

However, in our modern world, stress is more continuous, and much less likely related to the actual need to “Run Away”. The physical reactions to stress, on the other hand, are very real.

Break The Cycle

Old Reaction

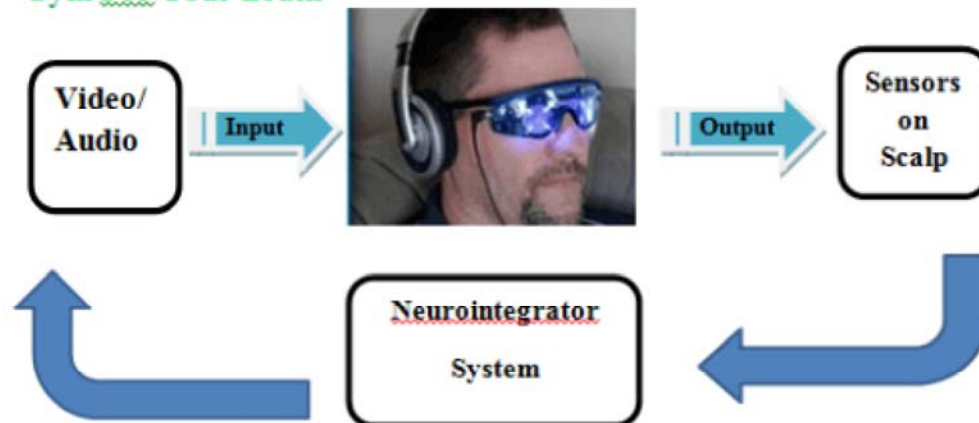


New Response



Introducing Neurofeedback Training

“Gym For Your Brain”



The computer monitors your brainwaves while you watch a video input accompanied by synchronized audio input. When deviations from optimal brainwave activity occur, the computer triggers an audio or visual cue that alerts your brain while you watch the video. These cues are received by your brain, which subconsciously adjusts itself back to an optimal pattern.