



# Memphis Neurofeedback

Quarterly Newsletter

## The Most Stressful Time in My Life...

by Lee Ann Foster, M.S.

What's the most stressful time of my life? That's hard to say! I've had several stressful times: I was given up for adoption, and that comes with separation stress no matter how well it's done; my adoptive mother died two days before my 9th birthday; a brother committed suicide; the blended family was a wild ride, to say the least; as a young adult, I made a fair amount of really bad life decisions and a spontaneous, poorly planned move to a strange city (Hello, Memphis) knowing no one, having no job, and having to make my way without ready-made connections.

As with all of us who are married, my hubby and I have had our issues - and now that we work together, well, we've added a whole new array of stressors to our relationship! But we're doing well- most days. And we experience lots of blessings working together as well. Speaking of blessed stress ....

I don't want to leave out my most positive stressors! As all parents know, having children is no walk in the park, although walks in the park help with the stress of children!

Having children is definitely one of those life experiences that is a mixed bag of difficulties as well as blessings. As fate would have it, we Brain Trainers have a beautiful, brilliant child with attention issues! She's doing fabulously and we're so proud of her. And having this gem has helped us empathize with our clients with ADHD children.

We run our own practice and with that comes the stress of business ownership. Learning to become a business woman and not just a health practitioner continues to be one of the most stressful things I've ever done. Business skills don't come naturally to me and I'm having to learn them in my old age. Thank God, we have plenty of brain tools to help my old brain learn new tricks!

In my late 40's I was diagnosed with Hashimoto's and, on top of that, struggled with a long flare of EBV. That was very stressful because I felt sick and exhausted and conventional medicine had nothing to offer me. I am not a person who takes medications to cover over symptoms. I believe we can get to the root cause of conditions and I believe healing is possible if we supply our bodies with what they need and get rid of the toxins.

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**"Some people thought I was a little overboard, maybe even a little crazy, but I don't consider anything I tried to have been a failure or a waste of time."**

Oddly, while I hardly had enough energy to do the bare minimum, it was an incredibly productive time in my life. It's a time in my life where I dug into my faith in God and learned how to really listen to Him and follow His lead. Somehow in the midst of the pain, exhaustion and brain fog, I had the grace to really study the body and true health. I learned how to nourish myself in body, mind and spirit. I availed myself of our Neurofeedback and stress reduction tools - and experienced our practice as a client would. I believe that helped me become a better practitioner.

I found some wonderful Functional Medical practitioners who helped me get some services I couldn't get on my own: like IV Vitamin therapy and bioidentical hormones.

This hard time in my life became an accelerated learning curve. I tried all kinds of things! Some people thought I was a little overboard, maybe even a little crazy, but I don't consider anything I tried to have been a failure or a waste of time.

I learned so much, and it was so personal to me that those lessons stuck. Now, I'm blessed to get to use all my experiences and knowledge to help others.



I'm not done with my healing journey. I kind of think we'll all be on one form of healing journey or another until the day we depart from this earth. So, I'm learning to have patience (at least I try), and to be curious rather than judging myself.

I think the most important things that have helped me deal with stress are:

My faith in God: Learning to be quiet and hear His voice has been life changing.

Learning to breathe in a way that calms my system and at the same time, energizes me with a good energy has been exciting.

Learning to practice gratitude and appreciation - of even the smallest of things. I'm learning to consider each day a treasure hunt in which I intentionally search for beauty, kindness and joy, and then take time to revel in the feelings of appreciation for those gifts.

Learning to listen to my body to decide which foods nourish rather than deplete me has helped me make increasingly more effective food choices.

Everyone has an incredible story. Everyone faces a myriad of difficult stressors. I feel honored and blessed to get to walk alongside people as they step into their healing journey. I love to listen deeply and help people find their own unique healing path.

Call me at (901) 624-0100 if you would like a free phone consult to see how we might work together to reduce the damage of stress in your life and help you become more resilient to the ongoing, inevitable stressors life offers up





# And inhale...

## Seven Benefits of Gratitude Breathing

by Ginger Kelley

We all know the cliche scene in movies where someone is stressed out and hyperventilating into a paper bag in order to calm down and catch their breath. Although this technique is not super effective, it does have some merit.

Gratitude breathing, a form of meditation, has a rich history throughout many cultures. It has deep roots in many different ancient eastern cultures, philosophies and religions. Sages of old knew that daily breathing meditation helped people in many ways: it kept their digestive systems healthy, their minds sharp, and their emotions balanced. It also served as a way for people to calm their minds and pray. In support of these ancient ideas, modern science confirms that gratitude breathing has many benefits.

### Seven Benefits of Gratitude Breathing

#### 1. Increased oxygen supply

All your cells need oxygen. By doing gratitude breathing each day, you can improve the quality of your blood oxygen levels - which improves your brain and your body!

#### 2. Calms down stressed nerves

Most of us breathe short, shallow breaths that stimulate the production of stress hormones. But we can learn to take long, slow breaths that relax our stressed out nerves. Deep, controlled breathing also promotes the release of dopamine, which puts you in a happy mood.

#### 3. Relaxes your muscles

When the nerves are calmed down, the muscles naturally follow. Practicing gratitude breathing during stressful times, or just when you've been sitting too long, in order to reduce stiffness and enhance overall well-being.

#### 4. Lowers blood pressure

When the nerves and muscles are relaxed, the arteries relax and blood flow improves. Gratitude breathing can also naturally lower blood pressure.

#### 5. Improves sleep

Sleep issues are not just nighttime issues. Stress and too much "artificial" energy during daytime hours (hello coffee and energy drinks), also affect sleep. Gratitude breathing during the day and just before going to sleep at night can improve sleep quality.

#### 6. Boost self esteem

Gratitude breathing involves intentionally focusing on things you appreciate. With a daily reminder of blessings and happy feelings, the release of dopamine, the "happy neurochemical," can help you experience more confidence and optimism.

#### 7. Keeps the doctor away

Although gratitude breathing can't be said to cure disease (by our pharmaceutically biased legal standards), it most definitely improves physiological, emotional, and mental functioning. Research has shown time and again that improving your mind through gratitude breathing can help improve your health.

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## How to do “Gratitude Breathing”

- Find quiet and peaceful place - even if it can just be in your mind!
- Get into a comfortable position in which you can relax your muscles and your mind.
- Play soothing music or enjoy some silence.
- Keep away from any screens or other disruptions.
- Transition breath to deep belly breathing by expanding the diaphragm and not the chest when inhaling. Let the belly fall when exhaling.
- Inhale for four seconds and exhale for four seconds.
- While breathing, gently focus on things that make you happy. When you get distracted, don't judge yourself. Just notice and gently re-focus on the pleasant thoughts and feelings.
- With each breath that you exhale, let all tension and stress fall out of the body.



Try gratitude breathing each day for at least 10 minutes!

## Anxiety and Neurofeedback: How Rewiring Your Brain Can Relieve Stress

by Lee Ann Foster, M.S.



Stress and anxiety are like the body's alarm system saying that something needs to be changed. Instead of silencing it through medication, there are other ways to address and treat the issue. In a 2014 study by Lambos, W.A. and Williams, R. A., many people were able to reduce or get off of anxiety medication after completing a course of LORETA Z-Score Neurofeedback.

At Memphis Neurofeedback, Dr. Dale Foster, Lee Ann Foster, MS, and their staff specialize in helping people heed the body's signals—specifically from the brain. Brain mapping technology can detect where the brain malfunctions. LORETA Z-Score Neurofeedback is a powerful technology that translates the brain's signals into information or feedback that the brain can use to train itself to have healthier functioning brainwave patterns. Research showed that each patient's anxiety symptoms improved an average of 70 to 90 percent after completing a course.

For example, in some types of anxiety, parts of the brain are overactive, which promotes fear-based feelings and the fight or flight response. Neurofeedback would train those areas to normalize and the person would feel relief. Depending upon the complexity of the case, a person could see sustainable changes in their brain within 10 to 20 sessions of Neurofeedback.

During Neurofeedback, a person wears a brain cap that measures brainwave activity. They select a movie or video game as their feedback. When the brainwave activity changes in the desired way, the brain is rewarded by the movie or game playing large, bright, and full.

During Neurofeedback the brain is learning and changing itself. There is no pressure to figure anything out. The only task is to watch the screen. The brain is neuroplastic and has the ability to change itself.

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Research by Lambos, W.A. and Williams, R. A shows neurofeedback effectively normalizes brainwave patterns that contribute to stress and anxiety, thereby alleviating them. Patients find a reduction in anxious feelings, improved sleep, no longer waking up with anxiety, increase in socialization (able to talk more to others and make eye contact) by those who felt isolated due to the symptoms of anxiety, ability to drive again by those who had stopped due to the anxiety, and able to maintain better coping skills in stressful work environments.

Neurofeedback has also been found to be helpful with ADHD, autism, concussions, epilepsy, insomnia, memory problems, as well as for Peak Performance training. Biohackers Dave Asprey and Ben Greenfield are two health celebrities who promote neurofeedback.

Memphis Neurofeedback uses Loreta Z-Score neurofeedback—FDA approved and meets the highest criteria for evidence-based neurofeedback practice.

KEEP A LOOK OUT!  
WE WILL BE  
**CHANGING  
OUR NAME  
BEFORE SUMMER!**





# pEMF for Pain:

## HOW BALANCING YOUR BODY'S ENERGY CAN RELIEVE YOUR PAIN

by Lee Ann Foster, M.S.

The number one reason people invest in pEMF therapy is for pain relief for conditions such as arthritis, back pain, knee pain and fibromyalgia.

- ### What is pEMF Therapy or Pulsed Electro-Magnetic Field Therapy?

First, let's discuss what electromagnetic fields are. The earth has an electromagnetic field and, as it turns out, it is just what we humans need to keep our electromagnetic fields healthy. All of our cells and organs have their own electromagnetic fields and these fields operate as communication pathways so that our bodies give and receive the information they need to maintain health.

When our electromagnetic energy is disrupted, we begin to experience impaired function at a cellular level. If that disruption is not corrected; we begin to experience pain, disease, and accelerated aging.

There are many things that disrupt our electromagnetic energy fields, two of which are: Spending too much time indoors with our feet detached from the earth's electromagnetic field; and being surrounded by wW-fi, cell phones, and electrical devices that emit electromagnetic fields that disrupt our own fields.

Dr. William Pawluck, an expert on pEMF, reports the following benefits of pEMF therapy:

- Reduce pain, inflammation, the effects of stress on the body, and platelet adhesion.
- Improve energy, circulation, blood and tissue oxygenation, sleep quality, blood pressure and cholesterol levels, the uptake of nutrients, cellular detoxification and the ability to regenerate cells.
- Balance the immune system and stimulate RNA and DNA.
- Accelerate repair of bone and soft tissue.
- Relax muscles.

NASA has studied pEMF therapy and its effects on healing damaged tissues in mammals. What NASA found was that the most effective results came from Low Frequency, Low Intensity, and Rapidly varying PEMF signals. These are frequencies and intensities that closely resemble what the earth provides for us, and it is also what the iMRS 2000 whole body unit we use in our office provides.

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## Top 8 Benefits of pEMF therapy according to research and patient reports:

1. Stronger Bones
2. Improved Endorphin Production and Pain Relief
3. Better Sleep and HGH (human growth hormone) secretion
4. More Energy - cellular ATP
5. Better Oxygenation and Circulation
6. Improved Immunity
7. Improved Relaxation & Stress Reduction
8. Increased Nerve and Tissue Regeneration

Visit our website at [memphisneurofeedback.com/pemf-therapy/](http://memphisneurofeedback.com/pemf-therapy/) to watch our video to see what a pEMF session is like.



# How to Make Master Tonic:

## A Guide to Making Our Secret Weapon Against the Cold & Flu

by Heather Hollingsworth

### You will need:

2 quartered jalapeños

1/4 cup whole garlic cloves (usually a head of garlic)

1/4 cup diced ginger root

2 Tbsp. peeled and diced horseradish root

1/4 cup of diced onion

2 Tbsp. Turmeric powder

24 oz. of Bragg's Apple Cider Vinegar

Feeling something yucky coming along? Have the cold or flu? Try this natural remedy to ward off and fight seasonal sickness!

The ingredients are packed full of virus and illness fighting nutrients! If you can, buy all organic ingredients.

You will need a food processor, mason jars, cutting board, knife, bowl, and cheese cloth.

**Directions:**

Wash all vegetables. Chop all ingredients into manageable sizes to fit into a food processor or blender. Add all chopped ingredients into blender, including turmeric powder (\*may tint plastic \*). Blend ingredients. Pour into a quart size mason jar. Fill the mason jar with 24 oz. of Bragg's Apple Cider Vinegar.

Seal jar with air-tight lid. Store jar in dark and cool area 2-4 weeks. Shake twice a day.

After 2-4 weeks, strain ingredients with a fine-grain strainer. Press out excess juice (or line strainer with cheese cloth to squeeze out juice easier) into another clean jar.

Take when feeling sick or under the weather.

Use left-overs ingredients in your cooking!



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