



Neuro Integrative Therapies 1.

These therapies use exciting new technology to teach the brain and nervous system how to release accumulated stress, and return the body to balance (homeostasis).

Stress has been described as “the modern day plague”, with stress related symptoms accounting for an estimated 3 out of 4 visits to the doctor, and some 8 out of 10 medications prescribed by GP’s being intended to counter the effects of stress related conditions. And it’s getting worse as traditional methods of stress management, such as medication, or counseling, are failing to arrest this disturbing trend. Quite simply, stress is a modern day epidemic

Biofeedback is a process where our subconscious biological functions are measured & then amplified to a level where we can perceive them. Once aware of these functions, we can learn how to regulate and control them, thus increasing our mind/body integration.

Through practice, we become conscious of our own psycho-physiological responses to stress, and then learn how to control them rather than having them control us.

Biofeedback is not a treatment, but rather it is training, an educational process for learning specialized mind-body skills.

Instruments painlessly measure physiological activity including blood flow, heart rate, muscle tension and respiration rate, & are then used to teach people how to identify & control these body functions.

People of every age, including children, learn to control their physiology quickly & effectively.

What Is The Experience Like?

In a typical biofeedback session, the client is seated in a comfortable chair. Sensors from the biofeedback instrument are then attached to the skin at various parts of the body (typically shoulders, fingers, back and head).

Impulses from these sensors are collected and recorded on a computer screen in the form of graphs and picture displays.

Additionally, the client may receive auditory feedback

reflecting increasing or decreasing body system activity in the form of higher or lower musical tones.

Neurofeedback

Neurofeedback is a relatively new field of biofeedback, where we are looking at the role the brain itself plays in regulating the body’s internal environment. Brainwaves are measured via electro encephalography, or EEG, and any imbalances of brain activity can then be rectified through neurofeedback training.

This powerful approach is sometimes referred to as brain exercise, is gaining considerable interest around the world for it’s ability to help in a variety of conditions including ADD, anxiety, depression, and addiction disorders.

Audio Visual Entrainment

The human brain has a number of different brainwave frequencies which allow it to perform different mental tasks.

Typically, a healthy brain will exhibit all of these brainwaves simultaneously, but will shift into higher percentages of specific brainwaves as required (eg: increased beta when reading).

Problems can occur however when the brain becomes “stuck” in a certain mind state of frequency, and cannot shift in and out of different states as required.

Excessive beta brainwaves can lead to anxiety and fear, while a brain stuck in alpha is associated with depression, chronic fatigue, hormonal imbalances and addictions to substances such as food, alcohol and nicotine.

ADD sufferers often exhibit excessive theta brainwaves, while too much delta activity can result from unresolved head trauma or the effects of drugs and alcohol.

Audio visual entrainment is designed to help restore the brain to it’s normal functioning state, where it moves freely between all brainwave frequencies.

The process involves stimulating or entraining the brain by pulsing specific light and sound frequencies through special light emitting glasses and headphones.



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For example, someone exhibiting excessive beta brainwaves, would benefit from entraining the brain with specific alpha frequencies, or ADD symptoms could benefit from beta frequency training.

Further entrainment may be provided through the addition of cranio-electric stimulation, where sensors emit tiny electrical currents through the base of the skull.

Audio visual entrainment is a painless, enjoyable, and deeply relaxing experience, somewhat akin to guided meditation, which can provide wonderful health benefits through it's effect on the brain.

Is It For Me?

Neurotherapy can increase the effectiveness of any of the existing therapies utilized at Universal Health.

The best way to determine if these therapies can be of benefit for you is to take one of our computerized stress tests. Here, we measure various neuro physiological functions while exposing you to mild stressors, such as maths tests, different sounds etc. The test takes approximately 30 minutes, after which data is collated allowing us to determine how effectively you are coping with stress. Biofeedback training programs can then be undertaken to restore any imbalances to normal, healthy states (homeostasis)

Conditions Which Can Benefit From Biofeedback

- anxiety and nervousness
- arthritis
- attention deficit disorder (ADD/ADHD)
- Bruxism (teeth grinding)
- cerebral palsy
- diabetes
- depression
- chronic fatigue syndrome
- fibromyalgia
- headaches (migraine & tension)
- Heart arrhythmia
- hypertension (high blood pressure)
- intestinal cystitis
- irritable bowel syndrome

- muscle rehabilitation (after strokes)
- muscle spasms
- nausea
- pain (general or specific)
- panic attacks
- personal growth / self esteem
- sleep disorders
- sports peak performance
- stress
- tinnitus (ringing in the ears)
- tremors/tics
- weight loss
- ulcers.