



AMERICAN INSTITUTE
OF HEALTHCARE & FITNESS
a lifetime of better health

Your monthly news & updates

Greetings!

It seems that spring is finally around the corner! As a reminder with 21 practices from primary care to dentistry we're here to support you in all your health and wellness goals. To kick off the month of April, which is Autism and Alcohol Awareness month we invite you to learn about dynamical neurofeedback and it's role in combating addiction!

Yours in good health,
the Providers at AIHF



Visit our Website

Upcoming Events & Announcements



synergy
SPA & AESTHETICS

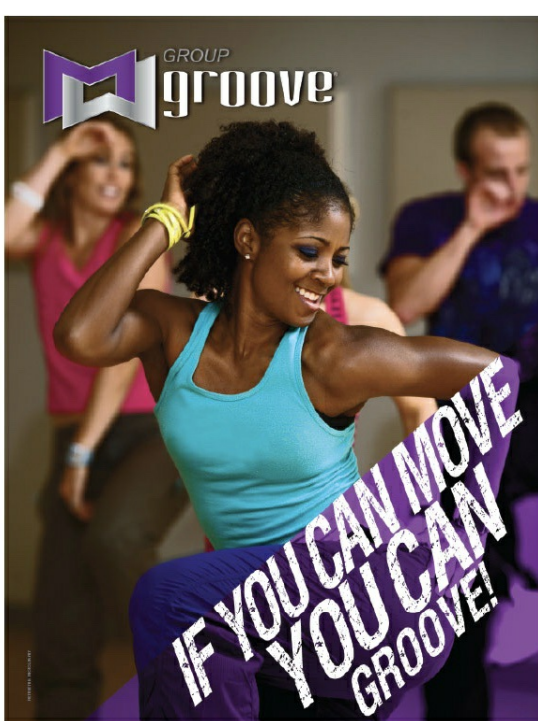
It's the best time of the year at [Synergy](#) with SPA WEEK just around the corner. Mark your calendars for a week long event starting April 16th with select massage, facial and nail services starting at just \$50. Whether you're looking to correct or to pamper, we look forward to providing you with the highest quality care.



Healthtrax
FIT FAMILIES FOR LIFE

[Healthtrax](#) is proud to announce it's Quarterly Group Fitness Launch Schedule. This is the Perfect Time to try a new workout. Each class is safe, effective and has a special focus and different feel. All fitness levels are welcome. Check out one, some or all of these **FREE** Launch Classes:

- Sunday April 29: Group Groove 1pm



- Mon April 30: R30 Cycling 6pm
- Tues May 1: Group Blast 4:30; Group Core 5:30
- Wed May 2: Power 6:30pm
- Thurs May 3: Group Fight 9:30; Group Ride 6:00pm; Group Centergy 6:30pm
- Fri May 4: Active 5:30pm

If you prefer a smaller setting try Small Group Personal Training. For a small fee you can experience a small setting and more personal direction. Our Small Group Demonstration classes are scheduled from April 23rd-April 29th.

For further information on any of these events contact [Allison Dehner](#) the Group Fitness Director.



“Addiction is a Chronic Medical Illness”

Addiction is a chronic medical illness and needs to be viewed as such. For too long addiction has been viewed as episodic and has been treated in a 28-day inpatient rehab or 12-week outpatient program. That fact may explain why treatment outcomes for Medication Assisted Treatment (MAT) are better than short treatment episodes.

Addiction is a chronic medical illness and needs to be viewed that way if patients who suffer with addiction have chance for proper treatment. Like most chronic medical illnesses, there is no “cure” for addiction. It needs to be managed and mitigated by continuous treatment usually requiring both behavioral and medication interventions.

While it may be true that “it works if you work it.” Most people who suffer with addiction find it difficult to work it without MAT.

The most predictive outcome measure of success in treatment for most addictions is length of treatment. That is because folks who stay in treatment



In honor of Addiction and Autism awareness month, Brain Fitness Specialists of America™ is proud to offer support to people who are suffering with the problems or challenges associated with Addiction and Autism.

The brain’s primary function is to maintain what it knows to be a constant, stable, and healthy way of functioning in order to keep us alive. For most people, the brain does this job extremely well. However, through the normal stresses of life, the brain will sometimes find a less than optimal pattern of functioning and adopt it as normal and will work to maintain this new normal – a concept known as homeostasis. In the case of a person who has an addiction, the brain unfortunately has developed a dependency on the chemicals found in drugs or to the chemicals and stimulation that the brain itself produces and adopts these as essential ingredients for maintaining homeostasis.

When a client experiences our [Dynamical Neurofeedback](#) or Brain Training, they are effectively providing

usually recognize that their disease of addiction is a chronic medical illness.

People who are in recovery from addiction would still need to be checked on and given urine drug tests from time to time. You would not stop treatment for diabetes, nor should we for addiction.

Visit the [Carolina Performance](#) website to learn more about how the doctors and therapists at Carolina Performance can assist you with addiction.

Carolina Performance
8300 Health Park Suite 201
Raleigh NC 27615
919.676.9699
info@carolinaperformance.net

the brain a whole new way of "seeing" exactly how it is functioning which is always the first step to finding a path to improvement. This training or re-training of the brain allows the brain to recognize how to correctly regulate the body and subsequently work to adopt the most ideal and balanced way of functioning as a basis for homeostasis. For the person suffering from addiction, often the desire for addicting substances or the addictive behaviors are diminished or disappears entirely.

Autism clients may find immense improvement because the brain has a natural ability to evolve and develop new neural pathways and neural networks to compensate for diseased, damaged, non-functional or abnormal functioning areas of the brain. Dynamical neurofeedback works to show the brain where it is inefficient and encourages the brain to find its best possible way of functioning which can sometimes lead to development of new neuro-pathways. This kind of growth can be life-changing for the client with Autism.

Dynamical Neurofeedback™ or Brain Fitness Training is a non-invasive, drug-free, and totally holistic approach to wellness and brain fitness.

Contact us today for a free consultation.

For the month of April 2018, we are offering a **25% discount** for intensive brain training and on-going support to anyone who is currently challenged by Autism or an Addiction of any kind.

Brain Fitness Specialists of America™
8300 Health Park, Suite 225
Raleigh, NC 27615
www.brainfsa.com
919-769-0001

