

Brain Fog

What Is It?

“Oh geez, what is going on...”

Are you often tired and distracted?

Are you feeling unmotivated, anxious, moody, or just plain out of sorts?

You might be suffering from “brain fog.”

“Brain fog? What is it?”

Brain fog” is a term for symptoms that can affect your ability to think -- confusion, trouble focusing, feeling disorganized, or thinking analytically. Brain fog seems to have several causes -- low thyroid, fatigue, hormone problems, inflammation, stress, toxins, poor diet, and electromagnetic radiation from monitors and cell phones.

“You mean it’s real? Tell me more...”

Like most conditions, the problem begins in the brain and nervous system. When your brain and nervous system do not respond to or recover from stress, you will have health problems.

The brain controls every aspect of health, and it needs to be healthy for you to be healthy. Too much stress, prolonged stress, infections, injuries, toxins, and trauma can all overload the brain’s ability to adapt, and it will create stress patterns. The frontal lobes can shrink, and the more savage parts of the brain can overdevelop.

YIKES!!!

How do you know if your brain and nervous system are working correctly?

You let us do our Stress Response Evaluation on the Neuroinfiniti™ unit which measures four different brain waves, respiration, heart rate variability, skin temperature, and moisture when you are stressed and when you are relaxed.

Based on what your brain and body do, we can determine the best treatment program that will get your brain and nervous system into a healthy state.

When your brain and nervous system are healthy, you should note improved mental clarity as well as a healthier body ---even the thyroid because the brain controls it all and it knows what your body needs. When your brain and nervous system are healthy, you protect yourself from illness, pain, mental decline, and a host of other conditions.