

FAQ Aging Brain

NeuroEval® and NeuroCodex® and the aging brain

After about the age of 40, most individual's brain begins to naturally lose its strength and resiliency. The amount of loss is related to the lifestyle, illness, and the body's ability to absorb nutrients. If that individual's lifestyle includes alcohol, stress-related activities, long workdays, or life events that include illnesses or prescription medications, accidents, etc. They all add up over time and can influence the brain's performance.

NeuroEval® measures the brain performance and NeuroCodex® then compares that performance and function against normative databases within that age group. We know how a typical brain should be performing and can measure deficits against that norm. We can see what systems may need to be repaired or enhanced for optimal performance at any age.

Much like a muscle, if we keep the brain tuned up, we can maintain the brain at a higher level and keep it optimized. Once we have the brain map baseline, we can then set specific protocols for tuning up the brain.

Will NeuroCoach® programs be effective for the aging brain?

The answer is yes. The NeuroCoach® program can be quite effective for the 40+ aging brain. The brain continues to exhibit neuroplasticity until the day we die, so the programs can have a positive effect on brain improvements with proper tools and exercises/activities.

Neuroplasticity works, but you must apply long term potentiation, which means you must engage the proper brain circuits, brain systems and brain networks in the right order, and also disengage the compensatory circuits appropriately (long term depreciation). If you do not do both in the proper order, you will not achieve proper change and improvement. The NeuroCoach® program has that built into its programming and protocols for the greatest potential of improvement and optimization for each individual based on their individualized NeuroEval® and NeuroCodex® results.