

 WWW.MINDCARECENTER.NET



RECHARGE YOUR LIFE

FREE E-BOOK

Table of Contents

01	A Restart for your Brain	3
02	Long Term Relief From Neurological Conditions: A Drug-Free Approach	6
03	Managing Stress, Gaining Control, Finding Clarity	9
04	Toxic Exposure and Neurofeedback / EEG Biofeedback	13
05	Clearing Blocks and Harmonizing Energies with Energy Therapies	16
06	Personalized Programs with Remote and In-Office Counseling, Neurotherapy, Wellness Training	19
07	Peak Performance Training and Optimal Functioning	23
08	Recharge Your Life: Who Can Benefit?	26



1 | A Restart for your Brain

Did you know there's a restart button for your brain? There's a technique, now embraced by thousands of people, that can help you feel better, feel better about yourself, and transform your whole way of living?

A growing number of people are suffering from Anxiety, Depression, Chronic Pain, and other debilitating conditions, as are those struggling with stress, 'brain fog' or emotional agitation, barely coping. Many are dissatisfied with traditional treatments, and wish for a drug-free alternative pathway to health and well-being.

Do you long for a way to find relief, gain control, reactivate your life - without the need for medications? How would it feel to wake up each day refreshed, clear-headed, peaceful, at ease with others, with a regained sense of self, and more?

The neuroscience revolution and discovery of neuroplasticity - the brain's ability to change and improve its function, in adults as well as children - has profoundly shaken up the status-quo in the scientific community, and given hope to many.

Increasingly, in the news media we hear of parents of children diagnosed with ADHD, concerned about prolonged use of meds on developing brains, seeking alternative solutions. ('Ridalin Gone Wrong, Children's A.D.D Drugs Don't Work Long Term'. Article, Alan Sroufe, Professor Emeritus of Psychology at University of Minnesota's Institute of Child Development)

There's an advanced brain technology, so powerful that it can bring lasting relief, peace, and clarity. It's like a restart button for the brain to alleviate symptoms, and a means of moving beyond, to achieve a more optimal level of functioning.

This technology is called Low Energy Neurofeedback System, or LENS - a form of EEG Biofeedback, developed over many years by Dr Len Ochs, a pioneer in the field of Neurofeedback, and tested at the renowned Lawrence Livermore National Laboratory.

LEARN MORE:



914 393 5616

The LENS has helped thousands obtain relief from neurological conditions and a wide range of functional issues. It does this in a subtle yet powerful way, using disentrainment to help the brain release habitually 'stuck' brainwave patterns, in defense mode from prolonged stress, trauma and other causes - in effect, it's like clearing neural 'roadblocks'- removing auto-protective mechanisms of the brain to let it operate on its own.

Dr Ochs expresses it this way: 'I want to disrupt the malfunctioning of the brain and let the brain reorganize the way it thinks it should. It's like taking the log off the railway track.'

'The literature suggests that EEG Biofeedback therapy should play a major therapeutic role in many difficult cases. In my opinion, if any medication had demonstrated such a wide spectrum

of efficacy, it would be universally accepted and wisely used.' Frank Duffy, MD, Neurologist, Head of the Neuroimaging Dept. and of Neuroimaging Research at Boston Children's Hospital and Harvard Medical School.

The LENS uses a faint electromagnetic field to carry a tiny feedback stimulus from the amplifier and computer to the brain of its own brainwaves, mirroring them, with a slight offset. This pulsed signal, of less than a second, via small radio waves, sets up a brief fluctuation in the brainwave patterns, allowing dysfunctional ones to self-correct. The feedback to the brain travels along the same wires carrying the brainwaves to the equipment.

In some ways our brain, with its stuck or dysfunctional brainwave patterns, resembles a computer on 'freeze' mode, or with too many programs running. Like a restart or reboot to delete old files or incompatible systems, our brains can be encouraged to let go of patterns and self-protective mechanisms no longer relevant. This allows the brain to reconnect with itself, to enable self-regulation. Said one patient, 'I feel like my computer was rebooted...like a switch being flipped...like you don't see well and then someone gives you glasses - amazing!

When there is more flexibility and resilience in the central nervous system from LENS training, we can enjoy a regained sense of calm, clarity, order, and freed-up energy to pursue goals with purpose, and a new level of living. With this reset of the brain and improved self-regulation, many neurologically - based symptoms and conditions, such as Anxiety, Depression, ADHD and Chronic Pain, can be alleviated.

Improvements using the LENS have been reported within 1-6 sessions. Said one patient after only one session: 'the LENS definitely had an effect'; and after 2 days: 'things went better at work ... less reactive at home, with a better mood.' Another: 'I've been transformed by those two sessions...a miracle!'

Furthermore, following a course of LENS training, beneficial results tend to endure.

LEARN MORE:



914 393 5616



2

Long Term Relief From Neurological Conditions: A Drug- Free Approach

Those suffering from Anxiety, Panic Attacks or Post Traumatic Stress Disorder (PTSD), treated with the LENS, have reported feeling more grounded, sleeping better, feeling more secure and resilient in facing actual or unnamed fears. Ruminating thoughts or 'noise' in the nervous system, subside. Social interaction and relationships can be more comfortable. One patient of mine put it this way: 'LENS is the only protocol to relieve my symptoms, and now, for the first time, depression and anxiety are not ruling my life...without a single side effect.'

Patients with Depression, helped by LENS, say they experience more energy, increased motivation to accomplish tasks, less fogginess, more mentally sharp, more inclined to socialize. The glass becomes 'half-full', there is a re-found optimism, or, as one of my patients expressed it: ' I truly believe LENS improved my life, and look forward to a happier, brighter future.' As the 'grey filter' lifts there can be increased self-esteem and enhanced sense of aliveness.

There has been increasing publicity on the reported incidence among NFL players of Chronic Traumatic Encephalopathy (CTE), TBI and Post-Concussive Syndrome, with reported studies exploring these debilitating neurological issues.

Traumatic Brain Injury (TBI) - closed-head, from motor vehicle accidents, or gunshot wounds, Post-Concussion Syndrome or CTE from sports or other causes - all significantly impact people's lives and their families in a variety of ways: overreacting, out of control mood swings, inability to focus, foggy, difficulty processing information, lack of energy and of self-esteem. A patient of mine, with TBI spoke of trying many traditional treatments over 4 years with no success, but within 15 sessions of LENS training was able to hold down a full-time job and be back in school.

Trauma history is present in a wide range of neurological conditions, including: TBI, Stroke, ADHD, Depression, Anxiety, PTSD, Insomnia, Chronic Pain, Chronic Fatigue Syndrome, Fibromyalgia, Eating Disorders, Addictions, as well as prolonged stress, relationship issues and cognitive dysfunction.

Trauma occurs from many sources and situations - child abuse or neglect, war, rape, sustained toxic exposure, prolonged stress and chronically living in survival mode.

The LENS training helps the brain adjust, reset, and make the shift from the 'fight or flight' of the Sympathetic Nervous System to the Parasympathetic, or Relaxation Response. This process of desensitization reduces reactivity by helping Trauma victims to gently, incrementally release auto-defensive mechanisms, thereby letting go of the past. They can then feel more emotional control, manage stressors, sleep better, be more open to relationships, set new goals and move forward with their lives.

Many people dealing with Chronic Pain, Migraine and Fibromyalgia seek respite from pain and Insomnia by regularly taking pain medications. Quite a number complain of side effects, and seek other ways to find relief. A patient of mine reported that her headaches were almost entirely relieved using the LENS in 6 sessions; another said her lifelong head and neck pain was greatly relieved with the LENS. Yet another remarked that after 10 sessions, despite multiple stressors, her tension headaches had lessened considerably.

Most important is the ability to gain control over one's state, reduce reactivity, quieten the nervous system and resume active life.

SET UP A CALL:



914 393 5616

Self-regulation with the LENS training also provides a drug-free way to help children diagnosed with ADD, ADHD, those on the Autism Spectrum and other childhood developmental issues.

For children with ADHD, reported drug-free benefits include: better attending, less impulsive behavior in the classroom, more emotional and cognitive flexibility, less effortful learning, better organization, less risk-taking, more ease making friends, improved self-esteem and self-image, more motivation to succeed. 'Parents interested in non-pharmacological treatment can pursue the use of complimentary and alternative therapy. The therapy most promising by recent clinical trials appears to be EEG Biofeedback,' says Katie Campbell Daly, MD, Dept. of Medicine, Children's Hospital, Boston and in the Dept. of Pediatrics of the Harvard Medical School.

Children with Autism Spectrum Disorder seem locked away in their own world. They might initially appear to be developing normally, until language development is arrested, or they become sensitive to stimulation, or exhibit stereotypical behaviors. LENS therapy with children on the Autism Spectrum social contact, and, with improved cognition and language, are more likely to become integrated into mainstream works well as part of an interdisciplinary team approach, including collaboration with MDs to taper meds. LENS training speeds up the maturation of the central nervous system to meet developmental milestones. With training these children can become more aware of their environment, calmer, make social contact, and, with improved cognition and language, are more likely to become integrated into mainstream classes.



3

Managing Stress, Gaining Control, Finding Clarity

It is often the case that 'stuck' or disharmonious brainwaves and energy patterns are present in those, not only with neurological conditions, but in many suffering from stress, emotional reactivity, impulsivity, mental foginess, fatigue, cognitive impairment or self-esteem issues.

For all who are dealing with these difficulties, LENS training can be thought of as the 'science of feeling good' - a way to bring relief, and release from the grip of the status quo.

A well-regulated central nervous system can mean an enhanced quality of living in many significant ways: waking rested and refreshed from a good night's sleep can translate into more robust health, more energy available to meet the new day. A person might feel more cheerful, perform better at his or her job, enjoy more quality time with the kids: '...a greater feeling of well-being and enhanced relationship with myself, my family and my work', remarked a patient of mine with LENS training.

Living with chronic stress, one feels chronically tense, and often feeling overwhelmed . LENS training, can help people handle Life's stressors, the ability to bounce back to equilibrium more quickly, and be less drained by cortisol and other neuro-chemicals. After one LENS session one patient said that, despite ongoing life stressors, she sensed ' a steadiness, a positive change.' 'I feel peaceful, now, not just calm,' remarked one patient. Another patient following a LENS session: 'I felt on my game...a sense of assurance...a hectic workday, but on top of it...I didn't procrastinate.' (Another time): 'got yelled at by my boss, but I handled it without reacting...I even suggested a solution.'

When there is less 'noise', or over-arousal in the nervous system after LENS training, there can be less emotional reactivity, more ability to control one's state for those more emotionally fragile or sensitive. A LENS patient: 'I remembered not to react, and to breathe.' Said another patient: 'I was feeling very anxious and reactive before I started the LENS treatment. I'm happy, my mood is more stable, I feel less dramatic.' Another patient: '... the LENS has benefited me enormously...by enabling me to gain control over my anxious feelings...learned to cope more effectively with disappointment, frustration, anger.' Still another reported that the LENS made it easier to shift out of a negative state, such as a job rejection: 'I handled it, feeling better than I would have prior to the training.'

With better brain regulation it is easier to shift, from agitation and distress, to a safe resting place where the mind and body can regroup, regenerate, and moods can stabilize. When thrown off balance, there is the capacity to return to equilibrium, or homeostasis sooner.

The LENS can also work synergistically with Energy Therapies, such as EFT or Reconnective Healing to release and clear energetic and emotional blocks.

By being in balance on all levels - physiological , emotional, mental and energetic , we can find states of relaxation, centeredness, ease and well-being.

Clients and patients, with the LENS training, report less self-judgment or social and performance anxiety, increased self-confidence, enhanced self-esteem, feeling more at ease with themselves and in various social settings, more tuned in to others. From a patient: 'keeps getting better...there's a strength of thought...able to assert myself' (at work).

In less than 6 sessions one patient who had reported longstanding anxiety and difficulty with social interactions, was making more eye contact, working again and enjoying more positive relationships.

A LENS patient recovering from over 30 years with Chronic Fatigue Syndrome reported: 'I feel my brain is becoming more normal. I seem to be regaining my sense of humor...more relaxed at work, able to joke around...made people laugh...wrote a poem to Spring...felt good after exercise - did 5 sets without soreness later.'

Relationships with family and friends seem more harmonious and rewarding. Said a female patient: 'Shortly after I started doing the (LENS) neurofeedback, my husband noticed a positive change in my temperament, less irritable, not as easily disturbed, equanimous.' Another patient remarked after 3 sessions: 'I had a great phone conversation with my daughter'...and by session 5: '...better emotional control with family, plus I'm using my own judgment at work.'

LENS training enables those suffering from brain fog to better focus, process, store and retrieve new information. Thinking can become sharper, clearer, the fogginess lifts. It's been called 'the clean windshield effect.' Clients find they can perform better, give presentations more effectively. From a patient: (at meetings)...'things were at my fingertips...I also noticed quicker reflexes lately.'

With less procrastination, better organization, goals can be set and achieved, beyond expectations. I'm cleaning up my stuff...I let go of it. It feels wonderful!' said one patient.

A patient recovering from TBI said: '...the LENS process of EEG has helped 'even out' the highs and lows of just plain thinking and day to day tasks.' Another patient: 'I found myself learning lyrics more easily, and, best of all, I am beginning to organize and follow through on my daily and long-term projects.' 'I got to do a project that I had long avoided', said one patient; and another patient, after 6 sessions, described feeling clear-headed, sleeping better and handling stressors better.

Those taking Peak Performance training with the LENS can achieve mental clarity, clarity of purpose, develop more ambitious personal and career goals towards reaching their potential - manifesting as improved academic testing, effective presentations, high productivity, achievement in sport or performing arts and overall optimal functioning in everyday living.

FOR MORE INFORMATION:



914 393 5616



4 | Toxic Exposure and Neurofeedback / EEG Biofeedback

Do you get upset easily? Do you react strongly to what others say or do? Feeling irritable, frustrated, emotionally fragile, always in 'fight or flight' mode? Are you prone to mood swings, impulsive or aggressive behaviors, with impulse or anger-management issues? Or are you living with 'brain fog', headaches and fatigue?

Are you suffering from Environmental, Chemical or Electric Sensitivity?

Some people are reactive to certain food additives, smells, weather changes and medications. Others have experienced trauma from Toxic exposure - Environmental, Chemical or Electric.

There is a growing concern among those who are hyper-sensitive or emotionally hyper-reactive, with ailments for which conventional medicine seems ill-equipped to explain or address. These days, however, there is consensus among progressive scientists and the holistic health

community, that chronic exposure to toxins - environmental : pesticides, bacteria, viruses, mold, excessive alcohol, drugs, tobacco smoke, but also home and office products, such as carpeting, fabrics, flooring, cookware, cleaning supplies and food packaging; chemical: mercury, heavy metals, certain food additives, artificial sweeteners, MSG and medications; or overexposure to electric pollution and toxic EMF radiation - traumatic for some - are all implicated as posing serious health risks.

Over time, toxic exposure can alter brainwaves, create adverse neurochemical changes and dysregulation in the central nervous system.

The LENS Neurofeedback is a gentle, drug-free alternative to addressing dysregulation in the nervous system from toxic exposure. It can help increase EEG, release 'stuck' brainwave patterns, freeing up the brain's functionality for regulating and repairing its structure.

The LENS can help you become more adaptable, resilient, more in control of your reactions and your health.

Confusion, with reduced arousal and awareness, may result from drug side-effects, such as anti-depressants and diuretics. A link was recently reported between Vitamin A deficiency and mental 'fogginess' or memory loss. Sufferers of 'brain fog', or mental fogginess, often experience fatigue, confusion, difficulty focusing and processing information, problems with short term memory or organization.' Brain fog' from environmental toxic exposure is referred to as Toxic Metabolic Encephalopathy, affecting nervous system and behavioral function.

The LENS helps self-regulation of the brain, which helps clear brain fog. Then focusing and processing become less effortful. With increased mental fitness and a more optimal level of functioning, a return to active, effective living becomes possible.

Stimulants like Ritalin and Adderall have been given frequently to children with ADHD to globally increase brain function and improve classroom attending. However, with this state-dependent learning, once they come off the medications, there is a reverting back to previous patterns. With neurofeedback this is less likely, since there is no global input and no withdrawal. Stimulants are given with prolonged release for speeding up brainwave activity,

but this may exhaust brain nutrients such as vitamin B and fatty acids. Neurofeedback avoids this by not interfering with neurochemistry.

Suggested causes for Autism include: dietary - excessive trans fats and lack of Omega 3-6-9 in the right proportions, genetic factors or neurotoxins in pesticides, electromagnetic pollution - with overexposure in immature, sensitive systems.

Alzheimer's Disease - a form of dementia affecting 5.6 million Americans, currently incurable - is preventable, according to *The Lancet Neurology*, an established medical journal for brain research.

Dr David Perlmutter, noted board-certified neurologist and expert on nutrition, is author of the best-selling book: 'Grain Brain: the Surprising Truth about Wheat, Carbs and Sugar - Your Brain's Silent Killer.' In the book he states: 'Lifestyle choices, like aerobic exercise, healthy fats, reducing carbs, including whole grains, affect overall brain health, as well as risk of Alzheimer's. Further, says Dr Perlmutter, a high-carb diet, of which 20% comes from wheat-based food, can lead to Dementia, ADHD, Anxiety, Chronic headaches, Depression and other neurological diseases.'

For those suffering from a whole range of neurological conditions and nervous system sensitivity or reactivity, LENS Neurofeedback, as an alternative and complimentary approach, can offer vital relief.



5 | Clearing Blocks and Harmonizing Energies with Energy Therapies

Health and vitality can be described as the free flow of life force or Qi energy, known to healing practitioners for thousands of years in the East. Flow, circulation and balancing of energies in and around the body, is a marker of health, and, in the Qi Gong tradition, longevity.

Energy therapies such as Emotional Freedom Technique (EFT) and Reconnective Healing, help the releasing , clearing of energetic and emotional blocks, restoring balance and sense of well-being.

Reconnective Healing, deeply relaxing, uses frequencies in a self-healing interaction with the body's energy field and attuning to a higher frequency of the larger Energy Field beyond. The practitioner's palms, move above the surface of the skin, intuitively guided to where needed - healing energies that address issues or imbalances on any level: physical, emotional, mental, subtle and spiritual.

Since the (Reconnective Healing) session you gave me my GERD (acid reflux disease) has ceased...was based on a hiatal hernia, and ,since your session I have been symptom free', said one client. From another: 'I saw images, felt energy...on a mountain, with the wind rushing...then soft ripples of water over sand...radiating, like I had peripheral vision...'From yet another: '...felt bright, high energy...clear, deep sense of beingness...felt huge shifts of energy as the healer moved...light coming from left side...'

Considerable interest in this form of bioenergetic healing has been shown by prominent physicians and medical researchers at universities and hospitals all over the world, including Wiliam Tiller, PhD, Richard Gerber,MD , Gary Schwartz,PhD and JJ Hurtak,PhD.

Scientific researchers are excited by various findings, which include: firstly, that Reconnective Healing triggers significant changes in brain activity (via EEG scans) and heart activity (via ECG scans) of both patient and practitioner during healing sessions. In particular, the practitioner's ECG scans affects the patient's EEG scans. Secondly, they measured changes in levels of gamma radiation absorption during sessions. Separate research into various systems of bioenergetic healing has shown a link between absorption of gamma radiation and healing. Thirdly, in lab studies, Reconnective Healing practitioners have been shown to affect changes in DNA , helping plants to heal after being 'shocked' or damaged. Fourthly, research into the mechanisms behind energy healing has found that the healer's hands brings about the change from a state of disequilibrium (disease) to equilibrium (health). (The Science behind Reconnective Healing, Doug De Vito, Wisdom NYC / Tri-State Edition . May / June . Page 24.)

The Reconnection is given one time, completed over two sessions with space in between. According to founder Eric Pearl, The Reconnection brings in 'new' axitonal lines - part of a parallel dimensional circulatory system for the renewed functions of the human body. It connects our meridian, or energy lines of the body to the Earth's grid lines, and beyond, allowing healing frequencies to be received as needed via a 'new spectrum of light and information.'

From a client of mine following The Reconnection: ‘...feeling of an opening, a fullness of potential space...feel very light, almost weightless...a subtle warmth, a violet light over me, feel very peaceful, calm.’

EFT, or Emotional Freedom Technique, is a well-known tapping technique that stimulates energy points, or meridians on the face and body, analogous to those used in Acupuncture. It is easy to use and practice at home. ‘...handy to incorporate into daily living’, remarked one of my patients. In tapping, energy and emotional blocks can be released and disruptions cleared or rebalanced. Many report emotional relief and physical and energetic vitality and well-being.

EFT has been demonstrated to be effective in a wide range of areas: facilitating lymph circulation, overcoming phobias and addictions, alleviating many emotional and neurological issues, and, with tapping, in setting intentions, or affirmations. As one patient described: ‘ EEG Biofeedback (LENS) and EFT helped me in dealing with stress in my everyday life... easier to function with less anxiety and tension and I don’t get frustrated over the small stuff anymore.’

To read more on this site go to Neurofeedback / Biofeedback, drop down menu: Energy Healing Therapies and The Science Behind Energy Healing.

The LENS can work synergistically, with Energy therapies, such as EFT and Reconnective Healing on an individual basis, and as part of a Personalized Program. With better management of stressors, mental clarity, releasing, clearing and balancing of energies in the body, a deeper relaxation and feeling of centeredness can be experienced. Peak Performance training toward this state, can facilitate daily living at a more optimal level of functioning.

6

Personalized Programs with Remote and In- Office Counseling, Neurotherapy, Wellness Training

Do you lack direction? Are you looking to change, but unclear on how?

Is there a desire for something new, but you're feeling stuck, without a clear aim or purpose?

We can wish for change, but substantial and lasting change is more likely through participating in a Personalized Program, a supportive process - one that addresses each individual's issues and concerns. Such a program would offer counseling, treatment and training, centering techniques, education, strategies and resources for acquiring clear intention, skill-sets and a plan of action.

The message of a Personalized Program might be summarized as: Be Well, Do Well.

To help the process of making changes in daily living, supportive counseling and guidance are offered - via teletherapy and in-office -as well as LENS and other therapies. Cognitive-Linguistic strategies are available, especially for those suffering , or recovering from TBI, Trauma, PTSD, Anxiety, Depression, Stroke and other neurologically-based conditions. Utilizing functional strategies provides a framework and a foundation for re-entering life, socially and in the workplace.

For those needing help handling stress and emotional self-management, LENS can help; and for clients desiring to tackle issues of self-limiting beliefs, a combination of counseling, centering techniques,utilizing strategies and LENS training can lead to self-empowerment and personal growth.

The advanced LENS Neurofeedback system, part of a customized treatment and training approach, can help you move beyond relief of neurological symptoms, to becoming integrated and aligned with a more authentic, optimal way of living.

A Personalized Program might begin with LENS Neurofeedback training for alleviation of a wide range of neurological conditions or functional issues through disentrainment of stuck or dysfunctional brainwave patterns and enabling self-regulation of the central nervous system. Patients training with LENS track their issues and progress from week to week in a supportive, non-judgmental environment.

Typically, people suffering from neurologically-based symptoms come to LENS urgently seeking relief, having tried medications, or without resorting to taking medications, and who are having difficulty coping with Life's challenges. It is often the case that, once their symptoms are alleviated, and their overall health and vitality is improving, they become interested in the prospect of raising their quality of functioning by continuing, in a Personalized Program.

One TBI recovering patient remarked: 'the LENS process of EEG...helped 'even out' the highs and lows of just plain thinking and day to day tasks'. Social and performance anxiety and self-esteem issues often show up in TBI, as well as Trauma victims in general.

A patient came to me complaining of depression, lack of motivation, fatigue, brain fog, irritability, ruminating thoughts, short term memory issues, social anxiety and low self-esteem. She reported a history of prolonged stress, difficulty with relationships, trauma from a divorce and enduring traumatic effects from taking a hallucinogenic potion for which she was unprepared. A personalized program of brain-mapping with the LENS, Reconnective Healing, various centering exercises, stress-management and coping strategies and counseling provided relief, support, grounding and direction.

A Personalized Program offers counseling and information on holistic health, healing, wellness and healthy lifestyle choices. Related topics might include: exploring healthy diet, exercise, meditation and mindfulness practices, centering techniques, anecdotal information and holistic resources.

A comprehensive approach might include: counseling, LENS neurofeedback, short and long-term goal setting, centering techniques, energy work, developing necessary internal and external resources for personal growth and development.

In a deepening enquiry, fundamental questions arise about one's core, unique values and life purpose. Major change would likely involve reappraisal of long-held assumptions, and letting go of the counterproductive, or unnecessary - a reorientation in perception, and for some, a paradigm shift. This self-examination, followed as part of the process of healing and integration, can be the catalyst for setting goals that had seemed out of reach, now more attainable - pursuing personal or career pathways, with new purpose.

MAKE APPOINTMENT:

 914 393 5616

During the LENS training, whilst harmonizing the nervous system, patients may report rich and interesting experiences. One female patient suffering from headaches, during a session, with a specific site sensor placement, suddenly emitted a gasp, then, smiling broadly, related

her experience: 'I just now had a flashback to when I was 5 years old, by the water, with my uncle, happily playing in the sand.' A patient just starting LENS training said: 'I felt peaceful, settled in my diaphragm area...felt like an opened channel, ear to ear, like my ears could breathe.' Another patient, on a number of occasions, expressed blissful sensations, reporting 'deep peace...blue, purple, multi-dimensional, relaxed, clear.'

Of course many patients, perhaps less dramatically, simply report they were more relaxed, and feeling good from their sessions! The LENS can be thought of as a science of feeling good, and satisfying the bottom line for many.

With LENS and Energy therapies: Reconnective Healing and EFT, the mind, body and feelings may become more related, attuned. When emotional and energetic blocks are released, cleared, and the energies become more balanced, we feel more grounded, centered, sensitive to our situation. From one musician patient: (LENS) ' increased resonance in my head', and ' sticking to schedule...doing things I had put off for a while', (EFT) 'Very calming', (Reconnective Healing) 'Feel calm, centered'. After a session of Reconnective Healing we can be more receptive to the subtle signals and sensations in and around our body. This awareness connects us to ourselves and others.

Mindfulness exercises and following the breath can help to cultivate awareness, quiet the mind and body, thereby enhancing the benefit to be derived from the LENS and the Energy therapies.

From a more collected state, our powers of perception increase. Calm deliberation can be the basis for sound judgment and decision - making. We can self-monitor subtle impulses and reactions in personal and work interactions and appreciate exchanges that normally go unnoticed. In a state of heightened awareness we can invite inspired acts of creativity - be available for spontaneous impressions and profound insights that enrich our lives.



7

Peak Performance Training and Optimal Functioning

'Peak Performance' brings to mind the performances of top athletes or virtuoso concert pianists at the 'top of their game.' But in the current world we live in there is an unprecedented demand just to meet the considerable challenges of ever faster information processing , multitasking, multiple stressors and raising a family in uncertain, adverse conditions.

These life pressures are magnified when people are unwell, immune-compromised, or suffer neurological conditions that leave them with less energy, less flexibility to cope, let alone function effectively. For these people recovering from debilitating conditions, more optimal functioning might mean the ability to become sufficiently productive to return to the workplace. An example is my patient, who after fruitlessly trying to get help from traditional treatments for his TBI for years, found the LENS, and, within 15 sessions, was working in a full-time job and back at school.

For recovering TBI victims, and for others, the LENS provides that recharge or restart button for the brain, a regaining of a sense of their former vital selves, and of renewed motivation.

Peak Performance training with the LENS helps to break up rigidity in the EEG, and increase emotional and cognitive flexibility. This facilitates the ability to cope with life's demands, increases the ability to adapt to change and unexpected 'curve balls' without undue impact from emotional reactivity. This adaptability and resilience to stressors and challenges is possible, then, without 'numbing out' on drugs.

With a drug-free approach using the LENS, a shift from reactivity to sensitivity brings awareness of ourselves, others, and how we can better navigate our daily issues.

Peak Performance training, as part of a Personalized Program, is a training for quieting the mind. Too often, our racing, ruminating thoughts, emotional reactivity and physical tensions generate 'noise', or over-arousal in our central nervous systems. 'Head chatter', which shows up in the EEG during LENS sessions, disturbs our sleep, and robs us of what is required to function more optimally. Meditation or mindfulness practice, following the breath, and orienting to a lower center of gravity in the body, can compliment the LENS training in cultivating a quiet mind, conducive to a more optimal level of functioning.

Studies indicate that top athletes practice 'rehearsal', visualizing all the steps of a race from start to finish. Professionals in competitive sports and in the performing arts often incorporate mind-body and biofeedback techniques in preparation for events.

With LENS and Peak Performance training, we can be more grounded, less thrown by stressors, more at ease in situations evoking social and performance anxiety. Said one client: 'I was in the eye of the storm (at work), but felt truly centered, not too high, not too low, able to meet stressors.' A definition of a Warrior that I resonate with is: a Warrior acts in spite of Fear.

A patient of mine, reportedly abused in childhood, and suffering from extreme social and performance anxiety, related how she went from being terrified to being fairly comfortable with meeting new people and in her corporate presentations.

Another female patient, following LENS treatment, spoke of 'dramatic changes in my approach to risk-taking. I recently accepted a physical challenge in doing a ropes course that I, heretofore, would not have summoned up the courage to attempt. Also, I decided to accept a professional assignment that I had not done in years. I approached it calmly and with a degree of self-assurance that showed in my performance.'

From many reports and descriptions, Peak Performance or Optimal Functioning is being in a state of creative flow - being 'in the zone' - with a feeling of ease, of unity, of actions being effortless. As one patient of mine said: 'There's no doubt that the (LENS) neurofeedback therapy was very helpful...excellent music ideas...my songs were well-received...people were happy with my voice... it took the edginess away and helped bring my music to peak performance.' From another, on giving a well-received presentation: ' It was as if the words came through me, easily and fluidly, rather than me trying to impress the audience with my delivery. I threw away the script and sensed a connection and rapport with everyone present.'

With the brain more regulated, balanced, the mind quieter, clearer, the body more attuned, relaxed, feelings less reactive, more sensitive , we can be more collected, centered within ourselves - at ease.

In a more heightened, focused, yet calm state, there is the space to see in the moment what is needed - how to act directly, effectively, with assurance, at the right time, in the right way.

There is a way, then, with training, to perform at our peak and live our daily lives more fully, optimally.

SCHEDULE AN APPOINTMENT:

 **914 393 5616**



8 | Recharge Your Life: Who Can Benefit?

Who can benefit from Counseling, LENS Neurofeedback, and also wish to raise their level of living through participation in a Personalized Program?

For many, who have tried the traditional treatments for relieving neurologically-based conditions, and who are dissatisfied with, or have poor tolerance for medication side-effects, the LENS, a drug-free approach might be the natural choice. Said one patient of mine: 'I have suffered from anxiety, depression and ruminating thoughts for almost all of my 45 years. I tried many traditional approaches and not only were they completely unsuccessful, but the drugs prescribed for me had unbearable side-effects...LENS gave me the relief that nothing else could without a single negative side-effect.'

Some sufferers come to the LENS as a last resort, having acknowledged the limitations of more traditional approaches for their particular issues. One patient of mine: 'I have

suffered from debilitating anxiety and depression all my life, so much so that it ended my career. I tried every treatment imaginable, western and eastern...to no avail. LENS is the only modality to have a meaningful impact, especially with the anxiety. Anxiety and edginess was reduced 30% in 6-7 weeks.'

There are many with or without neurological conditions, debilitated by chronic stress, mental fogginess, fatigue, cognitive impairment or low self-esteem, who could benefit from counseling and a Personalized Program. This might involve stress-management and coping strategies, goal-setting, centering techniques for affirming one's unique qualities, developing resources for daily functional, more optimal living.

Parents with children diagnosed with neurological conditions, such as ADHD and Autism, concerned about the long-term effects of medications, look for a gentle, drug-free, well-researched, user-friendly technique for brainwave regulation, like LENS Neurofeedback, delivered in seconds, accommodating younger, restless patients who have difficulty sitting for long.

Those already familiar with holistic health and wellness know friends or family who have reported benefitting from the LENS; and others who are less familiar but are curious, and have conducted their own searches on alternative approaches.

People suffering from environmental, chemical or electric sensitivity, driven to seeking holistic and healing alternatives, would want to check out gentle, minimalist approaches such as LENS Neurofeedback.

There are the 'more-or-less healthy', who want to try LENS, or energy therapies such as Reconnective Healing or EFT for clearing energy and emotional blocks, or gaining more emotional control in their lives - a training for shifting from fight or flight mode to a relaxed state of equilibrium, more resilience handling stressors, more ease in everyday functioning and increased productivity in the workplace.

Many simply desire a way to feel good, to feel more in control, enjoy a 'normal state of well-being' - and many have, in various terms, described the LENS training as a way to feeling good.

As symptoms subside, issues get addressed, energies more freed-up and balanced, people often become interested in a Personalized Program for exploring their core values, personal and spiritual growth and development. This in-depth process - from symptom relief to integration to reorientation or a paradigm shift - can be a natural direction for anyone with a desire for substantial change - **encapsulated as: Be Well, Do Well.**

Peak Performance training adds a further dimension in personal growth or professional development. Through integration of mind and body, increased clarity of thinking and direction, strength of intention, self-assurance, executives, sports participants, performing artists and others can raise their functioning to a more optimal level.

With a restart button for the brain through LENS Neurofeedback training, and participating in a Personalized Program, you can become more grounded, adaptable, resilient. Recharged, you can access a pathway to a more authentic way of living, or as LENS founder Len Ochs puts it: 'it allows an individual to become more of what he / she truly is.' Freed to pursue new directions, you can reach for your highest potential.

CONTACT ME TODAY:

 914 393 5616



 914 393 5616

 WWW.MINDCARECENTER.NET