

1. **What is Neurogen Brain Balancing?** Neurogen Brain Balancing helps the brain rebalance itself by optimizing the brain to function in a more balanced and healthy way. Using a state-of-the-art, patented technology called Neurogen High Performance Neurofeedback, it targets areas of the brain where imbalances are causing a variety of symptoms from lack of focus and concentration to anxiety, depression, insomnia, and PTSD.
2. **What is Neurogen High Performance Neurofeedback?** Neurogen High Performance Neurofeedback, or Neurogen HPN, uses a gentle form of brain stimulation known as Low-Intensity Pulse Transcranial Electrical Stimulation (LIP-tES) in combination with electroencephalography (EEG), a clinical tool used to measure the electrical activity of neurons within the brain.

**A more in-depth look at Neurogen HPN and the workings of the brain.** The brain is a complex, sophisticated, bioelectrical system comprised of billions of neurons that control all aspects of the human experience. Every thought, sensation, movement, and emotion are brought about by the electrical firing of neurons in the brain. A single neuron firing is imperceptible with EEG, but when billions of them synchronously fire together, waves of bioelectric energy can be detected in the form of brain waves.

For decades, researchers have studied brain waves, and they discovered that they are balanced and predictable, and a balanced brain produces the appropriate brain waves at the appropriate times. Brain imbalances occur when the brain is injured or stressed, causing a wide range of symptoms, including depression, chronic pain, ADHD, anxiety, PTSD, memory, lack of focus, and many more.

The effectiveness of Neurogen HPN stems from its ability to interrupt unhealthy brain wave patterns and stimulate new, healthy ones. Like rebooting a computer, it stimulates the brain to reset itself and develop new, healthy brain wave patterns. The result is the minimization of unhealthy brain wave patterns and the symptoms associated with them.

To learn more about brain waves, read our blog post, "A Symphony in the Brain."

3. **What should I expect in a Neurogen Brain Balancing session?** A typical session begins with the placement of five electrode sensors on the head and neck to measure the electrical activity of brain waves using an electroencephalograph (EEG) unit. The EEG unit transmits the signal to the computer, which then responds by sending low-intensity pulses back through the EEG unit to the brain. While improved patterns of functioning can be tracked and documented via EEG, the operation of the system is not dependent upon EEG mapping of any kind.
4. **How many sessions will I need?** The number of sessions will vary from person to person. While it may take only a few sessions to recognize any benefits, it will typically take many sessions for the effects to last. A typical series is 15-20 sessions for adults, while youth usually require less. Initial improvements are often temporary, but due to the cumulative nature of the sessions, the improvements last longer with each session. The good news is that results typically endure and improve over time.

5. **What are some of the benefits of Neurogen Brain Balancing?** Benefits include improved focus and mental clarity, clearer vision, more restful sleep, increased motivation, decreased anxiety and depression, less irritability, impatience, and anger.
  
6. **Are there any side effects?** Possible side effects or reactivity include, but are not necessarily limited to, feeling tired, lightheaded, headaches, or temporary exacerbation of a symptom. Occasionally, individuals may have periods of increased anxiety, increased irritability, or a lack of energy – these are typically short-lived while the brain adapts. If you experience any of these reactions, please tell your Neurogen Practitioner, as the sessions can be adjusted to minimize reactivity. Staying hydrated and resting may help alleviate these symptoms.
  
7. **Will I get shocked?** No. The amount of energy is small and very safe. The EEG Amplifier puts out a tiny signal that is equivalent to about 1/100th the strength of an AA battery. The signal is less than the power of a cell phone signal and is far below anything a person can feel or detect. The Neurogen HPN System is a Class 1 FDA Registered device, 510K approved.
  
8. **Neurogen Brain Balancing is not a medical procedure.**
  
9. **Neurogen Practitioners are not medical doctors.**
  
10. **Neurogen HPN is not licensed by any state.**
  
11. **For more information, please visit our website [Neurogenbb.com](http://Neurogenbb.com) or call us at (858) 245-0319.**