

Brain-Body-Balance: Antidote for Substance Abuse and Dependence

Recent findings in neuroscience and clinical medicine have directed a new look at the automatic physiologic interactions between the brain and body, which are the basis of physical health and mental wellbeing. While healthy people may take this fortunate state for granted, those with inherited physiologic variations can suffer an array of distressful symptoms. Since the current medical approach doesn't recognize diverse differences in physiology which underlie these conditions, some people naturally turn to a substance that makes them feel better.

When this leads to substance use, abuse or dependence, any therapeutic effect from self-medicating is brief, because it doesn't achieve brain and body balance. Self-medicating to feel better - though understandable - is physically risky, can diminish abilities and cause stigmatization.

Brain and body balance (*homeostasis*), the organizing principle of physiology, provides a means of shifting from subjective concepts and psychological terms to objective/measurable physical findings and technical data in assessing and treating each person's brain and bodily physiology. Medical specialties across the clinical spectrum, including psychiatry, have yet to adopt this approach.

Examining and measuring brainwaves with an electro-encephalogram [EEG and quantitative EEG (QEEG)], a growing number of doctors are forging a way to help the brain heal the body. An EEG shows the electrical activity of the brain, which appears as fluctuations or brainwaves. EEG is a proven, safe technology that senses brain electrical activity in real time. Computer technology allows digitization of the EEG and converts it into a quantified EEG (QEEG).

Comprehensive physiologic information is obtained, including any variance in the automatic physical functions. A general physical exam is given and clinical lab tests as indicated to complement the EEG. Integration of physical findings and EEG/QEEG data allows doctors to gain insight about individual brain function, the brain-body interface and how to alter each toward homeostasis.

Homeostasis is the prerequisite for physical health and mental wellbeing, and is the reason that some persons experience self-healing at times. It follows that physician assisted self-healing should be similarly organized. This method of medical therapeutics is the logical pathway for a person who seeks to achieve wellness and regain control of their life.

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Dr. Hamlin Emory, M.D. is a leading practitioner and pioneer in Neuro-Integrative Medicine, practicing in Southern California/Century City. Dr. Emory's goal is the integration of comprehensive physical findings with functional brain measures that are not accessible by traditional physical or psychological assessments. For more information, log onto www.dremory.com. To schedule a consult, contact office@dremory.com or call at (310) 277-7711.