

# Myth Busters

## 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 suddenly, all these funny rumors, inventions and in some cases superstitions, have started and with little to no truth to it! So, I am going to take a moment to dispel a few rumors.

**1** Allow at least two nights sleep between NeuroOptimal® Sessions.



**FALSE!** NeuroOptimal® is so safe that Sessions can even be run twice per day if you want. Because it doesn't push the brain, NeuroOptimal® cannot hurt you nor create side effects.

**2** You must ease into the process by starting with the Initial Session and eventually graduating to Regular as a process.

**FALSE!** Start with "Regular" and stay with "Regular", no matter who you are training. Since AutoNAV came to be, easing into your Sessions using Initial, 2nd & 3rd is no longer necessary.

**3** If the spectrograph has a predominant blue color, then add Omega 3 oil or if spectrograph has red dots within it, stop drinking caffeine.

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



**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 while it is in movement, not in a linear moment in time. It is important that the measure is fluid and not a still picture. Once a picture has been taken that moment is gone and is now a historical point. NeuroOptimal® is always dynamic, fluid and real-time. The BEST way to measure one's progress & shifts is via our Progress Tracking Tools.



**4** Migraine headaches need 20 NeuroOptimal® Sessions, while ADHD needs 40 Sessions.

**FALSE!** NeuroOptimal® is a training, not a treatment. There are no special buttons we press because somebody has x, y or z. All it does is provide information to the brain about what it is doing, allowing it to make better decisions for itself. There is no way anyone can predict what shifts someone will experience, how big of a shift it will be or when that shift will happen.



**6** My Trainer must understand my diagnosis to best treat me with NeuroOptimal®.

**FALSE!** NeuroOptimal® is diagnostically agnostic. 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.



**7** NeurOptimal® results (data) must be interpreted by an expert.

**FALSE!** The information derived from NeurOptimal® is not necessary for continued training and is therefore not used in monitoring progress. Instead we use the Progress Tracking Tools to measure the DIFs (Duration, Intensity, Frequency and Shift) of the changes.

**9** Zen 2 during a Session can create more dopamine, while Zen 3 will encourage more serotonin production.

**FALSE!** NeurOptimal® does not encourage or discourage any specific frequency or neurochemical production. Instead, it is a 'feedback' system that 'detects change' within the Central Nervous System (CNS). By mathematically mirroring that information back to the individual, their brain responds to that information and a 'shift' may occur.

**8** The NeurOptimal® Trainer must manipulate the software to create physiological changes in the CNS (Central Nervous System).

**FALSE!** NeurOptimal® does not aim to make physiological changes in the CNS, or any other changes for that matter. That is up to your CNS, not NeurOptimal®, which acts more like a mirror. NeurOptimal® also has its expertise built right in, so it is not necessary to monitor and change parameters. Simply put the sensors on your head and start your Session!

**10** Zen 3 is too strong for this person or this age (for whatever reason).

**FALSE!** While each zen mode has a very precise 'mathematical' timing which results in each providing powerful feedback in its own way, there is no need to adjust the default timings. Since the introduction of autoNAV all the zen modes are fluidly navigated by the brain. Also remember, NeurOptimal® does not push the brain to 'do anything', no matter which mode you are in! Select "Regular" and trust NeurOptimal® to do its job.

**11** I must stay with my Client as they go through their Session.

**FALSE!** We do not need to 'help Clients through their process' by sitting with them. In fact, our being in the room may actually add an 'extrinsic constraint' to their process, which could slow it down. Let NeurOptimal® and the individual dance together and get out of their way.

**12** I believe my vibration bed, binaural beats CD and other things help make NeurOptimal® better.

**FALSE!** We do not need to combine anything with NeurOptimal® to make it effective! Sadly, although these other devices might be good products, they may slow down the NeurOptimal® process due to their constraining effect on the brain.



**13** Regular Session is too strong/long for children. They must do shorter Sessions until at least x years old.

**FALSE!** Do Regular Sessions all the time, no matter what age the person. If you find it a challenge to keep a child seated during a full Session, quiet activities like reading, homework, or board games are fine. They can even watch a movie.

**14** NeurOptimal® Dynamical Neurofeedback® system is no different than any other neurofeedback approach.

**FALSE!** NeurOptimal® is an approach to neurofeedback that mathematically offers feedback by using a 4-D (4-dimensional) process of Duration, Intensity, Frequency & Shifts. In contrast, other linear approaches only measure in 2-D (2-dimensional) Frequency and Amplitude. Even if others use some of our language, they are just not the same under the hood.

**15** NeurOptimal® creates neuroplasticity in the brain. NeurOptimal® creates neurons in the brain. NeurOptimal® re-connects neurons.

**FALSE!** The brain is designed to process information, and NeurOptimal® offers exactly that – information. So there is no need to invoke physical effects of any kind. While people may have their own theories of what happens physically in the brain after doing NeurOptimal® Sessions, there would be no way to know for sure until an actual post-mortem dissection has occurred. Any volunteers?