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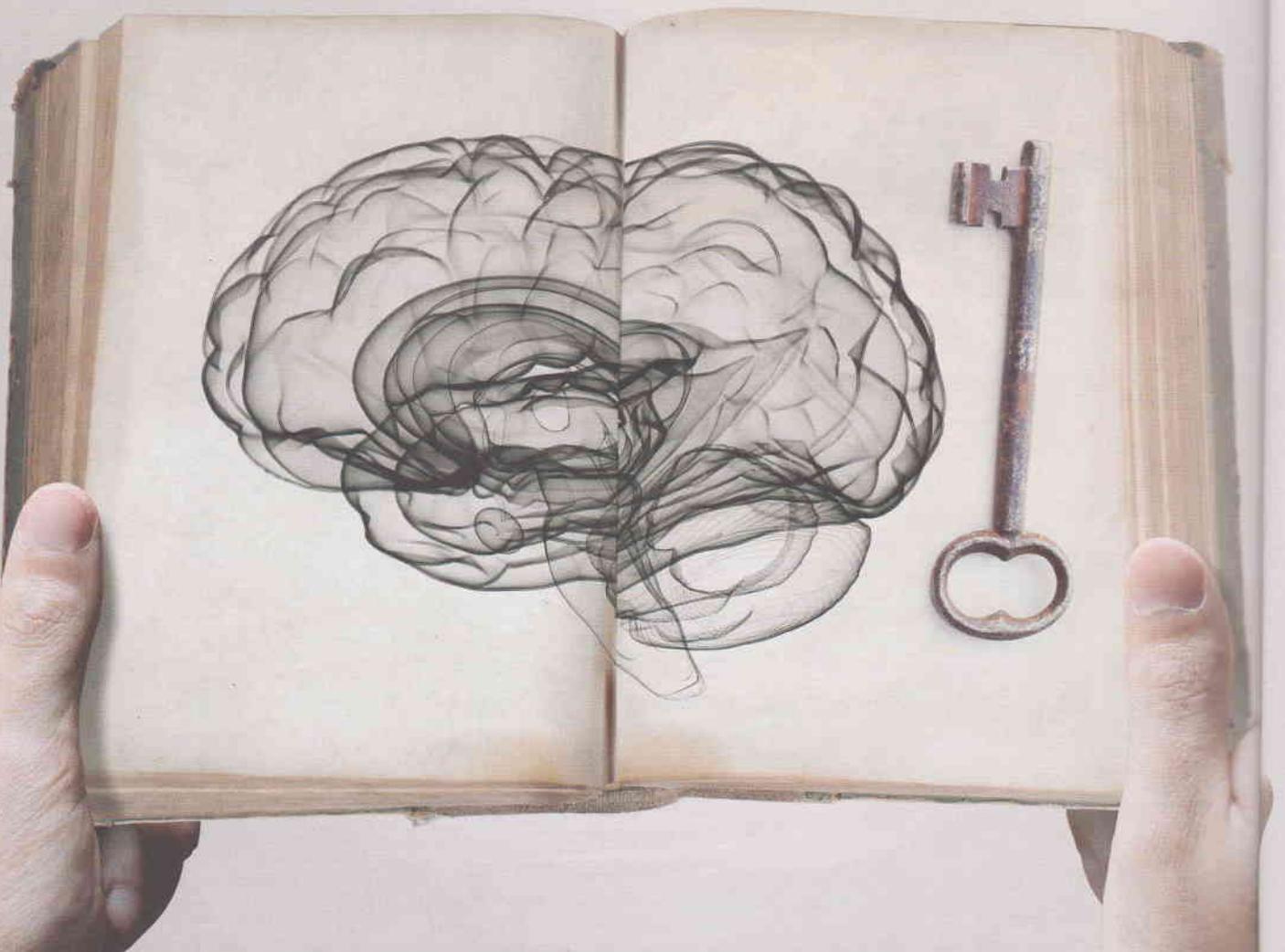
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Brain Wave Optimisation

– Unlocking the hidden potential for healing

I am a strong proponent for alternative approaches to healing and in this regard Brain Wave Optimisation has proved itself to be exceptionally effective. My family and I have undertaken the process with wonderful results.





All of us are walking around with past trauma lodged in our brains, be it emotional or physical trauma. The human body is remarkable in its ability to compensate so that you can get on with your life. However, trauma that is not dealt with can have on-going negative effects on your health and behaviour.

We habitually accept that our behaviour and approach to life is simply a product of 'who we are' and that there is little we can do about the past and its effects on us. Even if we do go through psychotherapy to address our emotional traumas, we tend to be unaware of the effects that physical traumas, such as concussions and serious illness, can have.

OPTIMAL BRAIN FUNCTION

So how does it work? Brain Wave Optimisation measures the brain's activity and compares this to a 'normal' brain. It is well documented that our brains, under normal conditions, will utilise specific frequencies during different activities. For example, during sleep the brain produces mainly delta and theta waves, which are low frequency (slow). However, while doing a math problem the brain will produce mainly beta waves, which are high frequency (fast).

The problem occurs when past and current traumas cause the brain to operate at the incorrect frequency for the task or activity at hand. This impairs our ability to undertake the task, which could be problem-solving, resting, sleeping, concentrating, relationship handling, and so on. This can lead to frustration and despair at our apparent inability to cope, as well as a lowered sense of self-worth.

RETRAINING THE BRAIN

The process is simple and requires very little direct input from the subject. The programme has two parts: analysis of brain function followed by brain retraining. Sensitive electrodes

are placed at various locations on the head to monitor and record brain wave activity. The data is then used to create a map of the subject's brain activity, which when compared to the 'normal' brain, provides insight into what may be affecting brain function.

It is not necessary to consciously know what the trauma was. Simply acknowledging the potentially negative effects of past trauma will remove, or at the very least, significantly reduce the negative impact on the brain's function.

A training program is then developed based on the seriousness of the imbalances found, including the number of sessions needed to correct the imbalances. In subsequent sessions, the subject will sit quietly while brain activity is monitored and positive feedback is delivered via headphones. Feedback is in the form of sound, where the sound frequency matches the brain wave frequency that is required by the brain at that point. Computer software constantly monitors the activity of the brain and adjusts the sound frequency as needed to optimise the session.

This process allows the brain to move towards a state of extreme relaxation. When the brain is relaxed, it can heal itself and relearn appropriate situational responses. Another attractive aspect to the training is that it effectively removes the ego, or conscious brain, from interfering in the process of healing. This retraining becomes ingrained and the brain remembers how it should operate at various states, removing past ineffective operating modes.

An analogy for how this works is to consider a person who has had a toenail removed and then compensates by developing a subtle



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Ian studied Chemical Engineering but after working for many years in the industry began investigating alternate approaches to life. Today he is a Reiki Master and he, his wife, and daughter are all BodyTalk practitioners. He also has a strong interest in subtle energy, specifically in the field of earth energy lines, energy of space/shapes/colour, and associated energy enhancement techniques for the improvement of the energies in our living and working environments.

limp. Over time the toenail heals but they retain the limp, which puts strain on the hip joint and causes them to suffer from back pain. They cannot understand the back pain as X-rays and other investigations find nothing wrong with the back yet the pain persists. However, once the limp is noticed and the person undergoes retraining to walk correctly, the back pain goes away.

DISCOVERING BRAIN WAVE OPTIMISATION

My personal experience with the process began after accompanying my daughter on her initial session. Having been very healthy previously, she contracted glandular fever in 2013 during her university finals. She assumed it was flu attached to exhaustion and stress from the study-

She attended five training sessions and, one week later, her body had relaxed significantly, her sleeping had improved, her anger levels had dropped, and her mind was clearer and less negatively-oriented. The muscle spasm was successfully treated by a chiropractor and massage in conjunction with the neurobalancing.

MY PERSONAL EXPERIENCE

After seeing the successful results on my daughter, I decided that it was necessary for me to sign up for a retraining programme of my own. I had been attempting to deal with a number of negative symptoms for years with little success.

‘ Her sleeping had improved, her anger levels had dropped, and her mind was clearer ’

ing and exams, so she ignored it and simply soldiered on. We subsequently identified that she had been through glandular fever and that many symptoms had persisted beyond the initial illness. Those who have been through glandular fever can attest to its debilitating effect, especially when not treated timeously.

While researching methods to treat my daughter, I came across the testimonial of a woman with persisting symptoms from past glandular fever (similar to that of my daughter) who had amazing success with Neurobalance Brain Wave Optimisation. I arranged for my daughter's assessment and the brain map that was compiled specifically picked up anger, that she had remnants of a concussion (she rides horses), and that she had a major muscle spasm in her right neck and shoulder – something she had learned to live with.

The initial appraisal session indicated that I had been in a severe state of fight or flight since an unidentified trauma at a very young age, which was re-enforced in my teen years. This state was mentally and physically exhausting and I had lived with it for over 50 years. In the first training session it was obvious how my body increasingly relaxed as the session proceeded. After three sessions, my body posture had relaxed, my breathing had reverted to normal, my facial expression had softened and my ‘Grrr!’ had reduced significantly. I am literally a changed person, to the benefit of myself and those around me.

I highly recommend this healing modality, as it does not matter what type of trauma you have experienced. There are currently practitioners in Cape Town and Johannesburg. For further details visit www.neurobalance.co.za. ●