

HOW DOES THE LENS WORK?

We apply sensors to the scalp to capture brainwave activity, processing the signal by our computer software, and extracting information about the client's brainwave frequencies. Through a patented process, we then bring this information back to the client's brain through the sensors. The results are reduction and/or elimination of the

WHAT MAKES LENS DIFFERENT FROM OTHER FORMS OF NEUROFEEDBACK?

Each client's EEG signals (brain waves) are unique to them and constantly changing. The LENS measures these ever-changing signals of the client and matches the feedback to the client's own physiological (neurological) fingerprint.



symptoms which previously interfered with the client's quality of life. The sessions are brief (usually 3-5 minutes), gentle (usually the client feels nothing during the session), and the changes are lasting with some exceptions: with symptoms of progressive conditions such as Parkinson's and MS and neurodegenerative disorders, the treatment needs to be ongoing to sustain the improvement.

Unlike traditional neurofeedback sessions, LENS:

- **DOES NOT REQUIRE CONSCIOUS EFFORT AND ATTENTION TO STIMULI BY THE CLIENT.**
- **SESSIONS LAST, ON AVERAGE, A FEW SECONDS TO MINUTES EACH.**
- **THE NUMBER OF SESSIONS, ON AVERAGE, HOVERS AROUND 11 NECESSARY SESSIONS.**

LOW ENERGY NEUROFEEDBACK SYSTEM

The concept of **LOW ENERGY NEUROFEEDBACK**

(which is a completely unique form of "brain optimization") was first introduced by Len Ochs in the 1980s.

Over 85% of people who have used the LENS have benefited significantly from it. Results can be seen quickly, often beginning within the first session, and are lasting.

LENS is FDA approved.



ABOUT LENS NEUROFEEDBACK

THE LENS is a specific kind of neurofeedback that operates much more rapidly than “traditional neurofeedback” and has qualities that make it much easier to use with people who can’t sit still. With the LENS, the client doesn’t need to “do” anything, and there is nothing to learn. The typical session with the LENS lasts 3-4 minutes. This means that the LENS works well for people who either cannot pay attention to a computer screen for longer time periods like in “traditional neurofeedback.”

Additionally, the LENS time frame for success is shorter with the number of sessions ranging from as few as 1 to an overall average number of 11 sessions. The LENS works well with problems of the Central Nervous System, which can be numerous. These include symptoms of anxiety-depression spectrum, attention deficits, behavior disorders, various sleep disorders, headaches and migraines, PMS and emotional disturbances. It is also useful for organic brain conditions such as seizures, the autism spectrum, and cerebral palsy. These are all signs of Central Nervous System dysfunction which result in the body’s difficulty regulating itself.

WHAT CONDITIONS DOES THE LENS HELP WITH?

- **COGNITION** – Problems sequencing, memory, providing and maintaining attention, concentration, clarity and organization.
- **MOOD** – Anger, sadness, explosiveness.
- **MOTOR** – Lack of grace, problems of eye-hand coordination, balance, increased muscle tone (from spasticity) and tremor.
- **MOTIVATION**
- **ANXIETY** – Problems of anxiety system activity (too much uncomfortably-contained energy), persistent “anxiety”, restlessness, rumination, agitation, distractibility, difficulty breathing, palpitations, tremor exacerbation, and sleep interruption.
- **REACTIVITY** – Hyper-reactivity, hypersensitivity, multiple chemical sensitivities.
- **PAIN • ADDICTIONS/DEPENDENCIES • FATIGUE • PERFORMANCE OPTIMIZATION**
- **THE LENS WORKS** well with symptoms of Central Nervous Symptom dysfunction. These include symptoms of ADD, ADHD, Seizures and sub-clinical seizure activity, severely disruptive behavior disorders such as Conduct Disorder, Reactive Attachment and Bipolar Disorder, Autistic spectrum and pervasive developmental delay, Cerebral palsy, concussive injuries, PTSD, Acquired Brain Injury, and Birth Trauma.
- **THE LENS WORKS** extremely well with the symptoms of Traumatic Brain Injury, no matter how long ago the incident occurred. The trauma can be from a physical blow, a concussive injury, a psychological incident (PTSD), or any other incident(s) which results in a decrease in cognitive ability.
- **MANY CHILDREN** have sleep problems that can be helped such as bed wetting, sleep walking, sleep talking, teeth grinding, nightmares, and night terrors.
- **THE LENS** can also be helpful with many of the symptoms of adolescence including drug abuse, suicidal behavior, anxiety and depression.
- **THE LENS** can also help in maintaining good brain function as people age.

