

June 11, 2000

— All Things Medical —

**Dr. J.E.
BLOCK**



EEG Neuro Biofeedback

An EEG is a composite of the alpha, beta, theta or delta waves. In CFS, there is a predominance of the pre-sleep theta rather than the beta waves. The latter is typical of an alert individual. By knowing the feeling of a given wave and by concentrating on what produces the beta waves an individual can, after being trained, commute the theta waves to beta at will. Clinically, the fatigue and brain fog will dissipate. If it returns later, the person again can change its state within two seconds. Several training ses-

sions, lasting an hour, are needed and then the patient, with the aid of the equipment, can practice two to three times a week for two months, and have a "cure" for the problem.

The equipment costs between \$15,000 to \$30,000 and is made by several companies.

Looking at the literature, I like the device endorsed by Margaret Ayers. She is a Ph.D. psychologist who, in 1975, started publishing her research while at UCLA. Initially, she worked with head trauma and stroke patients, but now these procedures are used almost exclusively for ADD and ADHD.

In some school systems in which this technique has been used, the treatment with drugs has decreased by 95 percent!

Both Coffeyville and Independence have a device available. Now it is a matter of educating the parents and teachers.