



Treatment in any Meadows Behavioral Healthcare program includes access to one of our state-of-the-art **Brain Centers**. Unique to us, this innovative tool uses scientifically proven techniques to improve brain function and teach **self-regulation**.

The central nervous system's involuntary (or autonomic) nervous system is responsible for processes like:



BREATHING



HEART RATE



METABOLISM



LIVER FUNCTION



While the involuntary nervous system operates without our awareness, its function isn't **completely** out of our control.

Neurofeedback allows us to **"retrain" the brain**, teaching self-regulation for improved brain function and better overall health.



## NEUROFEEDBACK & ADDICTION

Neurofeedback has been proven to help in the treatment of addiction, trauma, and other mental health disorders.

In active addiction, pathways are created in the brain that reinforce drug use. **Neurofeedback** helps to create new, healthy pathways that support the positive changes being made during treatment.



## NEUROPLASTICITY

(noun) \ nur-ō-pla-'sti-sə-tē

The capacity for continuous alteration of the neural pathways and synapses of the brain and nervous system in response to experience or injury.

-Merriam-Webster



### AN UNBALANCED NERVOUS SYSTEM LEADS TO:



INSOMNIA



DIGESTIVE ISSUES



ANXIETY



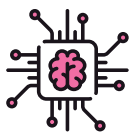
ACHES & PAINS



MENTAL STRESS



## ALSO IN THE MEADOWS BRAIN CENTER:



### Cranial Electrotherapy Stimulation (CES)

light + sound = positive response

**How it works:** A very small electrical current is applied to the earlobes in conjunction with audio/visual stimulation

**The result:** reduced stress and insomnia, improved memory and cognitive function



### Heart Rate Variability (HRV)

Tracking the intervals between heartbeats helps teach relaxation techniques and coherent breathing pattern, reducing stress and resulting in improved self-awareness.



### Chi Machine

- Helps facilitate oxygenation to the brain
- Strengthens immune function
- Improves lymph flow
- Removes harmful substances from the body