

NEUROTHERAPY RESEARCH AND DEVELOPMENT ASSOCIATION INC



A NOT-FOR-PROFIT ENTITY DEDICATED TO HELPING PEOPLE REGAIN FUNCTION THROUGH RESEARCH-BASED, NON-MEDICATION, NONINVASIVE TREATMENTS FOR:

COGNITIVE ISSUES

TRAUMATIC BRAIN INJURY
LEARNING PROBLEMS
MEMORY PROBLEMS

TRAUMA AFTERMATH

PAIN
HEADACHE
INSOMNIA
FIBROMYALGIA
POST-TRAUMATIC STRESS DISORDER

MOOD PROBLEMS

DEPRESSION
ANXIETY
SUICIDE PREVENTION

Results of treatment with the Flexyx Neurofeedback System (FNS):

Over two-thirds of clients with TBI, PTSD, and Fibromyalgia treated with FNS have data showing significant symptom reduction. Published research listed below.

THE PEOPLE FNS HELPS



Pamela, 48

2001 Fibromyalgia Study

“I feel like I've been given my whole life back....I haven't even thought of myself as having fibromyalgia in a really long time....I'm doing things I hadn't been able to do in years.”



Sophia, 71

Fibromyalgia

“The combination of the treatment programs that I have received with FNS is awesome... As a result of treatment I feel better than I have in years.”



Jim, 42

Iraq War Veteran • TBI & PTSD

“Before I was on the road to shutting down. Now, after five treatments, I can't believe how calm I am. I'm coming back to reality.”

PEER REVIEWED JOURNAL ARTICLES:

- Schoenberger, N., Shiflett, S., Esty, M.L., Ochs, L., Matheis, R., (2001). Flexyx Neurotherapy System in the treatment of traumatic brain injury: An initial evaluation. *Journal of Head Trauma Rehabilitation*. Vol. 16(3).
- FIBROMYALGIA: *Jrl. of Neurotherapy*, 2006.
- PAIN: *Jrl. of Pain*, 2009.
- TBI/PTSD: Neurotherapy of Traumatic Brain Injury/Post Traumatic Stress Symptoms in OEF/OIF Veterans. June, 2012: *The Jrl. of Neuropsychiatry and Clinical Neurosciences*.
- TBI/PTSD in Vietnam Veterans: *The Jrl. of Head Trauma Rehabilitation*. 2009 .
- TBI/PTSD in OEF/OIF Veterans. *The Jrl. of Neuropsychiatry and Clinical Neurosciences*, 2009.

Examples of positive symptom change:

- Return of energy
- Restored functional depth of vision after trauma
- Enhanced mood – less depression and anxiety
- Clarity and cognitive quickness restored
- Anxiety and panic reduced
- Triggering events associated with traumatic flashbacks no longer produce panic
- Return of short-term and long-term memory
- Reduced fatigue leading to a more active life
- Pain reduced



Billy, 5

Autism

Mom says: “Tantrums are ... extremely rare and instead of screaming when he sees family and friends and running away (as he did 6 months ago), he greets them with hugs and kisses. ... Everyone who knows him has been struck by the transformation in him since last fall.”



Matthew, 10

Attention Deficit Disorder

Mom says: “This school year I have not received one note home about his lack of attention or disturbance of classmates.”

Cynthia, 40

TBI & Myofascial pain

In a letter to insurance company during FNS treatment: “I was able to significantly reduce pain medication and completely eliminate all anti-anxiety medications.”



Amanda, 16

Cancer survivor/TBI

Mom says: “After years of being told by doctors nothing would ever change, things started changing immediately with her first treatment. Her brain no longer shuts down every time she gets over-stimulated. Thanks to FNS, Amanda has regained her ability to learn and interact with the world around her.”

The American Legion Greatly Concerned About VA Treatment of PTSD With “Useless” Drug - Calls for Congressional Hearings

Washington, Aug. 8, 2011 /PRNewswire-USNewswire/

“It is alarming,” said Jimmie L Foster, national commander of The American Legion, “that fully 20 percent of the nearly 87,000 veterans VA physicians treated for PTSD last year were given a medication that has proven to be pretty much useless.”

According to a study conducted by the Department of Veterans Affairs itself and published recently in the *Journal of the American Medical Association*, the medication used was a placebo. The study found that the medication was no more effective than a placebo in treating PTSD.

OPERATION COMING HOME

AS OUR BRAVE MEN AND WOMEN return from war, many are returning with post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), cognitive issues and memory problems from wounds caused by the blasts from improvised explosive devices or other weapons. A *New York Times* report calls these types of traumatic brain injuries “the signature wound of the Iraq war.”¹ Veterans’ family members often say that they don’t know the person who came home from the war. As one Iraq war veteran commented, “I don’t know who I am anymore.”

Repeated Iraq deployments raise mental health risks for soldiers

By Peter Spiegel,
Los Angeles Times Staff Writer

WASHINGTON -- More than a quarter of high-ranking enlisted soldiers showed signs of having mental health problems, according to a study by the Department of Veterans Affairs.

¹Eckholm, Erik. “Veterans Benefits System Needs Overhaul, Panel Says.” *New York Times*: June 8, 2007.

Iraq War Veteran, 42

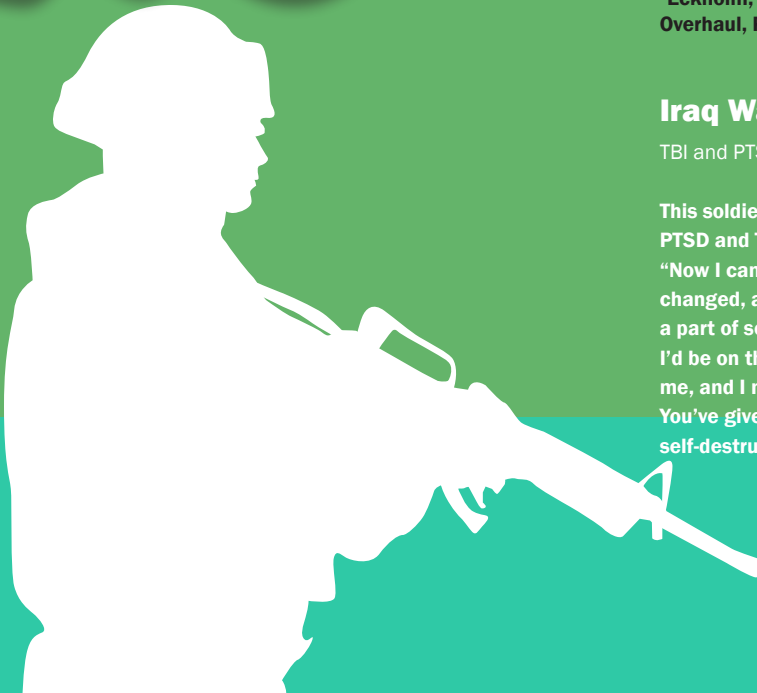
TBI and PTSD

This soldier said about his FNS treatment for PTSD and TBI after 18 treatment sessions:

“Now I can accept things that cannot be changed, and feel good about myself and be a part of society. If I hadn’t gotten treatment I’d be on the verge of divorce, kids hating me, and I not caring. Now I can be a dad. You’ve given me my life back. I would have self-destructed.”

“We no
even if

Headache



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The FNS pilot study results are in The Journal of Neuropsychiatry and Clinical Neurosciences.

The results of the study are more positive than expected. The data show significant, lasting symptom reduction and improved functioning consistent with soldiers' self-reports and family observations.

A Marine's mother writes:

“The FNS treatments at the Brain Wellness and Biofeedback Center have provided for Joe a new sense of connection to, and awareness of, himself. He has now a firm foundation upon which he feels he is rebuilding his life, being a good father, and otherwise contributing good things to his family and community.”

Soldier back from Iraq, 39

PTSD, TBI
After 11 treatments this medic wrote:
“It's my opinion that this treatment be integrated to every patient from the war in Iraq or Afghanistan and recommended for all PTSD and TBI sufferers.”
...SGT, USA



We Know About Military Suicide

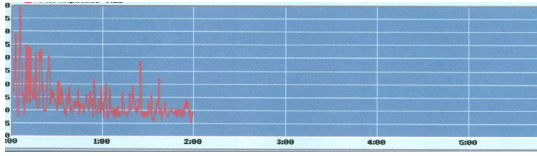
The numbers are stark.
From 2005 to 2010, service members took their own lives at a rate of approximately one every 36 hours.

“We know that two-thirds of [soldiers] who leave with headache don't come back, and if they do, they may have limitations.”

Headache is the most common neurologic symptom in the world, he said, with some studies claiming that up to 70% of people have it. But recent studies of soldiers deployed in the current wars suggest that the headache burden among recently deployed soldiers is on the rise. In addition to risking a combat injury, young people are exposed to constantly high stress

THE FNS VETERAN STUDY TBI/PTSD RESULTS ARE IN

BRAIN RESPONSE TO THE FIRST TREATMENT



The red tracing shows the initial brain activity. It is quite excessive starting at the left but quickly lowers to a level associated with a more normal level of functioning. Such response is frequently seen in persons with post-concussion syndrome.

Pre-Treatment Map

The tall bars on the right show excessive activity often seen in people with TBI.

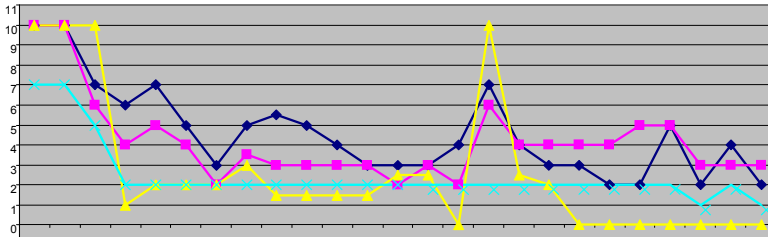


Post-Treatment Map

Note the evenness of the bars associated with significant symptom reduction in this soldier.



Symptom Ratings: Sleep & Pain, Energy, Flashbacks, Irritability



VIETNAM WAR POW 5+ YEARS

Aircraft ejection, tree landing, falling 150 feet to ground - many broken bones

Taken prisoner 1968 - 69; many beatings; Beriberi

Starting Medications (2-5-08)

Cardiac

Naprosyn 1,000 mg/day

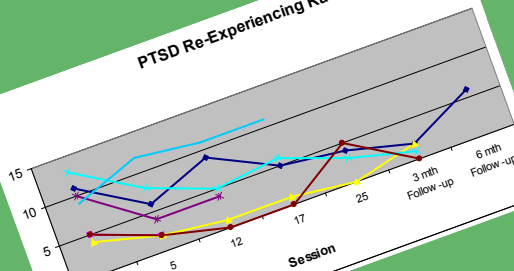
Tylenol daily

Current Medication (4-2-08)

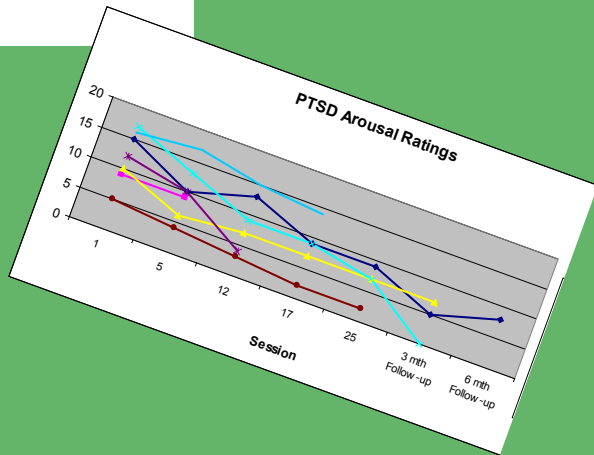
Cardiac

Tylenol 1-2 times/week

PTSD Re-Experiencing Ratings



PTSD Arousal Ratings



OUR MISSION: PIONEERING NEW FRONTIERS

NRDA IS WORKING WITH FUNDING

PARTNERS to support a number of projects to advance the reach of this therapy by making it readily available to multiple populations. Listed below are the specific tracks that are under way and will benefit from your support. Support is needed to realize these goals. Please make a donation here for the project that excites your interest.

Here are examples of the impact your active partnership can create. The positive outcomes of the recent study of FNS treatment with our veterans are reflected in these stories.

- A sergeant and an officer were able to return to college after being unable to read for more than a few minutes because of the TBIs and the PTSD acquired in their OEF/OIF deployments. Both credit their treatment with FNS for making this possible. The sergeant is graduating and is now exploring entering a doctoral program in neuroscience. The officer is working full time with her RN degree and is on the path to become a Nurse Practitioner.

- A third moving story is that of a sergeant who is, in his words, “a dad now.” He said this during treatment after no longer feeling alienated from his family because of the TBI and PTSD sustained in Iraq.

- Another is a marine who was able to return to active duty in Afghanistan after severe TBI and physical wounds that had him on the track to discharge. These are examples of the difference between surviving and living life fully.

FUNDING OPPORTUNITIES

- **\$3,750 - \$4,550 will fund treatment for one veteran, depending on the study.**

Our veterans have served us, and we can now support their return to the best possible functioning.

1 - Funding is needed for a research study treating Iraq/ Afghanistan veterans (OEF/ OIF) with TBI/ PTSD now in progress with the Traumatic Injury Laboratory of the Uniformed Sciences University of the Health Sciences, the military medical school in Bethesda. Those who recently completed their treatment are vastly improved. Two are already back in school after having no thought of more education. The plan was to treat at least six veterans. We would like to support treatment for more veterans. Your partnership will help make that possible.

2 - A new study is providing FNS treatment for veterans who have sustained a concussion or been exposed to blasts at any time while on active duty. Veterans of any military service are eligible, regardless of age. Ideally we would like to enroll 30 veterans in this project. This study is in cooperation with the Sam Houston State University.

- **\$1550 will fund brief treatment for one**

(continued on last page...)

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**SIGNIFICANT
CHALLENGES
SUBSTANTIAL
OPPORTUNITIES**

student.

Some who could benefit from neurofeedback treatment cannot afford the cost of treatment. This is especially compelling when students are affected.

Our past experience has found that young healthy students who have post-concussion syndrome respond rapidly to treatment. Only those we feel will benefit from short term treatment are accepted for *pro bono* treatment that is limited to 10 sessions following the evaluation. For example, several high school students who were unable to attend school for months after sports-related concussions were back in school and thriving after only a few FNS treatments. Your assistance could have profound and lasting impact for a student's life.

• \$___ ANY amount you donate will be put to good use.

All donations are tax deductible to the extent allowed by law.

**CALL NOW TO DONATE
301-908-2929**

For more information contact:
NRDA, c/o Mary Lee Esty, PhD, 4701 Willard Ave. #1035, Chevy Chase, MD 20815
301-908-2929
or visit our website at www.nrda.info

CHANGE IS ALWAYS POSSIBLE WITH FNS TREATMENT ...

"After years of various institutions and therapies, we feel so grateful that our son Bill found a treatment that actually helped him. Previously, Bill had been diagnosed with just about everything found in the books. Drugs were either not effective, or had terrible side effects that made him more angry and irrational than ever. How sad that we did not find you sooner, or that so many people who could benefit, have not found you at all. The miserable years of mental anguish suffered by Bill and his family, actually seem to be fading away... In short, you in particular, and your associates, have been nothing short of miraculous in the life improvement category." - signed, T and D (the parents of Bill)

