

Neurointegration Training

Neurointegration training, also known as neurofeedback training, with EEG has made incredible changes in the lives of patients across the world. There have been over 9000 publications devoted to some sort of neurointegration training or assessment since 2011.(Rogala et al, 2016) The body does what the brain tells it to do. If there is damage or inflammation in the brain, the body is affected negatively. This can be seen with irritability, chronic pain, depression, migraines, poor memory, insomnia, and many more. Neurointegration training or neurofeedback training is a non-drug therapy to retrain the unhealthy brain wave patterns to improve emotional health, learning abilities, and stress, as well as the above-mentioned symptoms. First, the brain is mapped and assessed by performing an Electroencephalogram (EEG). This tool can identify what areas of the brain have been affected the most. It can even determine if the unhealthy brain waves are due to inflammation or previous head trauma no matter how long ago the trauma occurred. The results of the brain mapping allow the doctor to perform a protocol specific to the needs of the patient depending on their individual brain wave patterns. For example, a protocol for seizures was performed on a number of patients with epileptic seizures at this facility. The frequency of seizures in these individuals were reduced. This also improves these patient's emotional health and improves their sleeping patterns. There is specifically a great deal of success with Attention Deficit Disorder. To date, there has been much research into the efficacy of neurointegration training of ADHD. (Vernon et al, 2004) There are many more stories of improvements in patients' lives due to their commitment to improve their health with neurointegration training. As with any therapy or procedure, the cause of the inflammation or trauma that initiated the problem in the first place must be addressed. Maintaining a healthy diet to decrease inflammation is essential when undergoing this training. For more information please don't hesitate to contact this office.

Dr. Mary Brown D.C.
Doctor of Chiropractic
Certified in Acupuncture
San Pedro North Chiropractic Centers
1006 Central Parkway South
San Antonio, TX 78232
P: (210) 490-9169

References

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