

A WAY TO CHANGE PSYCHIATRY: NEUROPHYSIOLOGIC MEDICINE

We know that persistent mental disorders, like many physical illnesses, are due to variations in normal genes which cause differences in automatic brain circuits and between the brain and the other physical systems. This insight from neuroscience has explained the longstanding controversy about the validity of the psychiatric approach and called for a change in the psychiatric model.

Clinical researchers and medical doctors are trying to sort persons by variations in genes, cells, bioassays and/or brain biomarkers and attempting to extrapolate findings to an individual's symptoms and behaviors. Yet, the historic separation between psychiatry and clinical medicine has denied medical doctors an objective approach that logically links medical theory with personalized medical practice.

To bridge the disconnect between psychiatric theory and personalized medical practice, psychiatrists need to adopt three principles and implement corresponding procedures:

1. PRINCIPLE: the brain automatically brain balances itself and regulates the other physical systems.

PROCEDURE: PHYSICAL EXAM - collect, sort and integrate physical findings from a person's automatic physical systems to find clues about their neurophysiology.

2. PRINCIPLE: homeostasis is the organizing framework of human physiology.

PROCEDURE: PHYSICAL EXAM MUST BE CONDUCTED IN THE RESTING STATE; resting state of volunteer physiology determines basal state of automatic physiology.

3. PRINCIPLE: no consistent relation between human symptoms, behaviors and neurophysiologic variations.

PROCEDURE: TECHNICAL MEASURES OF INDIVIDUAL BRAIN ACTIVITY ARE NEEDED.

DR. EMORY'S METHOD – BRAIN-BODY BALANCE

Identifies and treats individual brain dysfunctions that influence medical disorders including those that manifest as mental illness. The purpose is to balance each person's brain-body interface without adverse effects.

Dr. Emory has learned that people who enjoy physical and mental wellbeing are just lucky, while those who experience persistent distress have usually inherited a variance in the automatic nervous system. Although common across populations, genetically based variations aren't recognized in current medical practice; therefore, human beings instinctively find ways to relieve distress and feel better, but this is only temporary. Whether it is panic attacks, sleepless nights, migraines, mood fluctuations or disordered eating, behaviors that improve a person's automatic nervous system are reinforced and become habitual. Persistent drug and/or alcohol

use, anorexia, bulimia, obsessiveness, worrying, hair pulling, anger/aggression, gambling, etc. are a few common adaptations.

Dr. Emory obtains comprehensive physiologic information and looks for any variance in the automatic physical functions. “Instinctive bodily functions, such as sleep/wake cycle, alertness/energy, hunger/satisfaction/digestion/elimination, cognition/attention, calm/relaxation, etc. should be automatic and within a normal range. Inherited variations in the automatic nervous system can be improved or normalized,” says Dr. Emory. He does a general physical exam and orders clinical lab tests as indicated, and then obtains a visual electroencephalogram or EEG.

An EEG tracing shows the electrical activity of the brain, which appears as fluctuations or brainwaves. EEG is a proven, safe technology and senses brain electrical activity in real time. Computer technology allows digitization of the EEG and converts it into a quantified EEG (QEEG). Dr. Emory integrates a patient’s physical findings and EEG/QEEG data to gain insight about their brain function and brain-body interface and how to improve them.

Dr. Emory’s ultimate goal is the inclusion of functional brain assessment and the use of neurotechnology in day-to-day medical practice to achieve Brain-Body Balance. For more information, log onto www.dremory.com. To schedule a consult, contact office@dremory.com or call at (310) 277-7711.