

FACEBOOK POSTS - #1

Article: FB01-P01

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Here's why neurofeedback can help with most mental health issues:

The brain is like a musical quartet. When all musicians are in sync, the sound is harmonious. But if one musician is off, it can affect the whole performance. Brainwaves operate in much the same way, working together to keep the brain working smoothly.

Our 2 step process can help:

1. QEEG Brain map - We scan the surface of your brain to identify the areas of the brain that are out of balance. The process is painless, non-invasive and very accurate. A report of findings is included.
2. Neurofeedback sessions - These sessions directly target brainwaves to correct them. Sessions are enjoyable and easy. Neurofeedback is backed by 50 years of qualified research.

CALL (555) 555-1212 Today to schedule your QEEG brain map. Let us show what neurofeedback can do for you!

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If you're reading this at 3 am in the morning, chances are that you may suffer from insomnia. But consider this: Insomnia can lead to bigger problems such as fatigue, lack of focus, short temper, forgetfulness and mental fog.

The reality is that insomnia could be a chronic condition with a deeper root cause. Here are 4 main causes of insomnia and sleep disorders:

REACTIVE – A response to stressful or traumatic events

HABITUAL – Poor evening habits or lifestyle choices

METABOLIC – Internal body changes or diet choices

NEUROLOGICAL – Brain imbalances and irregular brainwaves

If your insomnia is not improving, it may be time for professional help. Neurofeedback has been clinically proven to improve or eliminate insomnia and sleep disorders for good. To learn more about neurofeedback, visit our web site below.