



NEUROTHERAPY  
CENTERS OF AMERICA



Solutions for ADHD, Anxiety,  
Symptoms Of ASD, Dyslexia,  
OCD, And Other Brain Based  
Issues In Children And Adults

# Why Is It Important To Think Of Mental Health Issues In Terms Of Brain Health?

Discover the successful non-drug treatment strategy that has the potential to give your child and/or you a better life!

One filled with the ability to quietly focus, make and maintain enriching relationships, achieve grade appropriate reading levels and beyond, excel academically, gain inner peace and confidence, and develop emotionally and physically...



...in essence, become the they or you were born to be or for you to blast through your barriers and reach your potential!

Sound too good to be true?

You are about to read that these changes are not only possible but very probable using the right method.

Below I will attempt to distill countless hours of study and practice into an easily understandable, inspiring, and above all else, motivating report.

Read on and you'll learn the strategies and tactics used to help you or your child achieve their potential.

Julia

PS – We will be using ADHD as the main example, but you will see that most mental health issues are treated in similar ways.

# How is ADHD usually treated?

The most common method to treat your child's attention deficit disorder is with prescription drugs that may only temporarily reduce their symptoms.

These drugs have names such as Ritalin, Adderall, Concerta and Strattera and are primarily either neurostimulant drugs or act by altering neurotransmitters in the brain.

**And these drugs are schedule 2 substances!!!**

According to the DEA website, 'Substances in this **schedule** have a high potential for abuse which may lead to severe psychological or physical dependence'.

Medshadow makes it easy to read. [www.medshadow.org](http://www.medshadow.org)

These drugs may cause your child to feel uncomfortable and have a variety of documented harmful side effects, including unwanted weight loss, mood changes, anxiety, insomnia and suicidal thoughts.

The National Institute of Mental Health did a long-term study on ADHD and found, "the long-term efficacy of stimulate medication has NOT been demonstrated for any domain of child functioning." That means we don't know the long-term benefits or consequences of placing children on these medications and that is a frightening prospect.

Another study on Ritalin by Nadine Lambert, professor at UC Berkley followed 500 kids for 26 years and reported that Ritalin usage makes the brain more susceptible to cocaine addiction and DOUBLES the likelihood that a child will abuse drugs.

# How is ADHD usually treated?

Research also states, “Up to 70% of children with ADHD exhibit symptoms into their adult years, and these symptoms interfere significantly with academic, vocational and social functioning.”

Another thing parents are often not told, is that the effectiveness is only temporary. As the body gets used to the drugs in the system, more and more of the drug needs to be taken to get the same effect; until finally it just stops working. A new medication needs to be prescribed and the cycle starts again.

So we are giving our children powerful-amphetamine-type drugs, upping the dosage until it no longer works then switching it up to do it all over again with a new drug. And the cycle continues.

## **So what is a parent to do?**

The first thing to understand is ADHD is the result of abnormal brain activity. The ADHD brain learns and stores information in a different way than a more balanced brain would.

It's like a big, disorganized library. The information is all there, but it is sorted by some other system than the Dewey Decimal system.

By color, taste, size.....little tiny bits of information, but no real structure to it.

# An Alternative

It's helpful to think of our brains in terms of computer hardware and software.

The hardware is the “wiring” in your brain. The electrical activity.

The software is the “programs” that we carry with us through conditioning, learning, events etc.

Therapy and counseling is like tweaking the software.

But much like a computer, tweaking the software (programs) won't work very well if the hardware isn't working properly and is why it can take years to resolve a problem this way.

What we do here at Atlanta Neurotherapy Institute is work with the “hardware”. And usually correcting the “hardware” resolves the “software” (programs) issues.

Many times, brainwave imbalances can be grouped into 3 main “dysregulations” and most of our patients identify strongly with one of these 3 symptom groups.

Beta Dysregulation - Alpha Dysregulation - Delta/Theta Dysregulation

More on this later.

# An Alternative

No matter who you are, if you look at brain activity, there are things we can do to get you to function and perform better.

But most come in because they are suffering and have tried everything else. Medication. Therapy. Etc.

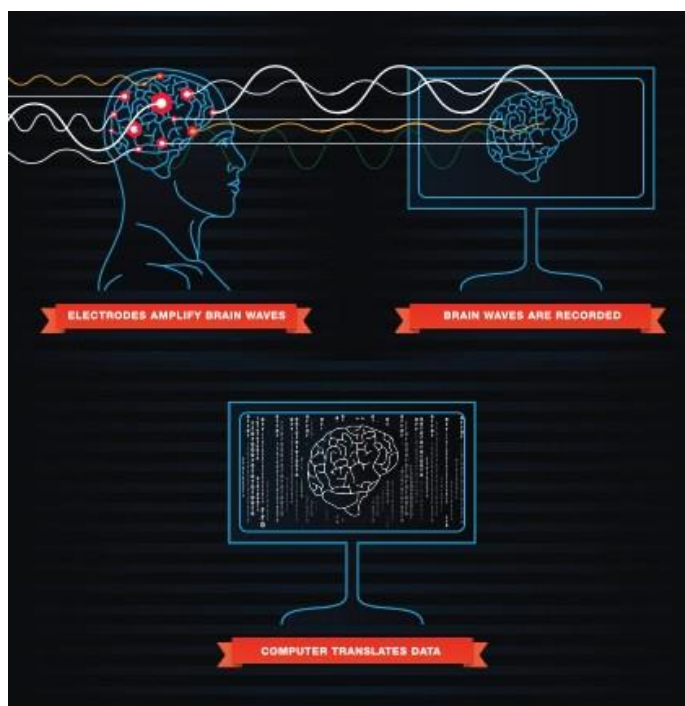
The American Academy of Pediatrics is the governing credentialing board of 60,000 primary care pediatricians and specialists.

They rate Neurofeedback as having level 1 best support for its use in Attention Deficit Disorder.

This means that neurofeedback is the first non-pharmacological treatment suggested for ADHD.



This is a simple way to think about the process.



# An Alternative

**And it is not just effective for ADHD.**

Neurotherapy gets results for many brain dysregulation effects including:

- |                 |                |                |
|-----------------|----------------|----------------|
| ✓ ADD / ADHD    | ✓ Addiction    | ✓ Anger Issues |
| ✓ Anxiety       | ✓ Autism       | ✓ Brain Injury |
| ✓ Concussion    | ✓ Chronic Pain | ✓ Depression   |
| ✓ Fibromyalgia  | ✓ Insomnia     | ✓ Lyme Disease |
| ✓ Memory Loss   | ✓ Migraines    | ✓ OCD          |
| ✓ Stress / PTSD | ✓ Sleep Issues | ✓ Stroke       |

## How?





# Let's take a closer look at our approach.

**Neurological:** Everything you have ever thought, dreamed, felt (and so much more) is directly related to the health and performance of your brain and nervous system.

Where are the strengths and weaknesses in the brain?

How are the various lobes of the brain performing?

How do these findings relate to the issues presented?

Is neurofeedback needed to strengthen specific areas?

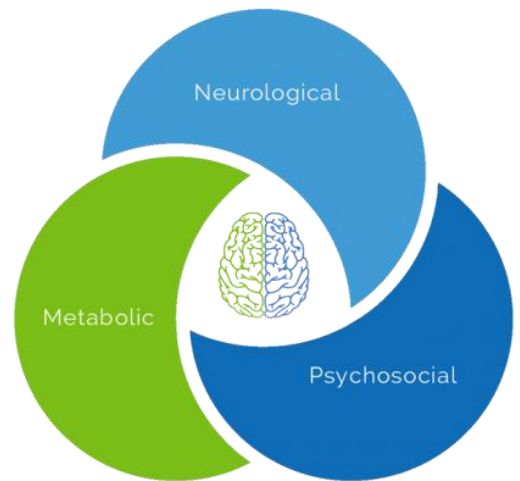
These are important questions to be asked and answered during the evaluation.

We use Brain Mapping (QEEG) and a thorough evaluation to help us gather objective brain activity.

**Metabolic:** I usually get a puzzled look when I talk about metabolism with clients.

Just what is metabolism?

It is the combination of all the chemical, hormonal, immune and digestive processes that make you, you.





# Let's take a closer look at our approach.

Every person has a specific metabolic profile.

Evaluating your specific metabolic blueprint is very important to the successful outcomes we expect for your child.

For instance, boys with ADHD tend to have dopamine issues. Supporting dopamine can enhance frontal lobe activity.

There are many pathways to consider.

Our understanding of neuro/endocrine/immune system function is ever growing and changing.

We don't come from a nutrient deficiency model. In other words, We are not concerned with finding a single nutrient like calcium that is low.

The interplay between various metabolic systems that make up the whole of your unique physiology must consider a deeper more comprehensive model.

The premise of our program involves several underlying principles.

**Psychosocial:** While working with our licensed mental health care professional, we can help clients with various behavioral issues.

This is often done through Cognitive Behavioral Therapy, or simply through parenting strategy sessions. We support our clients with the tools they need to address symptoms and emotions.

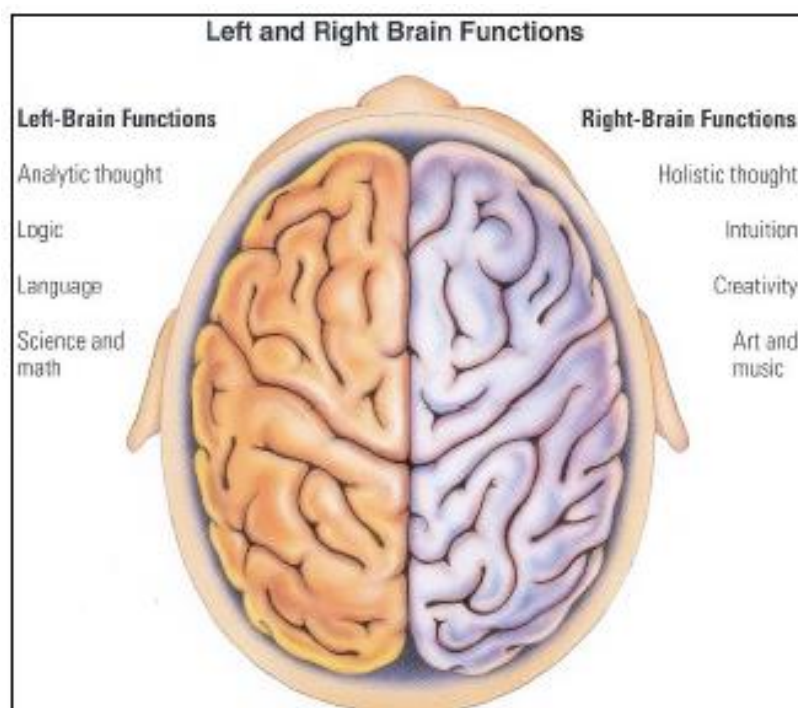
# 7 Fundamental Principals We Use In Our Program

## Fundamental #1: Brain Balance is key

In order for the brain to function optimally, the left and right sides must connect (talk to one another) in harmony. If one side is out-of-synch, it can cause any number of behavioral, emotional, physical or cognitive symptoms.

The left and right brain must effectively talk to each other to have proper function. It just so happens that each side of the brain is responsible for certain functions.

For instance, the left brain is generally thought of as the analytical side of the brain (see below) and the right brain as the artistic side. There are many other attributes that could be discussed but this simple photo gives you the general idea.



# Fundamental 2

## Fundamental #2: There is a spectrum

Progressive scientists and neurofeedback professionals are beginning to discover that all neurobehavioral issues can be viewed as being on a “spectrum.”

On one end of the spectrum we have Autism (right brain issue) and the other side we have Dyslexia (left brain issue). Each “condition” is really reflective of the area in the brain that is not working properly...“misfiring” if you will.

(Left Brain) Dyslexia - Tics - PDD-NOS - AD/HD - Asperger’s - Autism (Right Brain)



# Fundamental 3

## Fundamental #3: Order in the Court

The nervous system develops in a sequential order.

First, we are born with a set of reflexes that help ensure our survival. Babies inherently know how to breastfeed or swallow for instance.

We are sensory beings. We are dependent and develop by receiving input to our central nervous system through our senses (sight, smell, taste, hearing, touch, proprioception).

Without sensory input the brain would have no output and would not operate properly. Just consider babies that are left alone without being touched. What happens to those children?

As the central nervous system develops these reflexes are suppressed by 6-12 months allowing for the vestibular system to develop so we can learn how to balance.

All the while we are learning how to independently move our limbs/eyes/head. This sets the stage for more advanced movements such as upright posture and walking.

Finally, all of this central nervous system (CNS) activity allows for development of higher cognitive function. If this order is hampered in anyway then we have a hard time continuing along the neurodevelopmental continuum.

## Fundamental 3 (continued)

We literally become neurodevelopmentally stuck and unable to progress properly.

Primitive Reflex Suppression > Vestibular Development > Cognitive Development

What can hamper our nervous system development?

Many things including:

infections, food sensitivities, injury, genetic weaknesses, nutritional deficits, exposure to molds, toxins, medications and so much more.

The list is very long, and we still don't have all the answers. This is why we blend the various aspects together into a comprehensive model with such success.

# Fundamental 4

**Fundamental #4: If the hardware hasn't developed...you'll be hard pressed to successfully add new software.**

What do I mean?

Just like having the correct computer hardware is important when choosing software.

If your child's brain (hardware) has stalled along the developmental continuum it will become very apparent as they advance in school (adding new software).

Reading may be difficult, math skills poor, and social development limited.

Learning is like adding software to a computer. If the computer has the right hardware, then you can add all the software you want and you'll get proper function.

If your child's nervous system has not developed as it should then schooling (adding data to their brain) will become very frustrating for all parties involved - teacher, student and parent.

Do not get me wrong, many of these kids are very bright but unable to reach their potential because the brain simply cannot integrate, process and communicate information with proper timing.

## Fundamental 4 (continued)

They have a difficult time with impulse control, focus, organization, making new friends, and so on. I often hear parents saying things like...My child is smart. He could do well in school, if he only applied himself.

**Success comes from more than the child “applying” themselves.**

The brain needs to be capable of moving information using proper timing and sequencing in order to interpret the environment including social cues like body language and tone of voice and higher order cognitive skills.

Many children on “the spectrum” are challenged to make friends. They are often labeled as awkward in social situations.

This is very apparent with right brain issues.

The right brain is our “emotional intelligence”. When the right brain is functioning, we can “read people”, infer and generally have the street smarts required to navigate relationships.

If the right brain isn’t performing well the left brain tries to make up for it.

Unfortunately, the left brain doesn’t do a very good job socially. It is very difficult to “think” your way through a friendship.



## Fundamental 4 (continued)

After all, 85% of all communication is nonverbal. It's body language!

Some of those kids are trying to pay attention to the spoken words (left brain) while processing the other 85%.

It's no wonder they are often awkward. The natural flow of relating just isn't there for them.

Let's move on...

# Fundamental 5

## Fundamental #5: Is it possible to change the brain?

If So, How Does Your Child's Brain Actually Change?

In a word...YES by a process called, Neuroplasticity. Your brain and nervous system are made from hundreds of millions of nerve cells called neurons.

Each neuron connects to its neighbors through synapse (connections).

By the time we are 6 years old we have 1000 trillion synapse in the brain!

Each neuron needs fuel (made from oxygen and blood sugar) along with activation to stay alive. Each neuron is designed to survive and carry a signal to its neighboring neurons.

Neurons live in community with each other. Just like we form different social networks with friends, family and coworkers, neurons form circuits.

Each circuit is responsible for performing certain duties like seeing, hearing, etc.

About 60% of the nervous system is hardwired from birth. The remaining 40% of the connections develop over time based on stimulation (sensory input receiving from the environment).

## Fundamental 5 (continued)

Neurons are also capable of ending and forming new relationships. This ability to connect and reconnect with different neurons is called neuroplasticity.

It is how we learn new material or become efficient at playing an instrument.

This never ending process sets up ideal connections in order to best serve the persons survival.

By directing the process of neuroplasticity in your child's brain, through our ADHD treatment program, we can literally rewire weak areas thus allowing for improved function and changed behaviors.

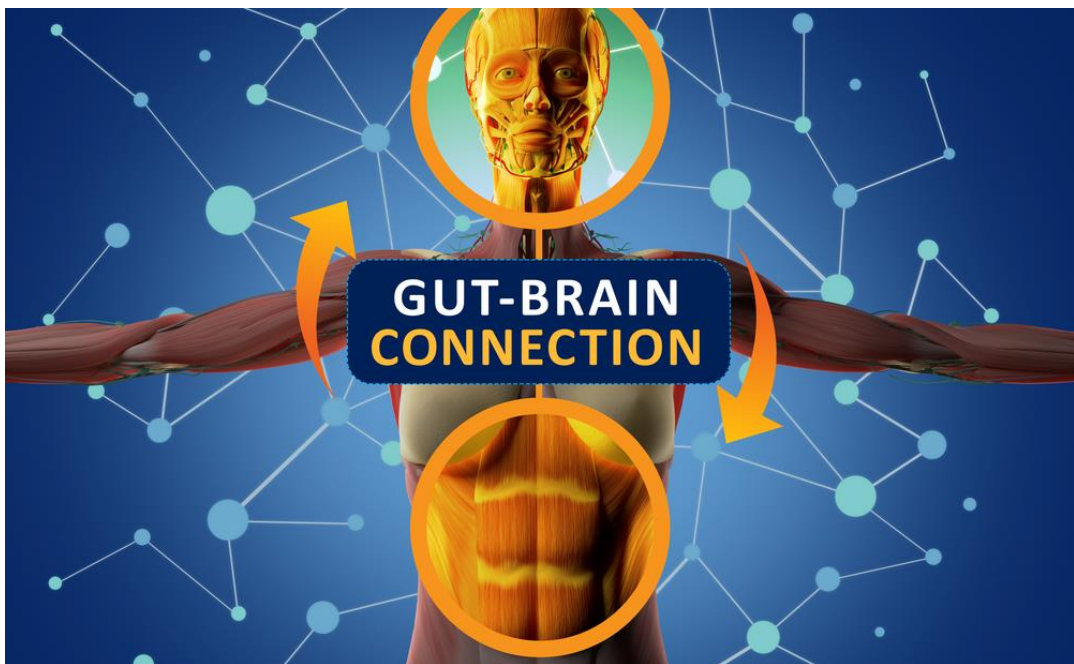
We can remove the stumbling blocks that are inhibiting their development and guide them onto the right path again.

# Fundamental 6

## Fundamental #6: The GUT / BRAIN Connection

Brain health is directly related to the food you eat and the health of your gut (digestive system). We often find kids with neurodevelopmental issues have problems with digestion, absorption and assimilation of food.

Food sensitivities, leaky gut, malabsorption, inflammation, blood sugar fluctuations and so on can all affect the stability of neurons.



## Fundamental 6 (continued)

In fact, there is a saying that goes like this...Fire in the gut = Fire in the brain.

What that means is inflammation in the digestive system leads to break down of the blood brain barrier and inflammation of the brain.

This shows up with “Foggy thinking”, slow processing speed, anxiety, depression, hyperactivity, etc. Sound familiar?

Looking at “gut” health and other areas of metabolism allows us to have a complete picture of your child. We can then build a treatment roadmap specifically tailored to meeting your child’s needs.

# Fundamental 7

## Fundamental #7: Neurotransmitter Support

Many children (and adults) have neurotransmitter imbalances.

Neurotransmitters are chemicals used by the nervous system to communicate between nerves.

You're probably familiar with these chemicals as they relate to the treatment of depression or anxiety.

In medicine, a drug may be prescribed to help tip the balance of serotonin or dopamine. We support neurotransmitters by using natural supplements with great results and no side effects.

Boys with AD/HD often require dopamine support. We have various methods for helping to assess and support neurotransmitter health in your child.

# Symptom Grouping

Many times, brainwave imbalances can be grouped into 3 main “dysregulations” and most of our patients identify strongly with one of these 3 symptom groups.

- Beta Dysregulation
- Alpha Dysregulation
- Delta/Theta Dysregulation

No matter who you are, if you look at brain activity, there are things we can do to get you to function and perform better.

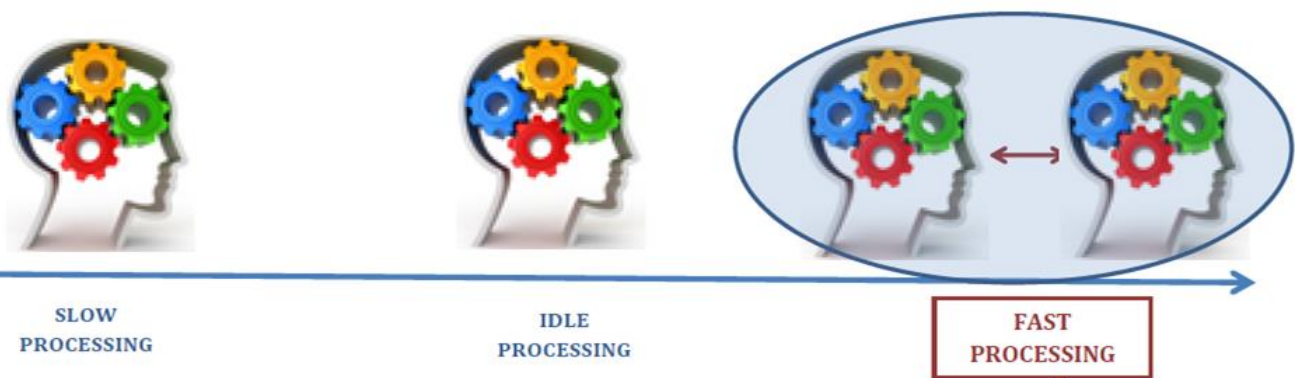
The following three pages will show you the symptom groups and how they correspond to your brainwave activity.

See if you identify with one of them.





# BETA DYSREGULATION -THE OVER AROUSED BRAIN

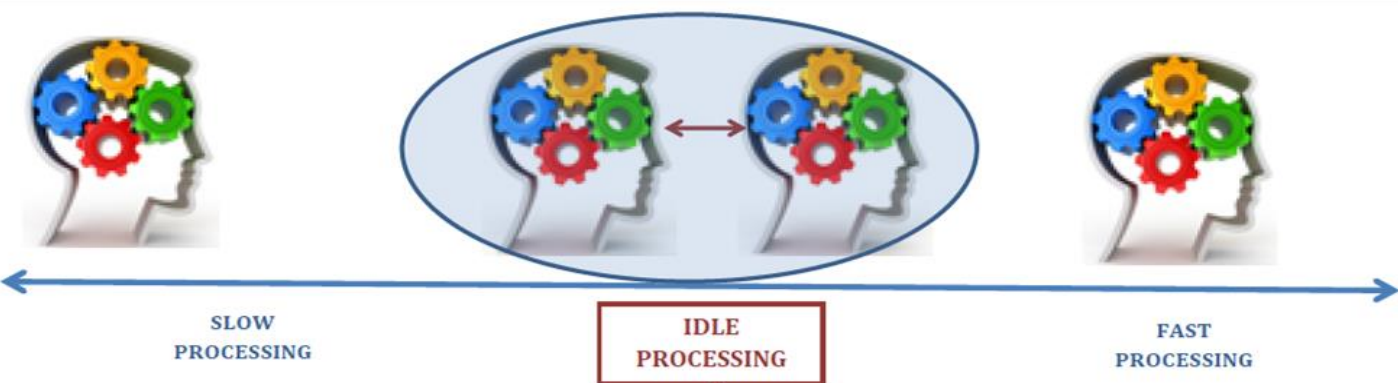


**With Beta Dysregulation the brain tends to operate at a fast processing speed and is considered to be over aroused**

**Studies have shown that Beta Dysregulation may be associated with:**

Anxiety	Panic Attacks
OCD	Worry
Migraine / Tension Headaches	Chronic Pain
Insomnia	Hyper-vigilant
Obsessive Thinking	Dislike Change
Excessive Rationalization	Restless
Poor Emotional self Awareness	

# ALPHA DYSREGULATION -THE INHIBITED BRAIN

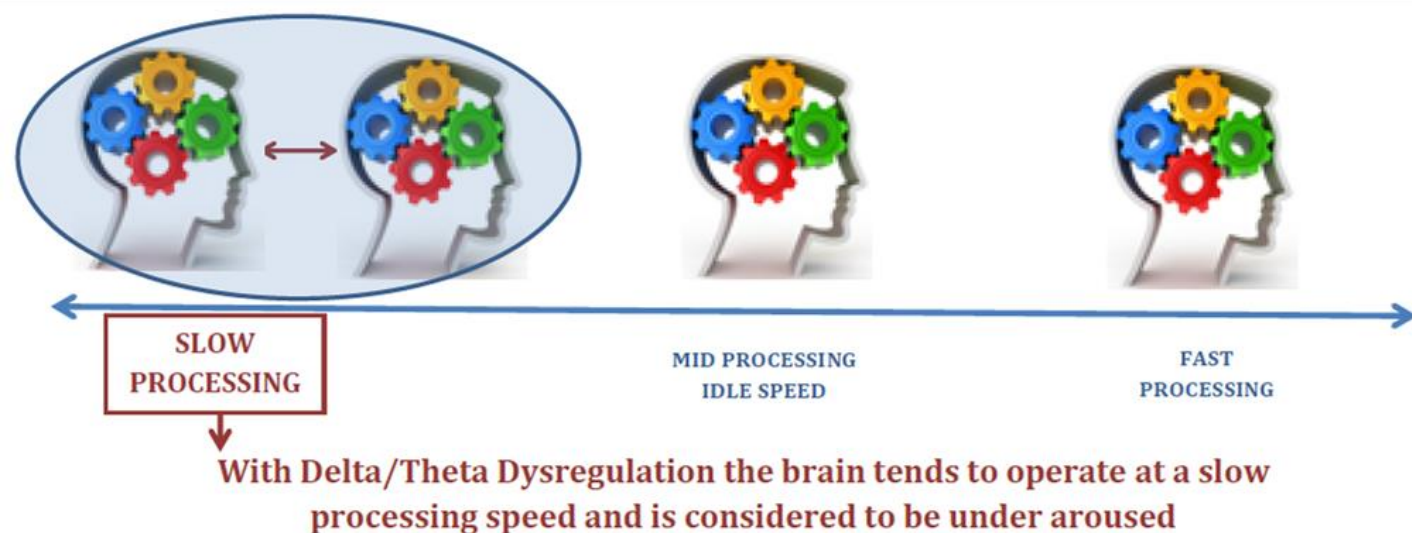


**With Alpha Dysregulation the brain tends to operate at an idle processing speed and is considered to be inhibited**

**Studies have shown that Alpha Dysregulation may be associated with:**

Depression	Rumination
Victim Mentality	Anger
Excessive Self Concern	Self-Deprecation
Passive Aggressive	Agitation
Irritability	Fibromyalgia
Avoidance Behavior	Withdrawal Behavior

# DELTA/THETA DYSREGULATION -THE UNDER AROUSED BRAIN



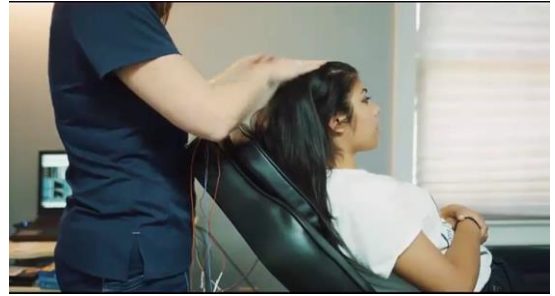
Studies have shown that Delta / Theta Dysregulation may be associated with:

Cognitive Impairment	Excessive Speech
Impulsivity	Disorganized
Hyperactivity	Hyper-emotional
Focus and Attention Issues	Traumatic Brain Injury
ADHD	Dementia
Socially Inappropriate	Learning Disorders
Easily distracted	Autism / Asperger's

## How We Help The “Hardware”

### Assessment & Brain Mapping Options

The first step is to schedule a consultation. After the initial consultation, The next step is a QEEG brain map.



During the initial consultation, we find out if you are a good candidate for our program and you get your questions answered.

### What is a QEEG Brain Map?

A brain map enables us to see your unique pattern of mental strengths and weaknesses - areas of the brain where there is too little or too much activity - by measuring the electrical activity that is happening through the various wavelengths

From that brain map, a report is generated for each patient that shows the areas of dysfunction and the protocols recommended to address them.

### How Does Brain Mapping Work?

Using a cap placed on the scalp, our software captures the electrical impulses in the brain. This method is known as an electroencephalogram (qEEG).

The results show brain wave patterns in different parts of the brain. The process is completely non-invasive and easy on your part.

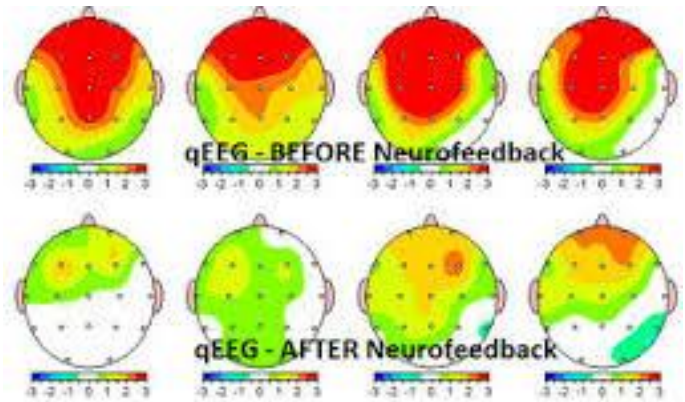
The data is then converted into a visual brain map report. We analyze the brain map report and identify any problem areas. The report will display the results in a clear and concise format that can be easily understood.

# The Brain Map

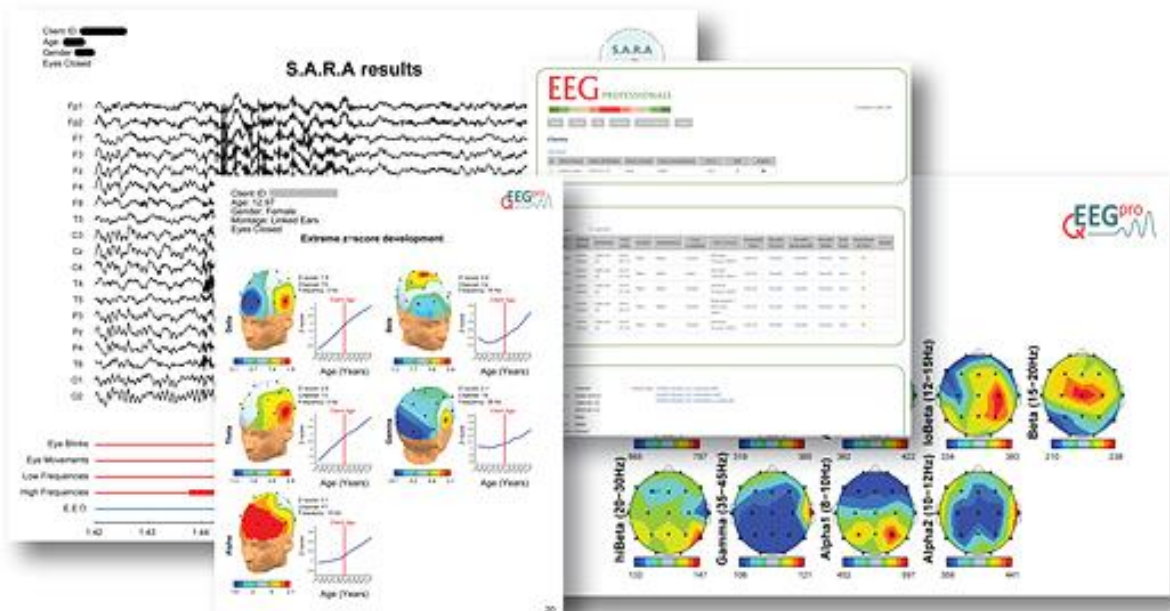
## The Cap



## Brain Map Readings



## Report Of Findings





# How Do We Correct Brainwave Dysregulation?

After your assessment or brain map has been analyzed, it's time to design a protocol to solve the dysregulation.

This is where Neurofeedback comes in.



## **What Is Neurofeedback?**

Neurofeedback is a process that uses technology to help your brain to a healthier, more focused state by developing new brainwave patterns. These adjustments in the “hardware” of your brain allows the correct changes to happen and resolve your issues.

It works much like holding a mirror up to your brain. When the brain recognizes what it is doing, it makes the changes it needs to.

Just like if you see yourself in the mirror and are not happy with what you see, slouching, frowning, bad hair day etc.) you can make changes.

The human brain is a network of 100 billion neurons and support cells. We can store a lifetime of memories there. We can use it to write sonnets and build airplanes. It is truly what controls EVERY thought, choice, emotion, action, creative pursuits...really almost everything you can think of. It ultimately originates in the brain.

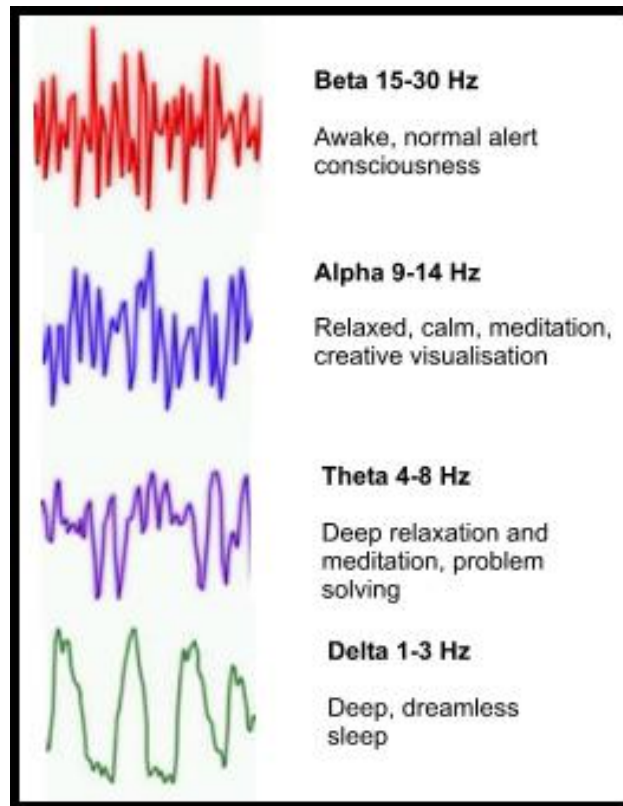
It is smart enough to make the changes when it sees that it needs to.

It doesn't happen overnight. A series of sessions strengthens and balances the brain to your optimal level. Much like exercise does for your body.

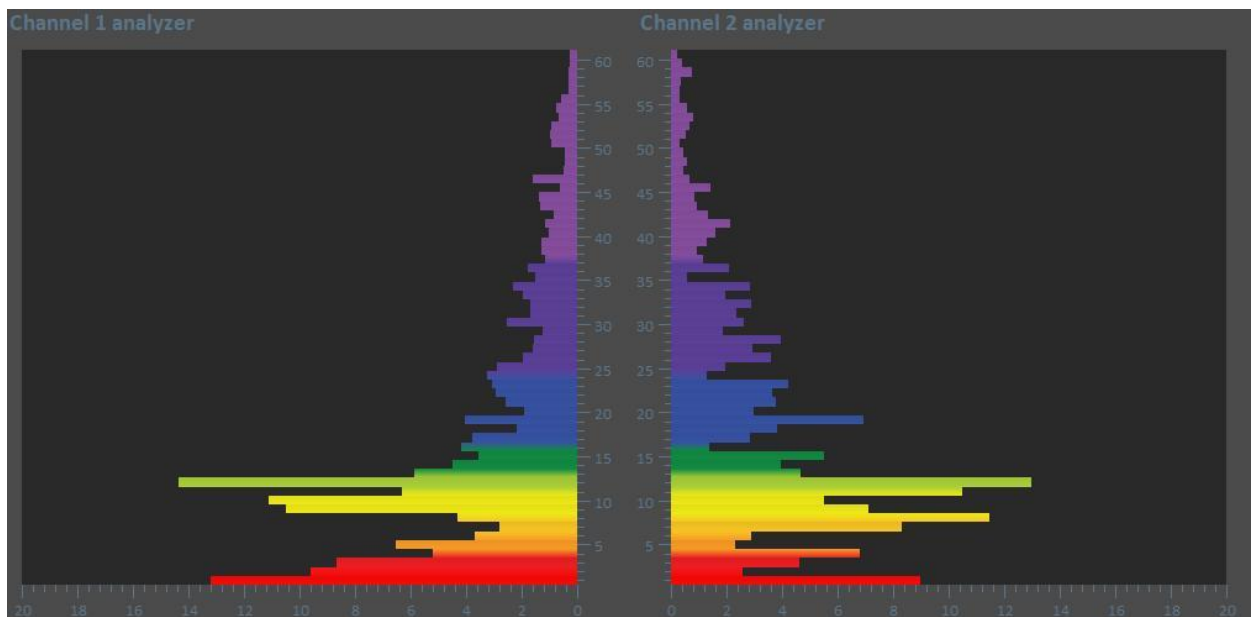
And the results can truly be amazing.

# How Do We Correct Brainwave Dysregulation?

## Determine Brainwave Imbalances



## Correct With Neurofeedback





# Next Steps

1

## Schedule Your Free Consultation

The first step is to schedule your appointment for a free neurofeedback consultation.



2

## Take Advantage Of Our Special Offer

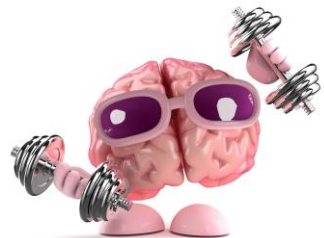
If it looks like we can help you, we will explain how everything works and you will finally have a real, effective, solution for the challenges you are experiencing. [Book Your FREE Consultation Here](#)



3

## Get Better

Get ready to experience life with a balanced brain!



# Conclusion

There is no obligation to continue with the neurofeedback sessions after your consultation. However, if we can help you, we are going to let you know that.

And because you responded to our promotion, we have a **special offer** for you to make this attainable for most.

But again, the first step is to find out if you are a good candidate for neurofeedback. And we determine that through the consultation that we are doing for you at no charge.

## **The reason we are offering this is two fold;**

1. We want to give you a risk-free way for you to find out if Neurotherapy is for you.
2. We want to make this accessible for as many people as we can.

However, once we are at capacity, we will have to discontinue this offer.

So, act quickly. Don't miss out on this unique opportunity to transform yours or your child's life and finally resolve the issues you have been dealing with.

Again, [click here to schedule your FREE Consultation if you haven't yet!](#)

# Conclusion

And please make sure that if you schedule a time, make sure you show up at the specified time. We are dedicating significant resources to you and all we ask is that you are the type of person that follows through on your commitment to show up.

Pretty simple. Right?

Thanks for reading this report and my hope is that this is the final stop for you to resolve your issues.

Julia

Director of Neurotherapy Centers Of America

[Book Your Free Consultation](#)



**Neurotherapy Centers Of  
America**

**CLICK HERE FOR SUCCESS STORIES**