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NEUROTOPIA NEUROFEEDBACK AND THE TREATMENT OF ANXIETY

Neurotopia Neurofeedback Therapy (NNT) can change your life by addressing dysfunctions found in the brain



“I have yet to have one parent tell me that the neurofeedback was of no benefit to them. I’ve seen improvements all across the board from language, eye contact and socialization.”

– Karima Hirani, MD MPH
Professor at USC School of Medicine

Anxiety Spectrum Disorders

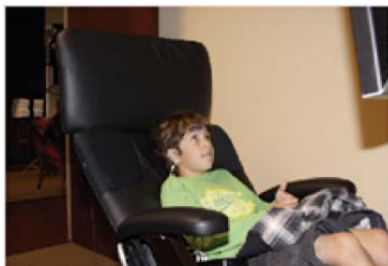
Neurofeedback is probably the most effective, non-invasive, pain-free and drug-free way to deal with anxiety and panic attacks available today. No medications are used and therefore the patient becomes empowered to make and sustain the changes, thereby becoming more prepared to handle and cope with the next challenge of life.

Multiple States of Anxiety

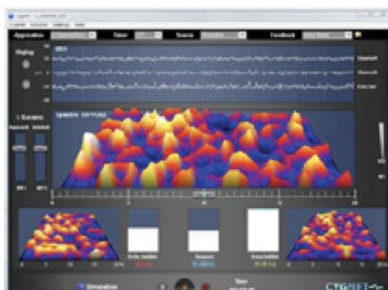
Anxiety states include such reactions as panic attacks and phobias at one extreme, and such problems as performance anxiety and stage fright at the other. When a person is challenged to perform in some way, the brain reacts by overly heightened vigilance that actually undermines its own ability to function well.

Neurotopia Neurofeedback

In neurofeedback training, the patient is shown information derived from his or her brainwave tracings as they are occurring. This is the feedback portion of the process that allows the patient to understand and make appropriate changes required to achieve success. Then the individual is asked to allow some time to experience the process and how the brain automatically seeks to accomplish the goal of “winning the game.” This is the same process that you go through when you learn how to ride a bike. Once you figure out how to get out of your own way and eliminate the fear of falling/failure, you learn how to ride the bike. Neurofeedback training repeatedly challenges the brain to improve or restore its own internal regulatory processes, which, in turn, allows the patient the opportunity to be “in control” once again.



Treatment consists of three sensors placed on you scalp with easily removable conductive paste



During your session, our neurofeedback technicians utilize advanced technology and software to train your brain to increase or decrease brainwaves based on the physician's protocols from your brain-mapping

Next Steps

Call 866.870.2982 to set up a free consultation or visit us www.neurotopia.com to research what Neurotopia Neurofeedback has to offer. There you will find articles and videos that will help you with your decision. Or pass this important information to a friend.



Quantitative-EEG brain-mapping can show faulty brainwaves associated with many physical, mental, social, and emotional symptoms.

How the Treatment Works

Your brain weighs about three pounds, yet it utilizes almost 50 percent of all of your body's blood glucose. It uses all of this glucose to create electro-chemical energy (electricity) which enables your brain to carry out all of its functions, including physical, mental and emotional regulation.

Brainwaves occur at different frequencies from slow waves to fast waves and each speed has its own function. Slow brainwaves (delta & theta) reflect the brain is under-aroused or functioning at reduced capacity for mental efficiency. This occurs during sleep, daydreaming and when areas of the brain go "off line" to take up nourishment. High levels of delta and theta, in specific areas of the brain, can be associated with learning disabilities, depression and/or inattention.

When your brain produces predominantly faster brainwaves (alpha & beta), it is more fully aroused, alert and focused. The neural networks are fully engaged to process information. Beta brainwaves need to be dominant for controlling attention, behavior, organization, emotions and basic learning functions. However, too many fast waves, in specific areas of the brain, can cause anxiety, aggression, irritability and other physical symptoms.

Call us for a free consultation either with a doctor or neurofeedback technician ready to answer all of your questions.

Perform QEEG Brain-mapping

Once you've decided to start your treatments, we will collect your medical history and perform a QEEG brain-map Image. This will give our physicians the diagnostic results necessary to locate the origin of your symptoms and create protocols to treat them. Every person is different. Even though people may have the same symptoms, they may be caused by different malfunctions of the brain. Many doctors perform QEEG brain-mapping in their office as a service to their patients. If your physician does not perform this service, our office will be glad to assist you in scheduling this.

Start Your Treatments

Once we have your history and correlate the diagnostic results from your QEEG, our physicians will schedule a consultation with you. During the consultation, they will explain your brain-mapping results and what treatments would be most effective for you.

Each of the symptoms on the parital list below may stem from dysfunction in the brain. Neurofeedback trains the brain to self-regulate and optimize functioning.

ADD & ADHD	SLEEP DISORDERS	AUTISTIC SPECTRUM SYMPTOMS
<ul style="list-style-type: none"> - Impulse control - Planning - Organization - Short term memory - Mental calming - much more 	<ul style="list-style-type: none"> - Excessive thoughts - Disrupted sleep cycles - Disrupted REM cycles - Night terrors - Night sweats - much more 	<ul style="list-style-type: none"> - OCD symptoms - ADD symptoms - Headaches - Seizures - much more
DEPRESSION	BEHAVIOR	IMMUNE, ENDOCRINE & ANS
<ul style="list-style-type: none"> - Obsessive negativity - Lack of motivation - Despair - Overwhelming emotions - Self-injurious behavior - much more 	<ul style="list-style-type: none"> - Lack of impulse control - ADD symptoms - OCD symptoms - Tics - Mood swings - much more 	<ul style="list-style-type: none"> - PMS (compulsive) - PMS (reactive/aggressive) - PMS (agitated) - Irritable bowel - Sugar craving & reactivity - much more
MIGRANES/CHRONIC PAIN	EATING DISORDERS	PERFORMANCE & MOTOR SKILLS
<ul style="list-style-type: none"> - Muscle tension - Obsessive thinking - Pain fixation - Poor concentration - Low pain threshold - much more 	<ul style="list-style-type: none"> - Compulsive eating - Lack of interest in food - Emotional instability - Hypoglycemia - Sugar craving - much more 	<ul style="list-style-type: none"> - Lack of mental calming - Lack of impulse control - Planning/organization - Obsessive thinking - Compulsive behavior - much more