



## **Neurofeedback May Be The Way Out Of Chronic Anxiety**

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Asheville Brain Training in Arden, North Carolina, has released new information regarding their anxiety therapy Asheville N.C. The information that the clinic recently discussed involves neurofeedback and its effect on anxiety.

Dr. JoJo Yonce, a physician with the medical center, says, "As opposed to various other treatment options, neurofeedback is a non-invasive treatment that works. We always encourage our patients to try non-invasive techniques before going on to other treatments. We prefer to treat patients without invasive surgeries or potentially addictive medications. Neurofeedback has none of the risks or side effects that other procedures are known for."

Dr. Yonce says that neurofeedback has been proven to be useful for a number of medical conditions, particularly for those who suffer from anxiety. Traditionally, patients who are diagnosed with anxiety are given medications that are designed to help them to better cope with their struggles. Dr. Yonce adds that not only does neurofeedback help with the symptoms of anxiety, but many patients can receive this treatment in the comfort of their own homes.

?This is huge for those who suffer from social anxiety,? says Dr. Yonce. ?Anyone who has anxiety typically has issues with going to the doctor or receiving a new treatment. Anxiety is a condition that causes excess worry and people are naturally going to worry when they are facing a lifetime of medications or other invasive treatments.?

Dr. Yonce says that the clinic recently discussed neurofeedback training Asheville and the effects that this treatment can have on various medical as well as physical issues that patients may be dealing with. She states that many patients who suffer from anxiety are not made aware that there may be alternatives to medications and that these patients need to know that neurofeedback is a very viable alternative to traditional medicines for anxiety.

Dr. Yonce adds that many will qualify for neurofeedback sessions at home. Once an initial diagnosis of anxiety has been reached, the patient can consult with Dr. Yonce to determine if neurofeedback is a good alternative to other treatment options. If so, Dr. Yonce explains that the patient can request a qEEG, or a Quantitative Electroencephalograph test which will scan the brain to determine any areas that may benefit from this type of treatment. If the patient is deemed a candidate for at home treatment, they will receive training on how to properly use the equipment at home.

Neurofeedback equipment for patients who qualify for at home treatment includes a computer, sensors, EEG amps, and software that will walk the patient through each treatment. Treatments typically consist of 40 sessions, which can be done on varying levels of frequency, depending on the patient and their individual needs. Dr. Yonce states that anyone who currently suffers from anxiety, particularly severe anxiety, who would like more information on how neurofeedback therapy may be able to help can contact the clinic and schedule an initial consultation.

?Overcoming anxiety is possible and it is possible that this can be achieved without any long term medications or invasive procedures or treatments,? says Dr. Yonce. ?The first thing that patients need to do is to contact us and schedule a consultation.?

Dr. Yonce adds that the clinic?s website offers more information about this treatment option and the many health benefits that it offers for various illnesses and conditions. She adds that neurofeedback is a completely safe treatment option that has been tested on numerous conditions and proven to be effective in a wide number of cases.

Those who are interested in learning more can visit Dr. Yonce and the clinic on their official website. The website offers more in-depth information about neurofeedback and its effectiveness in treating anxiety as well as other health concerns. Those who are interested in scheduling a consultation with Dr. Yonce will find a

contact form on the website as well as direct contact information for those who prefer to schedule their appointment using email or by phone.

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For more information about Asheville Brain Training, contact the company here: Asheville Brain Training Dr. JoJo Yonce 1-828-375-0002 dryonce@ashevillebraintesting.com 2124 Henderson Rd #100 Arden, NC 28704

## **Asheville Brain Training**

*Asheville Brain Training using innovative technology like Neurofeedback to improve quality of life.*

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