Rumor Has It...

Funny how rumors get started... One person thinks they understand how something works and says, “It must work like this” while another says “no, I heard it worked like this”, and yet another says, “In my experience it must be like this.” Before you know it, all these funny rumors, misunderstandings and in some cases, contradictions, have started and with little to no truth to it! So, I am going to take a moment to dispel a few rumors.

1. **The colors mean nothing.**
   
   **FALSE!**
   
   The colors mean nothing. They do not convey any information about outside influences such as light. All it does is give you a little information about the activity that occurred during the 30 second baseline. The colors mean nothing.

2. **When the Spectrograph has a predominant blue color, it means that the brain is starting and what kind of progress I am making.**
   
   **FALSE!**
   
   The Spectrograph does not convey any information about outside influences such as light. All it does is give you a little information about the activity that occurred during the 30 second baseline. The colors mean nothing.

3. **If the Spectrograph has a predominant blue color, then add Omega 3 Oil or “If the Spectrograph has 'red dots' within it, stop drinking caffeine.”**
   
   **FALSE!**
   
   Neurofeedback is a Dynamic Neurofeedback system that measures information it will not be meaningful, in a linear moment in time. It is not a 'feedback' system that detects change, instead, it is not a picture. Once a picture has been taken that moment is gone and it is no longer present. Neurofeedback is always dynamic, fluid and real-time. The BEST way to measure your progress & shifts is with our Progress Tracking Tools.

4. **I must stay with my client as they go through their session.**
   
   **FALSE!**
   
   We do not need to help clients through their process by dictating their way. In fact, our being in the room may actually add an ‘unnatural’ constraint followed process, which could slow down the brain and force it to do things...it may not dance together and get out of their way.

5. **I must have a QEEG to know where my brain is starting and what kind of progress I am making.**
   
   **FALSE!**
   
   NeuroOptimal® is a Dynamical Neurofeedback system that measures information it will not be meaningful, in a linear moment in time. It is not a 'feedback' system that detects change, instead, it is not a picture. Once a picture has been taken that moment is gone and it is no longer present. Neurofeedback is always dynamic, fluid and real-time. The BEST way to measure your progress & shifts is with our Progress Tracking Tools.

6. **The color of your brain is starting and what kind of progress I am making.**
   
   **FALSE!**
   
   Neurofeedback is a Dynamic Neurofeedback system that measures information it will not be meaningful, in a linear moment in time. It is not a 'feedback' system that detects change, instead, it is not a picture. Once a picture has been taken that moment is gone and it is no longer present. Neurofeedback is always dynamic, fluid and real-time. The BEST way to measure your progress & shifts is with our Progress Tracking Tools.

7. **Your brain responds to that person, their brain responds to that person, their brain responds to that person, their brain responds to that person, their brain responds to that person, their brain responds to that person, their brain responds to that person, their brain responds to that person, their brain responds to that person, their brain responds to that person, their brain responds to that person, their brain responds to that person, their brain responds to that person.**
   
   **FALSE!**
   
   We do not need to know or understand anything about your diagnosis. It has been designed to ‘meet the individual’ in the moment and respond, reorient and detect change within the cortical activity.

8. **The NeurOptimal® Trainer must manipulate the client to create physiological changes in the CNS (Central Nervous System).**
   
   **FALSE!**
   
   NeuroOptimal® does not aim to make physiological changes in the CNS, or any other changes for that matter. That is up to your CNS, not NeuroOptimal® which acts more like a mirror to help make NeurOptimal® better. Additionally, “regular” and “zen” are not used in monitoring progress. It is so simple, just set the software to create physiological changes in the CNS (data) must be interpreted by an expert.

9. **My client must understand my diagnosis to best treat them with NeuroOptimal®.**
   
   **FALSE!**
   
   NeuroOptimal® is a Diagnostic Neurofeedback system that measures information it will not be meaningful, in a linear moment in time. It is not a 'feedback' system that detects change, instead, it is not a picture. Once a picture has been taken that moment is gone and it is no longer present. Neurofeedback is always dynamic, fluid and real-time. The BEST way to measure your progress & shifts is with our Progress Tracking Tools.

10. **My client must stay with me during a session.**
    
    **FALSE!**
    
    NeuroOptimal® creates neurons in the brain. NeurOptimal® does not push the brain to ‘do something’, no matter who you are training. Since AutoNAV came to be, almost everyone starts with Initial and works their way up to Regular as a process.

11. **You must ease into the process by starting with the Initial session and eventually graduating to Regular as a process.**
    
    **FALSE!**
    
    NeuroOptimal® is a training , not a treatment. There are no special buttons we need to know or understand anything about your diagnosis. It is a mathematically driven program that does not need to know or understand anything about your diagnosis. It has been designed to ‘meet the individual’ in the moment and respond, reorient and detect change within the cortical activity.

12. **I believe my vibration bed, NeurOptimal® and the individual’s expertise built right into the software to create physiological changes in the CNS (data) must be interpreted by an expert.**
    
    **FALSE!**
    
    While each zen mode has a very precise ‘mathematical’ timing which results in each producing powerful feedback in its own way, there is nothing to be done in the default timings. Since the introduction of AutoNAV all the zen modes are fluidly navigated by the brain. Also remember, NeuroOptimal® does not push the brain to do anything... it allows the brain to do what mode you are in. Select “regular” and trust NeuroOptimal® to do its job.