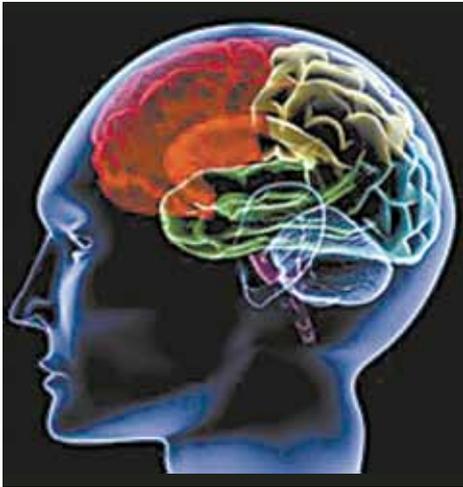


also known as neurofeedback. The other is iLS, which uses sound. They are similar in capitalizing on neuroplasticity to create permanent, positive changes in the brain's structure and therefore, function. There is some overlap in their effects; they both can be used to work on attention, concentration, ADHD, anxiety or autism. Rimka also administers traditional heart rate variability biofeedback, too.



She says, "I just want to help people avoid the drug route. We just feed the body what it needs and remove what it doesn't—that includes the mind/body and the spiritual body. I don't feel that anybody is broken and needs to be fixed. I show the kids that they have a gorgeous rainbow inside them and help them to find more joy." Rimka is one of only two chiropractors and a handful of neurofeedback practitioners in the entire country that uses iLS.

"I really ascribe to the concept that the Buddha is everywhere; the enlightened one is right next to you," she says. "I just pay attention and try to learn from everyone and every interaction I have."

Brain and Body Solutions is located at 675 Seminole Ave., Ste. T-05, Atlanta. For more information or to schedule a consultation call 404-475-9233, email Info@brainandbodiesolutions.com or visit BrainAndBodySolutions.com.

Martin Miron is the editor of Natural Awakenings of Atlanta.

Tracy Quantum's Mindful Military Meditation

by Martin Miron

The winding down of U.S. military involvements, especially in the Middle East, has created an ongoing stream of tens of thousands of servicemen and women to joyfully be reunited with their families. But many veterans face challenges that include marital, economic and substance abuse issues, depression and generally adjusting to civilian life. Add to that the specter of post-traumatic stress syndrome (PTSD) or traumatic brain injury (TBI) and it's clear that their battles are far from over.

Atlanta-based Tracy Dyson, who *Forbes* has labeled a leading expert in the use of meditation in business to deal with stress, depression and PTSD, is the owner of Tracy Quantum, LLC. He has given a high personal priority to assisting veterans in overcoming these obstacles. Dyson cites statistics that 20 percent of returnees suffer from PTSD and thinks that the Veteran's Administration is underfunded and overwhelmed.

His Military Meditation program is designed for veterans; with positive affirmations, mindfulness and guided meditations that address these issues. He feels that being cognizant of veterans' needs and feelings is paramount, and that the simple effects of receiving compassion and, "...hearing the soothing voice of a meditation coach, repeating positive affirmations and getting into the present," is a powerful healing agent.

Although medicine is moving toward combining treatments for PTSD and TBI, Dyson explains that while they share similarities, there are stark



differences, as well. "TBI usually results from a blunt force trauma to the head. Some of the lingering consequences include blurred vision, headache, difficulty speaking and hearing and loss of energy, as well as difficulty concentrating or making decisions, trouble with attention and forgetfulness." These are in addition to the shared PTSD symptoms such as frustration, anger, flashbacks or depression. Dyson explains, "With TBI, an individual may have an episode and not realize it until much later. That's why awareness is so important."

Dyson, who also offers individual consultations, works extensively with large groups, saying, "I'm willing to go to bases as someone who is compassionate and willing to hear their voice and understand. I also teach them a responsible way to meditate and how to incorporate it into their lives on a daily basis. It's about sustainability and wellness. What makes this approach unique is that the veterans are being heard and shown a way to obtain a centered feeling of completeness and wellness with these meditations."

Dyson stresses collaborative, community solutions to PTSD and TBI, because the veterans are often unable to ask for help as a direct result of their condition. Dyson states, "Awareness is the key to everything. What you bring into awareness you can change."

For more information, visit TracyQuantum.com.