

Hi there!

So, you have just completed your very first LENS session today (*Low Energy Neurofeedback System*)!

This sheet contains information that may be helpful to you as you progress through your sessions throughout the course of the LENS.

1. We love information!

We would like for you, or someone close to you, to *track changes* from session-to-session (such as week-to-week), especially within the first 48 hours following each LENS session. We want to hear about anything that surprises you or someone around you.

Why? This is a process in which we match the feedback you receive in each session to your physiology, because we have found that this approach will move you through the course of the LENS as efficiently as possible. We thus adjust what you receive each week based upon what you or someone close to you noticed, or didn't notice, since the previous session.

Improvements may include:

Better mood/happier, increased energy, return of a sense of humor, changes in dreaming, easier to laugh, increase in eyesight and/or hearing acuity, colors may seem more vibrant, improvements in sleep, improvements in focus such as the ability to complete tasks without the need to be reminded as often, a decrease in symptoms, need for less caffeine and/or alcohol and/or medication to achieve the desired clinical effect, able to recall what you have just read more readily, etc.

Regarding surprises and the duration of improvements, we are going to ask:

How long did these last?

Why do we wish to know?

Noticing improvements/surprises reveals that your *central nervous system* (CNS) is reorganizing, and we want to know how long it is able to maintain the higher level of organization/functioning. For many people, the improvements remain indefinitely. For others, the improvement may wane over the next day or several days following a given session, and, for some, they may return to their baseline symptom level. With each subsequent LENS session, we want to know that your CNS can maintain the higher level or reorganization for longer and longer periods of time.

Challenges

Other *temporary* changes might include feeling energized, feeling sleepy, feeling like you consumed too much caffeine (a 'wired' type of feeling), or, in some cases, a temporary increase in a symptom(s) that you already experience.

Regarding these types of symptoms, we are going to ask:

How long did the symptom(s) last?

What improvements did you notice once the symptom(s) resolved?

Why do we want to know?

Because our goal is to match the feedback to your physiology, and sometimes we overshoot and administer more information than your CNS can comfortably integrate. Even if you receive a little too much feedback, your CNS is brilliant and can still utilize the information, but for some, the road may be temporarily bumpy (for example: temporarily sleepy or wired, like having too much caffeine). So, we want to know *how long did the effect last* because that will tell us how long it takes for your unique physiology to bounce-back. For some, the sleepiness lasts 20 minutes then passes, others may be a day or two, and, though unusual, for others suffering with very low vital energy in general (such as chronic fatigue or other issues that have drained the body of energy reserves over long periods of time), an effect such as feeling tired may last several days. Kind of like you ate too much at Thanksgiving, and we want to see how long it takes for your digestive system to jettison the load.

The reason we want to know *how you are going when the effect wore off* is that even though you may have experienced a temporary feeling of wired, tired, anxiousness or irritability, you'll notice that after your CNS integrates all the information and the over-treatment symptom resolves, you will be feeling even better than before the session.

2. Please keep yourself well hydrated!

The LENS neurofeedback will begin to optimize your system.

For some people, this may encourage the immune system to begin to 'clean-house'. Drinking plenty of water through your course of the LENS can help your body rid itself of unwanted toxins it has been storing. Some people may experience a slight temporary headache following a session due to this process, so drink plenty of water: *the solution to pollution is dilution*.

3. Medications

If you are taking any medications, including insulin, glandulars such as thyroid medications, over-the-counter items, and supplements (and/or even some types of protein powders), please familiarize yourself with their side-effects.

Why? Because as your central nervous system self-regulates and optimizes itself, you may actually require a *lower dose* to achieve the desired clinical effect.