

Jay Gunkelman's Follow Up Chat Q&As

Below are Jay's responses to chat questions that were submitted in the live chat but NOT addressed in the live seminar

Submitted By	Question	J. Gunkelman's Answer
Victor Argo	Is the QEEG necessary for optimal for the best outcomes?	NF outcomes were seen before qEEG entered the arena, but adding the qEEG has enhanced outcomes significantly. In a small office practice Colin Wright, PhD in San Jose, CA compared 3 years of classical NF to 2 years of qEEG/phenotype guided and found that the number of people not responding was cut from 20% to 10%.
Laura Hall	What is the protocol for increasing alpha and brain brightening? I need this!	C4-Pz 12-15 Hz training with theta and EMG suppression.
Sahar Rabizadeh	Has anyone seen menstrual irregularities in patients as a result of working on alpha at pz, breakthrough bleeding etc?	I have not seen any reports of this.
Kim Kowsky	Does the new emphasis on Precision Medicine provide an opportunity for Neurofeedback to gain more credibility in the medical community?	Personalized medicine and evidence based medicine are both positive trends for NF being more well accepted. It still requires at least an open minded skeptic for it to be accepted.