

Medicating the Brain: Why We Need a New Approach

What's the generally accepted medical practice for treating someone with clinical depression, anxiety, ADHD, migraines, seizures, or many other "brain" problems?

The usual answer is to prescribe a pill, such as a stimulant, an anti-depressant, an anti-anxiety medication, an anti-convulsant, or an anti-psychotic.

Disadvantages to medicating the brain are becoming more widely known. Many people who take medications still struggle with symptoms. For many others, stopping a medication causes the problems to reappear or even get worse. In addition, there can be side effects ranging from mild to severe. Further, it is common to take medications for a very long time period, which not only encourages dependence to develop, but concerns are growing about the long-term use of medications and for good reason.

No pills TEACH you how to change your own brain. They just temporarily help manage symptoms.

Neurofeedback has been proven to change the brain – to change timing in the brain. The improvements cut across disorders, including ADHD, depression, anxiety, stroke, OCD, and far more. They are brain problems. Improve the brain and you see people LEARN to overcome their symptoms. Unlike medications, once you've learned how to manage your brain and mind better, you can stop training. If you've learned it well enough, you'll remember how to continue what you trained. Often, no more sessions are needed.

When the brain works better, there is less need for medications. However the biggest benefit of neurofeedback is that people do function better. They enjoy life more. They are less bothered by things. Their mood is more stable. Whether on or off meds, happier, more stable people is really the key goal.

In biofeedback, by definition, it is not the equipment that makes the changes. Clients are "strengthening their neural circuits." If you use a weight machine to work out, the weights don't make the individual change, the effort put in by the individual creates the change. Fortunately, the only real effort to learn neurofeedback is participation.

For more information visit our website: www.loralonsberry.com, or call our office for an appointment: 752 6634