

1. What is functional neurology, and how does it differ from traditional neurology?

Functional neurology is a field of healthcare that focuses on a holistic whole-body approach to addressing various medical conditions and optimizing overall health. Also called chiropractic neurology, functional neurologists are chiropractic doctors with extensive neurology and neuroscience training. Functional neurology is a holistic branch of medicine that uses non-invasive and cutting-edge therapies and technologies to treat various conditions and improve health and well-being.

2. What conditions can functional neurology treat at Better Brain & Body?

Functional neurology can help manage various conditions and symptoms, including balance and coordination issues, migraines, movement disorders, TBI and concussions, vertigo, neurodegenerative diseases such as Parkinson's, strokes, dementia, and neurodevelopment disorders such as ADHD. Depression, anxiety, chronic pain, dysautonomia and POTS, and various neurological dysfunctions affecting the brain and or body. On our home page on our website, you can find a complete list of the conditions treated at Better Brain & Body under the "Conditions We Treat" tab.

3. What are the three pillars of care at Better Brain & Body?

Our clinic's three focus points of healthcare are functional neurology, wellness, and chiropractic care. Often, patients receive treatment in each area combined, while some patients choose to only get chiropractic care, for example.

4. What is the General Wellness pillar of care at your clinic?

As a Human Optimization Center, Better Brain & Body aims to optimize human performance and short/long-term health. With over 25 different non-intrusive and innovative therapies, we aim to provide an approach to general wellness and health optimization that allows our community access to cutting-edge treatments that can transform their health, performance, and quality of life. Patients interested in improving their overall health in general or as needed can sign up for a Wellness membership that grants them affordable access to over 25 cutting-edge therapies and health-promoting technologies, giving patients many avenues to optimize their health that are seldom found in single-modality health and wellness clinics that offer fewer resources.

5. How does the assessment and diagnostic process work at your clinic?

Our clinic conducts comprehensive brain and body assessments to identify abnormalities in brain function and their connections with the body and vice versa. We look at the whole person, brain, and body. We analyze the brain and nervous system with state-of-the-art diagnostic equipment that measures brain processing speeds, vision, eye movement patterns, changes in

balance down to a 100th of an inch, posture, sensory processing, brainwaves, brain activity, and other neurological functions. We also assess the brain's timing, coordination, and rhythm down to the millisecond. Of course, diagnostic exams differ from patient to patient, as not every case or medical concern is the same.

Our diagnostic testing is entirely non-invasive, comfortable, and safe. While most functional neurology patients undergo diagnostic brain-based testing, chiropractic or wellness patients are not required to do the same. Still, it is strongly recommended to undergo the complete diagnostic exam, as it will only aid Dr. Brown in developing a personalized treatment plan based on the unique blueprint the diagnostic tests give of your brain and body.

6. What can patients expect from a typical treatment plan?

Treatment plans largely depend on what type of treatment a person needs or is looking for. Functional neurology treatments, as well as wellness memberships, differ from person to person. Treatments also vary for our brain-directed athletic performance training treatments. However, every patient at Better Brain & Body can expect a customized personal treatment plan tailored to their goals based on the results of their brain and body diagnostic exams and direction from Dr. Alicia Brown, owner and founder of Better Brain & Body. Patients can expect to work directly with Dr. Brown and our medical assistants during treatment.

We utilize over 25 cutting-edge therapies and technologies to treat our patients depending on their conditions, health or fitness goals, and medical needs. Patients can expect a warm and welcoming environment with a comforting and enthusiastic team by their side during their treatment. Oh! We can't forget Waffles. Our ESA support dog, Waffles, is a Toy Australian Shepherd in our clinic daily!

7. Is functional neurology a drug-free and non-invasive approach?

Functional neurology relies on non-invasive, non-surgical, and drug-free methods to address neurological issues and overall treatment strategies. Our approach is focused on holistic patient care and emphasizes natural interventions to promote healing and health optimization. Aside from lifestyle changes, nutrition and exercise recommendations, and other behavioral tactics, our clinic utilizes non-invasive and innovative therapies and technologies to help achieve the patient's goals. We do offer a wide array of natural supplements from Apex Energetics, a leading provider of nutritional supplements that are research-backed and guided by science. Apex Energetics follows cGMPs (Current Good Manufacturing Practices) for the production of supplements.

8. How long does it typically take to see results from functional neurology treatments?

The timeline for improvement varies from person to person and condition to condition, depending on the nature and severity of the neurological condition or the person's optimization

goals. Some patients may experience noticeable improvements relatively quickly, while others may require ongoing care for more complex issues or health goals.

9. Is functional neurology suitable for all age groups, including children and older adults?

Yes, functional neurology can benefit individuals of all ages. Our treatments are tailored to meet each patient's unique needs, whether they are children, adults, or seniors of any age.

10. Does Better Brain & Body treat and work with athletes?

Better Brain & Body works with athletes of all levels and ages. We have worked with professional and amateur athletes, including top-performing NHL and NFL athletes. We also work with high-school athletes and athletes in any age range or skill level to improve brain-to-body function and performance in their sport. Athletes often seek out our clinic to obtain one or more of the following brain-based performance adaptations our therapies offer:

- Improved hand-eye coordination
- Faster brain processing speeds
- Enhanced cognitive function
- Faster reaction times
- Enhanced speed
- Quicker decision-making
- Improved attention and focus
- Better balance and coordination
- Enhanced spatial awareness
- Shorter recovery times
- Innovative concussion/TBI treatment

11. What makes Better Brain & Body a Human Optimization Center?

Better Brain & Body is an authentic human optimization center because we go beyond surface-level wellness to address the entire spectrum of the brain and body's potential. While many health and wellness clinics offer isolated treatments like infrared saunas, we focus on the complete picture, using over 25 cutting-edge therapies and technologies to unlock peak performance—including an infrared sauna! Similarly, Dr. Alicia Brown is trained in clinical neuroscience and is a nervous system and brain specialist. Patients can access her expertise, time, and guidance, giving them a well-rounded and profoundly informative experience at Better Brain & Body.

You can think of us as architects of well-being. We don't just treat symptoms; we identify and address the root causes of health challenges and conditions, whether physical, cognitive, or emotional. Our dedication lies in optimizing brain-to-body function, the foundation for a thriving and healthy life.

Patients can use many therapies we offer to optimize their lives, including red light therapy, neurofeedback, hyperbaric oxygen therapy, and more.