## **Neurofeedback**

is a research proven way to improve brain function, quiet tinnitus, resolve anxiety. Its a state-of-the-art technology now widely available and effective, non-invasive and has no side-effects. Neurofeedback calms the Central Nervous System allowing the brain to "fire and rewire" with an increased sense of calm with reduced feelings of overwhelm/reactivity.

"Constant tinnitus took away my peace, and was literally driving me crazy. Neurofeedback quieted the buzzing, and restored my sanity phew!"

W.D., Lummi Island

Neurofeedback re-sets noisy and anxious brain function by prompting the brain to create more optimized, stable brainwave activity = Neuroplasticity.

Neuroplasticity is the brain's ability to self correct and heal.

Tinnitus often co-occurs with anxiety, depression, insomnia, and trauma. Neurofeedback helps resolve these issues and quiet the noise.

### **Physician Approved**

"In my opinion, if any medication had demonstrated such a wide spectrum of efficacy as Neurofeedback it would be universally accepted and widely used."

**Dr. Frank H. Duffy, MD**Professor, and Pediatric Neurologist
Harvard Medical School

"Neurofeedback is an amazing therapy that continued to work well after I received just one treatment. I recommend Neurofeedback wholeheartedly."

**Dr. Chris Adams, MD**Seattle, Washington

# RESTORATIVE THERAPEUTICS & NEUROFEEDBACK

1118 Finnegan Way, Suite 102 Bellingham WA 98225 callthehomeopath@gmail.com

360.752.2111 www.RTBham.com

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# Neurofeedback for TINNITUS (ringing in the ears) -- SOUND SENSITIVITY



Ear Noises
Sleeplessness

**Anxiety + Oversensitivity** 

"Maddening" Feeling

**Intolerance to Certain Sounds** 

Calm the struggle with Neurofeedback



Hearing unwanted sounds is distressing, anxiety-provoking, and disruptive to sleep and daily activities.

Neurofeedback optimizes unstable brain function that causes sleep and hearing problems like tinnitus - it quiets the noise, improves ability to self-regulate, relieves the strain from the sounds, and calms the nervous system

Neurofeedback reduces your perception of triggering stimuli and calms reactivity to unwanted noises.

Call now for a free 15 minute evaluation!

Gift certificates available

# Neurofeedback helps reduce:

Stressful ear noises
Anxiety
Sleeplessness
Debilitating worry
Hopelessness
Nervous over-reactivity
Sound sensitivity

"Tinnitus was like being attacked from the inside. Maddening! Neurofeedback is the only thing that stopped the ringing and roaring. It's been a lifesaver"

**Brian,** Anacortes

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The constancy of Tinnitus and the lack of control provokes fear; this exacerbates the problem leading to an ever-increasing cycle of distress.

# Neurofeedback...

- Quiets ringing, buzzing noises
- Reduces anxiety + nervousness
- Brings calm and focus
- Relaxes reactivity + hypersensitivity
- Improves sleep
- Increases tolerance
- Allows quicker 'bounce-back' if triggered

"My audiologist said neurofeedback might help decrease the sounds...for me, it transformed the constant loud roaring to a quiet ring that I hardly notice and is otherwise manageable."

**CG,** Stanwood, W

Neurofeedback reduces or eliminates the constancy, intensity, duration and frequency of noises in the ears. It can bring relief. Were you told there's no remedy? **There is.** 

Train Your Brain, Reclaim your life!



### Carolyn Hallett JD, CCH

Carolyn is a Board Certified Homeopath and Neurofeedback practitioner. She has been in practice since 1999 - sharing her love of natural therapies that work.