themeadows.com



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 brain function and teach self-regulation.

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







HEART RATE



METABOLISM



LIVER FUNCTION





NEUROFEEDBACK & ADDICTION

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



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.



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.

AN UNBALANCED NERVOUS SYSTEM LEADS TO:



NEUROPLA

(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



INSOMNIA



DIGESTIVE ISSUES



ANXIFTY





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.



Machine

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

