

TRUE STORIES: Biofeedback for Balancing the Brain & Body

Mary Clement, Ph.D.

Having troubles with you sleep and wake cycles? And when awake, your level of arousal is low? Do you have a hard time putting your thoughts into words? Overly emotional or buy on impulse? All of these difficulties are related to different parts of the brain that can be corrected with biofeedback so that one has optimum functioning of the brain.

When I first began using the Eductor64 (called the QXCI/SCIO), a NASA scientist from Huntsville, AL, had a stroke at age 40. He did his research and determined that the bio-feedback computerized (world's largest medical software) program was what he needed. Then he found that I was the closest practitioner. He had his wife drive him to me in Portland, TN.



I remember our first meeting. He could barely get out of the passenger side of the van. The stroke had mangled everything on his right side of his body. By strong courage and determination he dragged his right leg and used his left arm to carry his right arm. His mouth couldn't hold his saliva and it flowed out the right side of his mouth.

Despite his condition, his progress was excellent for the first two-hour session. I used a lot of the programs that balance the brain parts to create new neurological pathways. He was also working with a chiropractor and speech therapist so his second visit

one could see steady improvements. I asked him what caused the stroke. He gave me such a scientific explanation of the balance of the amino acids in that brain that he lost me. Yet, on the third visit, I told him that if we didn't figure out what caused the amino acids to go sideways in the brain, he would set himself up for another stroke.

"Oh, I had had all my teeth capped." He said. "I could have brought myself a new truck with the money I spent on the teeth!" By capping all his teeth, he disrupted the electrical impulses from the teeth to all the organs in the body including the brain. When I did see him six months later at a health fair show, he was standing on both of his feet, shaking people's hands. He was just an attendee but he could have been the poster child for dynamic improvement for stroke victims with the use of this

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biofeedback machine. He could talk with people and have conversations as if the stroke and other maladies never occurred.

What I remember most about him was the conversation we had about his anger and frustration. He described the difficulty he was having in talking. If he could think of the word (and that was even difficult at times), he couldn't get it passed through the system so that his tongue could articulate the sound to say the word. Although that became momentary for him, I told him I understood because with my ADD I have had that difficulty all my life and more severe when under stress.

Besides working with ADD and ADHD children, I recently worked on two children with autism—brothers, age five and six. The five-year-old got so relaxed that he went to sleep during the session. The next day he had major breakthroughs in that he was able to say “yep” to three different questions asked of him and he began to use the toilet by himself. The six-year-old reported the next morning that he had no nightmares and his brain felt different. For the first time in his life, once his brain was integrated with all the different parts, he was able to hold his smile straight, as documented by these pictures.

Your results may not manifest as physically as those clients. One doesn't have to have brain damage to get results. By having a session you are better able to think clearer, remember more easily, think sharper and thereby make better decisions. Clients tell me they know when they are holding and when they need more. Toxic air, water, foods and drugs can all throw the brain off.

One client said she knew it was time to come back for another session because one night she couldn't find her pajamas. She looked on the back of the bathroom and closet doors. She looked under her pillow. She looked in her dresser. Then she looked down and saw she had them on! Besides doing exercises for your brain, why not get it tuned up as well. ■

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