

## Neurofeedback

is a research proven way to **improve brain function, reverse emotional dysregulation, resolve anxiety and other challenges.**

Although the technology is complex, the process is simple, effective, non-invasive and no side-effects.

## Neurofeedback calms the Central Nervous System

by reducing the perception of triggering stimuli - allowing the brain to "fire and rewire" with an **increased sense of calm, improved self-confidence, reduced feelings of overwhelm/ reactivity.**

**Neurofeedback re-sets anxious, fear-driven 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.**

Anxiety often co-occurs with depression, addiction, insomnia, and trauma. Neurofeedback helps to resolve the issues underlying the anxiety.

## 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

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# Neurofeedback for ANXIETY + PANIC DISORDER



**Depression  
OCD  
PTSD  
Phobias  
Social Anxiety**

**Calm the struggle with  
Neurofeedback**



Are you overwhelmed, fatigued, and not coping well? Hard to stop the mind-chatter? Anxiety can steal your quality of life and has a negative effect on overall health, brain function, sleep, hormones, immune system function.

Neurofeedback gives you an increased sense of calm, improved self-confidence; reduced feelings of overwhelm and reactivity are common.

Neurofeedback helps optimize anxious, fear-driven brain function by giving the brain info about what it's doing, and our brains self-correct.

**Call now for a free  
15 minute evaluation!**

*Gift certificates available*

# Neurofeedback helps reduce:

**Panic, fear, uneasiness**

**Debilitating worry +  
Overwhelm**

**Inability to cope**

**Nervous over-reactivity**

**Insomnia and that  
“wired but tired”  
feeling**

***“My anxiety has resolved, I can  
tolerate stress without feeling  
triggered or debilitated, plus I’m  
happier, sleeping well and my  
memory is better -  
the brain fog lifted!”***

*Serena  
Bellingham*

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# Neurofeedback...

- **Is a drug-free process**
- **Brings calm and focus**
- **Reduces hypersensitivity**
- **Is effortless and effective**
- **Improves sleep**
- **Increases frustration-tolerance**
- **Bounce-back from triggers faster**

In addition to neurofeedback, specific dietary guidelines are taught which optimize intestinal health. With more neurotransmitters in the gut than the brain, its vital to enhance gut health so the body can manufacture the brain chemicals it needs for mood stability and healthy brain function.

## **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.