

Neurotherapy, also called EEG biofeedback or neurofeedback, is a form of alternative medicine that can help to cure a wide range of psychological disorders, but also help a person improve their quality of life regardless of whether they have a psychological problem or not. It can also be used as a starting point to treat many other physiological problems.

The theory of neurotherapy works on the premise that the brain has four main frequencies, delta, theta, alpha and beta. If a brain is emitting the delta frequency this signifies a state of deep sleep. Theta frequency brain waves suggest that a person is highly relaxed, perhaps daydreaming. Alpha waves show that an individual is generally relaxed, whilst beta waves mean that the patient is in a state of over arousal.

High-tech perceptive equipment is used to measure and display a person's brainwaves. By seeing your actual brain waves, in real time as they are occurring, you are able to do a therapeutic exercise which can help to create new or to strengthen existing pathways in your brain. The good thing concerning this analysis is that it is comprehensively non-intrusive – you hardly know it is taking place. The training session is a simple interactive exercise where you strengthen your brain by playing a simple game with the computer to discourage (inhibit) the trouble making waves and focus on the task of creating a healthy new brain wave pattern.

Neurotherapy can be used to treat a diverse range of problems

- Difficulty in concentrating or focusing
- Poor short-term memory
- ADD, ADHD, learning disabilities, developmental delays, autism
- Function loss due to stroke, brain injuries/surgeries
- Whiplash, concussion,
- Migraine or tension headaches
- Insomnia
- Epilepsy
- Emotional trauma, Depression, addiction tendencies, OCD, ODD
- Those experiencing burnout or who feel overwhelmed
- Anxiety,
- Dementia, Alzheimer's
- Explosive disorders

- You don't have to be ill to benefit from this type of alternative medicine.