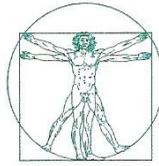


Advanced Neuro - Fitness



*A Symphony in your Brain...
Music to your body...*



* Healing from Brain Trauma *

Vibrant Health Institute

Near Sunrise and Swan, Tucson AZ 85718

520.615.1336

What is Neurofeedback?

Neurofeedback is a type of biofeedback that works with the brainwaves, which is why it is also sometimes called EEG biofeedback. Neurofeedback training teaches you how to alter your brainwave activity or patterns. It encourages the body to self-regulate and bring itself back into balance, offering you an opportunity to participate in your own healing process. Neurofeedback is best known for its effectiveness in treating ADD (attention deficit disorder).

How does it work?

The simplest way to explain neurofeedback is to think about how you learned to ride a bike. In the beginning, you tipped over frequently because you could not balance your bike. But you kept practicing.

One time, much to your surprise, you got on your bike and rode down the street. You didn't understand why you were able to ride the bike this time, but you did. Ever since, you have been able to ride your bike no matter how infrequently you use it.



Neurofeedback training is similar. You won't know exactly how you managed to learn, but you did. Researchers still do not understand completely how neurofeedback works. However, the training seems to make your brainwave activity more flexible, which allows you to experience a different brainwave pattern. Through practice, you are able to recognize and attain that state by yourself.



What are brainwaves?

Brainwaves are the messages sent by the brain to the central nervous system. They are electrical currents produced in the brain, and are classified into four categories by their frequency (cycles per second or hertz (Hz)): delta, theta, alpha, and beta. Some researchers recognize a fifth brainwave called SMR (sensorimotor rhythm). It is located primarily in the alpha range and is related to movement.

Your state of consciousness or awareness is related to these brainwaves:

- Delta dominates when you are sleeping.
- Theta, sometimes referred to as the subconscious, is a deeply meditative to pre-sleep state.
- Alpha is the daydreaming or visualization state. Alpha bridges theta to beta.
- Beta is the conscious, alert and focused state. Too much high frequency beta causes anxiety.

You produce a symphony of brainwaves all the time. Your state of consciousness is determined by how strong or dominant one brainwave is over the others. When the brain is injured, abnormal brainwave patterns occur, causing imbalances in the body. For example, if you are experiencing ADD, you are producing too much theta and not enough beta to keep you focused. Neurofeedback training helps the body bring itself back into balance. Frequently this occurs through theta inhibition.



Who can benefit?

Neurofeedback helps to improve functions such as **concentration, short term memory, speech, motor skills, sleep energy level, and emotional balance.**

Current brain research has shown that neurofeedback can be an effective adjunct to the treatment of the following brain disorders: open or closed head injury, coma, stroke, epilepsy, migraine and cluster headaches, ADD, anoxia (oxygen deprivation), learning disabilities, dyslexia, cancer, insomnia, and clinical depression.



What is a neurofeedback session like?

The initial visit will be a comprehensive evaluation. A printout will be made of your brainwave activity and the results will be reviewed with you.

Neurofeedback training is a painless, non-invasive procedure. We use the "real time" neurofeedback technology developed by Margaret Ayers of Neuropathways EEG Imaging, Inc. Electrodes are placed on your head with a sticky paste substance. You will watch a computer screen that shows your brainwave activity as it occurs. You will be rewarded immediately with visual and auditory cues when you are able to correct abnormal brainwave patterns. Since the change is subtle and occurs over time, it is important to record behaviors and difficulties that you have now, so that after the training you will recognize your progress.

What is the cost of Neurofeedback training? The initial one-hour evaluation session costs \$___. Subsequent sessions are 30 minutes in duration, and cost \$__ each. It is important to realize that change can only be achieved through multiple sessions. Sessions spaced closer together can accelerate learning and increase success.

Ten sessions are common and begin noticeably occurring changes in most people.

"My grandson was not the same after surgery, it was awful... Now he is tops in his class once again. His concentration is wonderful."
- L. Menendez

"I went off my antidepressants successfully thanks to this brain therapy. It is like surgery without its problems."
- Angela Newland

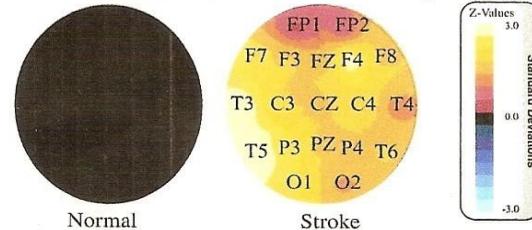
"My life of epileptic seizures has been minimized since I first began treatments. Thank God!"
- George Sorenson

The Safe Alternative to Medication...

EEG Neurofeedback can assist in the treatment of:

- Strokes
- Head Injuries
- ADD
- Learning Disabilities
- Depression
- Anxiety
- Obsessive Compulsive Disorder
- Alcoholism/ Drug Abuse

Quantified EEG Brain Maps



Karl VanArsdale, NC, OHT, NAS, DN-APP

is the founder and CEO of Vibrant Health Institute. A nutritionist and specialist in colon and oxygen therapy, Karl has extensive training in other natural modalities. His knowledge of scientific advances and his insights into each client's needs are unique.

Celebrities across the United States and dignitaries from other countries have sought Karl's services. He has traveled to people's homes to administer extended treatments. His individualized programs have changed many lives – the elderly on the brink of death, exhausted business executives, athletes striving to compete, mature men and women wanting to stay at their best.

As a wounded healer who has triumphed over life-threatening illness, Karl knows the value of perseverance and hope. His compassion encourages and inspires clients to reach their personal goals.

Karl VanArsdale and his associates are ready to help you achieve optimum health. We know that our programs bring visible results. Our modalities help men and women feel better, look younger, and enjoy life more fully. Start your personal program today – call now for your initial appointment:

Vibrant Health Institute staff

Audrey Langdon

draws on decades of wisdom to heal the negative attitudes, thought patterns, and emotions that drain physical health and energy. An authority on the meaning of dreams and spiritual experiences, she is a certified psychotherapy counselor. She has worked with leaders in communications, the arts, and industry.

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