

About Linda & Soul Blessings

I am a nurse (RN) and a registered midwife.

Originally from Manchester, UK, I trained and worked as nurse/midwife since 1984 in a variety of settings in London, Saudi Arabia, Toronto and Florida.

I moved to Vancouver in 1991 and over the years have worked in pediatrics, obstetrics, gerontology, palliative care and have had positions as clinical instructor with LPN students, community health nurse and management in residential care and child mental health at BC Children's Hospital.

Over many years I was looking for a more holistic approach to mental health and I discovered Neurofeedback through a fellow RN who had been using this powerful tool for many years with profound and often miraculous results. In fact, I was so impressed with Neurofeedback that I decided to become a Neurofeedback practitioner myself as a RN.

What the Doctors are saying about Neurofeedback

"In my experience with Neurofeedback and ADD, many people are able to improve their reading skills and decrease their need for medication. Also, Neurofeedback has helped to decrease impulsivity and aggressiveness. It is a powerful tool, in part because we are making the patients part of the treatment process and giving them more control over their own physiological processes." Daniel Amen, MD, psychiatrist, brain imaging specialist, and bestselling author of "Healing ADD", "Making a Good Brain Great", "Sex On the Brain", and "Magnificent Mind At Any Age

"Neurofeedback addresses problems of brain dysregulation. These happen to be numerous. They include the anxiety-depression spectrum, attention deficits, behavior disorders, various sleep disorders, headaches and migraines, PMS and emotional disturbances. It is also useful for organic brain conditions such as seizures, the autism spectrum, and cerebral palsy." Siegfried Othmer, PhD, Chief Scientist, EEG

"Numerous studies have shown that Neurofeedback results in measurable and replicable improvements in attention, impulsivity, mood, anxiety, memory, and learning and clinically significant improvements in addictive disorders and epilepsy in children and adults....These studies uniformly show significant benefit for 70% to 80% of participants, with an effect size for (neurotherapy) equivalent to that of stimulants, as measured by computerized performance tests and standardized rating scales." Laurence Hirshberg, PhD, Sufen Chiu, MD, Institute, Woodland Hills, CA

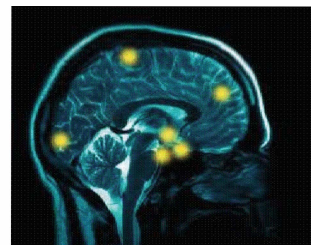
approaches to managing ADD, the most exciting is a learning process called Neurofeedback. It empowers a person to shift the way he pays attention. After more than twenty-five years of research in university labs, Neurofeedback has become more widely available. This is a pleasing development because Neurofeedback has no negative side effects." William Sears, MD

Low level cold laser has been used to control pain and facilitate healing of soft tissue, however, it has also been proven to be beneficial when used with Neurofeedback to reinforce the brain training.

Endorphins trigger the pleasure centers in the brain creating the release of the feel good hormones such as dopamine and serotonin. This acts as a positive reinforcement of the Neurofeedback training. The cold laser is applied at the end of the treatment session. It is completely non invasive and painless. The purpose of the cold laser is to reinforce what the patient's brain has already learned. By associating the training with what the brain considers a positive experience (the release of endorphins); the training session is reinforced producing a stronger effect for the patient. The patient responds much quicker to the NeuroOptimal training when the Cold Laser is part of the treatment. **NeuroOptimal and Quantum Wave Laser together are able to achieve superior results**



Soul Blessings



Linda Bailey (RN)

Neurofeedback Brain Trainer

Burnaby, BC

Phone: 604-506-0897

<http://lbailey.ilovemylaser.com>

www.mysoulblessings.com

"Self-observation is itself the beginning of Transformation"
Dennis Lewis

WHAT IS NEUROFEEDBACK?

Neurofeedback is a learning technique by which the brain improves its function by receiving information about its own brain waves. Neurofeedback works by challenging the brain to make different waves which seems to awaken the brain's self-regulation mechanism. We nudge the brain's firing pattern in the direction of a healthier balance. The brain teaches itself to normalize. The brain tries to maintain a balance, we push and it pushes back, resisting a rapid change in one direction or another. This is why neurofeedback results are not rapid. We can change the brain and nervous system, if we give it enough time and the appropriate feedback.

What is NeurOptimal™ System?

NeurOptimal™ is considered by many to be the most highly evolved form of neurofeedback available today. After more than 20 years in the neuroscience field and related disciplines, Dr. Valdeane Brown and Dr. Susan Cheshire Brown, Zengar Institute founders, have developed a safe, effective system that gives feedback directly to your brain allowing it to regulate itself more efficiently.

How Do I Know it Really Works?

After training thousands of clients during 1.2 million hours of training over the last 8 years, trainers around the world have shown NeurOptimal™ to be 100% safe and reporting higher efficacy levels* than those claimed for many medications

* Zengar Institute Survey of Trainers Dec 2008

"NeurOptimal™ is not a medical treatment. NeurOptimal™ trainers neither diagnose nor treat, medical disorders."

The Benefits of NeurOptimal™

Though NeurOptimal™ is not a medical treatment for illnesses, many people have experienced relief from physical, mental, and emotional symptoms. Athletes, business professionals, students and musicians have also experienced enhanced performance. It is beneficial for **ADD/ADHD, Autism, Aspergers, PTSD**, depression, insomnia, anxiety, stress, addictions, brain injury, migraines, chronic fatigue, panic attacks, PMS, menopausal issues, seizures, immune system disorders and more.

What Happens In a Brain Training Session?

During a NeurOptimal™ brain training session, you wear two tiny sensors on your head and ear clips on your ears that record your brain waves. You sit in a comfortable chair and listen to music while watching a never-repeating fractal image or a movie. The music and images respond to your brainwaves as unproductive brain patterns create brief interruptions in the music or visual display. These interruptions signal the brain to self-correct into a more natural, relaxed and effective pattern. After a 20 to 40 minute session you feel refreshed, relaxed, and in a higher state of mental alertness and flow.

Is Your Brain Functioning Efficiently?

Your brain is capable of optimal functioning, but when your central nervous system is off kilter your brain operates inefficiently.

Symptoms of a malfunctioning central nervous system can include:

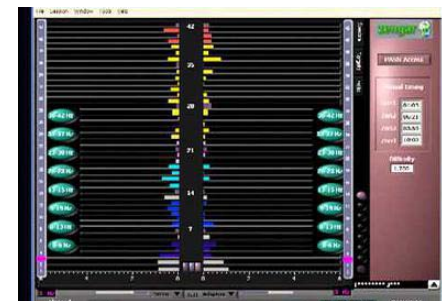
- Memory problems
- Poor performance on tasks

- Difficulty sleeping
- Feeling low or sad
- Difficulty paying attention
- Over activity
- Feeling anxious
- Addictions
- Head aches
- Catching colds and infections
- Irritability
- Feeling stressed and overwhelm

What stops our brain from functioning efficiently?

THE BIG 6

- Injury
- Medications (including alcohol)
- Fatigue
- Emotional distress
- Pain
- Stress



A screenshot of the NEUROPTIMAL® system in use