

*Please check all symptoms you have ever had, even if they do not seem related to your current problem and check the box where you fit on the chart. Your doctor will then be able to recommend what type of care you need to achieve balance . . .  
Where are your loved ones?*

## BALANCED NERVOUS SYSTEM

- High Energy       Few Symptoms       Resistant to Infections       Positive Mental Attitude
- Mentally Alert       Excellent Health       Active       Vibrant

## UNBALANCED NERVOUS SYSTEM

### UNDER-AROUSSED

- Poor Attention
- Impulsive
- Easily Distracted
- Disorganized
- Depressed
- Lacking motivation
- Poor Concentration
- Spaciness
- Constipation
- Low pain threshold
- Difficulty waking
- Worry
- Irritable
- Low energy

Low

Moderate

Severe

### UNSTABLE

- Migraines
- Headaches
- Seizures
- Sleepwalking
- Hot flashes
- PMS
- Food sensitivities
- Bed wetting
- Eating disorders
- Bipolar disorders
- Mood swings
- Panic attacks

Low

Moderate

Severe

### OVER-AROUSED

- Cold hands
- Cold feet
- Tight Muscles
- Teeth grinding
- Anxiety
- Heart palpitations
- Restless sleep
- Poor expression of emotions
- Poor immune system
- Racing mind
- High blood pressure
- Accelerated aging
- Irritable bowel

## EXHAUSTED NERVOUS SYSTEM

- Cancer       Rheumatoid Arthritis       Diabetes       Multiple Sclerosis       Depression
- Chronic Fatigue Syndrome       Fibromyalgia       ALS       Epstein-Barr Syndrome

# BALANCED NERVOUS SYSTEM

Balanced Nervous System (Beta, Alpha, Theta, Delta frequencies)

This is the highest performance level of the nervous system. The secret of good health is found within this beautiful balanced level of brain activity. In this state your brain is able to move freely between all operational frequencies which in turn allows you to adapt to your environment.

## UNBALANCED NERVOUS SYSTEM

### UNDER-AROUSED

#### **Theta to Alpha**

This state of the nervous system is a result of your brain activity becoming "stuck" in the Theta to Alpha range.

An EEG study would show a predominance of these frequencies and this would be reflected in your health picture. The Bio - Chart demonstrates some of these consequences.

Neurologically Based Chiropractic Care works well at this stage.

### UNSTABLE

#### **Theta/Alpha to Beta**

The NS that alternates between under and over aroused is called Unstable. This nervous system is at higher risk than just over or under and tends to shift back and forth between the two. It could be hourly, daily or even longer time frames.

Usually this damaged NS needs more care than one in just an under or over pattern. The higher the instability, the more care needed to repair the damaged system.

### OVER-AROUSED

#### **Beta**

This state of the nervous system is a result of your brain activity becoming "stuck" in the Beta frequency.

An EEG study would show a predominance of this frequency and this would be reflected in your health picture. The Bio - Chart demonstrates some of these consequences Neurologically Based Chiropractic Care works well at this stage.

## EXHAUSTED NERVOUS SYSTEM

This is the crisis state of the NS. This normally takes time to develop and represents the high danger level within the NS. The energy of the system is devoted to maintaining existence. This is also the slowest state for recovery as any extra stress can send the NS back into the exhausted state. The trend is to bounce between exhausted and over-aroused. Care should include bio/neurofeedback training along with NBC.