

BrainTap: Brain Fitness at the Speed of Light

BrainTap is a light and sound brain wave entrainment device driven by specially encoded audio-sessions to help you exercise your brain and maximize its potential.

It is based on Neurofeedback. Neurofeedback and Biofeedback creates significant lasting changes in health as they teach patients to “self-regulate” their nervous system. Advancements in neuroscience have contributed to the development of biofeedback instruments that are now sensitive enough to enable our patients to change their brain waves, heart rhythms, blood flow and more. Research has shown its success with many dysfunctions, including things like ADD/ADHD

Why are so many people, young and old, suffering from ADD, ADHD and other learning challenges? What’s going wrong in the brains of so many people, and why?

The BrainTap produces the relaxation response, giving the body precisely what it needs to get back in balance and reverse the effect of stress on the body.

The following results with the BrainTap have been demonstrated through documented studies and in clinical settings with hundreds of thousands of clients:

- The right and left hemispheres of the brain become more balanced.
- Blood flow to the brain increases, resulting in clearer thinking, better concentration, improved memory, and enhanced creativity.
- Serotonin levels increase by up to 21%, which calms the mind and body and creates an overall sense of wellbeing.
- Endorphin levels increase by up to 25%. These are the hormones that flow through the body when we feel happy. Endorphins provide the brain with alertness, are a natural anti-depressant, provide relief from pain, and create pleasurable and loving feelings.

What People are saying:

I started using the BrainTap to control my ADHD, and the results were nothing short of amazing. I was skeptical of the technology at first, then tried it through a wellness center near me, and it worked better than my antipsychotic medications on the first try, so I bought myself a BrainTap headset and now I am able to focus on things without getting distracted. I would highly