

What is Neurofeedback?

Our brain is able to heal and change to function better. Due to constant stress, pollution, pesticide use, poor quality of food or many other stressors in life our mental health issues are alarmingly rising. Based on the past and current research studies, it can be concluded that neurofeedback is a very effective and non-invasive therapeutic method to increase our mental resilience and performance.

It doesn't matter how successful you are, all of our brains can work better.

Neurofeedback measures the electrical activity of the brain by processing signals sent by sensors placed on the scalp. With this information we are able to reward the brain for more appropriate electrical patterns, which in turn will promote a healthier, better functioning mind. We do this by having the patient see the information of their brains activity and then attempting to minimize any activity deemed problematic.

This self-regulation training of Neurofeedback deals with deregulation within the brain. Deregulation could cause numerous issues, including: anxiety, depression, attention deficits, migraines, and sleep disorders.

Neurofeedback training uses the brain's plasticity to change and normalize brainwave functions and increase mental performance. It is an important therapeutic modality that could be more effective than traditional therapies such as a talk therapy or pharmaceuticals. This topic is relevant to anyone who is interested in being healthy physically and most importantly mentally.