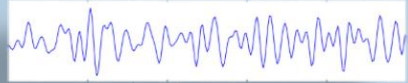


Gamma Waves



Beta Waves



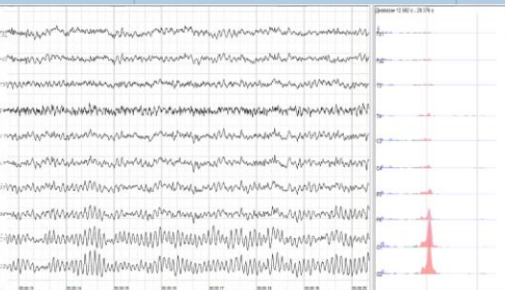
Alpha Waves



Theta Waves



Delta Waves



Increased: Anxiety, high arousal, stress
 Decreased: ADHD, depression, learning disabilities
 Optimal: Binding senses, cognition, information processing, learning, perception, REM sleep
 Aggravation: Meditation

Increased: Adrenaline, anxiety, high arousal, inability to relax, stress
 Decreased: ADHD, daydreaming, depression, poor cognition
 Optimal: Conscious focus, memory, problem solving
 Aggravation: Coffee, energy drinks, various stimulants

Increased: Daydreaming, inability to focus, too relaxed
 Decreased: Anxiety, high stress, insomnia, OCD
 Optimal: Relaxation
 Aggravation: Alcohol, marijuana, relaxants, some antidepressants

Increased: ADHD, depression, hyperactivity, impulsivity, inattentiveness
 Decreased: Anxiety, poor emotional awareness, stress
 Optimal: Creativity, emotional connection, intuition, relaxation
 Aggravation: Depressants

Increased: Brain injuries, learning problems, inability to think, severe ADHD
 Decreased: Inability to rejuvenate body, inability to revitalize the brain, poor sleep
 Optimal: Immune system, natural healing, restorative / deep sleep
 Aggravation: Depressants, sleep

Increased- Ars. Acon. Cocc. Cupr. Carc.

Decreased- Anac. Phos. Sep. Agar. Carc.

31-100 Hz Somatosensory cortex

Increased- Ars. Acon. Cocc. Cupr. Carc.

Decreased- Lach. Nat m. Sep. Acon. Merc.

16-30 Hz Both sides, symmetrical, most evident frontally; low-amplitude waves

Increased- Op. Phos. Sep. Lach. Nat m.

Decreased- Ars. Cupr. Carc. Hyos. Acon.

9-15 Hz Posterior region, both sides, higher in amplitude on dominant side. Central sites (c3-c4) at rest

Increased- Sep. Caust. Lach. Lyc. Plat.

Decreased- Ars. Acon. Cocc. Cupr. Dulc.

5-8 Hz In locations not related to task at hand

Increased- Anac. Calc. Ph ac. Nat m. Con.

Decreased- Graph. Apis. Sulph. Ars. Calc.

0.1-4 Hz Frontally in adults, posteriorly in children

Various Brain Wave Patterns In EEG and Their Corresponding Remedies

