

What Happens During a Training Session?

You're going to like this! You relax in a comfortable chair or recline on a soft table while listening to music through earbuds or speakers.

A sensor on each side of your scalp transmits information about your brainwaves to the computer, which looks for moments when your brain's activity is about to shift. The computer alerts your brain by small interruptions in the music.

Note that nothing is done TO your brain...your brain simply receives information, which it then uses to self-correct. This allows the brain to function and perform optimally.

A typical training session lasts approximately 35 minutes. During that time you can read a book, nap, or simply relax...all while your brain gets re-booted!

Dr. Kevin and Dr. Eric have received special training in the use of this unique neurofeedback technology. Call to set up an appointment and discover what our program can do for you!

Lowey Chiropractic Wellness

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Brain Training with NeuroOptimal®



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Can NeuroOptimal® Help Me?

NeuroOptimal® is a fitness program for your brain! Our brain training program is designed to help your brain function and perform better. While we do not diagnose or treat any medical condition, NeuroOptimal® may help people with the following:

- Depression/Anxiety
- Panic Attacks
- Learning Disabilities
- Fibromyalgia/Chronic Pain
- Concussions/TBI
- Cognitive Losses
- MS/Parkinson's/Dementia
- Migraines/Headaches
- Insomnia/Poor Sleep
- "Chemo Brain Fog"
- Stroke Recovery
- PTSD
- Bipolar Disorder
- ADD/ADHD (child/adult)
- Autism/Epilepsy/CP
- Over-Stress/Anger Issues
- Addiction recovery

People who come to us for

help want something to change in their lives. They either have a specific health challenge or they simply want to be better. Often, our clients will notice:

- Increased Focus
- Less pain
- Happier/more content
- Emotional freedom
- Better sleep
- Better grades
- Increased memory/concentration
- Better balance & coordination
- Greater strength
- Less tension
- Increased job performance
- Excelling at a sport
- Spiritual growth
- Better self care
- Improved relationships
- Responding to life more effectively

How is NeuroOptimal® Different?

NeuroOptimal® is different from other neurofeedback techniques.

It does not tell the brain what or what not to do. It does not push or pull your brain in any particular direction.

NeuroOptimal® is totally non-invasive & non-directive; it simply gives the brain information about what it has just done. The brain then uses this information to re-organize itself. The result is a more robust and flexible brain.

NeuroOptimal® helps you be the best you can be!

