

Dr. Nancy: Hello, we are live with Dr. Nancy on Wednesday and no technical issues today. So this is great. I'm very honored to have Dr. Bryce with us today. He's with the Brain Balance Centers here in Indianapolis. And I know a lot of you are familiar with them and they do some wonderful work. And he's here to tell us a little bit more about it. But first, I'm going to have him introduce himself to you and tell a little bit about himself. Welcome.

Dr. Bryce: Awesome. Thank you very much. Thank you Dr. Nancy, thank you to your staff for having us here today. We're really excited to take a few minutes and share, you know who we are at Brain Balance and what we do. My name is Bryce Lindley. I'm also a chiropractor. That's my background as well. And getting into all of this, one thing that I was passionate about, and I knew that I wanted to learn about what's the brain. That's actually what got me into chiropractic. Learning about the nervous system and removing interference there. Going down that route, I eventually got introduced to the idea of functional neurology and got in and learned with some great mentors, which eventually led me to Brain Balance.

Dr. Bryce: There's actually a lot of similar routes between Brain Balance and chiropractic history. So, our co-founder, Dr. Robert Melillo, he's also a chiropractor, and he's got some other backgrounds as well. I like to consider him a mentor of mine when I was in school, and I was really learning as much as I could from him. They got me really interested in the spring balanced program. I moved up here from Texas, that's where I'm from originally. I'm up here fighting off the cold weather, so I can help some families and serve some kids.

Dr. Bryce: At Brain Balance we are a non-medical program. We work with kids, as young as age four, five, all the way up to about age 17, really dealing with all sorts of different academic and behavioral and social issues. A lot of the families that we work with, they may have a kid that's greatly struggling, and they're looking for answers, they're looking for hope, they're trying to find anything that can give them some results. And a lot of our families, they've been down the standard medical routes, a lot of them have gotten the diagnosis, and maybe even tried the medication or the counseling or tutoring. And oftentimes, what we find is that a lot of these kids, when there are some underlying issues that are holding them back in these different areas, that they tried some of those top-down approaches and just didn't really see the change that they were looking for.

Dr. Bryce: Here at Brain Balance, similar to chiropractic ... Chiropractor is all about removing interference in the nervous system, making sure that your brain has good connections to your body and vice versa. And that's how I look at Brain Balance. What we want to do here at Brain Balance is make sure that there are no underlying factors that could be making these things more difficult for these kids. I like to think of our program as going backwards in development and making sure that these kids have all of those foundational skills that they need to develop the things up at the top. Like social skills, academic processing, and even things like behavior control.

Dr. Bryce: We take a very different approach there. Like I said, a lot of our families, they have kids that are struggling, in school or with behaviors, and they're looking for answers. Now, oftentimes, the school will push them down the the medical route, they want a

diagnosis, they want medication, and a lot of our parents are coming in here because they don't want that for their child. They understand that there's really no medication in the world that's going to solve these problems for these kids. I mean, there's times when that's necessary, but really, any medication, it's ... All the medication is for, is really to manage the symptoms or cover up some of those symptoms.

Dr. Bryce: Here at Brain Balance, we take a very different approach. We're not as concerned with managing symptoms or dealing with symptoms, we want to really get down to the root cause of what's going on, and why these things are more difficult for them in the first place. I know that you may not be able to see this very well, but I did want to show you a little bit of a visual here. I hope you can read it some and I can make these resources available to you guys as well. But one thing that we look at, we have this little pyramid here, and I think it gives a good representation. Whenever we show this to our families, the one thing that I tell them is the reason they're bringing their kids to us, is really for reasons way up here at the top. When it comes to the brain and it's synchronization, all being able to work together. This is where we find academic skills and behavioral control and social skills. And that's ultimately why parents are bringing their kids to us.

Dr. Bryce: But, like I said earlier, we're not a tutoring center, we're not a counseling center, we're not medication, we don't take that direct top-down approach. Most of our kids have tried that and just didn't see the change they were looking for. So our program, like I said, we want to go backwards in development and make sure that every kid that comes through here has all of these foundational skills developed up to an age appropriate level. So then ultimately we can see these huge changes up at the top. We're looking at things like primitive reflexes that we're all born with, making sure that these kids have integrated or lost these primitive reflexes. I'll give you some examples if we have some time at the end. But then we're also working on sensory processing. A lot of these kids that may struggle with behavior, for example, they'll also have a lot of sensory issues, certain textures or clothings may bother them, or certain foods. They may pick their foods based on how it feels in their mouth, and not based on, what it tastes like or what it smells like.

Dr. Bryce: One thing that we do as far as our assessment goes, is we're basically going through testing all of these different areas. And if we find things down here at the bottom, that could be holding them back up here at the top, that's our approach. Is really go back, build that solid foundation for them, so that ultimately we can see these huge changes at the top.

Dr. Bryce: Now, I'll tell you taking this approach is very effective. We really expect to see about a two to three year improvement each three months that we work with a child. Pretty much throughout this pyramid here, including these things up at the top. But really what I like about it is taking this bottom-up approach, is also why we expect these results to be permanent. Whenever we can really give these kids that solid foundation and really help them develop naturally, these skills up at the top, then these are changes that we expect for them to have for the rest of their life, and for them to actually continue to show improvement even after they're done with us here.

Dr. Nancy: What is the program pretty much look like? What do you do there at Brain Balance?

Dr. Bryce: That's a good, good, good question there. So all of our kids, we always start off with an initial comprehensive assessment. It is about a three hour process, but it's very different than really any other assessment out there. Again, we're not sitting down and talking to them, or asking them questions, or really looking at their academics, I mean, we're not concerned with the symptoms, we want to know how their body is functioning. So if they come through, it's all very hands on, it's a lot of objective measurements, that we can compare it to age appropriate norms. When we put all of our assessment together, we can really go through and test all these different areas of the brain and see how mature or how strong they are. And that's really what gives us answers. It's what's going to tell us, one, is this the right program for your child? Is this a developmental issue?

Dr. Bryce: If so, we would recommend the program, then we want to also tell you what specifically is going on that could be causing the symptoms in the first place, and give you some true answers. I have parents tell me all the time, when we sit down and go over all the results, and I can tie all of this together. It's like, "Wow, I mean, this is the first time someone's been able to explain to me what's going on with my child and why they're showing some of these symptoms."

Dr. Bryce: A little bit more on my background, which I feel like is what got me into this, is my sister struggled with a lot of these issues growing up. My parents would have never put together the fact that she had sensory issues. She didn't like to wear underwear, socks, those things bothered her. They would have never linked that up with the fact that she also had a lot of behavior problems at home, struggle making friends, keeping friends, and having relationships with family members. They were doing the best they could, they raised her, just the best that they knew how, but it wasn't working, and she was going through challenges that I didn't go through being her older brother. It put a lot of stress on my family, put a lot of stress on their relationship, and if we would have had a program like this back in my hometown, we would have been able to get some real answers, I think it would have changed everything, not just for my sister, but for my whole family.

Dr. Bryce: And even this day, she's still struggles with some of those issues. I've been able to help her a lot. But these kids, as they get older, they may learn to cope with some of this, but it's still something that they have to deal with and something that they have to struggle with on a daily basis. My sister is a good example of that. Which brings me to another point there of, again, whenever we are sitting here trying to address the underlying issues our goal, nothing that we do here in our program is about coping with these problems. Whenever a kid graduates from our program, we're not getting them the tools to just deal with it better. We want some true resolution, we want to actually address these underlying causes to where when they graduate, it's something that they no longer have to deal with or have to struggle with. They can continue to move on and develop age appropriately there. So good question.

Dr. Nancy: And then the chiropractic part of it. You guys, do you do the adjustments at Brain Balance or do they usually have a chiropractor along..?

Dr. Bryce: Yes. I mean, I wish I could adjust all of my families and all of our kids. I'm a huge proponent of that and I love you getting my hands busy. But we do not do any adjustments here since we are non-medical center. Just doesn't really fit with what we do here. We have a very niche program and niche company here. I recommend all of my families, especially all of our kids are also working with the chiropractic or chiropractor locally, that they can also make sure that they don't have any interference in their spine, or in the rest of their nervous system. Our program or our functional neurology is we have chiropractic ideals and philosophies, but we focus above the Atlas. We don't focus so much on the spine, which is also extremely important there. So definitely some common themes there, and it works perfectly hand in hand together.

Dr. Nancy: Some of the patients I've seen with the two in my office, where they've had Brain Balance along with the adjustments, really excelled well in your program. So I've seen the two work really well together.

Dr. Bryce: I mean, it's key. Our program is pretty comprehensive, we don't adjust in here, but we do cover a lot of home environment aspects as well. We're not a nutritional program, but we do have nutrition as a component of our program. It's very, very important to make sure that the kids that are coming to us, they have good fuel for their brain, so that all the stimulation that we're giving them in here, their brain can actually utilize that and grow from it. So we do have nutrition as a part of our program, we have home exercises, so that a lot of these things that we want to address as quickly as possible, we can also implement that at home. Because really, when you look at these issues, that these kids are struggling with, whether you're talking about ADD, ADHD, dyslexia, even through the autism spectrum. The rates of these diagnoses are going up, you know, every single year.

Dr. Bryce: I mean, Dr. Melillo in his book, *Disconnected Kids*, it was one of the first books that he wrote, which also explains a lot about our program and what we do here. He goes in and talks about a lot of the factors. In our Brain Balance, we try not to focus too much on figuring out exactly how we got up to this point, because really, there's no way for us to give a specific answers there. Our main focus is, what's still going on today, that could be affecting and holding these kids back in certain areas? And what do we want to do moving forward to change that? But to hint on that, because it is a very interesting conversation. I mean, it's really ... The way I could simplify it, it's the same environmental factors that are leading to rising rates of obesity and heart disease and cancer and diabetes. It's the same factors that are not only giving us imbalanced bodies, they're also giving us imbalanced brains that's affecting our kids at young ages. This is really the future.

Dr. Bryce: I mean, we have to deal with these neurological disorders, whether you're talking about developmental disorders, which is what we really focus on here, or even neurodegenerative disorders, in the older populations. These are things that the common medical mainstream doesn't have a lot of answers for these kids. And it's going to be programs like Brain Balance, that are taking a much more holistic, natural and functional approach, that are going to be necessary moving forward to really, really resolve these issues.

Dr. Nancy: Yes, I agree, yeah.

Dr. Bryce: So we see all sorts of different diagnoses and labels. But again, our goal is not to give that label, our goal is to change that and really give some resolution there.

Dr. Nancy: That's great. I think you're doing some wonderful things. Helping the kids naturally is always the goal in my mind. I appreciate you coming on today. And then you do have a special announcement to give today?

Dr. Bryce: Yeah, definitely. We're really appreciative of your time and letting us on here. We did want to give a little bit of an offer for anyone that calls in and mentions Dr. Cooper's office or this video. We always do free consultation. So any family's welcome to schedule a free consultation and come in and we can talk a little bit and go over some of this information. But really for all of our kids, the first major step is to schedule a comprehensive assessment, where we can actually get some results, and let you know what's going on and if this is the right program for your child. We're going to offer half off for that for anyone that mentions your practice or this video. So that can save you about \$150 there to go ahead and get some answers and get some results.

Dr. Nancy: That's very generous. I mean, for a three-hour exam. I mean, that's very reasonable. So thank you for offering that to everybody.

Dr. Bryce: You're welcome. Anyone can give us a call, we have an office, the number up on the north side is 317-843-9200. And then down on the south side in your Greenwood, we have an office down there as well, and that phone number is 317-497-8166. You can reach us directly there and we can pull up the schedule and see what works in your schedule as well.

Dr. Nancy: Great. Thank you so much for joining us today. I really appreciate it. Great information. I totally support this program. I think it's a great thing. I see a lot of this in my office and I wish I could incorporate it all but I can't. So I just really want to just get to the adjustment part and let professionals like you do the retraining of the brain. So thank you again.

Dr. Bryce: Thank you.

Dr. Nancy: All right. Have a great day.

Dr. Bryce: All right, you too. Bye.