



SPECTRUM PSYCHOLOGICAL SERVICES & NEUROTHERAPY CENTER OF VIRGINIA BEACH

treating the cause, not the symptoms...

During Neurofeedback and/or Neurofield (pEMF)

Patients need to hydrate and add protein to support the system and manage the rate of detoxification during regular or intensive training. Intensive is twice a day for one or two weeks. Frequently, the client loses energy shortly after the session if there is not enough hydration. During intensive treatment, the client needs more time to recover between sessions, thus hydration and protein are even more important.

Hydration

Every client is different. Three hours of water is the minimum to rehydrate and refuel the system. 4 ounces of water (1 to 1-1/2 inches in a typical drinking glass) every half hour for, at least, three hours is helpful. If urine is clear then hydration is working.

Protein

It is necessary to have 12-15 grams of easily digestible protein within 30-60 minutes post session.

Some options are as follows:

- 1) Natural plain yogurt. To a cup of yogurt, add honey, bananas, strawberries, and sometimes chocolate shavings.
- 2) Vegetarian burger patty on gluten free bread with vegetable toppings and a wedge of cantaloupe
- 3) Hard-boiled eggs with a slice or 2 of lean turkey meat. If you are on a low cholesterol diet only eat the egg white.
- 4) Grill Salmon with a couple of wedges of papaya.
- 5) Grill chicken sandwich with avocado mayonnaise and a mango smoothie.
- 6) As a last resort, a low sugar Tropical Smoothie with a scoop of "pea protein" added.

Activities

After Neurotherapy, minimize stress, engage in relaxing activities, and/or engage in light exercise initially. This can enhance the process of reorganizing the brain. Limit video games. Increase exercise over time. No sugar.

Dr. C. Rick Ellis, Ed.D.
Assistant Professor, Eastern Virginia Medical School