

Asheville Brain Training Launches Peak Performance Therapeutic Service

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Arden, North Carolina based Asheville Brain Training recently launched a new neurofeedback therapeutic service to help those who want their brain to work better.

Dr. JoJo Yonce of Asheville Brain Training stated, ?Many are discovering, as they age, that their brain is just not as quick as it used to be, and subsequently believed that this was simply an aspect of life they had to accept. However, it really doesn?t have to be like that. Based on new awareness of the brain and how brain waves function, we can create new pathways and better function in the areas that otherwise seemed permanently depreciated. This helps the brain perform better and for more extended periods. You don?t need to be a top athlete or race car driver?virtually everyone can benefit from our neurofeedback techniques, even at home.?

Many people will be aware that military Special Forces, Formula 1 Drivers, and the US Olympic Training Center utilize neurofeedback for peak performance. This has naturally extended to those who have a strong

desire to perform better in their career or at work. Top executives, professionals, and entrepreneurs have often attributed their success to many good habits, and find having a better functioning brain is the one feature that ties them all together.

One of their patients, JJ Calloway, gave a performance review of the company on Google, giving them top marks. They said, ?I played football for two years. I started having problems with focus and attention. My grades started dropping, so my mom took me to Asheville Brain Training for a brain map. After seeing my brain map, Dr. Yonce asked if I had ever received a concussion. I told him that I had never been told that I had a concussion, but I had multiple hits to the head while playing football. Neurofeedback helped me overcome my issues with focus and attention. My grades improved and school became easy.?

Asheville Brain Training can help anyone do much more with far less stress as they help their patients through the neurofeedback sessions which help their brains function as optimally as possible. Dr. Yonce recommends that patients look up their ?What is Neurofeedback? article if they wish to read more on the topic.

Another patient, Kerri Saum, said, ?You won't realize it's working, but then you will just start to feel differently, in a better way. I feel much calmer, I don't get as nervous being in front of groups. I am not as easily distracted. If something helps your brain in any way, isn't it worth it to pursue? I'm sure we've all spent a lot more on much less!?

Dr. Yonce asserts that their neurofeedback program can help create better brain function. Some of the conditions that benefit from neurofeedback include ADHD, Alzheimer?s & Dementia, Anxiety & Depression, Autism / Asperger?s, Fibromyalgia, Insomnia, Migraines, PTSD, concussions, tics and obsessive compulsive disorder as well as learning challenges. Recently, the Frontal report news site featured the company in an article titled, ?Neurofeedback May Be The Way Out of Chronic Anxiety. In the article Dr. Yonce is quoted, ?Overcoming anxiety is possible, and it can be achieved without any long term medications or invasive procedures or treatment. The first thing that patients need to do is to contact us and schedule a consultation.?

The doctor added that patients may continue taking their medications while training their brain to function better. The clinic?s goal is to help eliminate dysregulated brain wave patterns, which in turn usually reduces or removes the symptoms naturally, rather than relying on medications to control them. Dr. Yonce explained, ?Our therapy allows your brain to see where and how it has gone ?off-track,? and it will self-correct. It doesn?t hurt. It?s not uncomfortable or unpleasant in any way. Best of all, neurofeedback addresses the root cause of what?s wrong, allowing your brain to get back to working and functioning well. We are here to help anyone who wants to improve their brain function, and we have devised a system which they can use at home or on the go.?

Dr. Yonce is active on social media, often posting informative articles and videos through LinkedIn, Twitter, YouTube, and Facebook (at Asheville Brain Training). One of their recent Facebook posts highlighted that Neurofeedback benefits college students and many will agree that it is preferable to becoming dependent on drugs or other stimulants. Many of the clinic?s reviews highlight how they have help children overcome some of their issues so that they can focus for longer periods.

In the doctor?s words, ?Our mission is to help everyone, no matter how young or old, improve their brain function so that they lead healthier and happier lives. I did not like any of the options the medical community offered when my daughter was diagnosed with ADHD, so I sought a non-invasive, drug-free approach to help her. It became my goal to spread the word that there is an alternative?because a balanced brain changes everything.?

https://www.youtube.com/watch?v=Ap2Esi4AOJs

Asheville Brain Training offers a range of neurofeedback and other therapies, including brain mapping, VieLight (photobiomodulation), Berard Auditory Integration Training, Em-Wave Biofeedback iLS Safe and Sound protocol, Audio Visual Entrainment (AVE) and Zyto balance scan.

More information can be found on the clinic?s website. Interested parties may also make further inquiries or schedule a consultation by contacting Dr. JoJo Yonce of Asheville Brain Training. To stay up to date with their news and posts, follow them on LinkedIn, Twitter, or Facebook.

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For more information about Asheville Brain Training, contact the company here:Asheville Brain TrainingDr. JoJo Yonce1-828-375-0002dryonce@ashevillebraintraining.com2124 Henderson Rd #100Arden, NC 28704

Asheville Brain Training

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

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