

# WHAT TO EXPECT FROM YOUR IASIS NEUROFEEDBACK SESSIONS...



Congratulations! You are beginning your wellness journey with IASIS Micro Current Neurofeedback. To make your process smooth and give you top-notch care, here are a couple of things to prepare for your sessions. Take a peek before we start for best results!

We want you to have the best possible outcome and all areas of a healthy lifestyle matter. Please reach out at any time with any questions or concerns during your treatment process. **We are here to help support you.**

Wondering **how to prepare for your session** or improve your sessions? Read on!

- Skip the caffeine prior to treatment.
- **HYDRATE!** Before, during and after MCN.
- **Eat a snack or meal prior to your session.**
- Avoid processed and refined foods, especially sugar; focusing on proteins and whole foods like fruit and vegetables.
- **Avoid alcohol and marijuana**, particularly on the day of treatment.

## 1 How do I track how I feel?

Jot down notes about your feelings and/or questions to bring with you to your next session. Your feedback **24 hours after every session** by email or text is **mandatory**, and helps us fine tune your next session. *(We have an app version coming soon.)* Remember, like everything worthwhile, this journey takes time. Patience is key!

## 2 How will I feel after my session?

While many people feel energy, ease, clarity and happiness after a session, these positive feelings may precede “rebounding” feelings of fatigue, depression and anxiety between sessions. **A rebound can be the brain’s way of struggling to remain in the old, familiar and dysfunctional state or patterns.** As people continue with MCN, both the intensity of the good feelings increase while the unpleasant rebound periods tend to become shorter and less intense, until the exaggerated feelings no longer occur.

## 3 What if I have negative feelings arise?

You may experience short periods of anger, fear, and irritability during the treatment. You may have tremendous energy OR feel very tired. **Don't be surprised if long-lasting feelings of anger, fear, anxiety or irritation rear their heads, especially if you've been wrestling with them for a while.**

While these feelings can be intrusive and bothersome, they are short lived for most patients and they can still function. **Please lean on support from your own therapist or physician as needed.** If you do not have a therapist and need references, we have several we can recommend. Integration support (during and after) is essential. We all benefit from a wellness team!

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