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Unique Mindcare believes you can enjoy your life more fully when your brain and the body are in perfect balance.

Houston, Texas, USA, 05.10.11 – Unique Mindcare is a leading edge functional health and life counseling facility located in the Galleria area of Houston, Texas. Under the clinical directorship of human relationship and neurotherapy visionary, Nancy White, Ph.D., Unique Mindcare successfully guides people to feeling better about themselves, about the people around them, and getting the most out of their lives each and every day.

Unique Mindcare doctors and trained clinicians have been developing brain/body balancing programs for over thirty years. Their treatment processes are designed to create positive outcomes without medication. Unique Mindcare treats patients of a wide range of addiction disorders and behavioral issues, specializing in the treatment of ADHD, depression, anxiety, addiction, and all other emotional trauma. The center's personal rejuvenation programs also help patients and their family members manage everyday stress and learn to take it in stride.

“Our focus at Unique Mindcare is to treat our patients without medication or at least reduce their level of medication,” says Doctor White, “We believe that medication tends to address the symptom of an issue rather than deal directly with the underlying cause. With today's technological advances, we can get to the cause without medication and often the results are better for the patient. We are finding that by combining the positive power of traditional psychology with leading edge technology we can get human disorders and emotional trauma under control and promote a more balanced life with positive outcomes for our patients.”

“At Unique Mindcare, it's all about balancing the brain and the body. Brain performance is directly related to body performance and vice versa,” says Mark White, President of Unique Mindcare, “The brain releases chemicals into the body through the nervous system to help the body deal with issues such as stress while the body produces those critical chemicals in the amounts required by the brain through proper nutrition. One cannot live without the

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other. By understanding and effectively managing the relationship between the two we help patients think better, feel better, and ultimately live better.

Unique Mindcare achieves brain/body balance without medication. "Traditionally, medication has been used to address the chemical imbalances in the brain because the body was not producing what was required," according to Mark White, "We believe this approach only deals with part of the issue because medication only masks the undesired behavior rather than changing it permanently for the better. Our approach is simple. We train the brain to change its behavior. That way it can tell the body what chemicals are needed and get the body to produce them naturally. That way we're treating the behavior and not just the disorder."

The specialists at Unique Mindcare promote brain/body balance and peak performance through what they call the Four Cornerstones of Optimal Life Performance, treatment programs that successfully combine proven relationship therapy techniques with the latest in neuroscience technology. These programs are designed to train and coach the brain, through neurotherapy, and the body, through nutrition, to co-exist in harmony at all times. Once achieved, a patient's life is enhanced because their addiction disorder or behavioral issue is under control and their susceptibility to them in the future is diminished.

The Four Cornerstones of Optimal Life Performance include, Nexalin Technology, Neurofeedback Training, Functional Health, and Life Counseling.

Internationally acclaimed Nexalin technology provides a stimulating wave form that balances the brain in a natural, non-invasive manner. This unique therapy will restore resources that enhance brain performance. The effect is long lasting and is FDA approved. The Nexalin experience is a soothing and medication-free way to help patients get the most out of every day.

Neurofeedback is a natural, medication-free process designed to improve and propel peak performance in all aspects of life. It is a proven form of brain exercise enabling patients to retrain resources and brainwaves that will improve memory, concentration and focus. This innovative treatment is effective in creating positive and long lasting changes in adults and children.

The Functional Health approach focuses on the prevention of health issues by treating the underlying cause of the condition rather than just the symptoms.

"After years of continued research on the health of the brain and body connection, Unique Mindcare now uses a functional health model to help establish and identify a personal systematic approach to overall health; physically, mentally and emotionally. We believe they are all critical components of one body system," according to Doctor

Dorothy Merritt, Medical Director at Unique Mindcare, “Many practitioners treat only the symptoms of a specific health challenge. Some believe that mood disorders are a brain chemistry problem alone. Since the majority of the brain neurochemistry is created in the “gut”, we always investigate issues or imbalances in this intestinal area. Frequently the imbalances in this area will aggravate the conditions that the patient suffers from and will prolong full recovery. At Unique Mindcare we believe that all of these conditions are related and probably caused by more than one issue. The symptoms that the patient is experiencing will provide a roadmap to the underlying causes of any one condition or multiple conditions. We believe in investigating the systems with our testing and evaluation models.”

The specialists of Unique Mindcare have been providing life counseling to patients for over thirty years – helping children, teens, adults and their families and friends heal and get where they want to be in a healthy way.

The treatment process is simple at Unique Mindcare. It begins with a Functional Assessment Questionnaire, or FAQ. This digital online survey is an audit of a patient’s medical history and current state of physical and psychological health.

Upon review of the FAQ, the patient is interviewed by a licensed Unique Mindcare psychological specialist where for further more detailed assessment.

A qEEG or quantitative electroencephalograph performed on the patient. This computer process is designed to provide a statistical analysis of brainwave pattern electrical activity. This data is presented in various visual forms such as brain maps and other images which can show the ways in which different areas of the brain are functioning. Measured against what is known as a normative database we can determine precisely whether the brain functioning falls within a ‘normal’ pattern for a person’s age, sex and handedness or whether there is some other type of functioning which might need therapy.

Treatments of Neurofeedback Training and Nexalin Technology are prescribed based on interpretation of the results of the qEEG. These treatment are designed help to correct abnormal brain functioning.

Functional Health Counseling is recommended to complement Nexalin and Neurofeedback in the overall treatment process of helping patients achieve and maintain peak psychological and physical peak performance whether it be in school, sports, business, or socially.

It is the mission of the professionals at Unique Mindcare to help people of all ages develop optimal psychological optimal psychological and physical functioning and performance and increase their capacity for greater self-realization. This center is dedicated in finding new non invasive drug-free treatments for disorders including ADD,

ADHD, anxiety, social anxiety, depression, addictions, learning disabilities, and brain injury.

Unique Mindcare is a pioneer in Neuroscience and its team members have contributed significantly to research efforts in the field of Neurotherapy. The facility continues to devote time and energy educating the public of its benefits through articles, seminars, and speaking engagements throughout the United States.

Doctor Nancy White is a recognized leader in the field of Neurotherapy. She is a Diplomate in Quantitative EEG Technology, a member of the Quantitative EEG Certification Board, and a Consulting Editor of the Journal of Neurotherapy. She has been a contributing author to professional books, and has authored a number of articles for professional journals on this subject including The Journal of Mind Technology and Introduction to Quantitative EEG and Neurofeedback. She has conducted Neurotherapy workshops across the country and abroad teaching health practitioners how to utilize this technology with their own patients. Doctor White's success with innovative approaches to treatment also makes her a sought after presenter at international health care conferences.

Doctor Dorothy Merritt has been practicing Internal Medicine in the Houston/Galveston area for over 24 years. She performed her specialty training at Baylor College of Medicine in Houston. Dr. Merritt is currently Board Certified in Internal Medicine and has previously been certified in Hospice and Palliative Care Medicine. She has trained extensively in heavy metal toxicity at the American College for Advancement in Medicine and completed comprehensive training in Environmental Medicine at Southwest College of Naturopathic Medicine with Walter Crinnion, ND. Dr. Merritt and the staff at Unique Mindcare have spent the last 2 years developing protocols that utilize testing and scanning of the whole body and brain. Her belief is that we have developed a true understanding of how to approach "mind body wellness". Her traditional allopathic medical background and training in Naturopathic Medicine has completed the approach to the brain and body health model at Unique Mindcare.

Mark White's work is based on the belief that people want to be happy, effective and successful in their lives, and that they already possess within themselves every resource they require to achieve these goals. Mark believes that the broad array of services and counseling that Unique Mindcare (UMC) offers can help individuals effectively use their own resources to promote self-understanding and stable health. This understanding will then create the path to the lives they desire, and will eventually attain in the Unique Mindcare model. He believes the resources at unique Mindcare will support a quality of decision-making by his clients that will help them to overcome their problems. Mark's recent creation of clinical models utilizing the new Nexalin Technology and Neurotherapy has positioned Unique Mindcare as the forerunner nationally for all consulting aspects related to the use of these two therapies in a clinical application.