The Brain Center

at CHC

Improving, Repairing, and Restoring Brain Function

At The Brain Center we specialize in the treatment of patients suffering from ***brain and nervous system disorders.***

Our innovative diagnosis and treatment methods have helped our patients improve, repair, and restore optimal brain function.

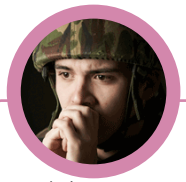
All of our treatments utilize the inherent ability of the brain to adapt, heal, and repair itself.

All approaches are completely ***drug and surgery free.***

Chiropractic Neurologist *and* Brain Center Director Dr. Lars Landers, D.C., DIBCN, DIBE

Help For People With

Traumatic Brain Injury



Post Traumatic Stress Disorder

Multiple Sclerosis

Vertigo / Dizziness

ADHD

Anxiety / Depression

Concussion

Stroke / TIA

Alzheimer's

Parkinson's

Insomnia

Autism

Our goal at The Brain Center is to provide the best possible opportunity for a healthy and functional nervous system.

Our research-based treatments have been shown to:

- Improve brain communication with the rest of the body by strengthening the existing neural structures
- Repair broken neural networks to prevent signal loss in damaged areas
- Restore overall function to promote thinking, moving, and feeling your best

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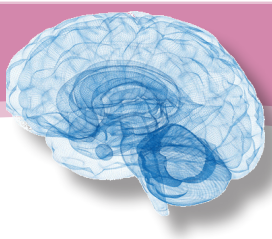

Traumatic Brain Injury

Traumatic Brain Injury (TBI) includes any damage sustained by the brain due to an external force. The most common causes of TBI are impacts to the head from automobile accidents, falls, sports, and domestic violence.

Because the brain is, in some ways, floating inside the skull, the site of brain injury does not always directly relate to the site of impact on the head. For this reason, it is essential that a thorough neurological exam be performed to localize the site of injury and to determine which functions have been affected, or even lost.

Here at The Brain Center, we know that brain injuries affect every patient differently. Our Functional Neurologist develops individualized treatment protocols, which are carefully tailored to encourage maximum improvement of brain function at the specific site of injury.

Traumatic Brain Injury Testimonial:

"In 2015 I was in a very serious car accident and suffered a traumatic brain injury. I don't remember the accident or the first two months of my recovery. By the time I sought treatment at The Brain Center I had recovered most of my ability to walk and talk, but I was still having trouble with balance and coordination, and I hadn't driven in two years because I felt very unsure of myself. I was also having trouble with memory, and I didn't feel like I had control of my emotions. It seemed like I was always either very angry or crying. I saw Dr. Landers for neurological rehabilitation for four weeks, and the results were life-changing.

After the first week I was able to drive again, and each new week after brought more and more improvement. My balance returned, I was remembering my words more easily, and I had much more control over my emotions. I never thought I would get this much of my life back, and I will always be grateful to The Brain Center for the impact they've had on my life."

L.H. Natick, MA

Concussion

Although considered a milder form of Traumatic Brain Injury (TBI), concussion can still cause serious dysfunction within the brain.

Concussions are caused by external impacts to the head, and can result in headaches, difficulty thinking clearly, trouble with memory, and more.

The effects of *repeated* concussions can be especially obvious later in life, contributing to the development of disorders such as Parkinson's, Chronic Traumatic Encephalopathy (CTE), and mood disorders. Prevention of injury with the use of protective equipment (such as helmets) is always the best method of avoiding concussion, but that is often not enough, as we see in many impact sports.

The brain has an amazing ability to heal itself, but after an injury there are often residual symptoms and challenges that must be met with specific rehabilitative therapies to ensure maximum improvement and a return to full function. In the case of concussion, it is particularly important to help the brain recover through a full course of neurological rehabilitation activities and therapies.

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Post Traumatic Stress Disorder

Post Traumatic Stress Disorder (PTSD) is caused by exposure to traumatic events. It is characterized by distress and hypervigilance when the sufferer is exposed to stimuli, similar to the original trauma.

The connection between several parts of the brain is altered in patients with PTSD, resulting in decreased brain activity, and/or inappropriate association between areas which would normally regulate emotional responses.

The ideal approach to management of PTSD will vary between patients, often including non-physical approaches such as Cognitive Behavioral Therapy, however advancements in treatment using neurological rehabilitation can not be ignored.

The brain is an orderly and efficient system, and it regulates our behaviors through patterns which can be disrupted by trauma. Neurological rehabilitation can restore those patterns and help to decrease the symptoms of PTSD significantly. At The Brain Center, our focus is on returning the brain to optimal function, while reestablishing appropriate neural responses to nonthreatening stimuli.

PTSD Testimonial:

"Before treatment at The Brain Center, I had been suffering with PTSD for about 12 years. I was anxious most of the time, I never slept through the night, and I was exhausted from always being hyper-aware of my environment. Being in public was especially stressful, and I had pulled away from social events altogether. I couldn't remember the last time I felt calm or relaxed. I tried for years to just be strong enough to deal with the PTSD on my own, but when the specialists at The Brain Center explained to me that neurological rehabilitation might help me I was willing to try anything. After two weeks of treatments I was sleeping better, I was feeling more like myself, and my anxiety had improved. I couldn't believe what an improvement it made in my life, and I'm looking forward to the future more than I have in a long time."

A.S. Framingham, MA

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Stroke / TIA

Strokes and Transient Ischemic Attacks (TIA) are injuries to the cells in the brain caused by insufficient blood flow. In a stroke, brain cells are damaged to the point of cell death, while a TIA is characterized by a transient disruption of blood flow that does not result in complete cell death.

In both situations, the lasting effect on brain function can manifest as decreased ability to use a limb or to coordinate movements, altered speech patterns and difficulty speaking, reduced ability to feel various sensations, and a variety of others, depending on the area of the brain affected.

At The Brain Center our goal is to improve, repair, and restore brain function and we believe that no matter what the cause of injury, the brain is capable of adapting and overcoming, often to a surprising degree.

Our therapies are designed to challenge the brain to recognize where it is dysfunctional, and to encourage it to develop strategies to restore the fullest function possible, either through tissue repair or establishment of new neurological pathways.

Stroke:

"In the summer of 2016 my husband suffered a stroke which left him unable to speak or remember anything before or after the stroke. He recovered his speech for the most part but had a lot of trouble remembering words. His main complaint was that he couldn't drive anymore, but I could tell that he still really wasn't "himself."

He used to be a very happy person, full of smiles and silly jokes, and since his stroke he just seemed very "flat" and reserved. After seeing the specialists at The Brain Center for just a week he started to remember words more easily, and he was smiling and joking like before. We continued treatment for 4 weeks, and every week we saw more and more improvement. It had been six months since his stroke, but after only a week of therapy I started to get my husband back. We are so grateful that this treatment was an option, and for the level of care shown to us."

B.C. Daytona Beach, FL

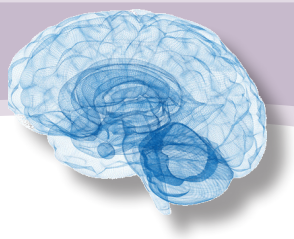
Multiple Sclerosis

Multiple Sclerosis (MS) is a demyelinating disorder of the central nervous system (brain and spinal cord). Myelin is a covering over the nerve cells, which aids in proper nerve signal conduction and is extremely important in proper communication within the brain.

The most common symptoms of MS are double vision, muscle weakness, difficulty coordinating movements, and sensation abnormalities.

It is believed that MS is caused by an autoimmune response in the body, in which the immune system attacks the cells that make myelin. There are several classifications of MS, but regardless of type, the goal of treatment is to regain and maintain function throughout the phases of the disease.

At The Brain Center, our treatments are aimed at strengthening communication through all parts of the nervous system, and refining the functions of the affected nerves during phases of healing and repair. Our rehabilitation protocols are multi-faceted and employ a holistic health approach, designed to strengthen the central nervous system and help repair nerves affected by MS.



Alzheimer's

Alzheimer's Disease (AD) is a neurodegenerative disease, and the most common cause of dementia. It is most commonly known for affecting memory, but in advanced stages it affects other behaviors and moods, as well as bodily function.

While the causes of AD are mostly unknown, the progression of the disease is well-established. Atrophy (shrinking, wasting) and degeneration of the cells in the brain, as well as accumulation of improperly-formed proteins called plaques leads to loss of function in the affected areas. There is no known cure for AD, and no available medication that has been shown to delay or stop the disease progression.

At The Brain Center our goal in the treatment of AD is to improve neurological function and to give the brain every advantage in maintaining function as long as possible despite the progression of the disease. Our therapies are targeted toward improving memory and cognition. When dealing with the effects of AD, we make every effort to maintain and improve quality of life for the benefit of patients and their loved ones.

Vertigo / Dizziness

Vertigo and Dizziness are both common disruptions of the vestibular system of the brain. Vertigo, specifically, is the sensation of spinning, while dizziness is a sensation of being unbalanced or lightheaded, without spinning.

Many conditions can contribute to these disorders, and a functional neurological approach is often effective at reducing or relieving the symptoms of vertigo and dizziness.

At The Brain Center, we employ a thorough approach with every case of vertigo and dizziness. This is necessary to establish the cause of these sensations and to choose the correct treatment plan. Treatment complexity and duration, therefore, varies from vestibular rehabilitation to neurological rehabilitation to refine sensory interpretation at the level of the brain.

Parkinson's

Parkinson's Disease (PD) is a neurodegenerative disease which mostly affects the motor function systems of the central nervous system. This causes symptoms such as shaking, difficulty walking, and rigidity.

Additionally, patients with PD often experience depression, anxiety, dementia, and behavioral problems. While there is no known cure for PD, a multi-faceted approach to improving quality of life is most effective.

The therapies offered at The Brain Center are designed to improve synchronization between the brain and body, and in the case of PD our goal is to refine movements and help maintain motor function as long as possible. This is achieved through specific neurological therapies and lifestyle improvements.

ADHD

Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Hyperactivity Disorder – Predominantly Inattentive (ADHD-PI, formerly known as ADD or Attention Deficit Disorder) are neurodevelopmental disorders characterized by hyperactivity and inattentiveness, as well as difficulty controlling behavior.

The Brain Center specializes in therapies aimed at restoring function to the neurotransmitter systems involved in ADHD, as well as refining communication between the parts of the brain responsible for focus and motivation.

The purpose of our treatment is not to suppress hyperactive behavior, but to improve attention and concentration while helping the brain regulate itself so that uncontrollable and inappropriate behavior happens less frequently.

Autism

Autism Spectrum Disorder (ASD) has many presentations, but the most recognized characteristics are difficulty with social interaction (or a complete lack of interest in socializing), inability to communicate effectively, and highly patterned behavior such as compulsively organizing/ordering items and repetitive body movements.

Sensory abnormalities are almost always present in people with ASD and are generally considered the reason for "stimming" behaviors (repetitive movements or sounds to stimulate the sensory cortex and "drown out" overwhelming environmental stimuli).

The Brain Center's role in treating patients with ASD is to refine nervous system synchronization to facilitate the best possible communication between functional areas within the brain, and with the rest of the body.

The therapies provided at The Brain Center have been shown to greatly improve social skills, to increase compliance when performing tasks, and to regulate abnormal sleep patterns, ultimately leading to less irritability and conflict throughout the day.

Autism Testimonial:

"My 25-year-old daughter has Autism Spectrum Disorder and performed two weeks of neurological rehabilitation at The Brain Center. Autism is a neurodevelopmental disorder, and Dr. Landers explained that with these treatments we might be able to develop new brain pathways that would help my daughter with the challenges she faces due to Autism. The results were amazing!

My daughter is more social than she ever has been before, and is much less irritable and non-compliant around the house. She also recently started playing the guitar on her own, and asks questions about feelings that she didn't seem to consider important as a concept, before. It is my hope that anyone whose family is touched by Autism Spectrum Disorder will have the chance to try these therapies. It is worth it just to see how much more development is possible that might not be accessed otherwise."

D.M. Upton, MA

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Anxiety / Depression

Anxiety and depression can manifest differently, but are both characterized by feelings of uneasiness, worry, panic, sadness, and dwelling. There are many factors that contribute to experiencing anxiety and depression, one of which is inappropriate communication between parts of the brain responsible for regulating mood.

Our goal at The Brain Center is to re-synchronize those brain areas, while establishing new, more effective communication within the brain in general.

It cannot be said that anxiety and depression are only caused by physical nervous system dysfunction, however, our therapies have been shown to greatly decrease the severity of symptoms through a physical approach. This approach is best utilized in tandem with mental health counseling, focused on addressing any underlying psychological root causes.

Insomnia

Insomnia is defined as difficulty sleeping, whether it be an inability to fall asleep easily, or to stay asleep as long as required/desired. It is very common for this lack of appropriate sleep patterns to be accompanied by low energy levels and mood changes such as irritability and depression.

There are many factors that can contribute to insomnia, such as pain, stress, and substances like alcohol, caffeine, nicotine, or other drugs, even what are known as "bad sleep hygiene" habits, such as not keeping a consistent sleep schedule, looking at T.V./computer/phone screens near bedtime, and not performing regular exercise contribute to the severity of insomnia symptoms.

The mechanisms which control sleep schedules reside within the brain, and at The Brain Center our goal is to refine the overall function of the brain, improving sleep through pattern-establishment and regulation of the internal circadian rhythm. Our treatments have been shown to have great results with a very high level of consistency, regardless of how long the patient has suffered from insomnia.

Insomnia Testimonial:

"I had been suffering from insomnia since 2001. I not only had trouble falling asleep, but I could rarely stay asleep for more than 2 hours at a time. I had tried various supplements, herbs, and OTC sleep aids over the years, to no avail. I was always tired, yawning, irritable, and had an incredibly hard time staying focused.

Dr. Landers and I were chatting one day and my issues with insomnia came up. He mentioned therapies that he uses in his practice that have been known to help with insomnia (along with depression and anxiety). I thought it was absolutely worth a try, so I asked him to start treating me with it. The very first night after treatment, I slept through the night for the first time in YEARS!

I got 5 full hours of sleep, which doesn't sound great to a lot of people, but that was HUGE for me! I had previously been getting 2-4 hours of restless sleep if I was lucky. I've been receiving treatment for about a month now and I am consistently getting 6-7 hours of uninterrupted sleep per night, even when there are multiple days between treatments. I feel more focused and able to complete tasks, I hardly ever yawn anymore, and I actually feel well-rested in the morning. I honestly didn't know how drained I was until I started sleeping again! The difference is like night and day. I'm so thankful for Dr. Landers and his treatments at The Brain Center. I feel like a brand new person."

L.W. Mendon, MA

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