



## QEEG Assessment Report

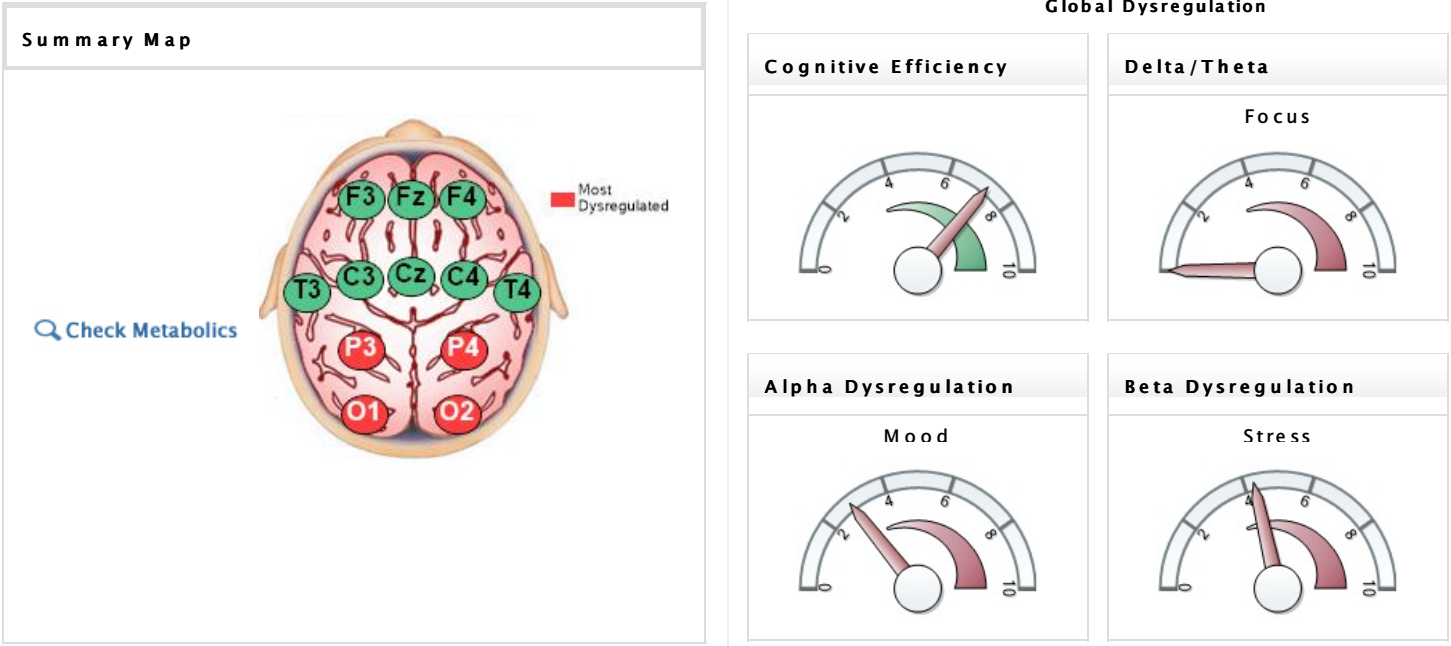
The following is a summary of the QEEG (Quantitative Electroencephalogram) Brain Mapping performed on Alex Chen on 12/1/2025. QEEG Brain Maps should not be considered as diagnostic. The QEEG Assessment is designed to identify dysregulated brain wave patterns that may be related to certain symptoms that you are experiencing. QEEG Brain Maps are suggestive of findings and possible correlation with certain symptoms and therefore useful for selecting effective neurofeedback protocols for neurofeedback training.

### **WHAT IS NEUROFEEDBACK?**

Neurofeedback is a method of training brainwaves to alter the structure and function of the brain to overcome certain symptoms. This concept is based on a neurological model known as Neuroplasticity. Research has proven that when we learn something, the brain alters its structure and function. Through repetition, the brain becomes more efficient in its ability to retain what is being repeated. Neurofeedback is a training method that teaches the brain how to produce more normalized brain wave patterns by creating new neuroplastic connections in the brain. As brain waves normalize, the client's brain is better able to regulate itself and many of the symptoms that the client is experiencing begin to diminish and fade away.

During neurofeedback individuals are connected to a computer using non-invasive, painless sensors. The computer reads their brain waves and when brain waves appear properly ordered it feeds back that information to the client. This feedback appears in the form of a game, movie, or sound that tells them when their brainwaves are ordered correctly. For example, if brain waves are moving in a more ordered direction, then the picture on the monitor gets brighter. If the brain wave patterns move away from an orderly pattern, the screen gets darker. This exercise provides a built in incentive for the brain to organize itself into a more orderly fashion because it has a natural drive to want to see the movie clearly and brightly. This form of learning is known as Operant Conditioning and just like learning to ride a bicycle; the new brain wave pattern becomes a permanent part of our behavior. Follow-up studies on neurofeedback show that the effects continue for up to 30 years.

Warmest regards,  
Greg Warden



Neurogenic								
CEC	EEG	Symptom	CEC	EEG	Symptom	CEC	EEG	Symptom
			<div></div>	<div></div>	Excessive Self-concern	<div></div>	<div></div>	Worry
			<div></div>	<div></div>	Rumination			
			<div></div>	<div></div>	Anger			
			<div></div>	<div></div>	Self-Deprecation			
			<div></div>	<div></div>	Irritability			
Probability Legend								
<div></div> Low <div></div> Moderate <div></div> High								

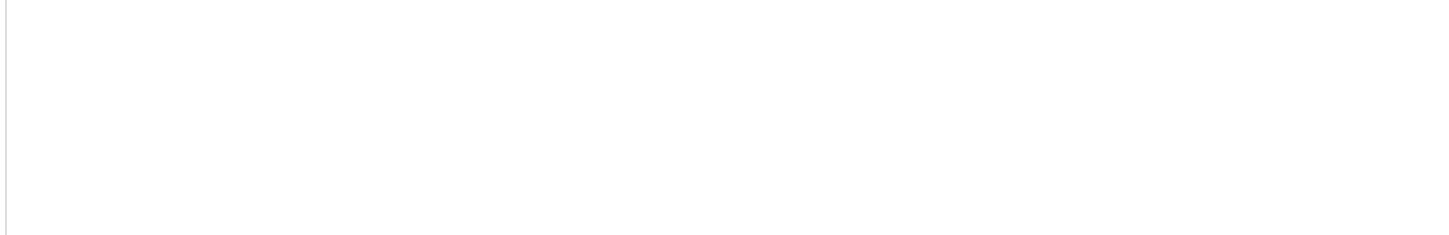
Psychogenic								
CEC	EEG	Symptom	CEC	EEG	Symptom	CEC	EEG	Symptom
<div></div>	<div></div>	Impulsive	<div></div>	<div></div>	Victim Mentality	<div></div>	<div></div>	Hyper-vigilant
<div></div>	<div></div>	Socially Inappropriate	<div></div>	<div></div>	Agitation	<div></div>	<div></div>	Obsessive Thinking
<div></div>	<div></div>	Hyperactive	<div></div>	<div></div>	Passive Aggressive	<div></div>	<div></div>	Dislike of Change/Novelty
<div></div>	<div></div>	Easily Distracted				<div></div>	<div></div>	Excessive Rationalization
<div></div>	<div></div>	Excessive Speech				<div></div>	<div></div>	Restless
<div></div>	<div></div>	Disorganized				<div></div>	<div></div>	Poor Emotional Self-Awareness
<div></div>	<div></div>	Hyper-emotional						
Probability Legend								
<div></div> Low <div></div> Moderate <div></div> High								

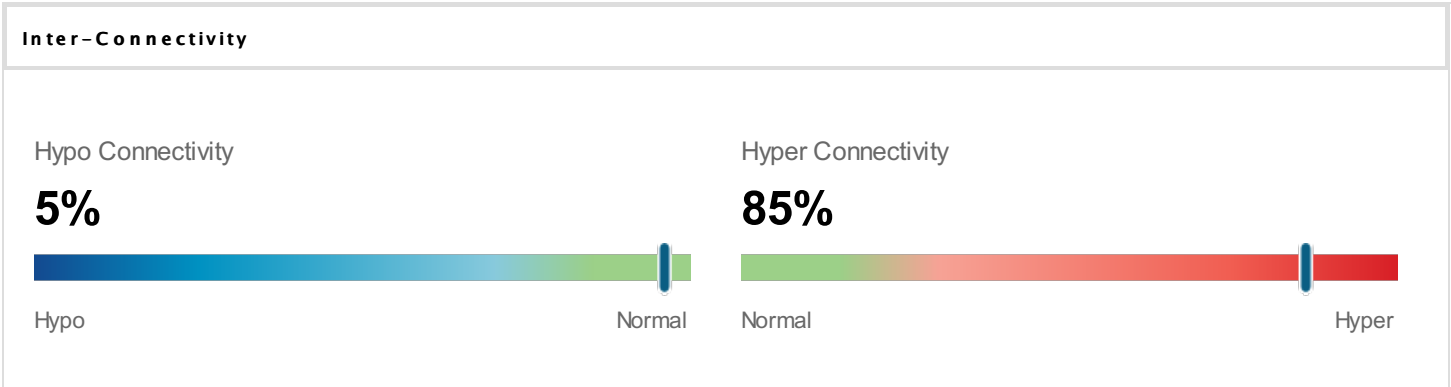
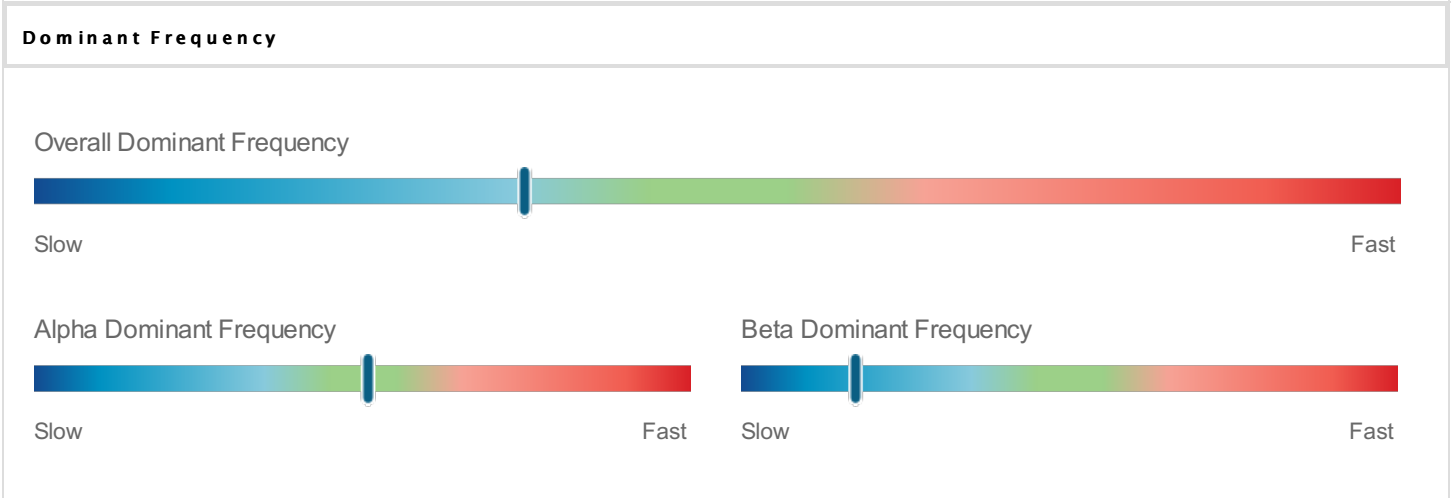
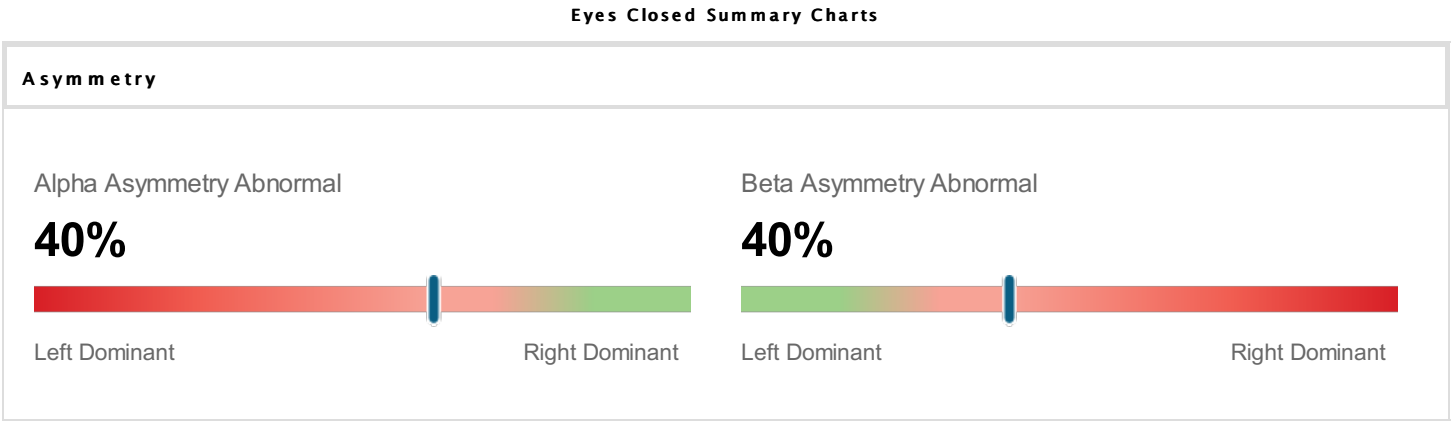
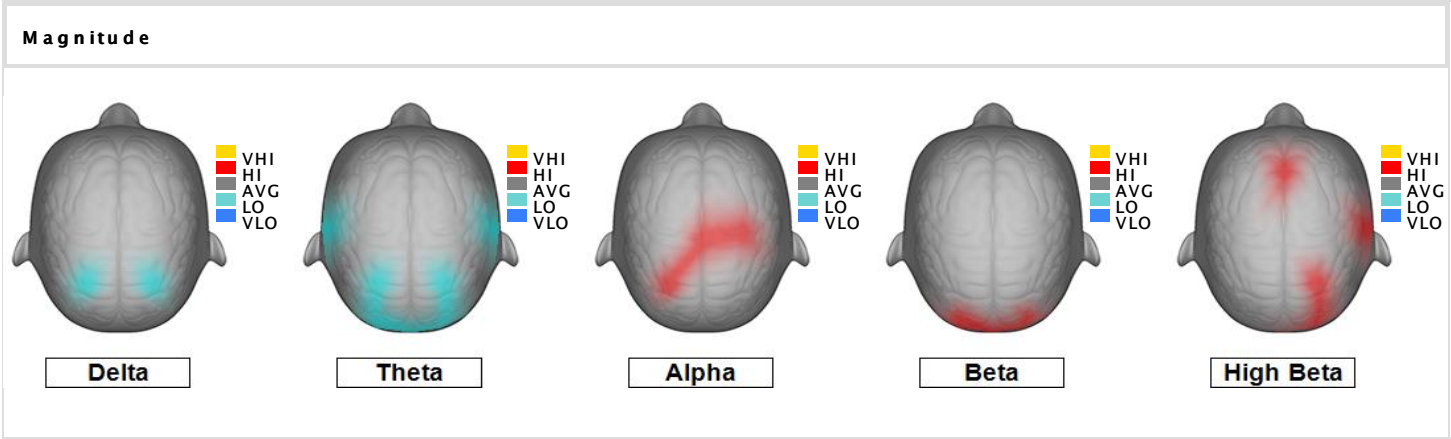
Cognitive								
CEC	EEG	Symptom	CEC	EEG	Symptom	CEC	EEG	Symptom
<div></div>	<div></div>	Attention	<div></div>	<div></div>	Visual Processing	<div></div>	<div></div>	Problem Solving
<div></div>	<div></div>	Verbal Processing	<div></div>	<div></div>	Motivation	<div></div>	<div></div>	Math Comprehension
<div></div>	<div></div>	Decision Making	<div></div>	<div></div>	Reading Comprehension	<div></div>	<div></div>	Memory
Probability Legend								
<div></div> Low <div></div> Moderate <div></div> High								

Client Name: Alex Chen

Brain Map Date: 12/1/2025

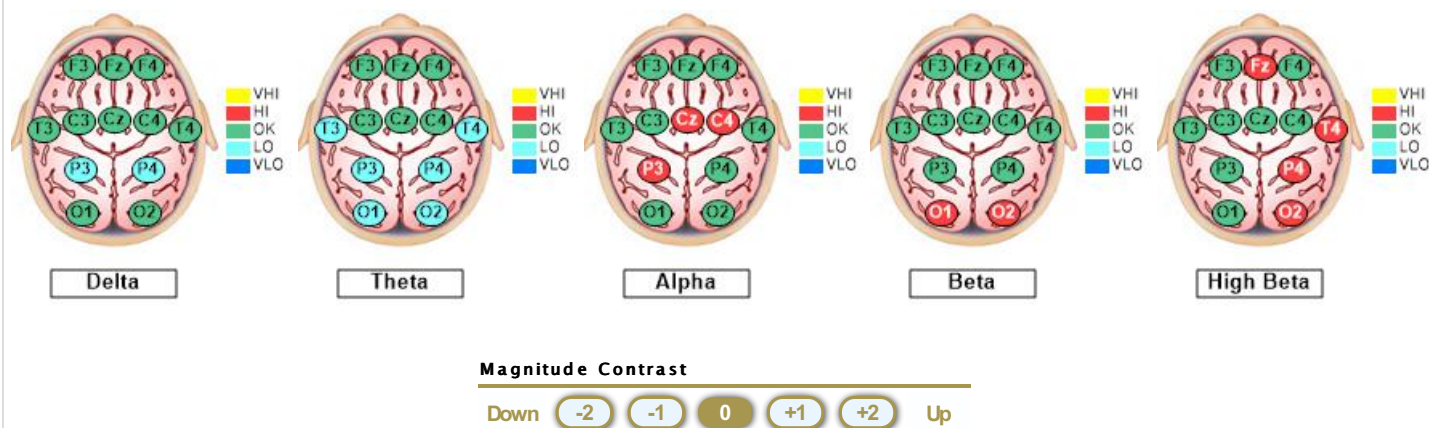
Client Number: 4556



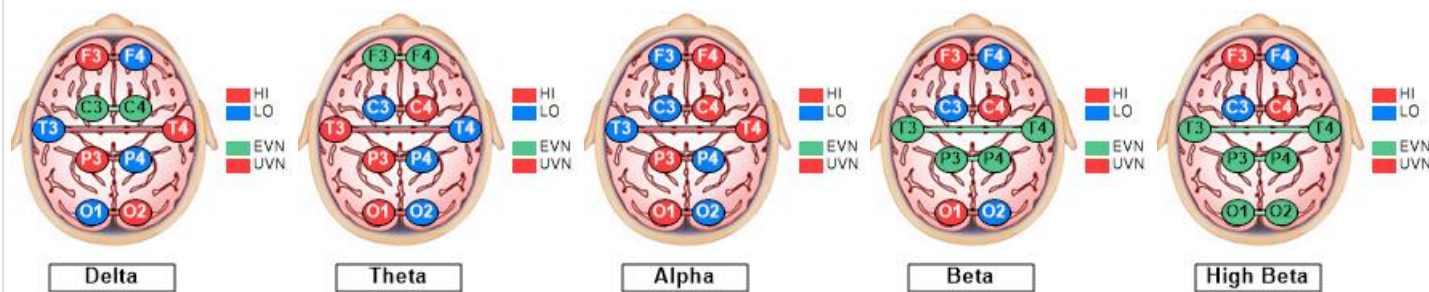


Eyes Closed Brain Maps

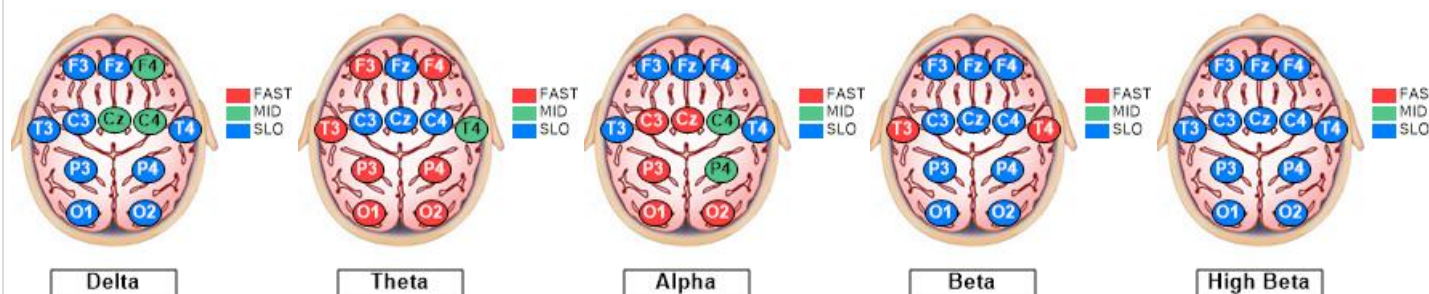
Magnitude



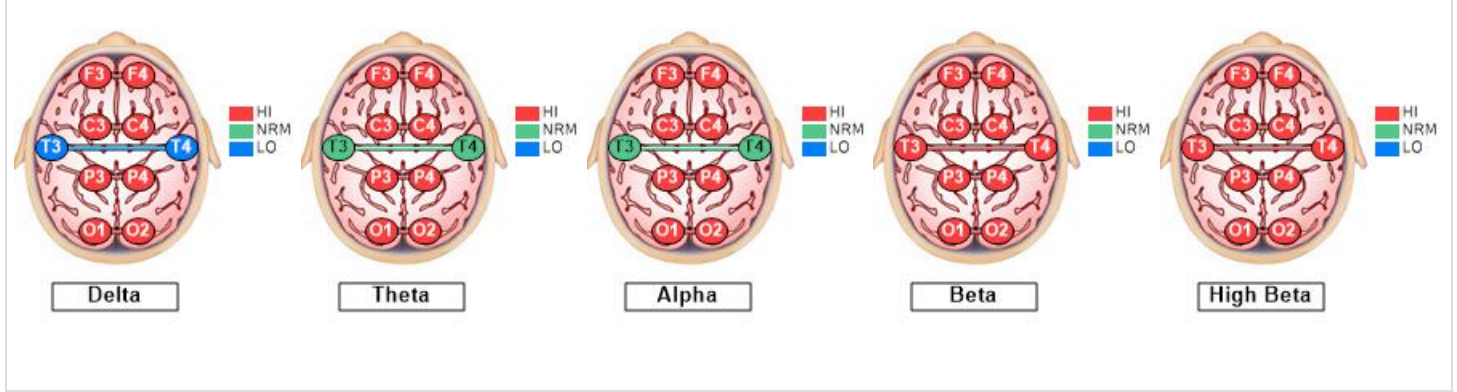
Asymmetry

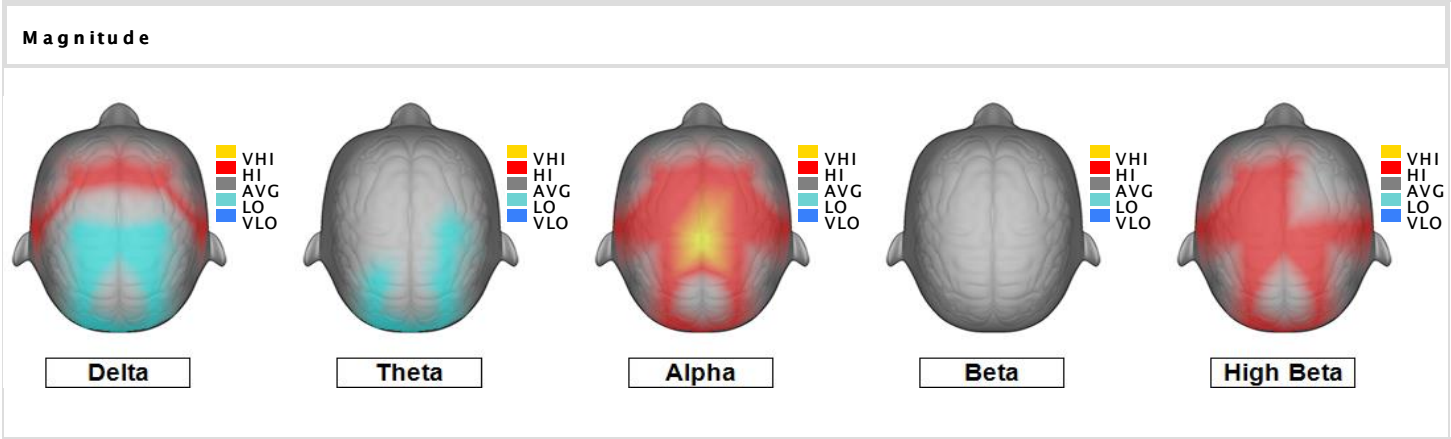


Dominant Frequency

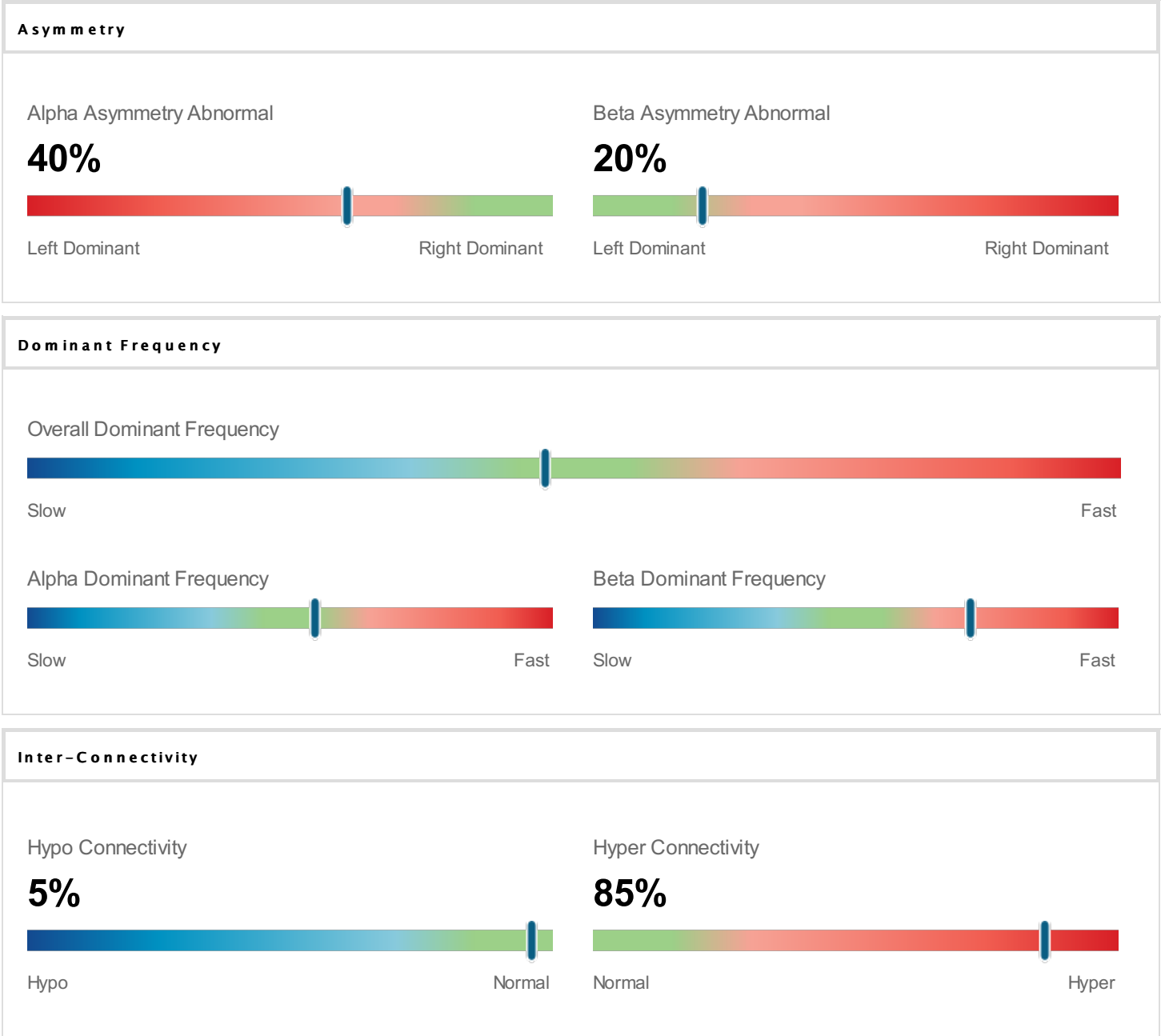


Inter-Connectivity





Eyes Open Summary Charts



Dominant Frequency

Overall Dominant Frequency

Slow

Fast

Alpha Dominant Frequency

Slow

Fast

Beta Dominant Frequency

Slow

Fast

Inter-Connectivity

Hypo Connectivity

5%

Hypo

Normal

Hyper Connectivity

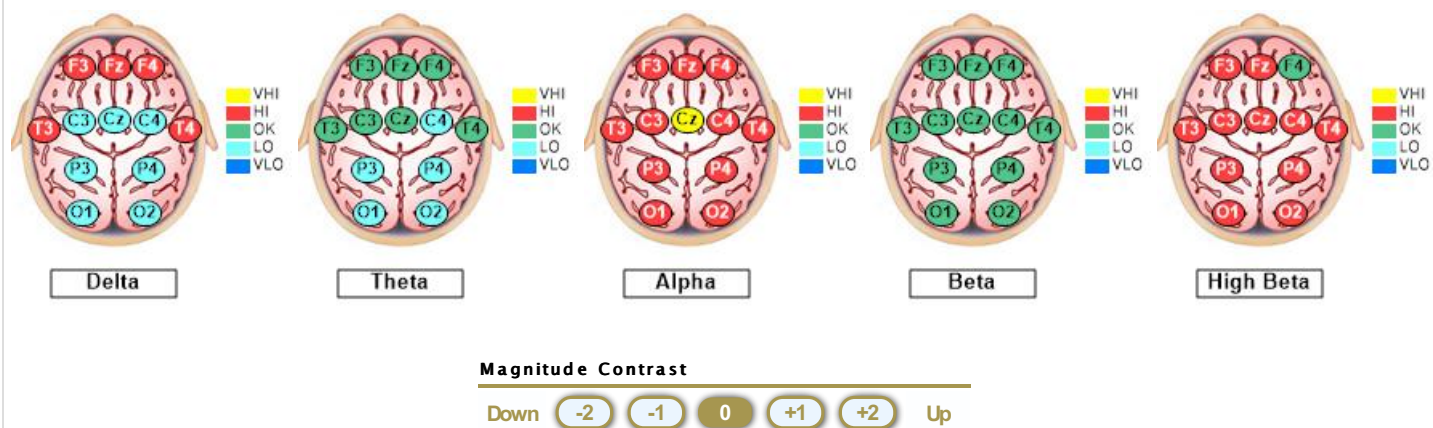
85%

Normal

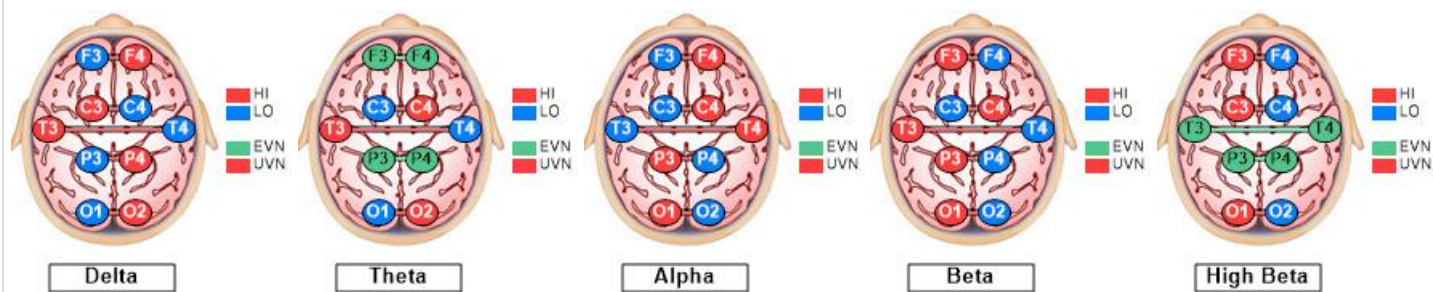
Hyper

Eyes Open Brain Maps

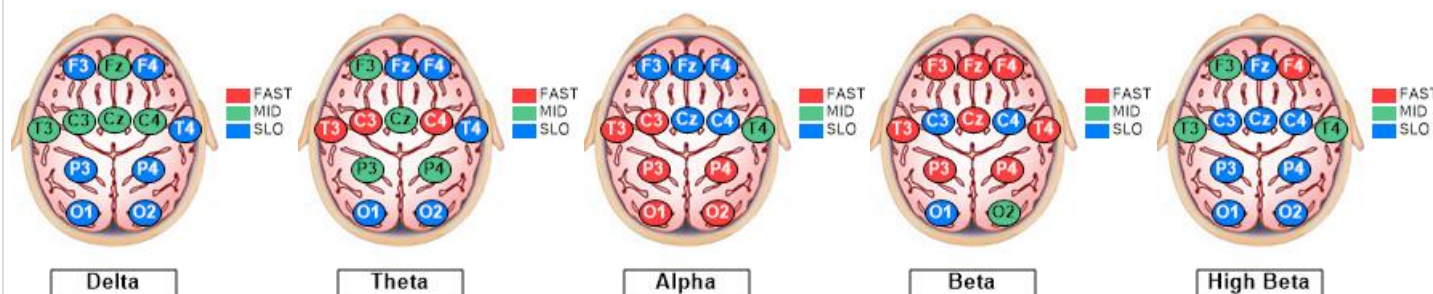
Magnitude



Asymmetry

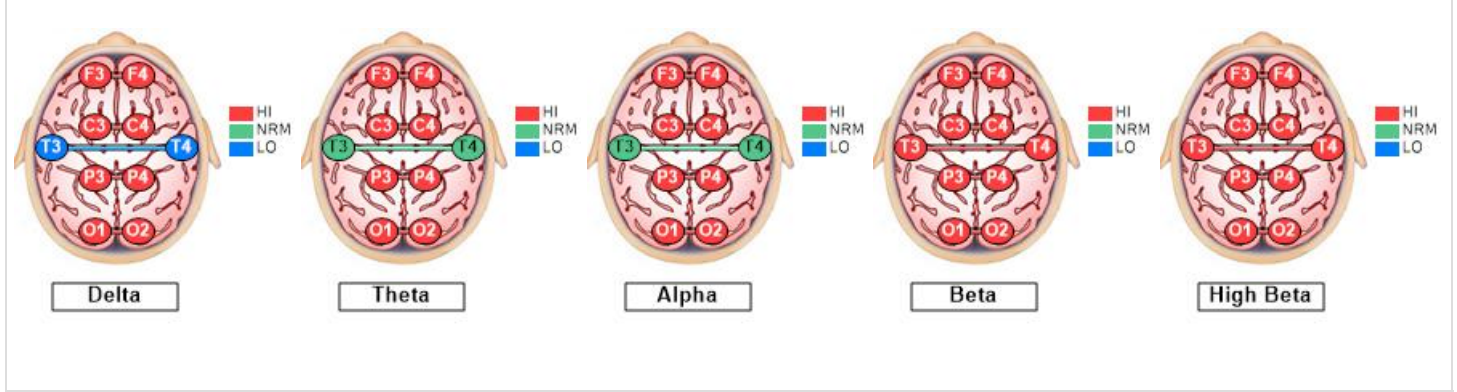


Dominant Frequency





Inter-Connectivity



Protocols from Eyes Open Brain Map

Possible Two Channel Protocols			
Protocol #	Left Protocol	Right Protocol	Sites
13	15-20u 20-30d	21-30d 12-15u	O1/O2
19	9-11d 15-20u	21-30d 9-11u	P3/P4

Protocols from Eyes Closed Brain Map

Possible Two Channel Protocols			
Protocol #	Left Protocol	Right Protocol	Sites
21	8-10d 15-20u	8-10d 12-15u	P3/P4
20	9-11d 15-20u	15-30d 9-11u	O1/O2

Protocol suggestions should not be considered as treatment or cure for any medical conditions.



Nutrametrix Supplements Analysis

Foundational Nutrametrix Supplements

Product Name	Dosage
Nutrametrix Daily Essentials Packets	1 packet daily on an empty stomach
NutraMetrix- Heart Health Omega 3	2 softgels daily
NutraMetrix NutriClean Probiotics	1 tablet daily

Suggested Nutrametrix Supplements

— No Additional Nutrametrix Supplements Suggested —

The results of this report indicate a significant probability of problems in the following areas:

## Arousal Meters

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**Alpha Dysregulation** - Individuals who show significant asymmetry with alpha higher in the left hemisphere than in the right hemisphere typically display many of the symptoms listed in the dashboard. Although other factors such as elevated alpha magnitude, slowed dominant frequency and increased coherence also contribute to these factors, the overall dominant feature is alpha asymmetry. Most individuals begin to develop progressively more negative moods and/or irritability when they are anxious and fearful for sustained periods of time and as they begin shifting into more inhibited and avoidant behaviors. This fearfulness and irritability translates into passive aggressive behavior, angry outbursts, spontaneous episodes of tearfulness and weeping that revolve around excessive self-concern and rumination regarding a sense of powerlessness to correct situations that generate feelings of being victimized or unjustly used. Self-deprecation in the form of negative self-talk and negative expectations regarding performance in social situations is common. In its worst form features of severe clinical depression emerge including social isolation, suicidal ideation, total loss of motivation and episodes of self-inflicted pain or self-harm.

**Beta Dysregulation** - Individuals displaying significant asymmetry with beta higher in the right hemisphere than the left hemisphere typically display symptoms of hyperarousal related to anxiety. The primary factors besides asymmetry that frequently contribute to this dimension of analysis include elevated beta magnitude, fast dominant frequency beta and excessive beta hypercoherence. Features typically associated with this dimension include excessive worry, hyper-vigilance, discomfort with transitions or changes, excessive rationalization and hyper-mentation, restlessness, agitation and diminished emotional self-awareness. Individuals may often feel emotionally numb or disconnected and in extreme forms may experience de-realization, dissociation from their body and panic attacks or tics. These features may often be accompanied by a wide range of physiological symptoms including headaches, insomnia, high blood pressure, and reduced immune function. Beta Dysregulation is typically a consequence of chronic demand on the CNS to respond to fear inducing events and social distress. Individuals tend to reduce their level of social interaction and their expression of personal emotion to protect themselves. Over time their physiological exhaustion can lead to episodes of inhibited behavior and social isolation resulting in moodiness, irritability and depression.

## Executive Processing

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**Attention** - Ability to pay attention, to select a pattern or process in your environment and follow it over time. This is a fundamental skill that any individual must learn in order to locate and identify resources and information that can be used immediately or in the future in order to meet various bio-psycho-social needs in order to remain safe, secure and thrive. Difficulty paying attention to a low value stimulus is a common feature of attention deficits due to trauma or exposure to environmental toxins and may result in information gaps that undermine performance in achieving goals and accessing social resources.

## Memory Processing

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Memory processing has many dimensions and it is not unusual for individuals to be strong in several dimensions and weak in only one or two. Many of these dimensions are critical for academic performance and the tasks and procedures relating to technical and professional job positions. Difficulties with memory can also lead to misunderstandings and conflicts in personal relations and intimate relationships. It is not unusual for individuals to have a mild deficit and not be aware of the deficit and how it is undermining their effort to conduct their daily life successfully. Learning new skills and remembering schedules is critical to activities of daily living. Common key dimensions which may not be optimally functioning are listed below.

## BRAINCORE NARRATIVE REPORT

The items listed above appear as a result of an agreement occurring between the individual's endorsement of items on a subjective rating scale and items identified from the brainmap as being related to the same problem and operating outside a typical range of electrophysiological activity. The functional significance of items identified from the brainmap are derived from the research literature in neurology and brainimaging studies identifying correlations between anatomical locations and brain functions. Multiple locations inspected through multiple dimensions of analysis including magnitude, dominant frequency, coherence, phase and asymmetry are statistically weighted and scored to assess their significance with respect to each item endorsed.

The items indicated by the maps as being likely to be areas of functional difficulty are based on probability measures and consequently may provide false positives and false negatives. As probability measures, they do not indicate level of item severity but only level of probability that the problem is present. This does not in any manner constitute a diagnosis and should not be used for purposes of medical or psychological diagnoses. They only represent comparisons between the existing map and similar maps of other individuals with confirmed diagnoses or similar processes in these areas. This map is intended for the sole purpose of evaluation and training with respect to EEG Biofeedback.

### Functional Pattern Correlations

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Elevated posterior beta is associated with negative rumination.

Low posterior theta is associated with diminished short term and sequential memory efficiency, and mental stress (anxiety).

Low posterior delta is associated with poor memory and sensory processing deficit especially reading functions.

High or low posterior beta coherence is associated with sensory integration difficulty.

Low temporal theta magnitude may be indicative of diminished empathy.

## QEEG SITE CORRELATIONS

