

Neurofeedback Therapy for Tension Headaches

Neurofeedback is a promising new type of therapy that has proven effective for many ailments, including tension and migraine headaches. Tension headaches are usually related to stress with an amplification of beta wave brain activity seen in those subject to stress and anxiety. Neurofeedback training to reduce high beta wave activity works exceptionally well to change these hyperactive brainwave spikes that can trigger not only tension type but migraine type headaches.

The theory of neurofeedback is based on a simple concept - the brain can easily change its own abnormal brainwave patterns with the proper stimulus and training. The method is simple: you watch a movie or cartoon of your choosing as sensors relay brainwave information to the training system. If the brainwaves are normalizing the movie plays smoothly...if not it stops and the therapist sets a level of play that allows for the patient to enjoy the movie without undue frustration. Because your brain wants to see the movie it finds the proper brainwaves to make the movie play. With time and training the brain builds new neural pathways and normalizes itself. Neurofeedback therapy may be more effective than pills or herbal remedies, as it addresses the problem at its source.

Adderall, Dexedrine, Dextrostat and Vyvanse are all Amphetamines! The neurotoxicity of amphetamines during the adolescent period. Teixeira-Gomes A1, Costa VM2, Feio-Azevedo R2, Bastos Mde L2, Carvalho F2, Capela JP3. Int J Dev Neurosci. 2015 Apr; 41:44-62. doi: 10.1016/j.ijdevneu.2014.12.001. Epub 2014 Dec 4 Abstract Amphetamine-type psychostimulants (ATS), such as amphetamine (AMPH), 3,4-methylenedioxymethamphetamine (MDMA), and methamphetamine (METH) are psychoactive substances widely abused, due to their powerful central nervous system (CNS) stimulation ability.

Young people particularly use ATS as recreational drugs. Moreover, AMPH is used clinically, particularly for attention deficit hyperactivity disorder, and has the ability to cause structural and functional brain alterations. ATS are known to interact with monoamine transporter sites and easily diffuse across cellular membranes, attaining high levels in several tissues, particularly the brain. Strong evidence suggests that ATS induce neurotoxic effects, raising concerns about the consequences of drug abuse. Considering that many teenagers and young adults commonly use ATS, our main aim was to review the neurotoxic effects of amphetamines, namely AMPH, MDMA, and METH, in the adolescence period of experimental animals. Reports agree that adolescent animals are more susceptible than adult animals to the neurotoxic effects of amphetamines. The susceptibility to the neurotoxic effects of ATS seems roughly located in the early adolescent period of animals. Many authors report that the age of exposure to ATS is crucial for the neurotoxic outcome, showing that the stage of brain maturity has a strong importance. Moreover, recent studies have been undertaken in young adults and/or consumers during adolescence that clearly indicate brain or behavioral damage, arguing for long-term neurotoxic effects in humans. There is an urgent need for more studies during the adolescence period, in order to unveil the mechanisms and the brain dysfunctions promoted by ATS.

Calvin Hargis is a Board Certified Neurofeedback Therapist and is available to answer all of your questions regarding Neurofeedback Therapy. Please contact us at 845-986-5500.

