NEUROGEN BRAIN BALANCING NOW OFFERED ONSITE AT VACLC

What is Neurogen Brain Balancing?
Neurogen Brain Balancing is a high-performance neurofeedback that uses a gentle, proprietary process that has been clinically shown to reduce symptoms associated with imbalances in the brain. This non-invasive, drug-free therapy uses advanced technology to detect and gently guide the brain toward its natural state of balance and resilience.

Veterans undergoing NBB sessions simply sit comfortably while sensors use a painless, low-power pulse transcranial stimulation procedure to interrupt unhealthy brain wave patterns and promote new, healthy ones. The result? Improved emotional well-being, better sleep, and reduced symptoms of anxiety and depression.

Transformative Benefits for Veterans

1. **Improved Sleep**: Sleep disturbances are a common struggle for veterans. NBB helps calm an overactive mind, allowing for deeper, more restorative sleep. Veterans often report waking up refreshed and ready to face the day.
2. **Reduced Anxiety and PTSD Symptoms**: Neurogen targets the areas of the brain affected by trauma, helping to alleviate the hyperarousal and intrusive thoughts associated with PTSD.
3. **Greater Emotional Control**: Veterans who experience irritability, anger, or emotional numbness find that NBB fosters a renewed sense of balance and calm.
4. **Drug-Free Relief**: For veterans who want to reduce reliance on medication, NBB offers a safe alternative with no side effects.
5. **Better Cognitive Function**: Veterans often notice improvements in focus, memory, and decision-making after NBB sessions.

Restoring Resilience: How Neurogen Brain Balancing Supports Veterans' Mental Health

Veterans face unique challenges as they transition from active duty to civilian life. The invisible wounds of service—such as PTSD, anxiety, depression, insomnia, and chronic pain—can make it difficult to navigate daily life. While traditional treatments, including medication and therapy, can provide some relief, many veterans seek alternative approaches to find lasting balance and clarity. This is where Neurogen Brain Balancing (NBB) comes in as a powerful, non-invasive solution.

The Struggles Veterans Face
After years of service, many veterans carry the weight of their experiences. Nightmares, hypervigilance, difficulty concentrating, insomnia, addictions, and mood swings are just a few of the symptoms that disrupt their daily lives. Traditional treatments often come with challenges: medications may cause unwanted side effects and talk therapy alone may not fully address the neurological imbalances underlying these symptoms. Veterans deserve a solution that addresses the root cause of their struggles without adding to their burden.

Real-Life Success Stories

- A U.S. Navy veteran struggled with insomnia – night after night, she would wake up in the middle of the night, her mind racing with the stresses of the day ahead. After just four NBB sessions, she found herself sleeping until her alarm went off or close to it.
- A U.S. Army veteran reported falling asleep quicker than before, previously it took a whole hour to fall asleep. Anxiety had decreased and focus increased after just four sessions.
- Sandy, a client who has battled depression for most of her adult life, found new hope through NBB. After several sessions, she was able to work with her doctor to reduce her medication and experienced emotional relief without the foggy side effects of the higher dose.
- Stacy came for brain balancing treatments after a mini-stroke that affected his leg movement and speech. After 5 treatments, his ability to walk improved (a quicker gait), he was able to stand a little straighter, and his speech was clearer. His temperament also improved – he was calmer and more patient after his treatments.

These are just a few examples of how NBB is changing lives, giving people the tools they need to regain control over their mental and emotional well-being.

Making NBB Accessible to Veterans

Neurogen Brain Balancing is committed to supporting those who have served. Programs like BB4VETS offer **veterans up to four free sessions**, making this transformative therapy more accessible. By partnering with organizations like Veterans Assistance Commission of Lake County and individuals who care deeply about veterans' wellness, I aim to provide the tools they need to thrive.

Veterans have given so much to protect our freedoms. It's time to give back by ensuring they have access to innovative solutions like Neurogen Brain Balancing. If you or a veteran you know is struggling with mental health challenges, consider exploring how NBB can help restore balance, resilience, and hope.

To learn more about Neurogen Brain Balancing, visit www.neurogenbb.com and www.BB4VETS.org. For a free phone consultation or to schedule an appointment, call Connie Komora, certified Neurogen practitioner, at 224-355-9134.