

Now You Can Treat Your Anxiety and Depression And Possibly Throw Away Drugs for Good!

Plenty of experts tell us there's no solution for anxiety and depression apart from costly prescriptions and therapy.
But medical research tells a different story.

Dear Patient,

What if you permanently treat your anxiety or depression?

A treatment that could significantly reduce or *eliminate* the need to medicate and engage in ongoing, seemingly never-ending therapy?

Well, that's what this letter is about.

Hello, I'm Steve Adams, MBA.

Like so many other American's, you are frustrated by the effects anxiety, depression or related mental health conditions have on your life. It effects your relationships, work and general outlook on life.

Over the years frustrated patients and doctors have increasingly resorted to medicating these conditions to stabilize their daily lives at home and work. This isn't wrong or bad in any way. Often-times it does bring improvement to you daily existence.

Medicines, however, can be ineffective or less than satisfying in treating anxiety and depression. Medications merely move you temporarily into a more relaxed or positive state only to revert to the untreated state if medicine is removed.

Additionally, there can be negative side effects such as poor sleep, appetite suppression and mood changes and many others.

Some studies have shown these types of medications can fail to provide the long-term results you are looking for. Many patients are concerned about the side effects of medicating on a long-term basis.

Cognitive therapy, while helping some, leave many relapsed after treatment ceases. Furthermore, evidence suggests cognitive therapy in practice is far less effective than in controlled research settings. (Andrews, Issakidis, Sanderson, Corry, & Lapsley, 2004; Cuijpers, 2015; Hollon et al., 2002; Hunot, Churchill, Teixeira, & Silva de Lima, 2007; Schneider, Arch, & Wolitzky-Taylor, 2015; Vittengl, Clark, Dunn, & Jarrett, 2007)

Finally, there is the cost. These medicines can be costly. A study (Dr. Marciniak Ph.D. et.al 2005, Journal of Anxiety and Depression) completed in 2005 indicated that overall patient costs totaled \$6,475 for anxiety. Add another \$1,900+ in cost if you suffer from depression or related disorders such PTSD, panic disorders and the like.

Medical plans continually are being scaled back, patients are forced to pay more and more for co-pays as well. Obviously, it is costly to you to treat this currently, not to mention the unseen costs in your productivity.

A New Alternative

Psychological disorders have complex biological origins and rarely are they the result of a single cause. Research indicates instead causes are characterized by abnormal electrical activity within networks of brain connections involving mood and behavior.

Anxiety and depression can be rooted in the regulation of the brain. If you suffer from anxiety or depression or related disorders, you have a level of dysregulation in the brain that can be seen in your brainwave activity that translates into a physical response in your autonomic nervous system.

Your autonomic nervous system regulates breathing, heart-rate, your skin pores, dilation of your eyes. This major body system is where hormones cause you to surge your energy to face a lion or rest to recover from fighting off that lion.

The problem with humans is we can and do create lions in our minds as we mull over the past or ruminate about a future concern. Furthermore, our brainwaves can get stuck in a state of

dysregulation that causes us to be out of balance and in a deep recovery mode or heightened state of alert for too long. When this happens, we have physical and mental health problems.

The good news is the brain can learn to re-regulate itself into more efficient and balanced brain wave activity and stay regulated. As this re-regulation occurs, conditions patients are dealing with improve. This is where the medicine free solution comes in.

The Drug-Free Solution

Since the early 1970s there has been a little-known branch of neuropsychology that has practiced something called neuro feedback or bio feedback. As with many innovative therapies in the medical community, initial results were not properly supported, researched and documented prior to claims being made.

Non-medical practitioners jumped in and the therapy lost the support and interest of traditional medical professionals. This didn't make it bad science, it just wasn't introduced properly or adequately supported by medical studies.

This has changed, and a growing cohort of data now gives medical evidence for its effectiveness. Over the past 45+ years the data has grown to the point where as your medical provider I can endorse this therapy as a safe and effective way to treat multiple medical conditions.

This therapy can re-regulate your brain function and the results will be clear. The results others have had are outstanding. These results will also be documented by actual data I can share with you, proving your child is improving.

A Wonderful Success Story

Let me share with you a story about a patient named Maddox, a young man now entering the 3rd grade.

Maddox struggled for many years with anxiety. In 2nd grade, despite an above average IQ, he struggled in every subject. When a project or a test was to be done in class, Maddox would become terrified and shut down. At home he had many triggers, he wouldn't try any new foods, in general it created a difficult and stressful environment in the home for him, his brother and

his parents. Maddox's anxiety contributed to poor academic performance and poor self-esteem.

Interestingly, Maddox's symptoms presented as if he was ADHD. It was assumed by his doctor (not me) that the ADHD was driving the anxiety, he then was prescribed a stimulant. Maddox did very poorly on the medicine. As a result, the family and his doctor took him back off the meds.

Maddox then entered a treatment plan using the therapy I'm suggesting you try and after 3 months has had amazing results. He was trying new foods, his relationships with his family improved greatly, his academic performance all improved. No longer does Maddox have episodes where he shuts down from anxiety.

The reason why is because this therapy re-regulated Maddox's brain, so it wasn't stuck in fighting a lion mode. As his brain learned to re-regulate, he calmed down and the anxiety went down nearly completely.

Today Maddox is off any kind of medication and occasionally when he is triggered to begin feeling anxious, he has a breathing exercise we teach that immediately resolves his anxious thoughts and he's fine.

Furthermore, because of Maddox's improvement in academic performance, he has a whole new set of possibilities he would not otherwise have had. This therapy has changed his life and given him the ability to dream about a future that he could not have imagined previously.

Maddox also has learned to maintain positive relationships with his family and friends in a way that he was unable to before as anxiety controlled his life.

How Does It Work?

How neuro-feedback works is simple. In the privacy of your home we teach you on how to connect to a laptop computer, with specialized software, and you watch a movie! We teach you rhythmic breathing and to focus on the movie and the specialized software, which controls the movie, does the rest. The breathing is your tool for life when you are done seeing me.

The device does nothing to your brain. The connections are merely measuring the brain activity at that moment in time. This allows the medical device to do its work by providing feedback to the brain.

The advanced software is rewarding the brain every second it regulates itself within the scientifically established ranges for properly regulated brain activity levels. The technical terms are Theta and High Beta wave ratios. When the brain leaves the good range, it offers a correction to the brain by stopping the movie.

As you complete session after session, each lasting 30 minutes or more, your brain, through repetition, will learn to regulate itself to get the rewards. As the brain learns, it will greatly reduce or eliminate the root causes in your brain which contribute to anxiety or depression.

This re-regulation process of learning is called operant conditioning, a long established and accepted practice in the field of behavioral psychology. So, this therapy is essentially the brain learning to regulate in a better pattern without the aid of coping strategies or medicine.

Most patients can realize noticeable improvement in as few as 10 hours of training, with a more robust solution to their anxiety or depression with 20-30 hours of therapy. If you are on more than one medication for your anxiety or depression it could add an additional 10 hours of training over 20 hours minimum.

Will this take work? Absolutely. Will it be a major commitment to consistently train your brain in the privacy of your home? Indeed, it will be a sacrifice. This sacrifice or investment of your time and money will take about 20-30 hours of watching movies over a few-month period. Then you are done! All you'll do after that is do your breathing exercise daily and that's free.

If you push through this process, most likely you can be freed from the difficulties associated with anxiety and depression. Why do I say this?

This therapy has been heavily researched. Treatment of anxiety and depression have been subjected to **multiple** studies utilizing a control that focuses on treating a specific problem with a specified measurable outcome. These outcomes are subjected to appropriate data analysis, with clearly defined procedures and variables to permit replication. All outcomes are subject to at

least two independent research settings. (Source: Evidence-based practice in Biofeedback & Neurofeedback, 3rd Edition 2016 "Levels of Efficacy - Level 4 definition)

How Do I Know It's Working?

One thing you may be thinking is "How can I really know it's working?" This is a fair question. The answer can't be, "Well it seems like he or she is better." That's not good enough for any of us if you are going to make this commitment.

The therapy I'm recommending to you is based on real data. Prior to our first meeting, you will complete a psychological assessment. This will give me a baseline of what you are experiencing to compare to what we see how your brain is functioning.

You will come in and my tech will complete a qEEG assessment of brain wave activity and a heart-rate variability assessment to measure breathing and heart synchronization.

I will assemble all the reports and meet with you to describe what the data says and provide you with a recommended plan for moving forward. This establishes a firm baseline based on real data.

Later, I will be able to show you the progression in your theta and high beta brain wave numbers, proving scientifically their improvement as we move through the training program.

As your numbers improve we expect to see behavior, focus, mood and overall calmness improve. You should also see improvement in sleep and performance in school or work. As you progress through the program, we can work on gradually reducing the medicine and potentially eliminate it altogether. At the end we will conduct another psychological and qEEG assessment to show you the improvement.

You may be wondering, why didn't you tell me about this before? This is another fair question. While the science has been around for nearly 50 years, no one has developed a comprehensive in-home system for you and your family until now.

The Investment In Your Future

The Neurofeedback Institute in Toronto, Canada, which runs a major neurofeedback clinic currently charges \$112 per session. In the U.S. clinics are charging \$100 - \$200 per session. For the average patient this means typically a \$5,500 - \$10,000 investment to go through a proper neurofeedback therapy plan. These costs are offset by the elimination of medicines running into the hundreds or thousands of dollars per year. My packages are not nearly as expensive as the national averages.

Beyond financial considerations is the potential you have for improving your daily life. Uncapping your future potential absent this constraint on you has limitless rewards in and of itself. What is that worth to you?

Finally, you can be free of your concerns about taking medication over the long-term. Medicines only treat the condition temporarily each day rather than offer a solution that gets at the root of the issue.

Are You Ready To Kick Anxiety or Depression Out Of Your Life?

If so, it's easy to take the next step.

Initial Assessment: To get started, we need to do an assessment of you or your child. For this assessment you will receive a complete psychological assessment that is the gold standard in the psychological field. Additionally, we will assess your or your child's brain wave activity using a qEEG. Finally, we will assess the breathing and heart rate synchronization of you or your child.

All of this put together provides us with the information needed to set up a treatment plan. There is a fee for the assessment that I credit toward your treatment package if you decide to go to the next step.

Ongoing Treatment: If you decide to move forward with the plan, you may choose from one of a few packages I can offer you. Again, we can discuss the cost of those packages and they are not nearly as expensive as national averages.

Additionally, you will have a couple payment options:

Payment Option 1 Payment in full by check or credit card prior to beginning treatment.

Payment Option 2: We have a patient care financing program called Denefits, which has a 100% approval rate and no credit check. We require a 10% down payment and we can work with you on a payment plan that works for your budget.

Additional Training: If we determine you or your child needs additional training, I'll make that available for a reduced fee until you or your child meets the criteria for success. Alternatively, if we determine you are one of the few who are non-responsive to the therapy, we will then give a partial refund (see below).

Still Have Questions?

I realize you have many questions. I'll offer you a couple of options. First, read more about the success of neurofeedback by going to this link to watch a great video that explains this therapy very well. This website also has other great information on our treatment program.

Here's the secure web page where you can see the video:

[Tiger Neuroscience's At-Home Website](#)

I encourage you to schedule an assessment after reading this letter and watching the video. After I get the results, we will schedule meeting to go over the results. Your only risk is the investment in the assessment. If you choose a package utilizing this new therapy, I'll credit you the cost of the assessment.

Your Success Satisfaction Guarantee

If you fall into the category of people who do not respond adequately to the neurofeedback program, I'll rebate to 50% of the treatment fee.

If we find after 20 hours, you are seeing no improvement in the actual brain wave data readings, I will credit back to you 50% of treatment plan cost.

The requirement I have prior to requesting a refund is that you complete 20 hours of training. The reason for this requirement is to ensure you have the full opportunity to receive the treatment before making decisions about whether it worked or not. Not all patients respond at the same rate.

Please Take Advantage of This Unprecedented Opportunity Now

Since launching this new solution, we've had strong demand for the therapy. I'm confident interest will continue to be high. I have only a limited number of openings to conduct this training in my office. Consider calling my office today, at 872.903.1904, to arrange an assessment for you or your child and get started on a new future. Just tell the staff member you want a neurofeedback brain assessment.

In Closing

I know this is a big decision. You've known me and my staff for a while now. We value your family and appreciate your trust in us. I'm genuinely interested in new and better approaches to problems such as anxiety, depression, ADD/ADHD and other related mental health problems that currently have limited treatment options of coping strategies and medication.

I want to give you the same opportunity Maddox and so many others now have in life. So, give me a call and we will work together for the benefit of your future potential!

Sincerely,

Steve Adams, MBA

P.S. Please consider these facts: mental health concerns such as anxiety and depression are rapidly spreading out of control and today's drugs have been powerless to stop it -- they treat the symptoms, without always resolving the root the condition.

But now there's potentially a much better way. The success that Neurofeedback is having against these conditions -- without costly drugs or their side effects.

To learn more, please call my office today at 872.903.1904.