



## **New Hope for Sufferers of Depression, Stress, PTSD and More...**

“I realize now that I had been living in a fog of depression for 13 years,” begins Alyssa Gary, as I sit down to talk to her about her experience with Neuro Fitness Center . “Even after my first session, I could feel that fog lifting,” she explains, “and I began to feel like it was possible to hope again.”

Testimonials that mirror Alyssa’s words are found in every neurofeedback article I’ve read. I discovered a wide range of symptoms that may respond to neurofeedback: ADD, autism, anxiety, post traumatic stress disorder, memory problems, migraines, poor focus and concentration, epilepsy, and a myriad of other issues.

So what is neurofeedback, or in this case Brainwave Optimization™ with RTB (Real Time Balancing)? Brainwave Optimization is the process of balancing and harmonizing the brain. This is accomplished by assessing imbalances in the brain, and then encouraging the brain to create new neural pathways through computer aided feedback.

The first step is a personal assessment which takes approximately 1 hour. The assessment includes a reading of the energy of your brainwaves in six areas of your brain. Sensors are placed on the scalp, and the computer takes readings of alpha, beta, delta, theta, and gamma waves. These readings give the practitioner information about what areas of the brain are imbalanced. This process then produces personalized protocol to balance and optimize the brain.

While neurofeedback models may differ, Brainwave Optimization asks clients to schedule time for an “intensive,” which is 12 sessions within a 5-7 day period. Each session lasts just under 1 ½ Hour. During the session, the individual sits in a comfortable, reclining chair with sensors placed on their scalp. The training itself is a non-invasive, relaxing and pleasant experience. In general, the client works to maintain a relaxed or meditative state of mind, while simply listening to the frequency tones of their brain waves being played back to them.

To create noticeable and lasting change, the average individual completes anywhere from 10-30 sessions of training. This is greatly dependent on one’s individual goals and their level of brain imbalance. Results are unique for each person. Some notice significant changes right away, after just a few sessions. For others it may be subtle at first, and change is noticed further down the line. Sometimes it’s the people closest to the individual who first notice a positive change in them.

Alyssa had been sick for 13 years, from the time she was thirteen until twenty-six years of age. At that point, she found out that she had been suffering with undiagnosed Lyme disease. After extended treatments for her disease, the lyme was gone, but her body and mind did not know how to live as a healthy person. “I knew my body was healthier, but it felt like I just couldn’t get out of those old unhealthy patterns. So, when my doctor suggested that Neuro Fitness Center might “reboot” my brain, I knew I had to give it a try.”

Alyssa remarks that her family could hear a change in her voice over the phone after just a few sessions. “They could tell I was feeling happier,” she explained. While supportive, her family had been rather skeptical of the whole experience.

“They knew something needed to change in my life,” she said, “but had no idea what Brainwave Optimization was.” Her transformation, including changes in depression, sleep, motivation, energy, and focus, convinced her family members to undergo the process as well. Their changes included better sleep, easier concentration, a reduction in racing thoughts, and increased calmness. They would all recommend the experience.

“I am so grateful to my doctor for suggesting Neuro Fitness Center,” concludes Alyssa, “It has changed my life.”

Neuro Fitness Center based here in Farmington Hills is the first affiliate office of Brain State Technologies here in Michigan and the Midwest to offer Brainwave Optimization with RTB (Real Time Balancing) and have trained over 170 clients in just 2 years.

You can learn more about Brainwave Optimization with RTB™ and schedule your free brain assessment with Neuro Fitness Center at 248-436-8045.

More information is also available on their website: <http://www.neurofitcenter.com>.