

# **Brain State** **TECHNOLOGIES®**

*The Leading System for Brainwave Optimization with RTB™*

TO: Physicians and Health Care Providers

FROM: Jenny Steil  
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Your client or patient is currently engaging in Brainwave Optimization™, a non-invasive method for facilitating greater balance and harmony in the brainwaves.

Brainwave Optimization is a major innovation in the field of EEG biofeedback (sometimes called neurofeedback). Brainwave Optimization is very different from neurofeedback in that Brain State Technologies® methodology takes advantage of significant advances in computer engineering technology that have occurred in the last decade, and integrates a more nuanced understanding of global brain functioning, including the roles of hemispheric symmetry and sub-cortical brain activity. The average number of sessions for a first-time client at our main office in Scottsdale, Arizona is 10-30, usually lasting over a period of one to three weeks.

Your client or patient is receiving Brainwave Optimization from a trained and certified provider, at an office licensed by Brain State Technologies®.

Rest assured that Brainwave Optimization will not interfere with the care you are providing to your patient. Generally, Brainwave Optimization enhances medical and psycho-therapeutic modalities by helping the brain to better regulate itself.

**With regard to medications, we ask our clients to continue to take medications in accordance with their physician's instructions.** We sometimes find that clients are interested as to whether Brainwave Optimization may reduce their need for medications – either over-the-counter and/or prescription medicines. **We never advise our clients to reduce or discontinue medications without consulting their physician.**

Nonetheless, we find that clients undergoing Brainwave Optimization often experience shifts in their mood, concentration, sleep, pain, and/or energy levels. If they are taking a medication which is also impacting one or more of those areas, we ask them to consult with their physician to evaluate whether a dosage adjustment may be appropriate.

As new discoveries in neuroscience and neuroplasticity emerge, many physicians and other health care professionals are finding that Brainwave Optimization™ can have a highly facilitatory role in the path to greater well-being. For more information, visit our website at [www.BrainStateTech.com](http://www.BrainStateTech.com).

Brain State Technologies has about 120 affiliated offices in more than 14 countries, with approximately 28,000 clients (and growing) worldwide – more than any other company dedicated to brainwave modification.



We collect and manage a voluminous amount of data with regard to brain functioning. This wealth of informative data helps us continue to make new discoveries, positioning us at the forefront of advances in neuroplasticity.

***Between 80 and 90 percent of our clients report a significant improvement in one or more of the concerns that led them to seek out our modality.***

Brainwave Optimization has been particularly effective for those who suffer with anxiety, addictions, sleep disorders, headaches, joint pain, behavioral issues, “fuzzy thinking,” memory loss, irritability, post-traumatic stress disorder, compromised immune system functioning, and brain injuries.

Please note, however, that our methodology is not diagnostic or therapeutic in the technical sense, although biofeedback is approved by the FDA for purposes of *relaxation* or *self-regulation*.

Brain State Technologies is committed to innovation, research and development. We currently have studies underway with major universities to evaluate the efficacy of Brainwave Optimization in controlled study settings.

We hope you will become familiar with Brainwave Optimization and consider it as another way to help promote achievement of the more healthful state for your patients.

**We are also sensitive to the stresses faced by health care professionals. If you are interested in experiencing Brainwave Optimization yourself, you may wish to take advantage of a special professional courtesy rate for licensed health care providers.** (Check with your local Brain State Technologies Licensed Affiliate. You can find our centers at [www.BrainStateTech.com](http://www.BrainStateTech.com).)

Please feel free to call me at 480.588.6840 with your questions or concerns about how Brainwave Optimization may complement your client or patient’s care plan or if you would like a tour of our facility. I invite you to visit our website at [www.BrainStateTech.com](http://www.BrainStateTech.com), where you will find more information about our work and our results.

If you are interested in hearing more about our research and results, please contact our research coordinator, Sung Lee M.D., M.Sc., at 480.588.6840.