



Effective Drug-Free Options for ADHD,
Symptoms of ASD, Anxiety, Depression,
Insomnia, Memory Loss, Concussion
and Other Brain Based Issues
in Children and Adults

Why Is It Important To Think Of ADHD And Other Mental Health Issues In Terms Of Brain Health?

Discover the successful non-drug treatment strategy that has the potential to give you and/or your child a better life! One filled with the ability to quietly focus, make and maintain enriching relationships, achieve grade appropriate reading levels and beyond, excel academically, gain inner peace and confidence, and develop emotionally and physically...in essence...become the child they were born to be. Imagine yourself sleeping through the night, not being dragged down by depression or frozen by anxiety...able to enjoy relationships and be at peace.



Sound too good to be true?

You are about to read that these changes are not only possible but very probable for your child, or yourself, if using the right method.

In this document I will attempt to distill countless hours of study and practice into an easily understandable, inspiring, and above all else, motivating article.

Read on and you'll learn the strategies and tactics used to help your child achieve their potential.

Dr. Karl R.O.S. Johnson, DC, BCN, FIFHI, FICPA

How is ADHD usually treated?

The most common method to treat adult and our children's attention deficit disorder is with prescription drugs that may only temporarily reduce their symptoms.

These drugs have names such as Ritalin, Adderall, Concerta and Strattera and are primarily either neurostimulant drugs or act by altering neurotransmitters in the brain.

And these drugs are schedule 2 substances!!!

According to the DEA website, 'Substances in this **schedule** have a high potential for abuse which may lead to severe psychological or physical dependence'.

Medshadow makes it easy to read. www.medshadow.org

These drugs may cause your child (or an adult) to feel uncomfortable and have a variety of documented harmful side effects, including unwanted weight loss, mood changes, anxiety, heart rhythm problems, insomnia, psychosis, and suicidal thoughts.

The National Institute of Mental Health did a long-term study on ADHD and found, "the long-term efficacy of stimulate medication has NOT been demonstrated for any domain of child functioning." That statement means we don't know the long-term benefits or consequences of placing children on these medications and that is a frightening prospect.

Another study on Ritalin by Nadine Lambert, professor at UC Berkley followed 500 kids for 26 years and reported that Ritalin usage makes the brain more susceptible to cocaine addiction and DOUBLES the likelihood that a child will abuse drugs.

How is ADHD usually treated?

Research also states, “Up to 70% of children with ADHD exhibit symptoms into their adult years, and these symptoms interfere significantly with academic, vocational and social functioning.”

Another thing parents are often not told, is that the effectiveness is only temporary. As the body gets used to the drugs in the system, more and more of the drug needs to be taken to get the same effect; until finally it just stops working. A new medication needs to be prescribed and the cycle starts again.

We are giving our children powerful-amphetamine-type drugs, upping the dosage until it no longer works then switching it up to do it all over again with a new drug. And the cycle continues.

So, what is a parent to do?

The first thing to understand is ADHD is the result of abnormal brain activity. The ADHD brain learns and stores information in a different way than a more balanced brain would.

It's like a big, disorganized library. The information is all there, but it is sorted by some other system than the Dewey Decimal system.

The person's ADHD brain could be sorting by color, taste, size.....little tiny bits of information, but no real structure to it.

What is Really Going on in ADHD?

We tend to think of focus, impulsivity, and being distracted as behavioral problems. For years, behavioral counseling was used with very little improvement. Then the switch to medication was introduced. This changed behavior (temporarily) was nothing more than placing a band-aid on the problem.

If we can understand what is really happening with the person, then proper action can be taken.

Attention deficit disorder and all the associated symptoms that come along with it is not caused by a lack of discipline, poor parenting, lazy teachers or a shift in society as a whole.

Plain and simple, true ADHD is a neurologic (brain) problem, period.

Let that idea sink in for a second. Many people have long held false beliefs regarding the origin of ADHD symptoms. That's a "bad kid" or those parents should have spanked that child more.

That thinking has it all wrong. These kids struggle because they literally have a brain that isn't wired well. They can't choose what to focus on, have a hard time organizing, don't filter distractions easily and in general struggle to stay on task. All of these behaviors occur because their brain is inefficient.

How do we know this is a fact? Because hundreds of studies prove it and the functional testing we perform can bring that level of clarity!

What is Really Going on in ADHD?

If drugs, counseling and behavioral modification are not the solution and the problem is really a matter of poor brain activity, how can this situation be helped?

Let's start with...The Strategy: No matter who you are, your brain loves to learn, and the brain always becomes efficient at what it has learned.

Over time, through trial and error you learn how to walk, ride a bicycle, run, jump, play, perhaps play a musical instrument, read, love, hate. Everything that makes you who you are happened because you learned it.

Focus is a learned behavior. Organizing, prioritizing, starting and completing tasks, relationship skills, emotional self regulation are all learned behaviors.

From birth to around three years of age the brain is all about making connections.

A 100 billion brain cells creates connections in the trillions with neighboring brain cells. Then, at around age 3, the brain shifts gear and decides that it is time to "get efficient" and a process called pruning occurs.

Pruning is when the brain eliminates pathways that are being used a lot and re-enforces pathways that get used more often. The brain literally wires itself.

Leading to something amazing...

What is Really Going on in ADHD?

Every brain is different. Every brain has its own individual wiring.

Another name for this process of the brain wiring and rewiring itself to become efficient which you may have heard is... NEUROPLASTICITY.

Every time you learn something new or create a new memory your brain makes a new connection. Neuroplasticity happens over a lifetime. The good news is that we never lose this ability.



And that is the KEY to helping change something like ADHD.

While symptomatic changes are important, I'm talking about something much more substantial. Fundamentally improving ability to focus, stopping impulsive behaviors, creating laser-like focus, being able to calmly get work done, and minimizing the negative impact that attention deficit all have on academic, relational and job success.

Let's take a closer look at our approach. We take several functional factors into consideration when evaluating and treating any patient.

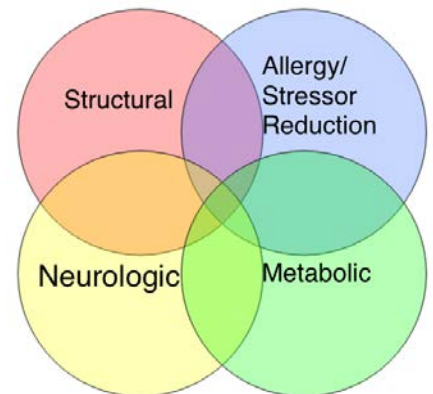
We test using qEEG (brain mapping) for clarity to map out brain activity. Unlike an MRI which measure anatomy, a qEEG can test for function. In addition, we perform any necessary functional neurologic examinations, administer cognitive performance tests & cognitive-emotional questionnaires, and have lab testing done to gather information for program success.

Let's dig a little deeper into the Michigan Brain Health Strategy...

The Michigan Brain Health Strategy

Let's start with...The Strategy: By blending functional neurologic, structural, metabolic care with allergy/stressor reduction into an individual prescription for care we are able to obtain the best possible outcomes in the shortest time.

We now understand the very nature of these childhood and adult conditions to be quite complicated and multilayered. In other words there is simply not a “magic bullet” (medication, supplements, occupational therapy, physical therapy, etc.) that will solve all aspects of these conditions.



Even the approach we are about to explore together has its limitations, I do believe it offers you and/or your child the greatest opportunity to reach inborn potential , especially if a plateau has been reached or there has been a failure to respond to other therapies.

The goal of this four-pronged approach is not to cover up behaviors, but instead to help you or your child develop in areas that have stalled along the way. Brain development and thus behavioral and academic achievement happen in very specific ways.

Timing of brain development is important during the first three years of life when most problems start to surface.

Let's take a closer look at our approach. We take four factors into consideration when evaluating and working with any patient.

The Michigan Brain Health Strategy

1. Neurologic:

Everything you have ever thought, dreamed, felt (and so much more) is directly related to the health and performance of your brain and nervous system.

Functionally evaluating the nervous system is foundational to understanding how the brain and nervous system are working.

Unlike traditional neurologic evaluation that looks at black & white findings and doesn't look beyond pathology (disease), functional neurology seeks to understand how various areas of the nervous system are performing.

Where are the strengths and weaknesses in the brain? Are there retained primitive reflexes?

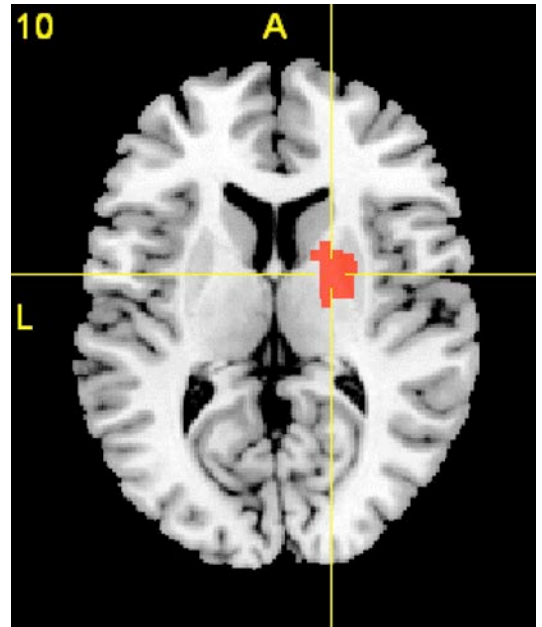
How are the various lobes of the brain performing?

How do those findings relate to the clinical presentation?

Is neurologic rehabilitation needed to strengthen specific areas?

These important questions need to be asked and answered during the functional neurologic evaluation.

We use Brain Mapping (QEEG) and a Functional Neurologic Evaluation to help us gather objective brain activity.

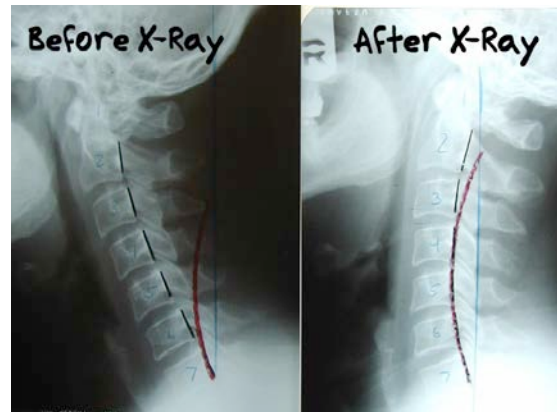


The Michigan Brain Health Strategy

2. Structural:

We must look beyond spinal alignment to understand your child.

Muscle tone is often decreased, coordination compromised, gait altered, a lack of arm swing when walking, and many other issues that relate to the normal development of your child but often go unnoticed or are not addressed.



As you'll soon learn, brain development is directly related to physical movement. Posture becomes a window into brain function.

3. Metabolic:

I usually get a puzzled look when I talk about metabolism with patients.

Just what is metabolism?

It is the combination of all the chemical, hormonal, immune and digestive processes that make you, you.

Every person has a specific metabolic profile. Evaluating your specific metabolic blueprint is very important to the successful outcomes we expect for your child.

For instance, boys with ADHD tend to have dopamine issues. Supporting dopamine can enhance frontal lobe activity.

There are hundreds of pathways to consider.

Our understanding of neuro/endocrine/immune system function is ever growing and changing. What we are doing now is the most contemporary model available.

The Michigan Brain Health Strategy

We don't come from a nutrient deficiency model. In other words, I'm not concerned with finding a single nutrient like calcium that is low.

The interplay between various metabolic systems that make up the whole of your unique physiology a considerably deeper, more comprehensive model.

Simultaneously blending these treatment approaches is a strategy that has proven to be very effective.

4. Allergy/Stressor Reduction:

In my never-ending quest to find solutions for core level healing for all my patients, I find that allergy and stress reduction has proven to be a huge win for patients. Hidden allergies as defined by my training in Nambudripad's Allergy Elimination Techniques (NAET®) are incompatibilities with components of food that cause deficiencies of key nutrients for optimal body function. For example, if a child (or adult) had a B vitamin sensitivity, it can often lead to malabsorption of the B vitamins from the food they are eating and the following symptoms can develop: hyperactivity, attention deficit disorders, autism, restlessness, sleep disorders, depression, addictions to drugs, alcohol and smoking as well as overeating, skin disorders, body ache, fatigue, etc. NAET® is a powerful adjunct to the neurologic, metabolic and structural care we successfully use at Michigan Brain Health.

I have written about all the specific tests we evaluate in other articles and websites: (JohnsonChiropracticNeurology.com or "[What makes Dr. Johnson Unique?](#)").

Simultaneously blending these treatment approaches is a strategy that has proven to be very effective.

How it all started...

I have been treating kids using typical chiropractic treatments with developmental and behavior concerns since the mid 1980's after I earned fellowship status from The International Chiropractic Pediatric Association (ICPA).

Some success was obvious (less fidgeting and better focus) but the improvements were not predictable. Many parents were desperately trying to help their child perform without putting them on medications.

I offered the clinical skills I had at the time.

I have a never stop learning and growing attitude.

I knew there was more that could be accomplished for these kids. A new strategy was needed.

Along came functional neurology based on the work of Dr. Ted Carrick and developed further by Dr. Robert Melillo. Both are pioneers in the field of chiropractic and functional neurology.

It wasn't until I began using a functional neurology and a functional metabolic approach in 2007 that I was able to bring about monumental changes in children with neurobehavioral disorders and confidently tell parents what was truly possible for their child.

By blending neurologic, structural and metabolic evaluation and treatment, the children under our care began progressing by leaps and bounds. Improved behavior in the classroom, better grades, laser-like focus, happier children and parents alike were some of the outcomes.

How it all started...

Teachers began writing to parents about how their child was improving and to keep it up.

The premise of our program involves several underlying principles:

Addressing neurologic developmental immaturity, timing and communication in the nervous system, behavioral development, cognitive development, hidden and overt sensitivities to foods and other substances using Nambudripad's Allergy Elimination Techniques (NAET) and addressing metabolic issues through functional analysis of laboratory work. These methods allows us to see the whole child and treat them as an individual.

You can learn more about functional neurology concepts by reading - [Disconnected Kids](#) and [Reconnected Kids](#) by Dr. Robert Melillo or by going to www.carrickinstitute.org and www.NAET.com for more information regarding Nambudripad's Allergy Elimination Techniques.

I have provided additional references at the end of this paper.



Principles

PRINCIPLE #1:

Functional Disconnect Syndrome - In order for the brain to function optimally, the left and right sides must connect (talk to one another) in harmony.

If one side is out-of-sync, it can cause any number of behavioral, emotional, physical or cognitive symptoms.

This concept was first coined by Dr. Robert Melillo in his postgraduate courses and later in his books.

Even now he is ahead of the pack when it comes to understanding and implementing these ideas clinically.

Ask a group of 100 physicians...what causes ADHD or Autism and you're likely to get 100 different answers or sheepishly...we don't really know.

The real answer is that we understand these various neurobehavior conditions to be part of the same spectrum depending on which area or side of the brain is affected

Principles

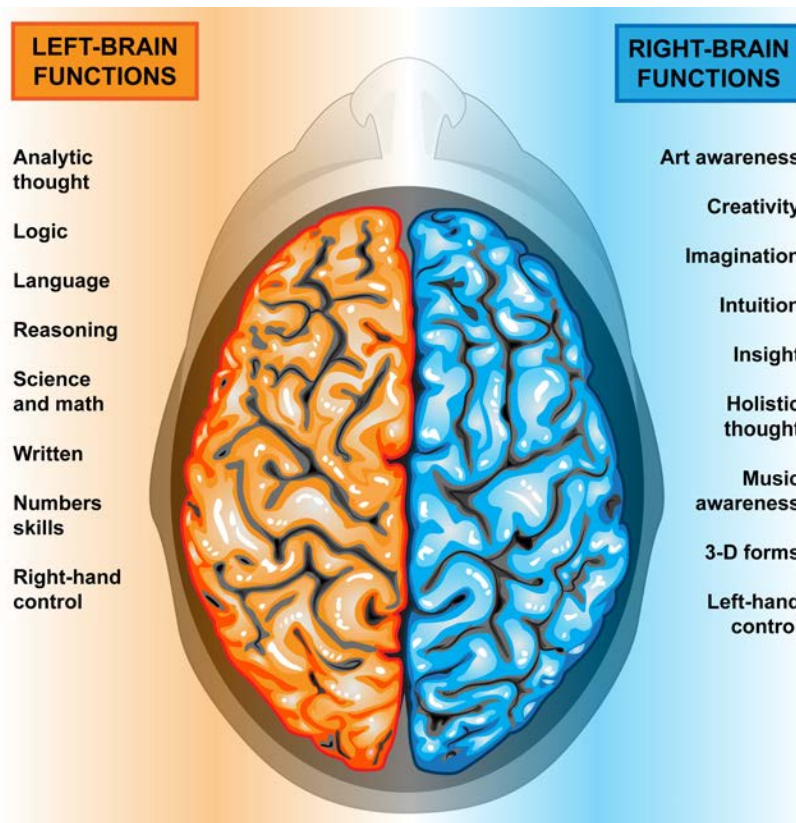
PRINCIPLE #2:

Let's Talk - The left and right brain must effectively talk to each other in order to have proper function.

It just so happens that each side of the brain is responsible for certain functions.

For instance, the left brain is generally thought of as the analytical side of the brain (see below) and the right brain as the artistic side.

There are many other attributes that could be discussed but this simple image gives you the general idea.



Principles

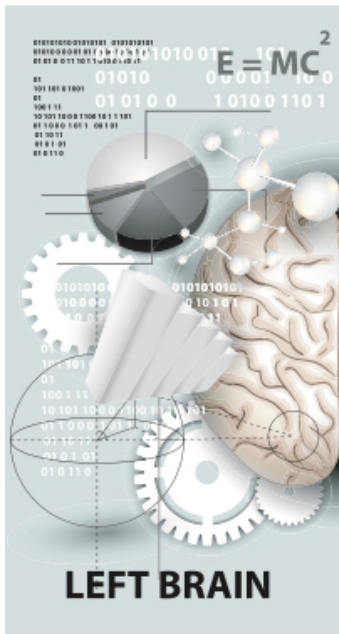
PRINCIPLE #3:

There is a spectrum - Progressive scientists and neurofeedback professionals are beginning to discover that all neurobehavioral issues can be viewed as being on a “spectrum.”

On one end of the spectrum, we have Autism (right brain issue) and the other side we have Dyslexia (left brain issue). Each “condition” is really reflective of the area in the brain that is not working properly... “misfiring” if you will.

(Left Brain) Dyslexia - Tics - PDD-NOS

AD/HD - Asperger’s - Autism (Right Brain)



Principles

PRINCIPLE #4:

Order in the Court - The nervous system develops in a sequential order.

First, we are born with a set of primitive reflexes that help ensure our survival. Babies inherently know how to breastfeed or swallow for instance.

We are sensory beings. We are dependent and develop by receiving input to our central nervous system through our senses (sight, smell, taste, hearing, touch, proprioception).

Without sensory input, the brain would have no output and would not operate properly. Just consider babies that are left alone without being touched. What happens to those children?

As the central nervous system develops, the primitive reflexes are suppressed by 6-12 months of age allowing for the vestibular system to develop so we can learn how to balance.

All the while we are learning how to independently move our limbs/eyes/head. This learning sets the stage for more advanced movements such as upright posture and walking.

Finally, all of this central nervous system (CNS) activity allows for development of higher cognitive function. If this order is hampered in any way, then we have a hard time continuing along the neurodevelopmental continuum.

Principles

We literally become neurodevelopmentally stuck and unable to progress properly.

Primitive Reflex Suppression > Vestibular Development > Cognitive Development

What can hamper our nervous system development? Many things can including; infections, food sensitivities, injury, genetic weaknesses, nutritional deficits, exposure to molds, toxins, medications and so much more.

The list is very long, and we still don't have all the answers. This long list of potential things that can hamper our nervous system development is why we blend the neurologic / structural / metabolic aspects of care into a comprehensive model with such success.

Looking for retained primitive reflexes is a good place to start. If we don't remove these hurdles children (and even adults) won't progress very far.

They'll keep tripping over this "neurologic speed bump" in their development.

Our first goal is to remediate all primitive reflexes so your child can continue through the normal developmental cycle.

Principles

PRINCIPLE #5:

If the hardware hasn't developed...you'll be hard pressed to successfully add new software.

What do I mean? Just like having the correct computer hardware is important when choosing software. If your child's brain (hardware) has stalled along the developmental continuum it will become very apparent as they advance in school (adding new software).

Reading may be difficult, math skills poor, and social development limited. Learning is like adding software to a computer.

If the computer has the right hardware, then you can add all the software you want, and you'll get proper function.

If your child's nervous system has not developed as it should then schooling (adding data to their brain) will become very frustrating for all parties involved - teacher, student and parent.

Do not get me wrong; many of these kids are very bright but unable to reach their potential because their brain simply cannot integrate, process and communicate information with proper timing.

They have a difficult time with impulse control, focus, organization, making new friends, and so on.

I often hear parents saying things like...My child is smart. He could do well in school, if he only applied himself.

Principles

Success comes from more than the child “applying” themselves.

We need to help the brain move through the developmental sequence.

The brain needs to be capable of moving information using proper timing and sequencing in order to interpret the environment (including social cues like body language and tone of voice and higher order cognitive skills).

This brain capability will also be addressed in the brain training program.

Many children on “the spectrum” are challenged to make friends.

They are often labeled as awkward in social situations. This action is very apparent with right brain issues.

The right brain is our “emotional intelligence”. When the right brain is functioning, we can “read people”, infer and generally have the street smarts required to navigate relationships.

If the right brain isn’t performing well, the left brain tries to make up for it. Unfortunately, the left brain doesn’t do a very good job socially.

It is very difficult to “think” your way through a friendship.

After all, 85% of all communication is nonverbal.

It’s body language! Some of those kids are trying to pay attention to the spoken words (left brain) while processing the other 85%. It’s no wonder they are often awkward. The natural flow of relating just isn’t there for them.

Principles

The essence of the neurologic part of our program is to help your child's nervous system develop and progress through proper developmental sequences by remediating primitive reflexes and restoring vestibular (balance) function, eye coordination, timing, attention, sequencing, fine motor skills, and structural function (joint movement/alignment).

Think of coming into the office or performing home exercises as a "Brain Gym".

We literally exercise the nerves to make the pathways strong so communication, timing, focus, prediction and all other functions can come onboard once again.

The other part of our program involves investigating and specifically addressing the nutritional/immunological/digestive/hormonal side of their health picture.

Neurologic development and health are highly dependent on proper metabolic support.

We often find patients that have food sensitivities, digestive abnormalities, and compromised metabolic function on several levels.

Ensuring proper metabolism will give your child the best possible chance of success in our program.

Principles

PRINCIPLE #6:

Is it possible to change the brain?

In a word...YES by a process called, neuroplasticity.

Your brain and nervous system are made from hundreds of millions of nerve cells called neurons. Each neuron connects to its neighbor through synapses (connections).

By the time we are 6 years old, we have 1000 trillion synapses in the brain.

Each neuron needs fuel (made from oxygen and blood sugar) along with activation to stay alive.

Each neuron is designed to survive and carry a signal to its neighboring neurons. Neurons live in community with each other.

Just like we form different social networks with friends, family and coworkers, neurons form circuits. Each circuit is responsible for performing certain duties like seeing, hearing, etc.

About 60% of the nervous system is hardwired from birth. The remaining 40% of the connections develop over time based on stimulation (sensory input receiving from the environment).

Neurons are also capable of ending and forming new relationships. This ability to connect and reconnect with different neurons is called neuroplasticity.

Principles

It is how we learn new material or become efficient at playing an instrument. This never-ending process sets up ideal connections in order to best serve the persons survival.

By directing the process of neuroplasticity in your child's brain, through our ADHD treatment program, we can literally rewire weak areas thus allowing for improved function and changed behaviors.

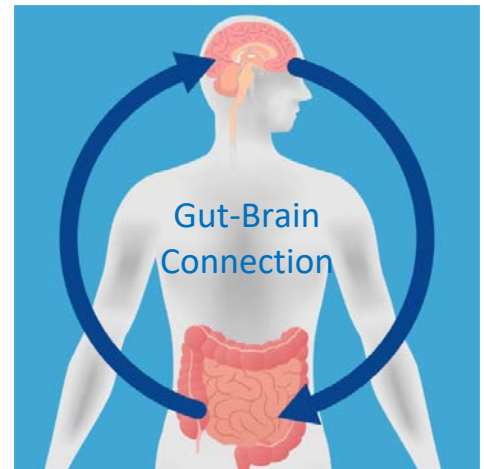
We can remove the stumbling blocks that are inhibiting their development and guide them onto the right path again.

PRINCIPLE #7:

The GUT / BRAIN Connection

Brain health is directly related to the food you eat and the health of your gut (digestive system).

We often find kids with neurodevelopmental Issues who also have problems with digestion, absorption and assimilation of food. Food sensitivities, leaky gut, malabsorption, inflammation, blood sugar fluctuations and so on can all affect the stability of neurons.



In fact, a saying in functional medicine goes like this...Fire in the gut = Fire in the brain. What this saying means is inflammation in the digestive system leads to break down of the blood brain barrier and inflammation of the brain.

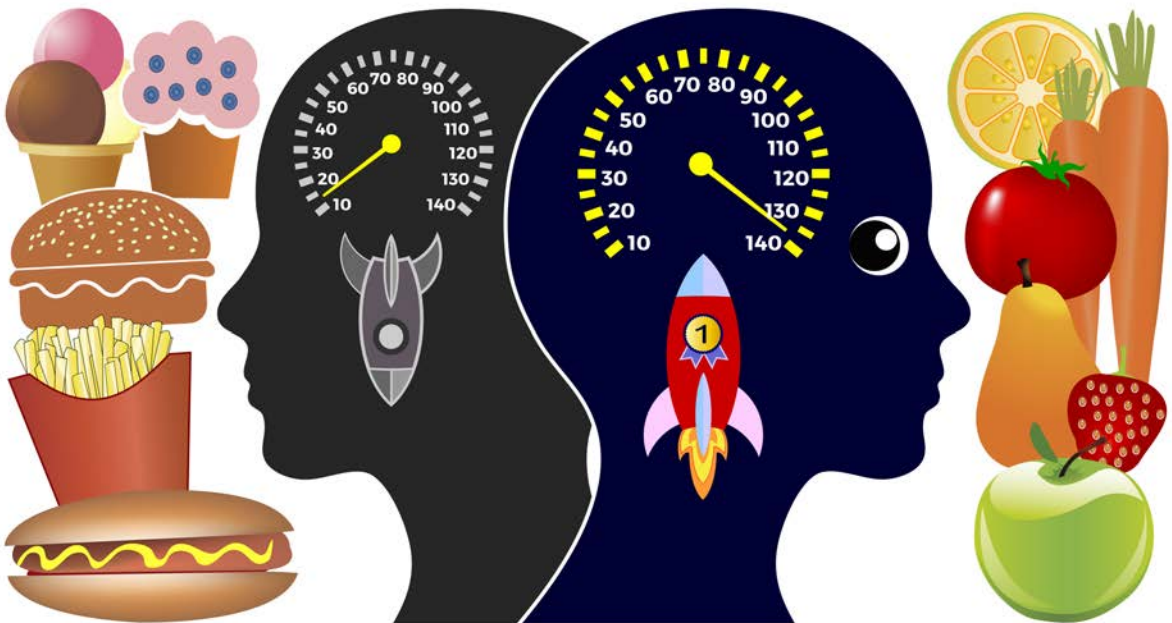
Principles

This pattern shows up as “Foggy thinking”, slow processing speed, anxiety, depression, hyperactivity, etc.

Sound familiar?

Looking at “gut” health and other areas of metabolism allows us to have a complete picture of your child.

We can then build a treatment roadmap specifically tailored to meeting your child’s needs. Part of that roadmap typically includes better food choices.



Principles

PRINCIPLE #8:

Neurotransmitter Support

Many children (and adults) have neurotransmitter imbalances.

Neurotransmitters are chemicals used by the nervous system to communicate between nerves.

You're probably familiar with these chemicals as they relate to the treatment of depression or anxiety. In medicine, a drug may be prescribed to help tip the balance of serotonin or dopamine.

We support neurotransmitters by using natural supplements with great results and no side effects.

Boys with AD/HD often require dopamine support.

We have various methods for helping to assess and support neurotransmitter health in your child.

PRINCIPLE #9:

Clear The Allergies/Stressors

Nambudripad's Allergy Elimination Techniques (NAET®) was developed in 1983 By Dr. Devi Nambudripad to eliminate food allergies, allergic reactions, and diseases arising from a variety of allergens. NAET® treatment protocols mainly encompass procedures that are modified from chiropractic, acupuncture and/or acupressure, and nutritional disciplines.

Principles

NAET® treatments mainly consist of non-invasive spinal manipulative therapies along with acupuncture and/or acupressure on specific acupuncture points in the human body. NAET® has been found to be very effective for many acute and chronic conditions that are a result of hypersensitivity reactions.

An allergic or a hypersensitivity reaction is the result when an individual reacts adversely to the substances in his environment. These substances could be the foods he/she eats on a daily basis, or any of the following substances he/she uses such as drugs, vitamins, chemicals, environmental agents like grasses, trees, flowers, perfumes, computers, plastics, etc. The list can go on (Nambudripad, 2003). To most people, these substances may be harmless, or well-tolerated, and even useful. In some people, contacts with these substances may create reactions that activate the immune system to produce and release antibodies and chemical messengers to destroy the substances the body perceives as “dangerous.” These antibodies will attach to the antigens in order to export them out of the body. The rest of the defense forces of the body will arrive at the affected tissue to provide support, destroy and eliminate the intruder. More blood and lymph fluid will flow towards the affected tissue giving rise to inflammation of the tissue. These antigen-antibody reactions can produce symptoms like mild to severe itching, hives and various types of skin reactions, watery eyes, runny and congested sinuses, rapid heart rate, fatigue, headaches, irritability, mental confusion, insomnia, brain disorders, indigestion, gastrointestinal discomforts, various types of pain disorders, mood changes, and swelling of the joints, tongue, throat, and brain tissue.

Principles

People of all ages in my practice with various Functional Disconnection Syndrome disorders such as ADD, ADHD and autism have discovered that hidden allergies (ones they did not know they had) once removed, help them improve nutrient uptake from food, enjoy foods they once disliked and hence expanded the foods they were willing to eat. Many times, our autistic patients have gone from eating 4-5 foods to eating dozens. In turn, these patient's enjoyed improved nutrition and better body and nervous system function and a reduction in symptoms

One particularly heartwarming example of the power of NAET® caused all the staff and patients that were in earshot to burst into tears when a 14-year-old autistic boy, named Joey, said his first words ever...I LOVE YOU MOM!

Wow – that was an amazing moment for all of us at Michigan Brain Health!



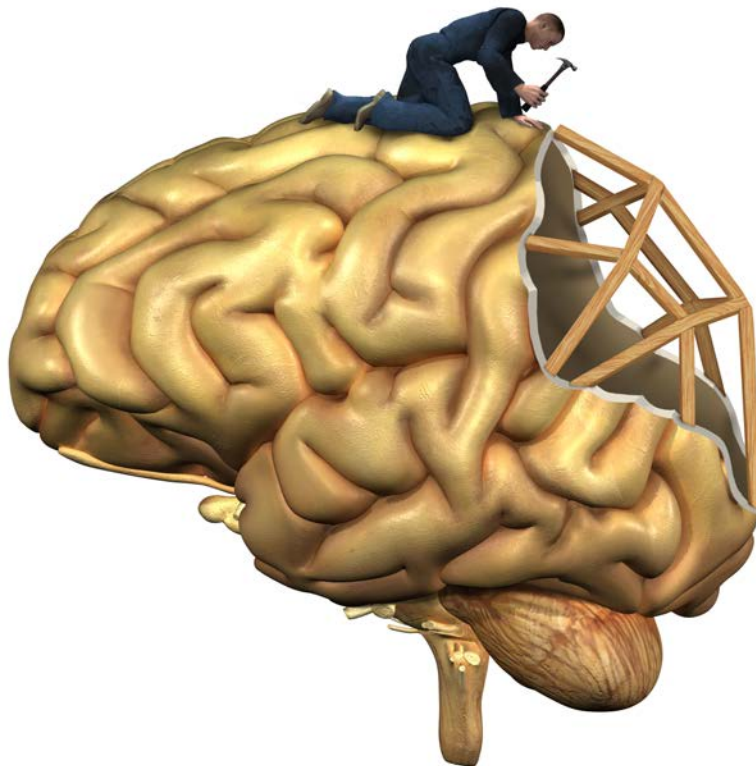
Principles

PRINCIPLE #10:

Results Take Time

The brain has an amazing capacity to change and grow. It does take time so please be patient with us and your child or yourself. Typical brain training occurs over a period of months.

Truly correcting and maximizing your child's potential will take time but will be worth all of the hard work. We give each child and adult in our program our very best.



Symptom Grouping

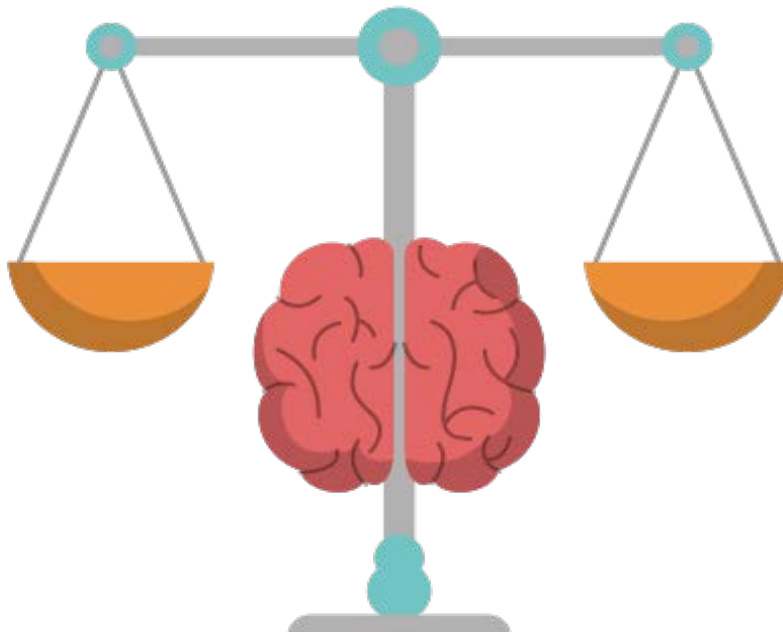
Many times, brainwave imbalances can be grouped into 3 main “dysregulations” and most of our patients identify strongly with one of these 3 symptom groups.

- Beta Dysregulation
- Alpha Dysregulation
- Delta/Theta Dysregulation

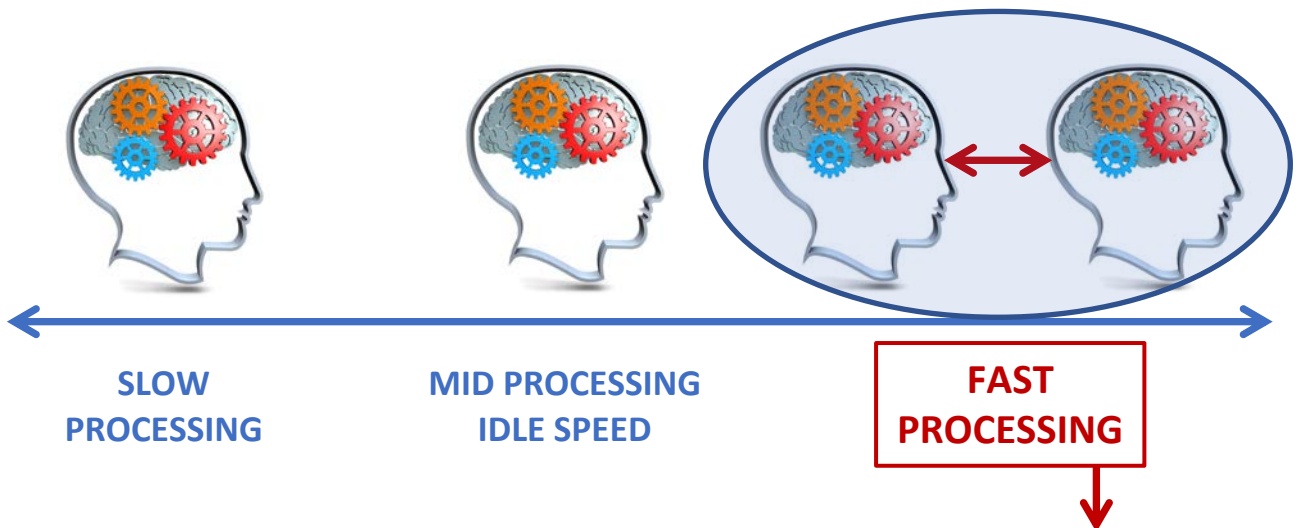
No matter who you are, if you look at brain activity, there are things we can do to get you to function and perform better.

The following three pages will show you the symptom groups and how they correspond to your brainwave activity.

See if you identify with one of them.



BETA DYSREGULATION - THE OVER AROUSED BRAIN

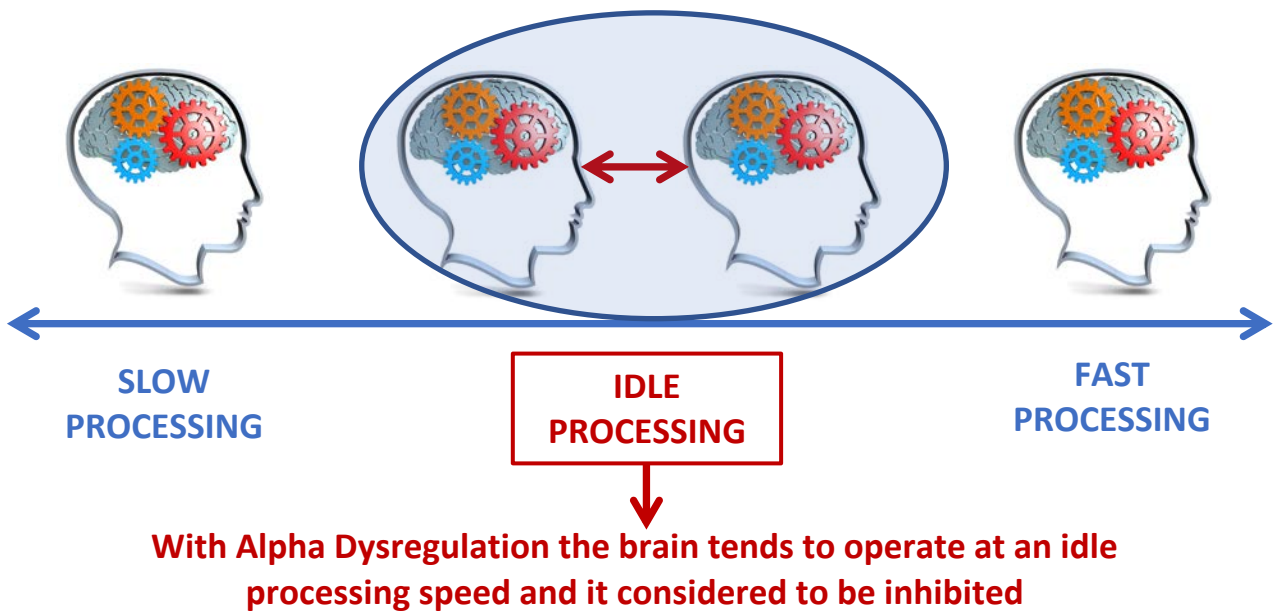


With Beta Dysregulation the brain tends to operate at a fast processing speed and it considered to be over aroused

Studies have shown that Beta Dysregulation may be associated with:

Anxiety	Panic Attacks
OCD	Worry
Migraine / Tension Headache	Chronic Pain
Insomnia	Hyper-Vigilant
Obsessive Thinking	Dislike Change
Excessive Rationalization	Restless
Poor Emotional Awareness	

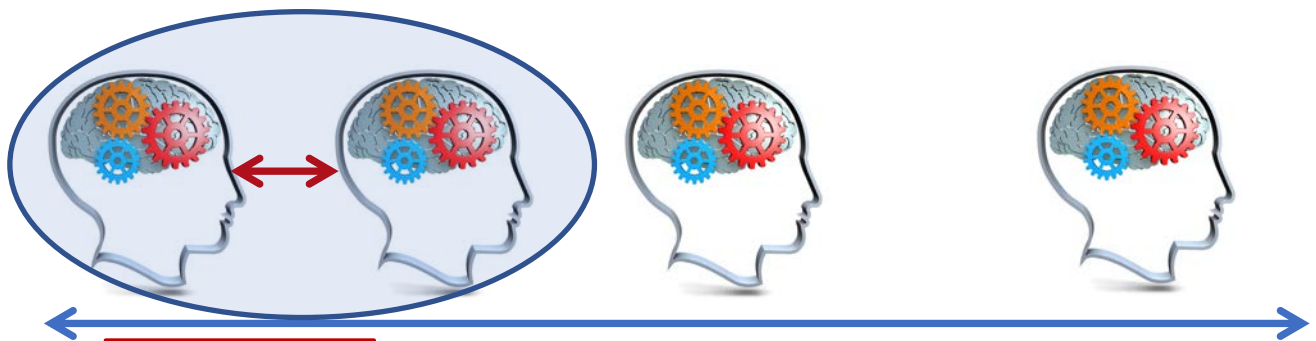
ALPHA DYSREGULATION - THE INHIBITED BRAIN



Studies have shown that Alpha Dysregulation may be associated with:

Depression	Rumination
Victim Mentality	Anger
Excessive Self Concern	Self-Deprecation
Passive Aggressive	Agitation
Irritability	Fibromyalgia
Avoidance Behavior	Withdrawal Behavior

DELTA/THETA DYSREGULATION - THE UNDER AROUSED BRAIN



**SLOW
PROCESSING**

**MID PROCESSING
IDLE SPEED**

**FAST
PROCESSING**

With Delta/Theta Dysregulation the brain tends to operate at a slow processing speed and it considered to be under aroused

Studies have shown that Delta / Theta Dysregulation may be associated with:

Cognitive Impairment	Excessive Speech
Impulsivity	Disorganized
Hyperactivity	Hyper-Emotional
Focus and Attention Issues	Traumatic Brain Injury
ADHD	Dementia
Socially Inappropriate	Learning Disorders
Easily Distracted	Autism / Asperger's

How We Help The “Hardware”

Assessment & Brain Mapping Options

The first step is to schedule a free evaluation. After the initial evaluation, The next step is a QEEG brain map.

During the initial free evaluation, we find out if you are a good candidate for our program and you get your questions answered.



What is a QEEG Brain Map?

A brain map enables us to see your unique pattern of mental strengths and weaknesses - areas of the brain where there is too little or too much activity - by measuring the electrical activity that is happening through the various wavelengths

From that brain map, a report is generated for each patient that shows the areas of dysfunction and the protocols recommended to address them.

How Does Brain Mapping Work?

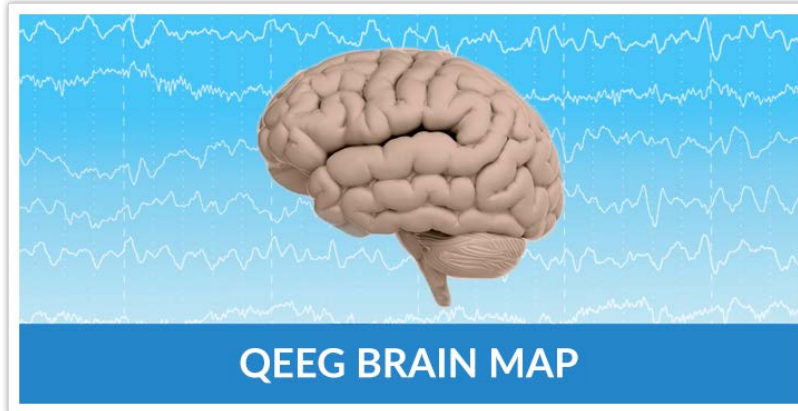
Using a cap placed on the scalp, our software captures the electrical impulses in the brain. This method is known as a quantitative electroencephalography (qEEG).

The results show brain wave patterns in different parts of the brain. The process is completely non-invasive and easy on your part.

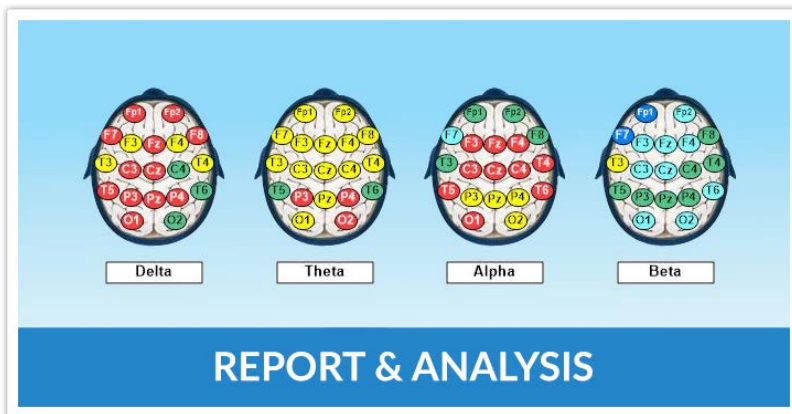
The data is then converted into a visual brain map report. We analyze the brain map report and identify any problem areas. The report will display the results in a clear and concise format that can be easily understood.

The Process

Schedule Your Brain Map For The Reduced Rate Of \$97



After The Brain Map Is Completed And Analyzed, On A 2nd Visit, We Will Discuss The Results With You and If It Looks Like We Can Help, We Will Suggest A Treatment Plan Unique To You or Your Child



Come Into Our Office For Regular Sessions And Implement All Parts Of The Plan



How Do We Correct Brainwave Dysregulation?

After your assessment or brain map has been analyzed, it's time to design a protocol to solve the dysregulation.

At this point, the process of Neurofeedback comes in.

What Is Neurofeedback?

Neurofeedback is a process that uses technology to help your brain to a healthier, more focused state by developing new brainwave patterns. These adjustments in the “hardware” of your brain allows the correct changes to happen and resolve your issues.

It works much like holding a mirror up to your brain. When the brain recognizes what it is doing, it makes the changes it needs to.

Just like if you see yourself in the mirror and are not happy with what you see, slouching, frowning, bad hair day etc.) you can make changes.

The human brain is a network of 100 billion neurons and support cells. We can store a lifetime of memories there. We can use it to write sonnets and build airplanes. It is truly what controls EVERY thought, choice, emotion, action, creative pursuits...really almost everything you can think of. It ultimately originates in the brain.

It is smart enough to make the changes when it sees that it needs to.

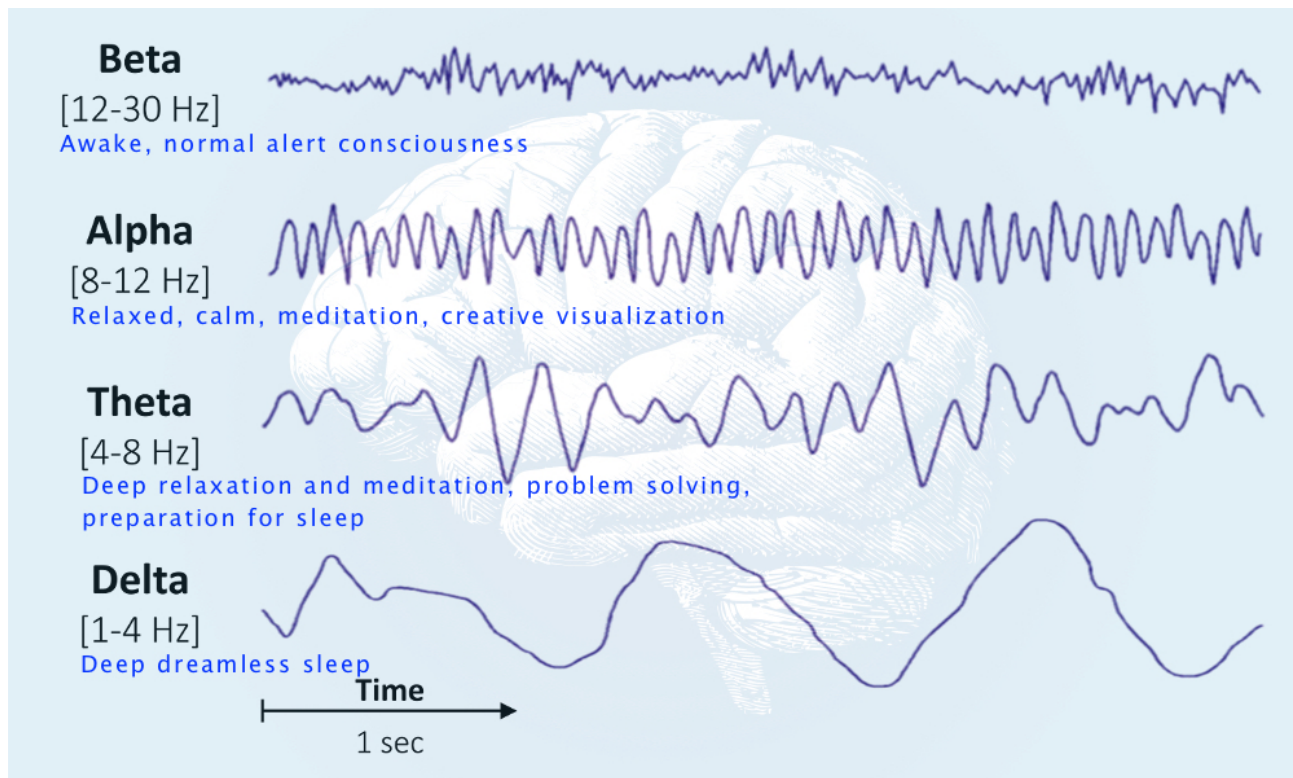
It doesn't happen overnight. A series of sessions strengthens and balances the brain to your optimal level; much like exercise does for your body.

And the results can truly be amazing.

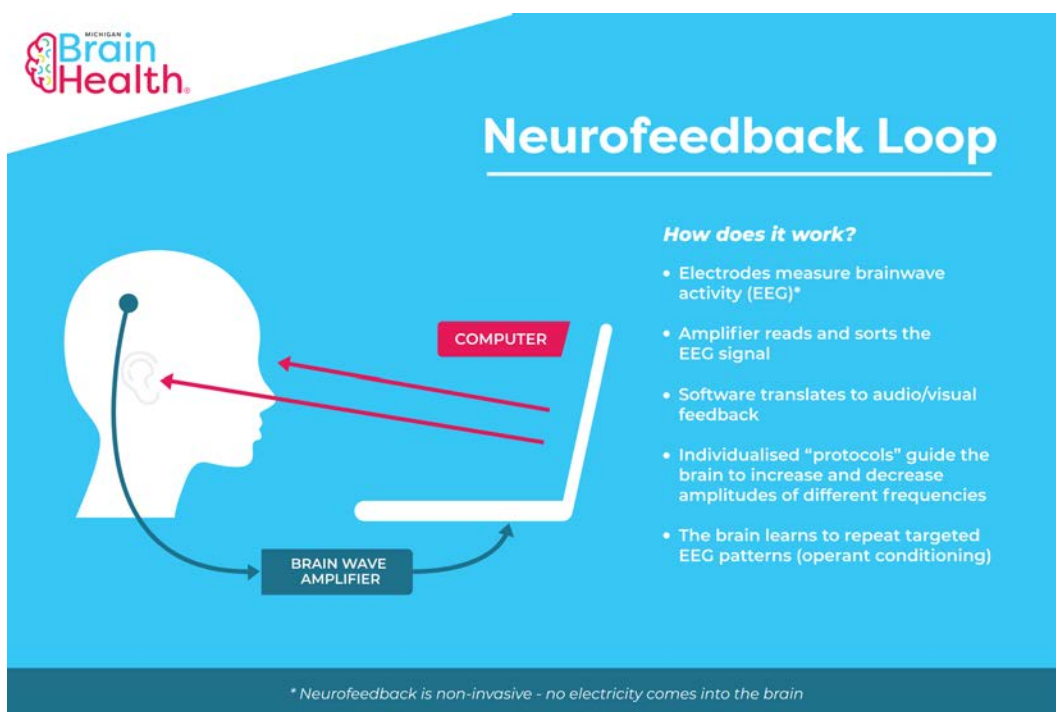


How Do We Correct Brainwave Dysregulation?

Determine Brainwave Imbalances



Correction Via Neurofeedback Sessions



Next Steps

1 Schedule Your Free Evaluation and Discounted Brain Map

The first step is to schedule your appointment for a [Free Evaluation](#) and if it's a good fit for you, then schedule a discounted brain map. We offer brain-mapping at this low cost because it is our goal to reach as many people as possible with this life-changing technology. This makes it easy for you to find out if we can help you, or one of your loved ones, at a minimal investment. This offer is limited, so be sure to call and schedule.



2 Take Advantage Of Our Special Offer

If it looks like we can help you, we will explain how everything works and you will finally have a real, effective, solution for the challenges you are experiencing. **Call (586) 488-4818 and schedule your \$97 Brain Map**



3 Get Better

Get ready to experience life with a more balanced and more resilient brain!



Conclusion

There is no obligation to continue with the neurofeedback sessions after your consultation. However, if we can help you, we are going to let you know that.

And because you responded to our promotion, we have a special offer for you to make this attainable for most.

But again, the first step is to find out if you are a good candidate for neurofeedback. And we determine that through the evaluation that we are doing for you at no charge.

The reason we are offering this deal is two-fold.

We are looking for ideal candidates for our neurofeedback program and this procedure is a risk-free way for you to find out if you are one of these candidates. It is our goal to reach as many people as possible with this life-changing technology. This makes it easy for you to find out if we can help you, or one of your loved ones, at a minimal investment.

We are serious about getting the word out about this transformative technology to our community; and the response we are getting shows we are definitely doing that.

However, once we are at capacity, we will have to discontinue this offer.

So act quickly. Don't miss out on this unique opportunity to transform yours or your child's life and finally resolve the issues you have been dealing with.

Again, **Call (586) 488-4818 and schedule your Free Evaluation and if we decide together our program may be of benefit then schedule a Brain Map for the discounted fee of \$97**

Conclusion

And please make sure that if you schedule a time, you show up at that specified time. We are dedicating significant resources to your time and all we ask is that you are the type of person that follows through on your commitment to show up.

Pretty simple. Right?

Thanks for reading this report and my hope is that this is the final stop for you to resolve your issues.



Dr. Karl R.O.S. Johnson, DC, BCN – [Michigan Brain Health](#)

Call (586) 488-4818 and schedule your \$97 Brain Map



Michigan Brain Health

Dr. Karl R.O.S. Johnson, DC, BCN

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[Click Here To Watch Our Patients Share Their Success Stories And Experiences With Our Office](#)

Resources

Resources

www.BrainMapVideo.com

www.NeurofeedbackVideo.com

www.MichiganBrainHealth.com

www.Brain-BasedTherapy.com/

www.facebook.com/michiganbrainhealth

www.facebook.com/ShelbyChronicConditionDoctor

www.JohnsonChiropracticNeurology.com

www.JohnsonHealthandWellness.com

www.carrickinstitute.org

www.NAET.com

<https://www.isnr.org/isnr-comprehensive-bibliography>

Recommended Reading

Disconnected Kids by Robert Melillo

Reconnected Kids by Robert Melillo

The Out-of-Sync Child by Carol Stock Kranowitz

The Learning Disability Myth by Robin Pauc

Reflexes, Learning and Behavior by Sally Goddard

Say Good-Bye to ADD and ADHD by Devi S. Nambudripad, D.C., L.Ac., R.N., Ph.D.

Say Good-bye to Allergy-related Autism by Devi S. Nambudripad, M.D., D.C., L.Ac., Ph.D.

Gut / Brain Connection information from 2014:

<https://www.psychologytoday.com/intl/blog/evolutionary-psychiatry/201404/the-gut-brain-connection-mental-illness-and-disease>

[Click Here To Watch Our Patients Share Their Success Stories And Experiences With Our Office](#)