

## *FAQ Chemo Brain and Lyme's Disease*

### **How does NeuroCodex® and NeuroCoach® work with Chemo-Brain?**

For survivors of cancer, chemo-brain typically is a lasting effect on the individual who has undergone chemotherapy. We work with those individuals quite well to overcome those residual effects of foggy brain, memory retrieval and loss, forgetfulness, etc.

During long term illnesses, like cancer and the subsequent chemotherapy to achieve remission, the results can also include adverse effects to the brain. More importantly, the homeostatic set point in the brain (the threshold for brain resiliency and cognitive function) is lowered due to the illness, while energy being diverted from the brain in order to overcome the cancer, and then additionally the effects of chemotherapy. Less energy to the brain means lower optimal function for appropriate brain health and cognitive function.

After long illnesses and long recovery with chemo, the brain “resets” to a lower threshold as the brain learns to use less energy. What this translates to is an individual’s brain resiliency and neuro-efficiency is lowered as is the functional IQ. As the IQ gradually lowers, it becomes more difficult for the individual to function at the same level as before cancer and chemo. The energy to the brain, simply is not there any longer. The result is memory loss or forgetfulness. Feelings of not being “quite present” or feeling “off” are everyday occurrences. Emotional regulation (crying, sadness, anger) are also common expressions. Things that were once easy, are now challenging.

So, once the cancer is in remission and chemotherapy is no longer needed, the brain still only has the limited amount of energy it can work with to maintain that functional level. In addition, the working memory and storage and retrieval memory networks are especially compromised during chemotherapy, due to the radiation and chemicals needed to irradiate the cancer for the individual to survive. Survival was the target....brain function, secondary.

The NeuroCoach® Training System can “reenergize” the brain and neuro-efficiency through targeted exercises and activities which can reset the homeostatic set point to bring back lost cognitive abilities and brain resiliency.

Our results have been proven to be very good over the years in over-coming chemo brain focus and attention and memory issues.

### **How does NeuroCoach® work with Lyme's Disease?**

The NeuroCoach® Training System was designed in large part, to overcome viral infections in the brain. We discovered common symptoms within this group of viral and bacterial brain infections. These included lower neuro-efficiency, less brain resiliency under stress, a lower homeostatic set-point (how much energy the brain uses), brain fatigue, more sensitivity to environmental demands, daily living demands and more difficulty with coping day to day under normal daily stresses.

The NeuroCodex® and NeuroEval® show those various bio-markers, when present, so each issue can be addressed appropriately.

The NeuroCoach® Train System programs then target those specific areas that need to be repaired, remediated, or healed. Our results have been proven to be very good at overcoming Lyme’s Disease neurocognitive deficits.