



# June Newsletter

## Ava's Success Story

by Sonja Suchy

### "COVID Brain"

If you have had COVID 19 and are experiencing residual brain fog, forgetfulness, difficulty remembering words, concentrating, dizziness, or mental fatigue, you may be experiencing something called "Covid Brain".

Covid Brain is what happens when the the brain does not entirely bounce back after the strong immune reaction created in the body to defeat a virus such as Covid19. If you find that you are having residual cognitive difficulties, feeling sluggish and vague in your thinking, please come in to check the pat-

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I recently sat down with a 14 year old patient and her mother, a pediatrician, to discuss the results of our specialized quantitative electro-encephalogram guided TMS treatment. Ava (name changed to protect privacy) had been struggling with Anxiety, ADHD and Depression for some time, with her symptoms increasing in severity over the past year and a half, progressively impacting her school work, mood, family life, and friendships.

Her mother Linda (name also changed to protect anonymity) shared that she had begun to suspect ADHD a few years back, but that since the pandemic began her daughter had become increasingly moody, not coming out of her room, her grades dropping, fights had escalated over homework, she was anxious, argumentative, and agitated in group settings with family, who walked on eggshells around her. Linda sought treatment from a top pediatric neuropsychiatrist. Ava was indeed diagnosed with ADHD, Anxiety and Depression, and prescribed medication.

Linda believes medication can be very helpful, and was willing to try it, but being a pediatrician who interacts with children all day, she has concerns about the long-term effects of medication dependency with children. She observed Ava over time and said, "She looked like a zombie." At her wit's end, she began investigating alternative medical options.

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### Limited Time Deal

#### 50% off of our Comprehensive Brain Assessment For \$299 (reg. \$600)

- A diagnostic EEG brain scan to measure and record your brainwaves to determine your current function, activity, and performance.
- Cognitive exam to measure your thinking and cognition
- Clinical review with a highly trained healthcare professional

For more info: [info@brainstimcenters.com](mailto:info@brainstimcenters.com)



## Father's Day is June 20

Life has changed for dads. Dads often bring in a significant part of the household income, and these days expectations are that dads also take on household and parenting responsibilities such as carpool, cooking, cleaning and being the soccer coach. We applaud you dads!

### Dad joke



What is concerning however, is that many dads have been raised to not articulate when they feel themselves taking on too much, not to show cracks when they feel burnout, and to keep a stiff upper lip. However, those cracks can appear in having one too many beers, or in not sleeping at night, or feeling a tight chest.

Dads, this Father's Day, please give yourself a break. Relax. Do your favorite activity without apologies and let your family take good care of you, consider asking for a Brain Health Assessment to see how this year has impacted your brain and to guide you to the most connected and healthy dad you can be!



She knew of Dr Liker, knows he is well respected, and had heard that he works with children, so she began to look in to research on TMS for children, and although sparse, the research Linda found was all positive. "There was not much research out there about the treatment for ADHD and Anxiety for children, and I was initially quite cautious, but the more I researched, I realized the research was actually quite promising, I could not find a downside, there seemed to be no negative side effects." Feeling as if she was losing her daughter, desperate to try something different, she brought Ava in to see us.

She noticed within the first few treatments, Ava was happier, talkative, less angry and by week three there was an enormous difference in her personality. She did not get annoyed as she had been, she was easy going, and seemed worlds' happier. It was a day and night difference! Linda tried to pace her excitement. Ava had asked to return to school and Linda watched to see if her new found improvements would continue in the school setting. She is delighted to say they did! Ava is better in group settings, not insti-

gating arguments with others, and the family has stopped walking on eggshells around her.

Linda said, "I really was not sure, but it is amazing to see the change! Why take medication if you can get this done? I am so grateful, there were no

side effects and our house is so much more peaceful." She feels grateful to have her daughter back.

I also sat down with Ava on her own to understand her personal experience with us, which is so important to hear in her own words:

*Sonja: Hi Ava, How are you? I'm calling to see how*

*things went with TMS.*

*Ava: It's honestly really crazy, because it worked!*

*Sonja: Really? tell me about your experience.*

*Ava: I catch myself focusing, and I am like, "Wait a minute!" I'm day-dreaming a normal amount of time. I am a master day dreamer, but now, I am more focused. My teachers are speaking words and not jumbled nonsense! It is really nice because I can listen to my friends and be respectful of my friends and focus on what they are saying. I am a better friend.*

*Sonja: That's wonderful! Can you think of anything else that has changed?*

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*Success Story continued from page 2*

*Ava: I can stay interested instead of randomly hyper-fixating in the moment on one thing or another.*

*Sonja: That makes me very happy to hear. How did you learn about us?*

*Ava: Through my parents' medical circle.*

*Sonja: What were the symptoms that provoked you and your family to seek treatment?*

*Ava: I was always anxious for no reason at all, that is completely gone now. I used to day dream all of the time, but that has stopped. Also, I don't have these massive mood swings, they are just gone.*

*Sonja: How were these symptoms impacting your life?*

*Ava: It got to the point that I was failing all of my classes, and I just didn't care.*

*Sonja: Has that changed?*

*Ava (laughs): My grades have SKYROCKETED!*

*Sonja: Great, tell me how were the actual treatments? How did you feel in the office?*

*Ava: I enjoyed them. They made me tired, I was able to go in my own world and zone out and relax, it felt totally comfortable. I was just a little tired.*

*Sonja: Were you comfortable with the people treating you?*

*Ava: Staff are the greatest people I have ever met! Really, everyone was so nice!*

*Sonja: What would you say to anyone thinking about doing TMS, maybe to another kid considering it?*

*Ava: If you can do it, go for it!*

*Sonja: Thank you Ava!*

TMS, Transcranial Magnetic Stimulation is believed to work by repairing critical pathways in the brain, increasing brain connections and thus improving a variety of "mental blockages" that limit brain function due to such ailments as PTSD, OCD, ADD and ADHD, post-Covid brain syndrome, autism, anxiety and depression. Just as every person is different, every brain is different as well, so defining the limitation in brain circuitry provides the first step to reaching improved brain function through a personalized and tailored approach.

qEEG guided TMS therapy is highly specialized and unique, this process stimulates specific areas of the brain cortex to facilitate improved brain circuitry and therefore improve function. The circuits in

the brain that regulate mood

are mostly connected with the prefrontal cortex. By delivering gentle magnetic pulses in a non-invasive way to certain specific surface regions of the brain, certain pathways are activated. As the individual progresses through treatments, the ongoing stimulation may gradually help the brain form reinforce healthier neural pathways.

qEEG guided TMS is an excellent option for those who seek to optimize their brain health and may suffer from Anxiety, ADD, ADHD,



Autism, Depression, OCD, Insomnia and other mental health concerns. TMS is gentle and children respond very well. Please contact us for more information.

BrainStim Centers is owned and Operated by Dr. Mark Liker, the neurosurgeon with a heart.

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terns of your neurotransmitters for irregularities.

For a limited time, you or a loved one can get a Brain Assessment to see how COVID, stress, lockdowns, depression, medication, or binge drinking has affected your brain function. We are offering 50% off of our Comprehensive Brain Assessment to support our community during these trying times. For a limited time, we will be charging \$299 (reg. \$600).

What's Included?

- A diagnostic brain scan using EEG to measure and record your brainwaves to determine your current function, activity, and performance.
- A scientifically validated cognitive exam to measure your thinking and cognition by Cambridge Brain Science.
- Clinical review with a highly trained healthcare professional who will review your scan, go over your test, and introduce you to your Brain.

Reclaim your Brain and start the journey to make it the best Brain possible!



## Recipe: All About Eggs!

In the past we have spoken about EEGs and how we use them to guide our neuromodulation treatment, but now we are going to scramble that around and talk about EGGS. (See what I did there?)

Did you know that removing foods like glutens, dairy, corn, and food dyes improve attention and behavior? (I will do my best to remove my corn from the rest of this article.)

Unless your child has an egg allergy, egg can be an affordable, high protein food that can enhance neurotransmitter functionality. Protein in eggs is broken down into amino acids, which help the brain produce neurotransmitters and neuromodulators – chemical messengers in the brain. This is beneficial for ADHD since it's believed that ADHD is in part due to imbalances of neurotransmitters such as dopamine. Beginning the day with a balanced diet, high in protein has been shown to help your child off to good start. Whenever possible, seek out pasture raised fresh eggs.



### *Egg and Avocado Salad:*

- 1 large avocado, peeled, pitted and finely diced
- 3 hard boiled eggs, roughly chopped
- 2 tbsp red or sweet white onion, chopped
- 2 tbsp mayonnaise
- 1 tbsp chives, chopped
- 1 tbsp parsley, chopped
- 1 tsp lemon juice
- salt and pepper
- grain mustard, optional, to taste
- lettuce leaves, optional, for serving
- jalapeño, thinly sliced, optional

Mix together in mixing bowl and serve on lettuce, sliced veggies, potatoes, or GF high protein crackers.

### *Shakshuka:*

(a family favorite)

- Extra virgin olive oil
- 1 medium yellow onion, chopped
- 1 large red pepper, chopped
- 2 large garlic cloves, peeled, chopped
- 1 tsp sweet paprika
- ½ tsp ground cumin
- ½ tsp zaatar, optional
- ½ tsp mild chili pepper, optional
- Pinch red pepper flakes, optional
- Salt and pepper
- 6 Vine-ripe tomatoes, chopped (about 4 cups chopped tomatoes)
- ½ cup tomato sauce
- 6 large eggs
- ¼ cup chopped fresh parsley leaves
- ¼ cup chopped fresh mint or cilantro leaves
- ½ cup feta, optional
- ½ cup white beans, cooked or canned, optional

Heat 3 tbsp olive oil in a large cast iron skillet. Add the onions, peppers, garlic, spices, pinch salt and pepper. Cook on medium heat, stirring occasionally, until the vegetables have softened, about 5-7 minutes.



Add the tomatoes and tomato sauce. Add white beans if using. Cover and let simmer for about 15 minutes. Uncover and cook a bit longer to allow the mixture to reduce and thicken. Taste and adjust the seasoning to your liking.

Using a wooden spoon, make 6 wells in the tomato mixture. Gently crack an egg into each indentation.

Reduce the heat, cover the skillet, and cook on low until the egg whites are set.

Uncover and add the fresh herbs. You can add more black pepper or crushed red pepper or EVOO. Those that eat dairy should add feta. Serve with baked potatoes or high protein, whole grain bread.

*Thank you to the brave men and women who have made the ultimate sacrifice.*

