Miraculous Neurofeedback Transformation: My Nephew’s Journey from Anxiety to Calm. Transcript

(Transcripts are generated by AI and may contain errors)

Kyleu2019s Neurofeedback Transformation

The neurofeedback was probably the most profound change that I saw in Kyle almost instantly. I would take him and he was eight, nine years old when he undergoing his first round of neuro feedback treatment and had a lot of anxiety and in 15, 20 minutes of a session I could just physically watch his anxiety just disappear from his body.

No stimming, he could sit there calmly. It was a huge, huge change. Hey, everybody. It's Dr. Stephanie Rimka with Brain and Body Solutions. So I told you we were going to be doing a live on Live 19 Channel QEEJ.

This is with my nephew, Kyle, and they do live in Michigan. Kyle is turning 20. He turns 20 in a few weeks. Right. Do you remember what you said to me at the Christmas party years ago?

Many, many, years, ago. Oh, in regards to neural feedback, I do. The neurofeedback was probably the most profound change that I saw in Kyle almost instantly.

I would take him and he was eight, nine years old when he undergoing his first round of neuro feedback treatment and had a lot of anxiety and in 15, 20 minutes of a session I could just physically watch his anxiety just disappear from his body.

No stimming, he could sit there calmly. It was a huge, huge change. At the time, he was also doing a lot of biomedical interventions. He was on at one time 51 supplements a day.

And I didn't see nearly the dramatic improvement that I did with the neural feedback. So I turned all my energies into that. What was the other big piece you did?

Changing his diet was very instrumental. because we had to go after the gut. The gut inflammation was causing continual toxicity and continial brain inflammation.

And it took quite a few years for me to get her to the full tilt of what I needed her And so, you know, Kim really understands the resistance a parent can go through, how hard you think it's going to be, all the emotional reasons, the excuses, and all of the fear.

And once she finally did it, it was dramatic. In six months, he was a different child. Absolutely different. I mean, nothing short of miraculous. He went from living in his bedroom, pretty much all the time.

He would only come out to eat when his father, he had problems with his fathers, so if his Father was home he wouldn't come outta the room. he would sit in his room and eat on the floor.

It was an awful time, even to the point he couldn't go to bathroom.

Diet, Gut Health, and Family Coaching

There was a time when he didn't even come and use the bathroom, So he'd have to use it somewhere in the bedroom. Yes, being in a backpack because he thought that was the receptacle that would hold it.

For him to handle. Right. So tormented physically inside. and had to go so inside himself he could not interact with the outside world. I think the only person he was selectively mute for quite some time.

He was, yeah. Except for you. Me and his sister. That was it. So she even did the extreme of pulling him out of

school completely. that was the choice she needed to make and could do so she could fully control this diet and go after the diet and the neurofeedback the way we needed to address it.

And what kind of spawned from that the miraculous thing that her finally saying the statement that was a aha moment, boom, I'm done, how do I learn neuro feedback?

So people always ask how did you get into this? My sister. It's her fault. You can blame her. And what she then did with it, she didn't become a neurofeedback therapist.

She went into the health field and she is a massage therapist in Michigan. So she's in the greater Detroit area. I'm going to put her contact information in comment area how to reach her but she works on particularly anybody any kind of stress anxiety but the mothers and the families of autistic children and but in two nights a week you work on autism children she specializes in working on your actual children starting I think a lot with the reflexology.

Correct. So she talks to the organ systems and the brain through the feet and getting kids to go from that never can be touched to where they now they collapse on the massage table and they run in and can't wait so your child can't be touch you can hug you.

Suddenly it's like oh yes and learning to love the touch as she slowly learns to communicate with them through their body to reassess their brains and she also I'm doing all the talking because she's not feeling well.

She then said, I'm going to help people with the diet because I know what it's like. It took me five years to really do what you took, what I just kept pieces and pieces.

And I was like, you're not seeing the results because you are not doing the whole thing. If you keep letting things sneak in, keep doing it, it is not going work.

What you do is so much easier. He became healthy, he doesn't get sick, doesnt get infections. She's specializing in taking families through the chain.

How do you go through in a realistic way with whatever budget you have? And if that means she's got to come into your house and clean out your kitchen and your cupboard, if she has to go shopping, you can hire her to do all that or just consulting on the simple solutions to kind of make this really work for families, real families.

But then how do help heal your children with the GAPS diet, gluten-free, casing- free, allergies, whatever. From a mom's perspective, from knowing how to shop, whether that's a Meyers budget, you're in Michigan, right?

Or a Whole Foods budget or a CSA. She joined a CSA and actually took her kids farming with her, grew their own food for years so she could get it and found the way.

How can I afford to get organic food? Because I can't afford that the other way, so how am I going to do what I do with what That's what she's good at helping you figure out.

So she took and said, okay, the diet and the neurofeedback. She does the diets, I do the neural feedback. I've been trying to lure my sister down to Atlanta for I don't know, a lot of years.

It's not common. But she got her life and her stuff up in Michigan. And she is staying there. My mother is happy because she has her grandbabies. That is what is going on.

Those are the pieces that we do. But she's a family coach to help families. She's the coach and a consultant for families on the spectrum. Uh, she is also an ILS practitioner.

So one of our therapies we do, Integrated Listening Therapy, we have that for Kyle as well. You need to get fully trained in it so you can help the families go through that.

So, she's got a wealth of information for all you folks in Detroit, and she has me in her back pocket. So whenever you have a question, you're kind of getting me at the same time, because I'm going to help her with every case.

I help with her all the time. She's not doing functional testing. You know, come in and show you all the mistakes you're making and it's how we helped take Kyle to a certain place.

And now there's been some things in life and things have changed. She went through a divorce and you know life changed, you couldn't afford a lot of the stuff he was on for years.

It all had to stop. All supplements stopped, all different types of food things. Still on the diet, but I got it. This is what I can afford. Her life has changed now.

Now we've got some more resources. So we're gonna be doing a lotta testing on him now, doing the fresh new map. A lot of labs and urine tests, I'm going to go over that stuff with her privately, and we're going put him on a whole repair, detoxification, healing.

So we are going upgrade him again, you know, over the next little bit of time. We're gonna go in for, he's getting a full sauna, we gonna detox him in all the ways, so we'll keep you updated.

But let's go meet Jeff. Do you want to say anything else that I missed? Yes, that's great. Go lay down.

Meet Jeff and the EEG Setup

Yes. Okay. Everybody, this is Jeff. Hello, how are you? This is my nephew. Can you say hi Kyle? We're doing a little video. If you want to, you don't have to.

He's good. We'll skip it. Right now we're putting on what's called a surgical EG cap. And it's 19 channels of EEG recording, where we go ahead and take a look at his brain waves.

And that's just a regular EEg cap that a neurologist or some surgical person would use. It's a really simple procedure. We fill each of these holes with electro gel, which is inductive.

Then we fill them up with this blunt-edged squirt gun. That's what I call it. And then what I'm doing now is I making sure we're getting good contact from each electrode to the scalp with an impedance meter and I am just getting the impedance down.

So we go through each site and then I kind of put the squirt head in there and wiggle and when my number is suitable I go on to next one. And as he finishes up with that let you know, I don't know how long you've been here, but Jeff and really we have a great time, we are a We have a third neurofeedback therapist that's here part-time as we get full to help handle some of our overflow.

Leigh Holbrook, and a lot of you are familiar with her from years ago, she's been with me off and on for a long time. She's more of a tech. So Jeff and I are both BCNs, we're both board certified neuro feedback.

He also just passed a really big test. That's the QEG Diplomat Test. Yeah, so he's a diplomat now reading this raw EEG. A lot of people can't do this.

I can do it. He's one of our little specialists at doing that. How many are you guys? How may of there are? It's probably 40 or 50 in the country. That about it, we do some special stuff here with a lot experience.

The two of us together, I'd probably say I think it's averaging about 20 years experience you get with us. What's really great here is I've worked in learning disabled schools and addiction centers and working with Stephanie, this is the first place I have ever worked where we can deal with both what's called soup and sparks.

So I'm dealing with the electricity in the brain and Stephanie deals not only with electricity but with chemical

reactions and the metabolism and vitamins, supplements, the neurotransmitters.

So we kind of have both things covered. And when Terry turns the camera on herself, you'll see that we have the third tier in here, which is the psychological.

We're kind a complete brain center now, and it's exciting. Yeah, we've got a Ph. D. psychologist on board, so we do a lot of stuff. Let me scoot out of your way.

This is an amplifier that amplifies those brain waves, that are measured in a millionth of a volt. So you can imagine this is what's called a brain master discovery.

It's FDA approved medical device, one of only a few. They can actually use it for surgery and for sleep studies and things that are commonly used with EEG.

So it's a very precise instrument. I plug that in here and that's how we start recording brain waves. And now I'm going to go over here to our computer and we can take a look at what Kyle's brain looks like via his EEG.

This is probably the most modern of softwares out there. Now it's called the Brain Master Brain Avatar 1.0, or 4. 0 rather, it is the fourth iteration.

And all I have to do is hit the go button. And here's a picture of Kyle's EEG. You want to see what the EEg looks like when he eats nuts. Kyle is eating nuts, and that's his brain telling his mouth to chew.

So that's a bunch of static and noise. This is why we need people when we do it to be still. So you really can't be eating or chewing gum while you're doing this.

After that, we're going to pause you and Jeff's going check all the signal, okay? After you swallow this one, you are going stop eating, just hold on.

Okay, if you want, let's, um, you can get him, uh, here's a tissue, and let just put those over here, Kyle. Just, put them here. Awesome. There you go.

We'll just save those for you over there. And if he can be really still, maybe see what your EEG looks like. In fact, he could be watching. That's how I put this over so you could see.

Okay, and that's your brain. Go ahead and blink your eyes a few times. That's what your brains looks like when you blink with your eye. Actually, it's something called eye artifact.

Reading Kyleu2019s Brain Map

Can you do that, Kyle? It hurts my throat. Okay, then we won't do. Let's see what it looks like when you close your eyes. Close your and pretend like you're sleeping.

Don't squeeze them shut. Just kind of let them stay closed. Good. That's excellent. OK, let me go ahead and fix the ears. The ear reference is a little bit rough.

So we notice things on the raw EEG, if things are looking like it's not a good connection, there's muscle tension. And so he saw that right away. We're going to fix it down in that one area.

Sometimes it vibrates from the pulse of the jugulars. The calf might be too tight. You have to adjust things. Some people just have a lot of tension, and then they're clenching their jaws a lots.

Then we're picking up tension particularly right in these locations off the temples. I think we're going to let you just work, Jeff. Okay, very good. So what he's going Some eyes closed time and then recording some eyes open time.

And then you want to explain just briefly what you do with that information when you're all done. Sure. Once we record the information, we run it through software that analyzes it for it or turns it into brain maps and spend a couple hours looking it over and comparing it to other databases and making sure there's no seizure activity or any kind of infarcts or tumors or anything like that.

Infarction means some dead tissue. that might happen after a TIA or a stroke. All right, we'll let you guys do it. You all right Kyle? All Right. So we're going to let them do their work, and we are going do our work.

If you have any questions, you can ask me down there, but I'm going give Kim's information to you because she's up in Metro Detroit. I don't forget where Like I say, where she lives and where he works.

He works out of… Kim, Where are you? Like, Clinton Township or something? Sterling Heights. And Clinton township. See, I'm normal. I am Eastside 313. So some of these new places I get confused at this point.

Detroit keeps growing. We're of course in midtown Atlanta, 30307 area code. But that's a brain map and at least part of the process. If it doesn't hurt, we can get anybody to do it.

We've had three-year-olds on the spectrum. It takes a little bit more work, but we could do. Might take a few visits to get them feeling comfortable in here.

That's about it. So a lot of people want to know what we do, why did I get into it? This is why I got into. And this is what my sister does, what she does.

It's why do what I do. Um, and we have a great time with it, so that's one part of what the office does with neuro therapies and how we assess that information, getting this kind of baseline because Kyle isn't going to train here.

They don't live here, but we are getting a big baseline. kind of where he is right now. Two of his therapists, his main neurofeedback therapist, one, unfortunately, Mary St.

Clair, she did pass away, and Dr. Brown has kind moved far away and is kind part-time up in Michigan. So we've got to find him a place that I think is really qualified up near them, but he'll have this baseline information.

Plus, I can get all this metabolic information, you can flip it if you want, we gotta close the door. So I can use this information to help assess what I need to do and what kind of tests I needed to order to find out all of his metabolic function.

So some people just come in and we do a big intake and I get this in there, I'm going to train. They're more of a metabolic candidate and i can tell that when I look at the map.

And some, people I've heard many neurofeedback therapists, they just train everybody all the time, no matter what. And it's been a little bit shocking to me.

We'll refer to somebody, or just refer somebody to diplomat neurology, a chiropractor. And that was the take of, well, everybody does neurofeedback. Why would you do that?

Because I can tell you that kid's brain isn't going to respond because they're so low-powered, they are so malnourished, and such a major endocrine disruption.

I need to go in there and look at that hypothalamus and that pituitary and the entire chain of what's going on before to set them up so the neural feedback is successful.

It's like if somebody came to me who was anorexic, I don't start training them for a Tough Mudder race. I have to feed them. And that would start foundationally.

Don't make them do more work.

Baseline Testing and Sports Concussion Use

Build them before I start adding muscle. So the brain is kind of similar. What's the best way to take them? Sometimes we just go ahead and we do both.

Sometimes I go, oh no, I need to have that thyroid disorder handled first because alpha will not respond to that. It seems like a lot of people dont address that part.

and that's why it's kind of a hit or miss. I like this to make sure I'm as successful with you as possible because people walking out of here telling everybody how much better they feel, how better their kids are doing, and how they're off their medication, they sleep better, that they don't have panic attacks anymore.

That's my commercial. So I make we're going to set you up to be well. This is just a baseline and we do this a lot of times pre and post on athletes, so if your kid's playing football, particularly high school and college, getting a baseline map pre-season so we have it, we see what it is, if they get a concussion we can do one immediately after and see whats going on and help them with the post-concussive suggestions on diet and what to do and then within a month or so, you might need to train them.

But it's a great thing and we offer that at a very discounted rate for football teams. Jeff is dying to get a whole high school team. We would love to have a pre-team.

Concussions are a real big problem in sports right now. Girls soccer is the second leading. Boys football in America and then girls soccer. The most number of concussions.

It's bad. This is a really great tool to see. What do they look like before? What happens in the concussion? That brain inflammation, that dead brain tissue.

and then how quickly are they recovering? Are they going to need neurofeedback after that? We don't even start the neuro feedback. Usually it's four to six weeks after.

We have to let all that swelling go down, but we go in there with nutrition, very specific nutrition information to help prevent as much crisis and energy.

It's an energy crisis situation when you bruise your brain and we have to get the right things in there so things don't die. Anyway, that's a lot of stuff that the QEDs are used for.

Peak performance, people just want to be better, get a better IQ, be calmer. solving a problem, making more connections. So we're going to see what Kyle's doing and how I can best help him and direct the therapists up in Michigan to do what we think would be the most helpful.

All right, so I'll put info in the comments and you guys have a great Saturday. See ya.