

What Brain Waves Do

The question is often asked, “What do our brain waves do?”

The help answer that question, here is a summary that defines some of the purposes and functions of our brain waves.

- *We each have numerous sizes of various waves, those are described as waves that are too big and overpower the small ones, or waves that are too small and do not have enough power to do their jobs, causing the unbalanced signals to create such emotional components as depression and anxiety.*
- *There are also fast waves and slow waves, waves that are too slow in connection and do not make the connections to the next neuron while going across the brain, like when your airplane leaves without you because your connection flight was late in coming in. Brains too have lost signals because the connection wave was too slow, so they do not make their intended destinations in the brain, and the signals and messages are missed and lost.*
- *Some brains have too much on one type of wave and not enough of another. Such as having too much theta, a very slow wave, and not enough SMR of a fast wave, and this creates a slowness of function such as creating attention deficit disorder and hyperactivity.*

As you become aware of the many areas of the brain, and what these areas are supposed to do, you will see the importance of having waves that are:

- *The right size and not too big or too small,*
- *Able to go the correct speeds and make proper connections to all parts of the brain,*
- *In balance with other waves in right ratios, so our brains have choices in deciding how to function.*

With all of this in mind, we now present to you some of the various functions of the waves. Basically there are 4 types of waves. These are: Delta 1-4 Hz, Theta 4-8 Hz, Alpha 8-12 Hz, and Beta 12-40 Hz in Neurofeedback.

The Large Slow Waves of Theta & Delta are Seen In:

Learning Disabilities
ADD/ADHD
Problems with Impulses
Daydreaming & Fantasizing
Concentrating & Paying Attention
Lack of Memory & Senility
Chronic Fatigue & Fibromyalgia
Traumatic Memories of Childhood Abuse
Head Injuries
Strokes
Comas

Correct Amounts of Theta & Alpha are Seen In:

Creative Artists, Musicians, Dancers
Creative Geniuses
Great Athletics being “In The Zone”
Visualization & Meditation
Dream Like Images of “Twilight” States

A Lack of Alpha & the SMR of Low Beta Result In:

Hyperactivity in ADHD
Problems Relaxing
Chronic Fatigue Syndrome
Parkinson’s Disease

Too Much Alpha Causes:

Depression
Sluggish Thoughts
Slow Physical Movement
Thyroid Symptoms & Problems

Too Many Small Fast Beta Waves Result In:

Anxiety
Tension & Stress
Being “Wound Up” & Wired
Manic & Bipolar
Acting Out
Sleep Disorders
Alcoholism

**Correct Amounts of Fast Wave Beta Are Powerful Brain Waves.
They Produce:**

Arousal & Alertness
Ability to Concentrate
Hyper Efficient Learning
Good Memory
Test Taking Skills
Multi Tasking Ability
High Performance

It is very important to have the right amounts of any kind of wave, and each wave should be in correct balance and harmony with all other waves. When this occurs, the brain will function properly.

A Nu-Brain analysis of an individual’s brain maps determines when waves are not in compliance, and when this causes malfunctioning to occur. Then as the waves are corrected by sessions of neurofeedback, by reducing the amplitude (size) of some and increasing the amplitude (size) of others, and by enabling the brain to make proper connections to other areas in the brain, avoiding lost signals, we see tremendous changes in behaviors and in mental and emotional processing. Lives are changed and living is pleasant and enjoyable. The following descriptions show the changes that are expected as brain waves are improved.

With Nu-Brain and Neurofeedback

Improve Your Brain...Improve Your Life...

Attention Deficit Disorders:

Improve Paying Attention

Take In Information

“Hear” What Someone Speaks

“Come Out of The Fog”

“Overcome the Slowness”

“Absorb and Comprehend” Information

“Remember” What is Heard and Read.

Pay Attention to “The Details”

Apply the Information

Think Faster

Recall Info

“Say the Words”

“Speak the Words”

“Write the Words”

“Get the Words Out”

“Know It and Use It”

Decrease Distractibility

Decrease “Distractions from Outside Sources”

Decrease “Constantly Changing From One Activity to Another”

Increase Ability to “Sustain Attention on Present Activity”

Increase Ability to “Keep Focused” on Current Project

Increase Ability to “Stay on Target and On Task”

Increase Ability to “Follow Through and Complete the Project”

Increase Ability to “Go All the Way to the Finish”

Increase Ability for “Activity that Requires Sustained Mental Effort”

Increase Ability for “Doing What is Needed”

Increase Ability to “Make Lists & Follow Through in Order”

Reduce Impulsivity

Reduce Children’s “Interrupting Others”

Increase Abilities to “Wait Your Turn”

Decrease “Acting Without Thinking”

Decrease “Jumping Into Things”

Increase “Think First, Act Later”

Improve “Think Before Making A Decision”

Improve “Executive Planning and Decision Making”

Reduce Hyperactivity

Decrease Fidgeting of Hands and Feet

Reduce Body Squirming and Moving Around

Reduce Urges to Constantly Touch Things

Reduce Constant Urge to Move Around The Room

Reduce “Restless Feelings and Can’t Settle Down”
Reduce Constant Urge “To Be Doing Something”
Reduce “Out of Seat/ Running Around” Activity
Reduce Feelings of “Climbing the Walls”
Reduce Feelings of “Being Wired”
Increase Ability to Sit Still and Be Quiet
Improve Ability to Sit Quietly and Think
Increase Ability to Sit Quietly and Study
Increase Feelings of Being Calm and Relaxed

Academics:

Increase Reading Abilities
Increase Reading Comprehension
Improve Reading Scores
Increase Retention of Information
Overcome Math Learning Disabilities
Overcome Learning Disabilities
Overcome Dyslexia
Read “Normally”
Increase Ability to “Take Information In”
Retain Information Longer
Be Able to Remember and Recall Info
Be Able to Study Longer
Increase Study Perseverance
Increase Concentration
Increase Focus
Reduce Distraction
Improve Ability to “Stay on Target”
Increase Ability to “Follow Through and Complete Tasks”
Improve Attention
Increase Auditory Processing
Improve Positive Verbal Response
Increase Memory
Decrease Test Taking Anxieties
Increase Word Recall
Improve Recall of Information
Increase Confidence
Improve IQ Scores
Increase GPA
Increase Self Esteem
Increase Happiness

Improve Social Situations

Decrease Inappropriate Social Problems
Improve Recognition of Problem Behaviors
Increase Social Comfort

Improve Social Cooperation
Achieve Appropriate Social Actions
Improve Social Relationships
Increase Self Esteem
Increase Acceptance by Peers and Associates

Overcome Aggressive Anger

Overcome Aggressive Behaviors
Reduce Explosive Anger
Reduce Violent Actions
Improve Anger Control
Increase Anger Management
Get Anger Under Control
Keep Anger Under Control
Increase Cool Calm Behavior

Improve Oppositional and Defiant Behaviors:

Increase Acceptable Behaviors
Decrease Child's Visits to Principal's Office
Reduce Calls to Parents from Schools
Reduce Problem Behaviors
Reduce "Acting Out"
Increase Cooperation
Reduce Oppositional Defiance
Increase Compliance
Increase Ability to Reason
Increase Ability to "Plan Ahead"
Improve Ability to "Think Things Through"
Reduce Childish Temper Tantrums
Increase Calm Actions and Behaviors
Reduce "My Way or The Highway" Thinking & Behavior
Improve Frontal Lobe "Executive Planning"
Increase Ability to "Be Logical"
Improve Ability to "Be Rational"
Reduce Family Contentions
Decrease Family Arguments
Improve Family Relations

Developmental Behaviors:

Improve Maturational Lag
Decrease Developmental Immaturity
Increase Developmental Growth
Increase Levels of Developmental Maturity
Improve Abstract Thinking and Processing
Improve Articulation of Speech
Improve Ability to Function at A Higher Level

Sports and Athletics:

- Improve Athletic Performance
- Improve “Being In the Moment”
- Increase Being “In the Zone”
- Increase Game Focus
- Become Relaxed and “Able to Breathe”
- Reduce Performance Anxiety
- Improve Personal Performance Concentration
- Improve Golf Scores
- Improve Game Performance
- Enjoy Peak Performance

Creativity in Science and The Arts:

- Perform at Your Best
- Allow the Scientific Creativity
- Increase the Focus of the Moment
- Increase Abilities in Music and Dance
- Allow Your Mental Mind to Create
- Reduce Outside Distractions
- Increase Personal Performance Concentration
- Allow the Creative Mind to Perform
- Allow the Genius from Within
- Be Relaxed and Perform More “Within the Flow”

Jobs, Careers, and Corporate Executives:

- Make Your Moves Count
- Reduce Fears
- Overcome Problem Behaviors
- Learn to be Positive
- Learn Confidence
- Show Who You Really Are
- Increase Job Performance
- Have Ability for “The Right Moment”
- Orchestrate Career Moves Upward

Senior Citizens:

- Reduce Slow Thinking
- Reduce Senility
- Improve Long and Short Term Memory
- Reduce “Senior Moments”
- Increase Cognitive Processing
- Improve “Clear Thinking”
- Experience “Brain Brightening”

With Nu-Brain and Neurofeedback

Improve Psychological and Other Conditions

Depressions

- Affect is Improved
- Looks “Happier”
- Feels “Happier”
- Less “Blues” and “Lows”
- More “Highs” and “Ups”
- Life is “More Enjoyable”
- Improved Sleep
- Increased Energy

Anxieties

- Reduce Panic
- Reduce Fearful States
- Reduce Racing Minds
- Quit Ruminating About Situations
- Stop Being Overwhelmed
- Reduce Nervousness
- Become Calm and Relaxed

Obsessive Compulsive Disorders

- Reduce Mind’s Constant Repeating and Recycling of Worries
- Reduce Holding of Grudges
- Reduce Being Stuck On Certain Behaviors and Activities
- Reduce Addictive Behaviors
- Reduce Hoarding of Material Possessions
- Reduce Stock Piling of Food
- Decrease Limiting Thoughts and Behaviors
- Increase Expansion of Thoughts and Behaviors
- Improve Being Able to Think About Many Concepts and Ideas
- Increase Cognitive Flexibility

Sleep Disorders

- Improved Sleep
- Easier and Quicker to Go to Sleep
- Now Stay Asleep During the Night
- Wake Up Feeling Refreshed in the Morning

Alcohol Addictions

- Improved Life Style
- Reduced Anxieties
- Better Relations with Family

Improved Employment Situations
Remain Substance Free

Brain Injury

Reduce Mental Confusion
Improve Mental Skills
Improve Mental Processing
Increase Verbal Abilities

Strokes

Improve Motor Movements
Reduce “Frozen and Locked Up” Positions
Improve Speech Patterns
Improve Object Naming
Improve Verbal Processing
Improve Language Expression

Asperger’s

Improved Socialization
Less Isolation from Family and Friends
More Interaction with Peers
Better Interaction in Academic Situations
More Cognitive Flexibility and Interests

Autism

Less Repetitive Actions
Adjusts Easily to Changes
Able to Shift from Task to Task
Ability to Accept New Situations
Increased Eye Contact
Improved Attention
Improved Behaviors
Improved Social Functioning

The above list of improvements has been written about in published articles, research, in books, and has been discussed by clinical therapists who do this incredible work.

*To learn more about these changes in behavior, and in emotional and mental capacities, look through some of the listed research, read testimonials, and watch the videos of clients who report their own experiences of changes and improvements.
You will be glad you did.*