



## **WHAT NEUROFEEDBACK IS NOT...**

Neurofeedback is not electricity to the brain. There are sensors attached to the scalp to measure electrical activity in the brain, like a stethoscope measures the heartbeat. Neurofeedback is not mystical. It is scientific, with over 25 years of research. Neurofeedback is not traditional biofeedback. Biofeedback works on the conscious brain...learning to relax, to reduce blood pressure, etc. Neurofeedback works on the subconscious brain, opening up neuropathways, so the brain can do what the brain is supposed to do!