

Asheville Brain Training Now Offers Neurofeedback at Home

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Asheville Brain Training, based in Arden, North Carolina, has announced that they now offer neurofeedback at home. While home brain training has already existed for the past few years, Asheville Brain Training decided to wait for technology to ensure that all sessions done at home can be synchronized and uploaded immediately to their office, allowing them to monitor an individual's progress in real-time and make changes to the sensor locations or the protocol as needed. With the use of this technology, they are able to make sure that people can get the same results they get from their offices.

Dr. JoJo Yonce from Asheville Brain Training says, "Neurofeedback can seem complicated, putting sensors on the scalp, measuring your brain waves, tracking changes, but it's really quite simple. It's as easy as watching a movie. With Asheville Home Brain Training, you can do it from the comfort of your own home."

Neurofeedback training is based on biofeedback, which allows a person to monitor his or her involuntary functions, like heart rate, while doing normal, automatic activities. Over time, people could teach themselves to make subtle physical changes, such as slowing down their breathing, relaxing certain muscles, or lower heart rate, while performing those activities.

Biofeedback is commonly used in the medical community to treat various conditions like panic attacks, migraines, and high blood pressure. The technology known as Heart Rate Variability (HRV) Biofeedback can also be used for patients suffering from symptoms connected to anxiety and depression. Asheville Brain Training combines biofeedback with neurofeedback to provide a more comprehensive approach for all aspects of these conditions. This is the kind of biofeedback Asheville Brain Training provides to clients.

Neurofeedback is quite easy to do. All that patients need to do is sit back, relax, and watch a movie of their choice. Meanwhile, their brain wave is monitored through sensors placed on the scalp. It has been observed that in just one session, the brain was able to observe more than 1,000 times when it is on track and when it

is not on track, thus creating better function in the areas that need improvement. This information is sensed by the patients through visual and auditory signals. For instance, if the brainwaves are firing at a rate that is too slow, the movie will become dimmer on the screen and the volume will also decrease. This is the feedback, indicating to the brain that something is out of balance. The brain will gradually learn to recognize these signals and what to do.

Thus, when the video dims and the volume decreases, the brain will recognize that the brain waves need adjustment, minimizing or eliminating unwanted brain wave patterns. The brain will then self-correct, causing the brightness of the movie to return to normal and the volume to its original level. This signals the brain to stop its self-correction, until it is able to detect a change again. The results is that the brain is being trained to release only certain brain waves and avoid some types of brain waves.

And there is no need to make a choice between taking medications or using neurofeedback. People can continue with their medications while undergoing neurofeedback training. Patients are advised to consult with their prescribing physician regarding the possible decrease in their dosages as they improve with neurofeedback training. It should be noted that the way prescription drugs can affect a dysregulated brain is very much different from how they can affect a balanced brain.

A typical brain training session at Asheville Brain Training will last for 50 to 60 minutes. This is because prior to a 30-minute neurofeedback session, they will incorporate certain therapies, such as EmWave, Audio Visual Entrainment, Vielight, and Galvanic Skin Response Biofeedback in order to help relax the brain and prepare it for the neurofeedback session.

Those who are interested in learning more about neurofeedback training for various purposes, such as neurofeedback for depression, can check out their website or contact them on the phone or through email.

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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@ashevillebraintraining.com 2124 Henderson Rd #100 Arden, NC 28704

Asheville Brain Training

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

Website: <https://ashevillebraintraining.com>

Email: dryonce@ashevillebraintraining.com

Phone: 1-828-375-0002

