



HILGARTNER

HEALTH *and* WELLNESS

What is Neurogen Brain Balancing and How Can it Help Me?

Neurogen is a State-Of-The-Art High Performance Micro-Current Neurofeedback modality that uses 2.5 pico watts of electrical power to evaluate the brain waves and receive feedback from the brain. In milliseconds, the Neurogen system helps recalibrate and reformat the signal to the brain in order to bring faulty, or less than optimal brain function, back into balance. In so doing, the brain is able to create new neural pathways and connections and to rid itself of faulty “fixed” patterns which can keep the body in a state of dysfunction. This allows the brain, central nervous system and autonomic nervous system to self-regulate. As the nervous system recalibrates and stabilizes, it is able to communicate better with your body and helps you become more resilient and responsive to your environment. By correcting faulty patterns in the brain can also help to correct faulty patterns (compensations) in the body.

The following is a partial list of the conditions Neurogen has been shown to be extremely helpful with.

Balancing Emotions	OCD
Anxiety	Bipolar
Depression	ADD/ADHD
Cognitive Decline	Dementia
Eruptive Behavior	Anger
Traumatic Syntoms	Seizures
Fibromyalgia	Chronic Fatigue
Traumatic Brian Injury	Concussion
PTSD	Stroke
Tourette’s/Tics	Surgery Recovery
Addiction	Parkinson’s/Tremors
Autism	Insomnia
Surgery recovery	Accident/Injury Recovery
Migraine	Cluster Headaches

All the conditions mentioned above have one thing in common: The brain is “Frozen” or “Stuck” in a faulty pattern. Unlike other Neurofeedback systems, Neurogen does not attempt to train or shock the brain by using set frequencies or higher current. Instead, Neurogen allows the brain to recognize and release frozen or stuck patterns in order to restore normal function.

The number of sessions will vary from person to person. While it may take only a few sessions to recognize any benefits, it will typically take many session for the effects to last. A typical series for maximum benefit is 15-20 sessions for adults, while kids usually require fewer. Initial improvements are often temporary, but due to the cumulative nature of the sessions, the improvements last longer with each session. The good news is that results typically endure and improve over time.

Benefits: Improved Focus and Mental Clarity, Clearer Vision, More Restful Sleep, Increased Motivation, Decreased Pain, Decreased Anxiety and Depression, Less Irritability, Impatience, and Anger, Improved Academic and Work Performance.