

## Free Informational Workshop About ADD/ADHD Held

East Brunswick, NJ - Dr. Richard McAlister, founder of Integrative NeuroTherapy LLC sponsored a free informational workshop about a program to help Attention Deficit Disorder on October 29<sup>th</sup> at the Comfort Suites Hotel in East Brunswick, NJ. The room was filled to capacity as attendees learned about the causes of this condition and recent breakthroughs in proven drug-free approaches. These can improve the many symptoms of this disorder long term and perhaps permanently. The program combines neurofeedback with other technologies designed to help improve self-regulation of brain and nervous system activity, reorganize, and grow new connections. It does this by utilizing the brain's own inherent ability, a process known as "neuroplasticity."

More ADHD workshops are planned for 2016 in addition to workshops about other brain-based treatment programs. They include topics on long-term weight loss, insomnia, migraine headaches, chronic stress, concussions, fibromyalgia, and more. Those interested in attending one or more of the workshops can get additional information by sending an e-mail to [info@IntegrativeNeuroTherapy.com](mailto:info@IntegrativeNeuroTherapy.com) or calling 732-307-7229.