

# Bio-Feedback for Brains: Q & A

Neurofeedback is often called neurofeedback, EEG biofeedback, neurotherapy. No one in the field has agreed upon one name. All of these terms are commonly used interchangeably.

## Why haven't I heard about neurofeedback? Is it experimental?

Absolutely not! Neurofeedback devices are required to carry an FDA label, and can only be used by, or under strict supervision of, licensed health providers. Because neurofeedback is not backed by large drug companies and is not a billion dollar industry it is not advertised. Most everyone knows about medications because the drug industry spends millions of dollars to insure that you do. Additionally, neurofeedback is not dependent upon repeat clientele like other industries. Remember we are solution focused. After learning has occurred, our goal is for you not to need us. Additionally, we have no lobbyist lining the pockets of politicians and pushing congress to pass bills that keep the cost of training high and other alternative therapies out of competition. We welcome other alternatives and typically will include well researched successful alternative to optimized training.

## What are eight common conditions that often get significant relief from Neurofeedback?

- ADD/ADHD
- Depression
- Sleep Disorders
- Anxiety
- Obsessive Thinking
- Panic Attacks
- Migraines
- Learning Difficulties

Additionally, we have seen success with clients suffering from a wide range of other mental, emotional, and physiological disorders including developmental delays, Autism/Aspergers, Bipolar Disorder, Post Traumatic Stress Disorder and Traumatic Brain Injury.

How can Neurofeedback help such a broad array of seemingly different conditions?

All of these issues have at least one thing in common — a dysregulated brain.

When the brain is not functioning properly a host of symptoms can arise. If brainwave patterns are running too fast, too slow, or are not communicating with each other properly, this will have a corresponding negative effect on cognitive function, moods, behavior, sleep and a variety of other human functions.

For more information visit our website: [www.loralonsberry.com](http://www.loralonsberry.com), or call our office for an appointment: 752 6634