

Overcome Anxiety and Panic Attacks Naturally



Welcome to Honolulu Biofeedback Associates, where we offer a holistic, non-invasive solution for anxiety and panic attacks through advanced neurofeedback training. Whether your symptoms stem from trauma, social anxiety, post-concussion effects, or have gradually developed over time, our approach can help you regain control and live a calmer life.

Understanding Anxiety and Panic Attacks

Anxiety disorders often result from an excess of Beta brainwaves on the brain's right side. While Beta waves are normal during wakefulness and concentration, too many can lead to chronic anxiety and panic attacks. These heightened states of brain activity can be hard to manage without intervention.



How Neurofeedback Can Help

At Honolulu Biofeedback Associates, we utilize cutting-edge qEEG (Quantitative Electroencephalogram) technology to map and analyze the

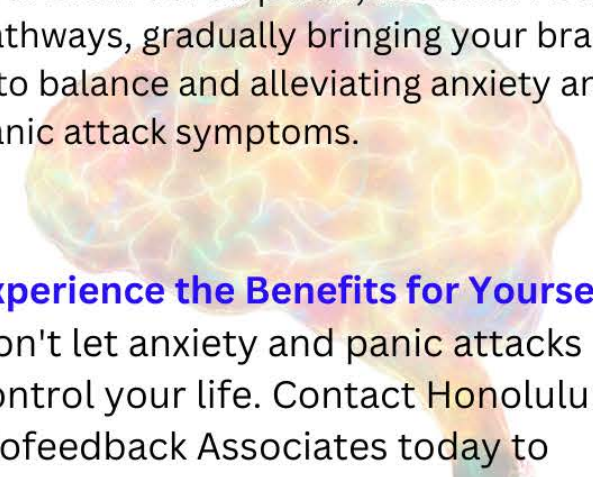


electrical activity in your brain. This detailed brain mapping allows us to pinpoint any imbalances that

may be contributing to your anxiety and panic attacks.

Personalized Training for Lasting Relief

Based on your brain map, we create a customized neurofeedback training protocol tailored to your specific needs. The training sessions are designed to be both relaxing and enjoyable. Simply sit back, watch a movie, and let the technology do the work. During each session, sensors monitor your brainwaves and provide real-time audio and visual feedback. This process helps your brain develop new, healthier neural pathways, gradually bringing your brain into balance and alleviating anxiety and panic attack symptoms.



Experience the Benefits for Yourself

Don't let anxiety and panic attacks control your life. Contact Honolulu Biofeedback Associates today to schedule a free initial evaluation. Discover how neurofeedback training can help you achieve a life free from the debilitating effects of anxiety and panic attacks. Start your journey to a healthier, more balanced mind today!



Honolulu Biofeedback



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