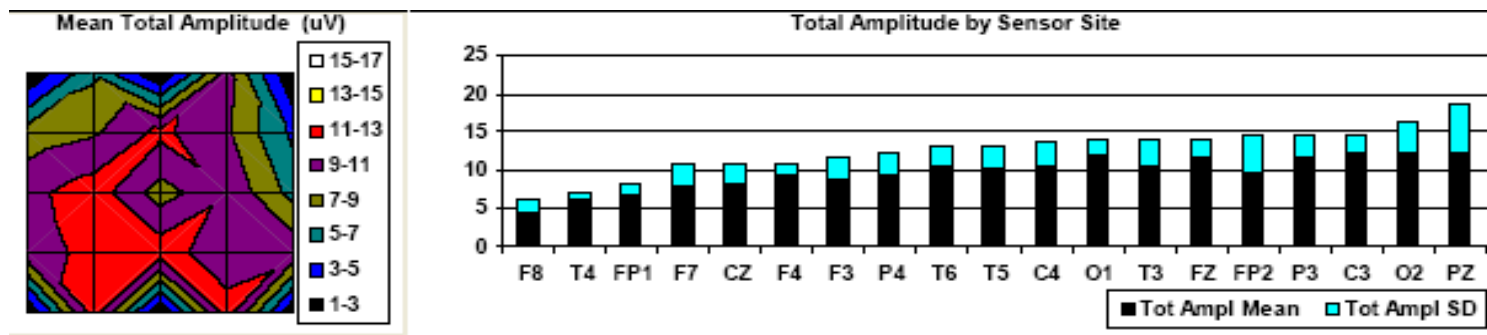


# Low Energy Neurofeedback System (LENS)

Discover a groundbreaking clinical advancement in neurofeedback  
*now available in West Newbury, MA.*



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

The LENS, or *Low Energy Neurofeedback System*, created by Dr. Len Ochs a pioneer in neurofeedback development, is a form of biofeedback that uses a very low power electromagnetic field, like the ones that surround digital watches and wires in the wall, to carry feedback to the person receiving it. Although the feedback signal is weak, it safely produces a measurable change in the brainwaves without any effort from the patient.

LENS neurofeedback uses a feedback frequency that correlates with the dominant brainwave frequency. When exposed to this feedback frequency, the EEG amplitude distribution changes in power. The result is an improved brainwave state, enabling greater calm and mental flexibility. Compared with traditional neurofeedback LENS is affordable and only takes between 10 and 20 half hour sessions to achieve positive changes.

*For more information contact:*

**Rebecca Shafir M.A. CCC**

Certified and Medically Licensed Speech/  
Language Pathologist and LENS Clinician.  
61 Turkey Hill Road, West Newbury, MA  
**(978) 255-1817**

**LENS** can help children and adults with:

*Anxiety disorders*

*Depression*

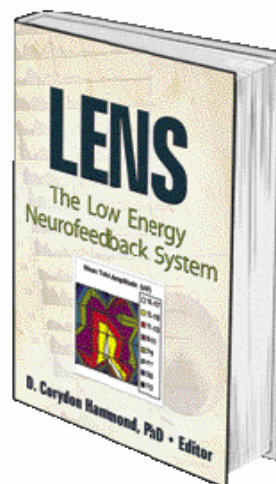
*ADD/ADHD*

*Migraine headaches*

## **Benefits from LENS:**

Improved **mood, energy, sleep** and **clarity**; decreased impulsivity and moodiness; better ability to concentrate, be productive and get along with others. Many patients are able to decrease their medications over the course of LENS treatment.

Available at Amazon.com



# LENS

*The Low Energy Neurofeedback System*

Edited by D. Corydon Hammond, PhD