: Options to Medications

#### DATE:

Thursday, March 12	7:00pm-8:30pm	Jupiter, FL
Saturday, March 14	10:00am-11:30pm	Jupiter, FL
Friday, March 20	7:00pm-8:00pm	Lake Worth, Soma Center

The lecture helps people understand how neurofeedback can assist adults or children struggling with ADHD, learning difficulties, emotional problems, anxiety or a variety of other issues. We will have demonstrations on how it works with selected attendees.

SIGN UP: Call The Center for Brain Training at: **561-744-7616**.

There is limited space. There will be time afterwards to ask detailed questions about specific problems or situations.

Or go to [www.CenterforBrain.com](http://www.CenterforBrain.com) to register

## CENTER FOR BRAIN TRAINING

900 South US Highway #1, Jupiter, FL 33477

**561-744-7616**

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