

Who's the boss?

Your body has a boss.

Yup, just one part is in charge.

What part of your body controls the function of every other part?

Right -- the brain.

There's a very vital part of your brain called the prefrontal cortex (PFC for short). Pre means before, frontal is the front, and cortex is the outer surface of the brain.

The prefrontal cortex is the very front of the brain, and this is the boss, the conductor of your body.

The PFC receives all the information from your body -- what is happening internally and information from outside the body -- what is happening in the environment. It then decides what to do about it.

The PFC controls your analytical processes: learning, memory, and judgment.

It is also in charge of your emotions and activates the brain stem where your unconscious body functions, your immune system, heartbeat, breathing, digestion, hormones, etc.

The PFC is involved with regulating the stress or "fight or flight" response.

Should we pay attention to the health and proper working of this part of the brain?

Silly question.

Basically, if the PFC is working well, your body and emotions should be in good shape.

How do you know if your PFC is working correctly?

We test you.

Our Neuroinfiniti™ testing device tells us precisely how your brain and nervous system respond to stress. Do the right brain waves fire during stress? Do the right brain waves fire to help you recover from stress?

You need to recover from stress and go into healing mode as much as you need the ability to fight or run away.

Your health demands balance. Get tested now before health and brain problems interfere with your life. Call today, 818-841-1313.