

# Can the LENS Help?

The LENS addresses underlying problems, including the following:

Often we tend to think in terms of diagnoses when we ask “Is the LENS an appropriate treatment approach?” Instead, it is more appropriate to ask about the underlying functions blocked in any particular diagnosis to arrive at an answer. The LENS addresses underlying problems and does not address diagnoses. Below is a list of Areas of Applicability with which the LENS may be helpful.

Area:	Diagnostic Area:	Underlying Functional Problems:
Cognition	ADD, TBI, Autism, Asperger's	Problems sequencing, memory, providing and maintaining attention, concentration, clarity, organization
Mood	Depression, prolonged or incomplete grieving, explosive disorder, bi-polar	Anger, sadness, explosiveness
Motor	Paralysis, spasticity, clumsiness, progressive disease (Parkinsonism, Alzheimer's, MS), stroke	Lack of grace, problems with hand-eye coordination, balance, increased muscle tone (from spasticity), tremor
Motivation	Depression, lack of motivation	Problems initiating tasks, shifting from one activity to another, and/or completing tasks
Anxiety	The experience of anxiety, ADD, ADHD, anxiety attacks, PTSD, panic attacks, dissociative problems, sleep disorders, OCD	Problems of anxiety system activity (too much uncomfortable contained energy): persistent anxious feelings, restlessness, rumination, agitation, irritability, distractibility, difficulty breathing, palpitations, tremor exacerbation, sleep interruption
Reactivity	Personality disorders, borderline, seizures (epileptiform and non-clinical)	Hyperreactivity, hypersensitivity, multiple chemical sensitivities
Pain	Fibromyalgia, migraines	Brain-generated pain (mismatching the origins and qualities of the signals), vascular pain
Dependencies, Addictions	Drug or alcohol addiction and dependency, eating disorders, substance abuse	Drug or alcohol addiction and dependency, eating disorders, substance abuse
Fatigue	Chronic fatigue, except when complicated by residual infection, toxics, or metabolic condition	Fatigue; or fatigue as a phenomenon secondary to the effort of trying to overcome the pain and/or the above impediments to functioning more easily
Performance Optimization	No diagnosis	Increases in functioning in the above areas in the absence of any diagnosis.

## How Does the LENS Work?

The LENS, or *Low Energy Neurofeedback System*, is a unique and effective form of neurotechnology that targets the central nervous system and utilizes real-time brain waves to help alleviate symptoms, optimize functioning, and reclaim neurological and physiological potential. Results can be seen quickly, often beginning within the first session, and are lasting. It may be utilized as the primary treatment approach, or as an adjunct to other therapies. Clients across the lifespan, from young children (3 months old) to the elderly, and animals have benefited greatly from the LENS.