

# INNOVATIVE TREATMENTS: THERE ARE MANY WAYS TO HEAL THE BRAIN

## Lesson 9 Guided Notes

1. **Mind-body interventions:** biofeedback, relaxation therapies, meditation, body-oriented (i.e., yoga and tai chi), hypnosis, and guided imagery.

2. **Bioelectromagnetic therapies:** Electroconvulsive therapy (ECT), repetitive transcranial magnetic stimulation (rTMS), cranial electrotherapy stimulation (CES), and vagal nerve stimulation.

3. **Alternative treatments:** Acupuncture, homeopathy, and naturopathy.

4. **Manual healing methods:** Chiropractic, osteopathy, physical therapy, and massage.

5. **Pharmacological and biological treatments:** Medication, light therapy, chronotherapy (sleep deprivation), Irlen lenses, and hyperbaric oxygen treatment (HBOT).

6. **Herbal medicine:** Plants and extracts.

7. **Diet and nutrition:** For example, vitamin E for blood clots and stroke prevention, folic acid to prevent neural tube defects, and the ketogenic diet for epilepsy.

## 7 Types of Innovative Treatments for Healing the Brain

- Mind-body interventions
- Bioelectromagnetic therapies
- Alternative treatments
- Manual healing methods
- Pharmacological and biological treatments
- Herbal medicine
- Diet and nutrition



More specifics about a few of these treatments:

## CES

- Helpful for depression, anxiety, pain, and insomnia.
- Uses very low biphasic currents via electrodes attached to the scalp or earlobes for 20-60 minutes.

## rTMS

- FDA approved for treatment for depression.
- Helpful in post-stroke depression.
- It can be useful for some addictions, OCD, migraines, pain, insomnia, Parkinson's, tinnitus, insomnia, and stroke.
- The rTMS device's frequency can be adjusted to the patient's needs, either to boost activity or calm it.

## Irlen Syndrome

Scotopic sensitivity syndrome  
(common in TBI)

### Symptoms include:

- Light sensitivity: being bothered by glare, sunlight, headlights, or streetlights.
- Experience fatigue, headaches, mood changes, restlessness, and decreased focus with bright or fluorescent lights.
- Difficulty reading words on glossy white paper due to the perceived movement of text.
- Feel tense, tired, or get headaches when reading.
- Depth perception problems include difficulty judging distances and escalators, stairs, ball sports, or driving.



Treatment for Irlen Syndrome is with appropriate colored filtered lenses (as prescribed by an Irlen specialist) and has a high success rate in reducing symptoms, even if they have ensued for many years.