



Improve your  
performance and  
overall wellbeing  
*one brainwave at  
a time.*

## Contact us

12000 Richmond Ave  
Suite 230, Houston, Texas,  
77082

+1 832 743 2025

[support@ivitalitymd.com](mailto:support@ivitalitymd.com)

[www.ivitalitymd.com](http://www.ivitalitymd.com)



Improve your  
*brain health.*

## What is Neurofeedback?

Neurofeedback, or EEG biofeedback, is a non-invasive neurotherapy which helps you train your brain so you can enhance your brain health and improve your performance. It's kind of like exercise, but for your brain!

It uses EEG technology to measure your brainwave activity and provide feedback in real time. This insight into your brain activity can help you have more control over reaching your goals.

It has been used in clinics for decades to **improve performance and enhance overall wellbeing** and alleviate symptoms of **ADHD, PTSD, anxiety, traumatic brain injuries, and more.**

## Neurofeedback Benefits

### Train Remotely

Traditionally, neurofeedback required frequent visits to a clinic, making it costly and time-consuming. Now, thanks to new technology, there's an easy-to-use, remote neurofeedback system that makes it possible to train anywhere using a wireless headset and mobile games and videos.

### Your Own Support System

Your **mental health provider** will guide you on your journey to reach your training goals, customize a training plan just for you, and ensure that you stay on track. The **Myndlift Care Team** will also be by your side throughout your training journey to lend a friendly, helping hand.

### Benefits

Cost-Effective • Personalized • Progress Tracking • Convenient • Evidence-Based • Engaging

Begin your journey to better focus and wellbeing.

*Get started with neurofeedback today.*



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