

**Insomnia? ADHD ?
Anxiety ? Addiction ?
Headaches ?
Head Injury ?
PTSD? Depression?**

Neurofeedback for mental fitness!

Much like fitness training, we use **Neurofeedback** to strengthen specific brainwave patterns to optimize your capacity for excellence.

Neurofeedback retrains your brain to release old, stuck patterns and remap with more stable, efficient brainwaves.

Neurofeedback...

- **Is a Drug-free therapy**
- **Quiets the Mind**
- **Unlocks your Potential**
- **Brings calm and focus**
- **Is Effortless + Effective**

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

Gift certificates available

Testimonial

“Neurofeedback was a game-changer. My son has gone off his ADD meds and is at ease in himself, at school and at home. A miracle.”

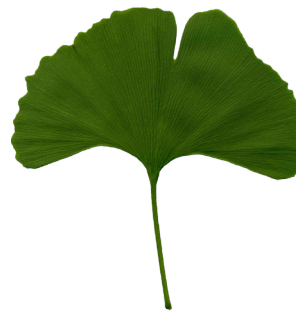
D.A., Ferndale, WA

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.”

Frank H. Duffy, MD

*Professor, and Pediatric Neurologist
Harvard Medical School*



RESTORATIVE THERAPEUTICS

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www.RTBham.com

Train your
Amazing Brain
to **Change your Life** with



Neurofeedback

Helping Children and Adults
Train their Brains to find more

**Calm
Control
Focus
Healing**

**RESTORATIVE
THERAPEUTICS**

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Neurofeedback

addresses problems of brain dysregulation:

- Anxiety-Depression
- Attention deficits
- Behavior disorders
- Sleep disorders
- Headaches and Migraines
- Trauma/Mood Disorders

Neurofeedback is also useful for brain conditions such as seizures, the autism spectrum, head injuries, stroke, and cerebral palsy.

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Medication-Free Kids

The brain emits different types of waves depending on whether we are in a focused state or distracted.

The goal of Neurofeedback is to enhance the brain-wave patterns associated with focus.

The Result:

Some symptoms of ADHD such as impulsivity, distractibility, and acting-out diminish.

Is your child receiving **Negative Feedback?**

“You’re not trying”

“Stay on track”

“Pay attention!”

Try NeuroFeedback for

***Focus**

***Confidence**

***Attentiveness**

***Ease**

Peak Performance

Athletes, Musicians, Golfers

Attorneys, Physicians

Executives

High Achievers

Students

Focus and emotional balance is the key to peak performance in all fields. Neurofeedback trains your brain to “fire and wire” more efficiently, improving mental function, and emotional stability.

The brain ultimately controls focus, performance, mood, behavior, sleep, intelligence, pain, and confidence.

***Train Your Brain.
Claim your Excellence.***

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.