

**Ch**

## Chronic Pain

Although pain may be felt anywhere on or in the body, in fact all pain is experienced in, and only in, the brain. This applies not only to centralized pain syndromes such as fibromyalgia and reflex sympathetic dystrophy, but to peripheral pain as well. Acute pain – that experienced in response to an injury which goes away as the injury heals – is beneficial, if unpleasant. Such acute pain prevents worsening of the injury site and thereby promotes healing. When pain becomes chronic, it ceases to have any benefit and instead becomes an intractable source of suffering. Because pain is mediated by the brain, the treatment of chronic pain can be addressed through techniques of neuromodulation, or changing undesirable brain function. ABF is equipped with the most effective and cutting edge tools to achieve this. These include deep brain EEG biofeedback based on three dimensional analysis of brain function (known as real-time LORETA neurofeedback), transcranial direct current stimulation, and several other approaches.

**Mi**

## Migraines

Migraines are vascular (blood-based) headaches. Migraines, like panic attacks, are symptoms of exhaustive and prolonged stress; they are best seen as a type of “defense mechanism” that “shuts down” the ability to continue functioning. Your body actually creates a migraine headache in an effort to protect you from experiencing what is perceived as unmanageable or intolerable stress. Imagine being able to plan your activities without fear they will be ruined by a sudden debilitating migraine. ABF treats migraines without medications and can relieve most migraine sufferers permanently. We have documented, measurable results.

**St**

## Stress

Stress is the body’s biological response to an anticipated threat or an unmanageable demand, whether real or imagined. Stress becomes harmful to the body and brain when it is both prolonged and generalized. In such circumstances, stress results in exhaustion: the breakdown of the body’s systems of adaptation and self-regulation. Exhaustive stress, common to modern living, results in many types of illness and disease, such as; ulcers, depression, diabetes, gastrointestinal distress and cardiovascular problems, along with other mental illnesses. ABF’s medication-free therapies can “**unstuck**” the body and brain from being fixated in a state of exhaustive stress, help repair the damage done by prolonged stress, and condition you to be able to deal with life’s stressors while remaining healthy. Imagine living without experiencing exhaustive and debilitating stress.

**CALL TOLL-FREE TODAY!**  
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